

POETSIN END OF YEAR REPORT



2021-2022



PoetsIN - The Creative
Mental Health Charity

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Introduction

Since inception, PoetsIN has been dedicated in providing mental health support to those in need. Utilising its award-winning creative mental health services, alongside a team with lived-experience, PoetsIN has supported thousands of individuals from all walks of life to change, improve, and save lives.

Over the last year, we have worked with over 3500 people across the UK, providing vital support to adults, children, and young people.

We have provided support via our creative services:

- Creative Mental Health Programme™ Standard
- Creative Mental Health Programme™ Advanced
- The Buddy Service™
- Wellbeing Workshops
- Creative Mental Health Mentorship™
- Creative Mental Health Community™
- Wellbeing in the Workplace Services
- Wellbeing Calls

We have achieved our target of ensuring no one is waiting for support for more than two weeks and have ensured that no one is waiting for a response for longer than 24 business hours.

Whilst providing the above support, we have worked diligently as a team to provide advice, guidance, and education across social media and our website, providing a plethora of free downloadable resources to provide everyone with access to the most up-to-date information on mental health and wellbeing, and managing symptoms with our innovative tools.

This year, we have continued to demonstrate our belief that everyone should have equal access to and opportunity of mental health support by providing alternative access to those who are digitally or physically excluded. This means we have not turned anyone away from our support. 100% of people who have enquired have been offered support from PoetsIN.

Message From Our Leaders

We couldn't be more humbled or proud of what we have achieved and continue to achieve as a small charity with big goals.

The last 12 months has proven to be the busiest in our history. Deteriorating mental health across the country has seen PoetsIN receive a high number of self-referrals with clients stating that they have been waiting longer than 12 months for NHS support due to rising waiting lists and a reduction in NHS funding surrounding mental health support.

We have spent the last 12 months supporting those with varying diagnoses, coming from all walks of life and all corners of the country.

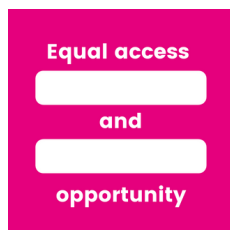
We have improved our services over the last year and are proud of the results we have achieved both within the efficacy of our support and within client feedback which focuses on the quality of our services and their experiences of it.



PoetsIN People First Priorities

Our people first priorities

We have many KPI's and quality driven targets at PoetsIN. The following people first priorities are to ensure that everyone who contacts PoetsIN gets treated equally, fairly, and with the utmost respect and dignity in accordance with our governing policies. Everyone who contacts PoetsIN or utilises our services should feel heard, valued, cared for, and supported.



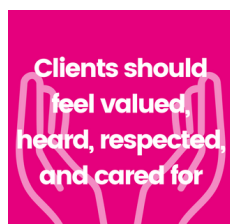
Priority 1

We believe that there are too many discrepancies within our mental health system, with some people not fitting primary criteria but not being "ill enough" for secondary criteria. We believe everyone should have equal opportunity of and access to mental health support.



Priority 2

Accessing mental health support is often a postcode lottery with some people waiting for 2 years for support – all whilst their mental health deteriorates. We believe that no one should wait longer than 2 weeks for support. Early intervention is key.



Priority 3

Mental health services can often feel as clinical as physical health services. We believe that clients should feel valued, cared for, heard, respected, understood, and supported at all times.



Priority 4

Mental health is often not regarded as equally important as physical health. We believe that mental health should be regarded equally alongside physical health.

Our Specialities

Over the last year, we have often been identified by referrers as "specialists" in our field, working with clients who have complex needs. We've defined our specialities to ensure ease of access for public and private sectors who may want to engage our services for their people. We continue our services to adults, children, and young people, across the UK and the following is in addition to our achievements this year.

Children and young people

Alongside our regular services, we now provide support for looked after children via virtual schools, schools, or social services. We also provide one page profiles, wellbeing reports, attend professionals and PEPs meetings, and provide mental health training and support for teaching and non-teaching staff. We have an excellent track record of working with students who currently are not accessing school

Prisons, Probation, and Ex-offenders:

We specialise in working with people in prison, those who are on probation, and ex-offenders with both our Creative MH Programme and our bespoke one-to-one services for those within high risk categories. We further specialise in MAPPA clients and working within a multi-disciplinary team to ensure the wellbeing and overall welfare of the client. We ensure that offenders and ex-offenders have equal opportunity of and access to mental health support with a compassionate approach, respecting their dignity.

Safeguarding

As an organisation that works with children, young people, and vulnerable adults, we have a duty of care to ensure the safety and wellbeing of our clients. We have been commended by social care, educational psychologists, and the MET Police for our excellence within safeguarding.

Food Banks

We work with a number of food banks across the country and are able to provide food bank vouchers for those struggling to afford food. We are working hard on being able to do this in more areas across the UK.

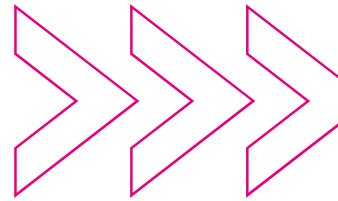
Social Prescribers / MH Teams / GPs

We often receive referrals from the above and are proud to be able to support the NHS during times where waiting lists are at an all-time high. This demonstrates the trust we have built with Drs, psychologists, and other health professionals.

Welfare to work

We are proud to be able to provide welfare to work health services. This includes removing mental health barriers allowing clients to access meaningful employment.

Our Service Goals

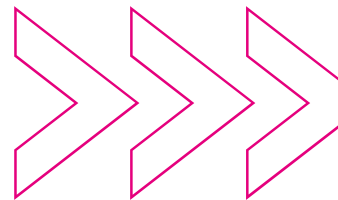


Our service goals are a good way to monitor and measure our progress.

The following are the standards we have achieved in the last 12 months. Our target percentages are between 95% and 100% as we aim to achieve the very best level of service for our clients.

Our KPI Goals	% of the time
Referrals to be acknowledged within 24 business hours.	100%
Triage to be arranged within 48 business hours of initial referral	100%
Clients who disengage to be contacted 3 times to explore ways to support reengagement. Contact must begin 1 day after disengagement.	100%
All clients completing our programme services to have a Wellbeing Report.	100%
All records to be kept up-to-date with clear and concise notes about contact with client.	100%
Clients who have not notified of absence to session to be called to check in on their wellbeing and to arrange session participation.	100%
All clients to receive feedback forms at the end of their programme sessions to give us vital feedback on our service and how we can improve.	100%

Our Service Goals Contd...



Our service goals are a good way to monitor and measure our progress.

The following are the standards we have achieved in the last 12 months. Our target percentages are between 95% and 100% as we aim to achieve the very best level of service for our clients.

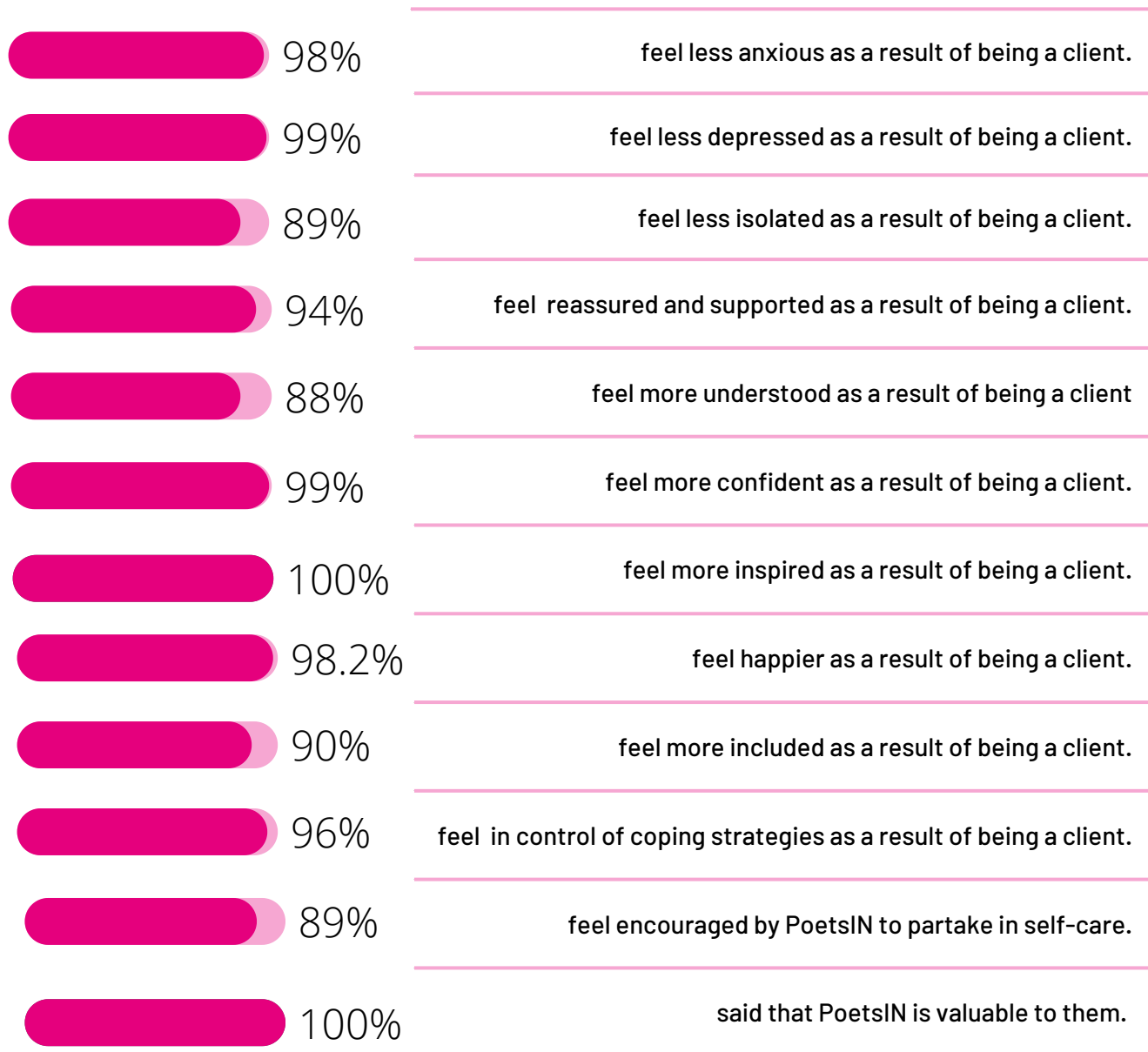
Our KPI Goals	% of the time
All clients must have a session booked to start within one month of referral.	98%
Those who have a session booked within a month but longer than two weeks to have weekly wellbeing calls until session start.	100%
All clients who miss a session are given the opportunity to catch up with the session content.	100%
All clients to have their WEMWBS and impact assessment captured and documented before and after session.	98%
Client feedback rates their experience as positive.	100%
Client feedback rates our service at good or excellent.	100%
Digitally excluded clients are given alternative provision to join.	100%
Clients are either signposted or referred to other support services should this need be identified (housing support, debt support etc).	100%

Service goals are a great way to measure our impact.

Our service goals outlined on the previous two pages set the standard to allow or support provisions to provide maximum impact for our clients.

Our Impact

Our direct impact within our support programmes is outlined below:



100%

of clients rate their experience as positive and rate our service as good or excellent.

Our Highlights

Looking back at the last 12 months

We have picked out some of our highlights of the past year.

Through our excellence in service becoming known as a specialist service for complex cases, providing support where other organisations may struggle.

- Children looked after
- SEND
- Domestic violence
- Complex mental health needs
- Offenders and ex-offenders
- NEET
- Welfare to Work
- Employment wellbeing
- And more...

Delivering our services to other third-sector organisations:

- Woodland Trust
- RSPB
- National Trust
- And more...

Receiving referrals from our colleagues across statutory agencies, helping lighten their load and provide our insight and expertise:

- NHS IAPT referrals
- NHS CAMHS referrals
- GP referrals
- Probation Service referrals
- Social Prescriber referrals.
- Social services and local authority referrals.
- And more...



- Delivering a workshop to high-level doctors, psychiatrists and NHS officials.
- Speaking on a panel of experts for over 700 people about suicide prevention.
- Speaking on Herts Heart FM every day in Mental Health Awareness week.
- Being chosen as Charity of the Year for Redwood Bank
- Launching our Wellbeing in the Workplace bespoke packages to help organisations help their team(s).
- Working with doTERRA as our first Wellbeing in the Workplace client. What a privilege that has been!
- Supporting 229 people through our Welfare to work contract via Shaw Trust, commissioned by the DWP.
- Using The Creative Mental Health Charity to introduce ourselves. We are much, much more than our name, PoetsIN. We are the poets. In fact, you could get support from us and never write a verse of poetry during the entire time you access our support. We use all forms of creativity to better mental health and wellbeing – there's a form of creativity for everyone.

The Next Year

Looking forward over the next 12 months.

We have many goals for the next year and below are the three main focuses for the charity.



01 Children and Young People in Schools

Where 1 in 6 struggle with their mental health, we are committed to working within schools to improve mental health and wellbeing whilst training teachers in mental health matters.



02 Adults via third party or self-referrals.

Where 1 in 4 have a diagnosed mental illness, we remain committed to providing impactful support that improves, changes, and saves lives.



03 Employees within Organisations.

In a workplace where mental illness is the leading cause of absence, we endeavour to provide employers with wellbeing in their workplace support to reduce mental ill-health within the workplace and increase mental health awareness.

The Client Voice

You've heard from us, let's hear from them.

Our clients are the most important part of the charity. After all, that's why we exist. To end our report, we think there's no better way than to share their voice and trust us when we say there's plenty more where these came from!



Back in November when I first started seeing Paul, I was in a very bad position. I was failing being a brother, a son and a student. I was out all day, every day because it was my only escape. I was smoking my lungs away and only sleeping when my body forced me to [after] drinking 5+ energy drinks a day.

PoetsIN has helped me realise that there is a rainbow around every corner. I feel a lot happier, and I am spending more time with my family. I no longer smoke, or drink energy drinks and I have lots of strategies and support to keep me doing well. I am overall a calmer and better person, and I am proud of that. PoetsIN has helped me change my life for the better and now I'm on a journey to move back in with my mum.

I think you should give them more funding so other kids in similar position's voices can be heard. – Service User, 14 years old.

Life changing. So helpful and so grateful for all the help and support I've been given. I was in a bad way before at the end of 2021, was referred to PoetsIN and what a life line. Genuinely the most highly respected people in my life, purely because they have helped me with my mental health, to bring me peace back into my life using coping mechanisms and just manage my mental health more. I will forever be indebted to PoetsIN for all their help. The most selfless, understanding and caring team ever. I hope everyone gets the kind of help and support I have received. Genuinely the nicest and kindest souls I have had the pleasure to work with

I found it a real life saver, I'm just really, really sad it's over.

The Creative Mental Health Programme has been a real joy for me to attend each week. I took away some great ways to manage my mental health, especially my anxiety! I loved that it helped me tap into my creativity and put pen to paper to allow me to express myself.

I cannot express enough how thankful we are that PoetsIN have worked with our students this year. The students have found the group sessions wonderfully therapeutic and extremely engaging in empowering them to become more self-sufficient in taking control of their mental health and wellbeing after a turbulent few years. It has been heartwarming to see the energy that the sessions have brought to our more vulnerable, quieter students who feel they have been given a safe haven in which they can verbalise their thoughts and feelings amongst their peers - all provided by PoetsIN in a safe and professional environment. Schools have a huge part to play in facilitating a support network for young people to equip them with the skills to manage their wellbeing; PoetsIN have made this process much easier and we are excited about the prospect of working with them again to support those young people who need it the most. Every school needs a PoetsIN alongside them! – Jeremy Heath – Deputy Headteacher

POETSIN

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The trustees present their annual report and financial statements for the year ended 30 September 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The objects of the CIO are: to promote the rehabilitation and the physical and mental health of those with mental illness, disabilities, addictions, those who are homeless or imprisoned or at risk of offending / reoffending upon release from prison through the use of creative writing and mentoring to help aid mental wellbeing, reduce anxiety, depression, self harm and to increase self confidence and self-worth of those who struggle with social anxiety.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The accompanying end of year report outlines our progress and achievements over the last year.

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between six and nine month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised, and to ensure financial resilience and stability to provide clients with consistent support. The previous level of reserves (3-6 Months) has been maintained throughout the accounting period with the increase of reserves commencing from Sept 2022 due to financial market uncertainty.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a charitable incorporation organisation which was registered with the Charity Commission on 20 September 2017.

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

A McCart

I Hawtin

R L Carstairs

(Resigned 18 February 2022)

B Alexander

K Barrick

(Resigned 30 September 2022)

Mr. P Longshaw

(Resigned 30 September 2022)

R Graves

(Resigned 30 September 2022)

L Wilsher

(Appointed 17 February 2022)

Mr M Walters

(Appointed 18 February 2022)

Mr B Smyth

(Appointed 18 February 2022)

POETSIN

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The charity's constitution requires a minimum of three Trustees. Trustees are appointed for a term of three years. They are appointed by majority agreement of current trustees.

The charity looks to recruit trustees that have experience in one of the key areas agreed upon by the trustees. These include, but are not limited to: finance, third sector experience, and mental health sector experience.

Trustees are required to attend any training sessions that aid their understanding and increase their knowledge to be able to continue to carry out their duties as a trustee effectively.

None of the trustees have any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

The board of trustees (also known as the Charity Directors), administer the charity. The board meets quarterly to discuss performance, development, finance, policy, and impact. A CEO and COO are appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the CEO and COO have delegated authority, within terms of delegation approved by the trustees, for operational matters including recruitment, employee and volunteer management, developing services, and interagency relationships. The scope of delegation approved by the trustees may change from time to time where it benefits the interests of the charity and its service users.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

POETSIN

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The trustees' report was approved by the Board of Trustees.



.....
I Hawtin

Trustee

Date: 24 April 2023

.....

POETSIN

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF POETSIN

I report to the trustees on my examination of the financial statements of Poetsin (the charity) for the year ended 30 September 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 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 financial statements to be reached.



Mark Jackson FCA DChA

Ruthlyn House
90 Lincoln Road
Peterborough
Cambridgeshire
PE1 2SP
United Kingdom

Dated: 27 April 2023

POETSIN

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 SEPTEMBER 2022

Current financial year

		Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
	Notes					
Income from:						
Donations and legacies	3	163,325	-	61,612	224,937	33,982
Charitable activities	4	40,371	-	-	40,371	91,794
Other trading activities	5	-	-	-	-	8,416
Total income		203,696	-	61,612	265,308	134,192
Expenditure on:						
Raising funds	6	12,510	-	-	12,510	3,854
Charitable activities	7	105,434	-	61,612	167,046	129,112
Total expenditure		117,944	-	61,612	179,556	132,966
Net income for the year/ Net movement in funds		85,752	-	-	85,752	1,226
Fund balances at 1 October 2021		65,875	10,000	-	75,875	74,649
Fund balances at 30 September 2022		151,627	10,000	-	161,627	75,875

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

POETSIN

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Prior financial year

		Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes				
Income from:					
Donations and legacies	3	20,809	-	13,173	33,982
Charitable activities	4	91,794	-	-	91,794
Other trading activities	5	8,416	-	-	8,416
Total income		121,019	-	13,173	134,192
Expenditure on:					
Raising funds	6	3,854	-	-	3,854
Charitable activities	7	99,967	-	29,145	129,112
Total expenditure		103,821	-	29,145	132,966
Net income for the year/ Net movement in funds		17,198	-	(15,972)	1,226
Fund balances at 1 October 2020		48,677	10,000	15,972	74,649
Fund balances at 30 September 2021		65,875	10,000	-	75,875

POETSIN

BALANCE SHEET

AS AT 30 SEPTEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	11		298		727
Current assets					
Debtors	12	105,578		7,856	
Cash at bank and in hand		58,353		70,836	
		163,931		78,692	
Creditors: amounts falling due within one year	13	(2,602)		(3,544)	
Net current assets			161,329		75,148
Total assets less current liabilities			161,627		75,875
Income funds					
<u>Unrestricted funds</u>					
Designated funds	15	10,000		10,000	
General unrestricted funds		151,627		48,677	
			161,627		58,677
			161,627		75,875

The financial statements were approved by the Trustees on 24 April 2023



I Hawtin
Trustee

POETSIN

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

Charity information

Poetsin is a charitable incorporation organisation which was registered with the Charity Commission on 20 September 2017.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to expenditure.

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

(Continued)

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	33% Straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022 £	2022 £	2022 £	2021 £	2021 £	2021 £
Donations and gifts	15,303	-	15,303	11,169	-	11,169
Grants receivable	148,022	61,612	209,634	9,640	13,173	22,813
	<u>163,325</u>	<u>61,612</u>	<u>224,937</u>	<u>20,809</u>	<u>13,173</u>	<u>33,982</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

4 Charitable activities

	2022 £	2020 £
Delivering workshops and group sessions	40,371	91,794

5 Other trading activities

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Fundraising events	-	8,416

6 Raising funds

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
<u>Fundraising and publicity</u>		
Other fundraising costs	12,510	3,854
	12,510	3,854

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

7 Charitable activities

	2022 £	2021 £
Staff costs	120,320	87,417
Depreciation and impairment	429	429
Creative design services	12,742	24,289
Project workers	9,180	-
	<u>142,671</u>	<u>112,135</u>
Share of support costs (see note 8)	21,345	10,829
Share of governance costs (see note 8)	3,030	6,148
	<u>167,046</u>	<u>129,112</u>
Analysis by fund		
Unrestricted funds	105,434	99,967
Restricted funds	61,612	29,145
	<u>167,046</u>	<u>129,112</u>

8 Support costs

	Support costs £	Governance costs £	2022 Support costs £	Governance costs £	2021 £
Advertising and marketing	9,308	-	9,308	1,793	1,793
Bank charges	12	-	12	25	25
Insurance	1,094	-	1,094	597	597
Rent	432	-	432	437	437
Subscriptions	3,305	-	3,305	2,842	2,842
Payroll charges	648	-	648	627	627
Office administration costs	1,624	-	1,624	1,480	1,480
Computer running costs	2,300	-	2,300	2,958	2,958
Travel	722	-	722	-	-
Sundry costs	1,900	-	1,900	70	70
Independent examination	-	1,830	1,830	-	1,740
Legal and professional	-	1,200	1,200	-	4,408
	<u>21,345</u>	<u>3,030</u>	<u>24,375</u>	<u>10,829</u>	<u>16,977</u>
Analysed between Charitable activities	<u>21,345</u>	<u>3,030</u>	<u>24,375</u>	<u>10,829</u>	<u>16,977</u>

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	5	5
Employment costs	2022	2021
	£	£
Wages and salaries	117,557	85,347
Other pension costs	2,763	2,070
	120,320	87,417

There were no employees whose annual remuneration was more than £60,000.

11 Tangible fixed assets

	Computers £
Cost	
At 1 October 2021	1,299
At 30 September 2022	1,299
Depreciation and impairment	
At 1 October 2021	572
Depreciation charged in the year	429
At 30 September 2022	1,001
Carrying amount	
At 30 September 2022	298
At 30 September 2021	727

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

12 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	2,664	667
Prepayments and accrued income	102,914	7,189
	<hr/>	<hr/>
	105,578	7,856
	<hr/>	<hr/>

13 Creditors: amounts falling due within one year

	2022	2021
	£	£
Other taxation and social security	-	28
Trade creditors	-	162
Other creditors	772	1,614
Accruals and deferred income	1,830	1,740
	<hr/>	<hr/>
	2,602	3,544
	<hr/>	<hr/>

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 October 2020	Incoming resources	Resources expended	Balance at 1 October 2021	Incoming resources	Resources expended	Balance at 30 September 2022
	£	£	£	£	£	£	£
Bedfordshire and Luton Community Foundation	5,000	-	(5,000)	-	18,459	(18,459)	-
Arts Council Emergency Reponse Fund	10,972	3,173	(14,145)	-	-	-	-
Hertfordshire Community Fund	-	5,000	(5,000)	-	-	-	-
The Evelyn Trust	-	5,000	(5,000)	-	-	-	-
NHS Central and North West London	-	-	-	-	8,258	(8,258)	-
NHS BLMK	-	-	-	-	4,940	(4,940)	-
The Lady Margaret Paterson Osbourne Trust (Welwyn)	-	-	-	-	29,955	(29,955)	-
	<u>15,972</u>	<u>13,173</u>	<u>(29,145)</u>	<u>-</u>	<u>61,612</u>	<u>(61,612)</u>	<u>-</u>

The grant received from Bedfordshire and Luton Community Foundation is for workshops in the Central Bedfordshire area.

The grant received from the Arts Council Emergency Response Fund is for Mental Wellbeing & Isolation-Busting workshops.

The grant received from Hertfordshire Community Fund is for the running of PoetsIN in-person workshops.

The grant received from The Evelyn Trust is for the provision of PoetsIN programmes and one-off wellbeing workshops.

The grant received from NHS Central and North West London is for programmes for under 25 males.

The grant received from The Lady Margaret Paterson Osbourne Trust (Welwyn) is for programmes in schools.

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

15 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds		Movement in funds		
	Balance at 1 October 2020	Incoming resources	Balance at 1 October 2021	Incoming resources	Balance at 30 September 2022
	£	£	£	£	£
App development	10,000	-	10,000	-	10,000
	<u>10,000</u>	<u>-</u>	<u>10,000</u>	<u>-</u>	<u>10,000</u>
	<u>10,000</u>	<u>-</u>	<u>10,000</u>	<u>-</u>	<u>10,000</u>

A designated fund had been created last year for the future development of an app to further support the service users.

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

16 Analysis of net assets between funds

	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 30 September 2022 are represented by:								
Tangible assets	298	-	-	298	727	-	-	727
Current assets/(liabilities)	151,329	10,000	-	161,329	65,148	10,000	-	75,148
	<u>151,627</u>	<u>10,000</u>	<u>-</u>	<u>161,627</u>	<u>65,875</u>	<u>10,000</u>	<u>-</u>	<u>75,875</u>

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 30 SEPTEMBER 2022*

17 Related party transactions

There were no disclosable related party transactions during the year.