

2023-2024

End of Year Report



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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 6500 people across the UK, providing vital support to adults, children, and young people. Over the last 8 months alone, we have seen an incredible increase in referrals to our service. There has been **a 220% increase in referrals for adults** and a **673% increase in children and young people referrals**, highlighting the critical need for mental health support across all age ranges. Waitlists for NHS support for adults, children and young people continue to increase; with many children and young people not meeting criteria that has been put in place due to chronic underfunding of statutory services.

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**
- **Topical Mental Health Sessions**
- **Coping and understanding grief**
- **Understanding and managing anger**

We have also empowered individuals to utilise our free resources to improve their mental health and wellbeing with **over 6000 downloads**.

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**.

While 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 give everyone 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.**



The
**Creative
Mental
Health
Charity**
poetsin.com

The last 12 months has again proven to be the busiest in our history. Deteriorating mental health across the country has seen PoetsIN receive a high number of 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've also seen a significant increase in the number of under 16's being referred to us by schools, local authorities, and worried parents/carers/loved ones.

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

Not only have we improved our services over the last year, but we have also developed new ones. We are so 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.



We couldn't be more honoured to do the work we do. We're a small charity with big goals, creating big impact for those who struggle with their mental health.



Message from
our leaders

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.

People First Priorities

Priority 1



Equal access and opportunity

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



Quick access to support

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

Priority 3



How we treat clients

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



Physical and mental health equality

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

We are proud to be known 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.

Children and young people

Alongside our regular services, we 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.

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.

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.

Corporate mental health and wellbeing

We provide extensive bespoke packages to assist wellbeing within the workplace, including wellbeing audits, listening services, one-off mental health centred topical sessions, consulting, training and more.

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 Mental Health 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.

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.

Welfare to work – Employability

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.

We are also known for our specialisms in other areas:

- Supporting those who care for someone with a mental illness
- Parental/Carer support
- Trauma
- Domestic Violence and Abuse
- Offenders and those at risk of offending
- Those NEET or at risk of NEET
- Children looked after
- Disrupted attachment
- Those with personality disorders

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

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

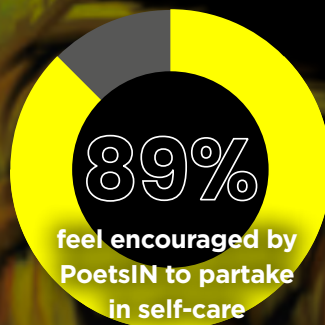
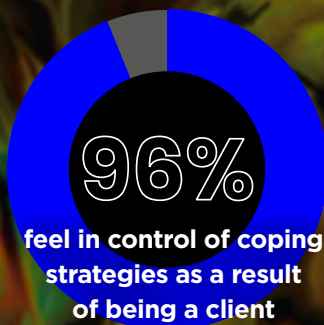
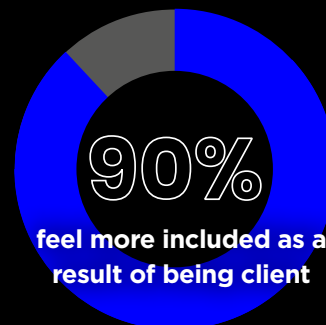
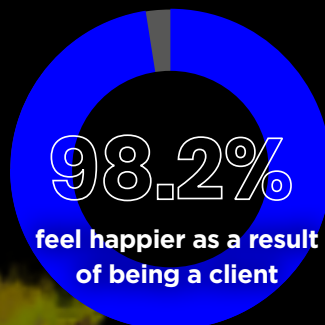
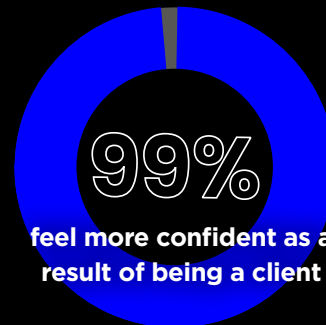
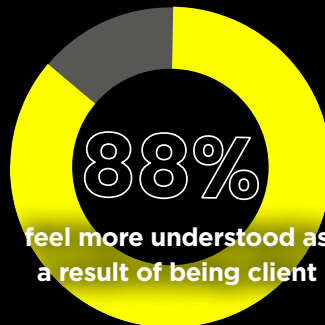
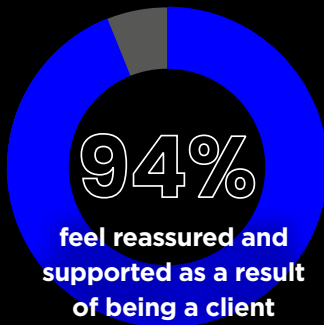
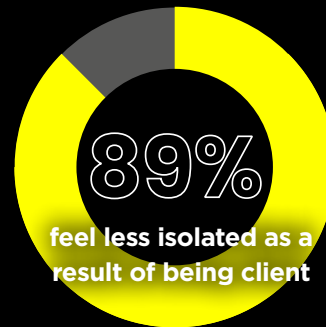
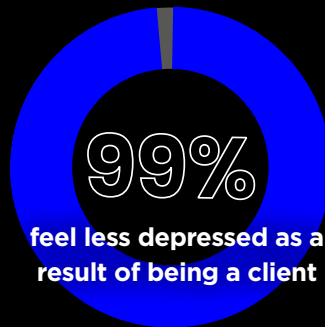
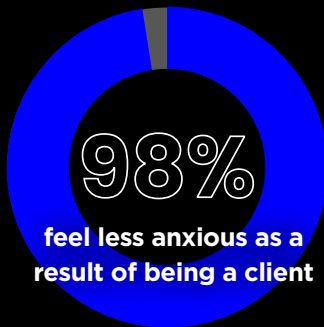
Our KPI Goals	% of the time
Referrals to be acknowledged within 24 business hours.	100%
Triage to be arranged within 48 business hours of initial referral	100%
Clients who disengage to be contacted 3 times to explore ways to support reengagement. Contact must begin 1 day after disengagement.	100%
All 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%
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 here set the standard to allow or support provisions to provide maximum impact for our clients.



Our direct impact within our support programmes is outlined below:



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

Our Impact

Looking back at the past 12 months

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

Through our continued excellence as a specialist service provider 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:

- Stroke Association
- Headway
- East London NHS Foundation Trust
- HACRO
- NACRO
- TCHC Group
- And so many 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
- Early Team referrals
- And more...

- Delivering a workshop to psychiatrists for the Hackney Psychiatrists away day
- Being chosen as Charity of the Year for the third year running for Redwood Bank
- Delivered session to University of East London
- Working with many organisations to enhance the wellbeing in their workplace
- Providing a disrupted attachment training session to colleagues in Bedfordshire Local Authority

- Supporting 265 people through our Welfare to work contract via Shaw Trust, commissioned by the DWP
- Provided a day of mental health support for residents at Longueville Court Care Home
- Delivered a workshop to HACRO colleagues
- Attended Mental Health Awareness Week event and additional welcome fair at Stamford College
- Delivered workshop at Jimmy Mac's

- Programme delivery for Recovery College
- Wellbeing Workshop delivered to NACRO
- Joined Hertfordshire Frontline
- Programme delivery for Carers in Hertfordshire
- Attended Kessels Kramer x Everpress exhibition
- Programme delivery for Viewpoint
- Workshop delivery for The Princes Trust
- Briars Pavillion bereavement workshop
- International Women's Day talk at the Co-op
- Attending many careers fairs and open days within schools
- And much, much more...

our Highlights



Looking forward over the next 12 months.

We have many goals for the next year and below are the three main continued focuses for the charity which have been identified based on need and demand.

Children and Young People

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.

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.

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.

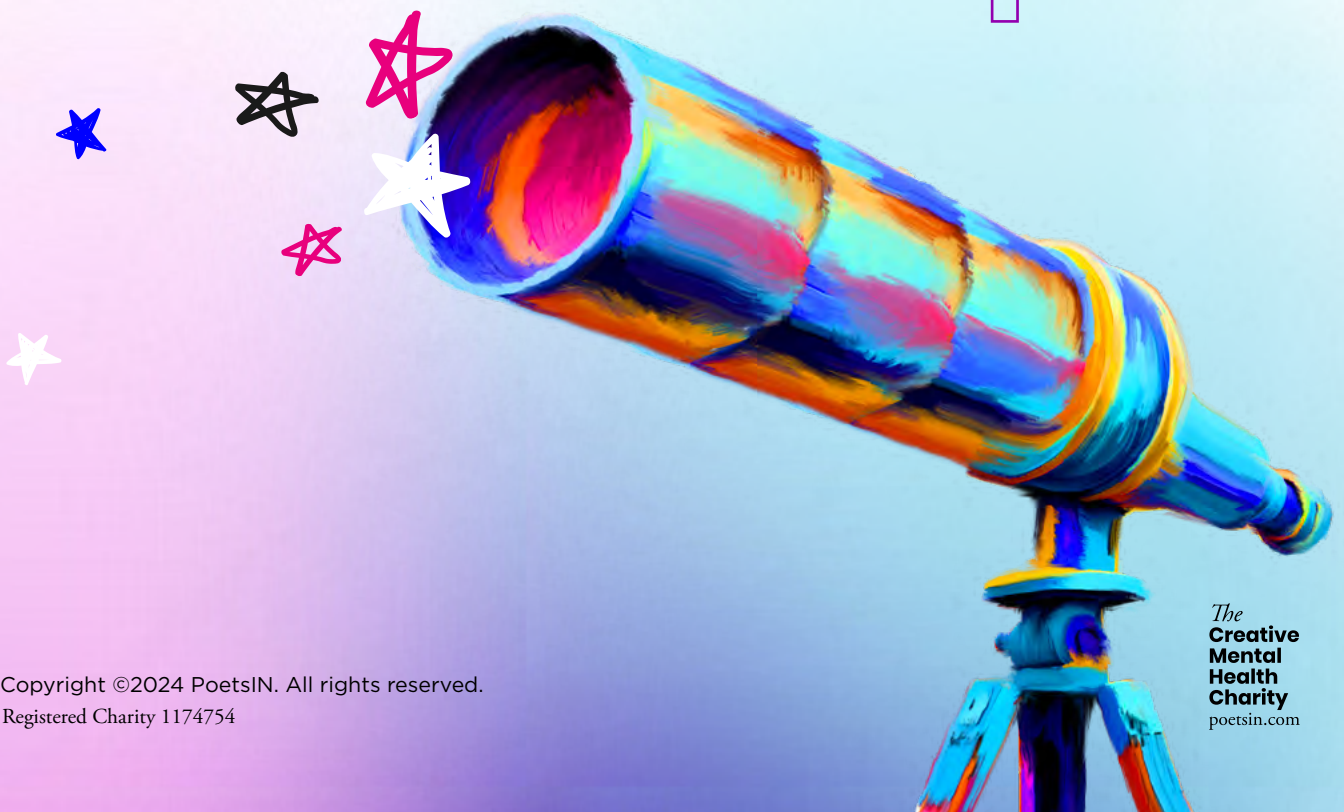
The Next Year



In the next year, we aim to:

- Support at least 6500 individuals with their mental health, with a target of 7000.
- After piloting our support with over 55's, we aim to roll this out within Cambridgeshire to at least 2 other care homes.
- To identify new funding sources to allow us to continue our work within schools and with children and young people, with the 673% referral increase in mind.
- To develop a new programme that looks specifically at emotional regulation.
- To continue to share our voice on matters that affect the mental health and wellbeing of all.
- To advocate within communities for equality and equity surrounding mental health support.
- To grow our team in order to provide more support across the country.
- To continue to achieve our KPI's and service lead targets.
- To provide virtual drop-in mental health sessions.

The Next Year in Focus



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!

PoetsIN came to our school and delivered a whole week of assemblies over 5 days and across year 7 to 11. The planning of the assemblies went really well and throughout the week PoetsIN delivered amazing and emotive assemblies which kept the audience engaged and interested.

- Kempston Academy

Just wanted to tell you that the PoetsIN session was amazing. Very useful as it introduced practical techniques to help organise feelings, reduce overwhelm and calm down. Some really good takeaways for individuals and also for managers to help their team members.

- University of Hertfordshire

As a mental health professional, I have been impressed with many aspects of this charity; it's impressive treatment outcomes, it's dedication to a personal and meaningful approach to its members needs and its uniquely transparent and genuine relationship with mental health. In contrast to many other organisations, the leadership team in PoetsIN practice what they preach because they understand, as well as any other individual, what it means to survive and thrive with a mental illness. There is a spirit of shared openness and acceptance that brings to the forefront a passionate and realistic fight against the stigma and secrecy of living with mental illness. I applaud the co-founders and the whole PoetsIN team for their vision and professionalism in tackling the highly challenging role mental health plays in the everyday lives of many, and their caring regard for every single member of its inclusive community.

- Community Member

This workshop should be something everyone provides for their teams. It's such a powerful use of an hour that I know will have a lasting impact on the mental health of the team. It's very fun, engaging, creative, and thought-provoking. Today I felt incredibly proud to know PoetsIN and of my team for their boundless creativity and candour.

- Corporate one-off session

I just felt I needed to say how much I appreciated the energy of Helen our course tutor, gentle, inspiring, encouraging, empathic and funny, I really think her energy held a lot of us together when we didn't feel very together.

- Programme Client

The Client Voice

I would like to say that those assemblies were really good, I think that if I was in one of those situations, I would definitely go to PoetsIN. 10/10!

- Kempston Academy Student

PoetsIN is the only sense of normality in my life. It's made me accept who I am and realise my problems weren't problems that were unfixable.

- Young Person

I've had many sessions of counselling and been on a few stress and mindfulness courses, but this one really connected with me, and I felt it was by far the most beneficial to me. Thank you. Everyone was lovely and I would highly recommend this to anyone who is struggling. Was a hugely positive experience from start to finish. The communication was first class, even got a reminder phone call when I forgot a session. Everyone was very compassionate, and I felt extremely comfortable dealing with everyone involved. Helen was amazing, wish I could have a Helen in my pocket 24/7 for advice and guidance. I normally hate video conference calls, but I was made to feel very welcome, and I felt a connection to everyone that took part so thank you.

- Programme Client

PoetsIN is a absolute life saver. I was contemplating suicide before meeting Paul and using his coping mechanisms. After my sessions I am a hell of a lot more confident and just more happy in general.

- Young Person

POETSIN
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

POETSIN

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	A McCart I Hawtin B Alexander L Wilsher Mr M Walters Mr B Smyth
Charity number	1174754
Principal address	Eco Innovation Centre Peterscourt City Road Peterborough United Kingdom PE1 1SA
Independent examiner	Azets Westpoint Lynch Wood Peterborough Cambridgeshire United Kingdom PE2 6FZ

POETSIN

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

The trustees present their annual report and financial statements for the year ended 30 September 2024.

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, given the risk nature of our beneficiaries, they will be able to continue to benefit from the charity's support while consideration is given to ways in which additional funds may be raised, and to further ensure financial resilience and stability to provide beneficiaries with continued and consistent support.

At the year end unrestricted funds, excluding designated funds were £97,009 which is equivalent to 4.8 month's expenditure.

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

B Alexander

L Wilsher

Mr M Walters

Mr B Smyth

POETSIN

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

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 2024

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



I Hawtin
Trustee

25 March 2025

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 2024.

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

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

Westpoint
Lynch Wood
Peterborough
Cambridgeshire
PE2 6FZ
United Kingdom

Dated: 28 March 2025

POETSIN

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 SEPTEMBER 2024

Current financial year

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
	Notes				
Income from:					
Donations and legacies	3	150,026	24,504	174,530	215,809
Charitable activities	4	34,519	-	34,519	44,485
Total income		184,545	24,504	209,049	260,294
Expenditure on:					
Raising funds	5	28,251	-	28,251	3,649
Charitable activities	6	235,854	26,754	262,608	230,953
Total expenditure		264,105	26,754	290,859	234,602
Net (expenditure)/income for the year/ Net movement in funds		(79,560)	(2,250)	(81,810)	25,692
Fund balances at 1 October 2023		185,069	2,250	187,319	161,627
Fund balances at 30 September 2024		105,509	-	105,509	187,319

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 2024

Prior financial year

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes			
<u>Income from:</u>				
Donations and legacies	3	123,240	92,569	215,809
Charitable activities	4	44,485	-	44,485
Total income		167,725	92,569	260,294
<u>Expenditure on:</u>				
Raising funds	5	3,649	-	3,649
Charitable activities	6	138,384	92,569	230,953
Total expenditure		142,033	92,569	234,602
Gross transfers between funds		(2,250)	2,250	-
Net (expenditure)/income for the year/ Net movement in funds		23,442	2,250	25,692
Fund balances at 1 October 2022		161,627	-	161,627
Fund balances at 30 September 2023		185,069	2,250	187,319

POETSIN

BALANCE SHEET

AS AT 30 SEPTEMBER 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	11		1,642		-
Current assets					
Debtors	12	105,155		101,929	
Cash at bank and in hand		10,502		88,344	
		<u>115,657</u>		<u>190,273</u>	
Creditors: amounts falling due within one year	13	<u>(11,790)</u>		<u>(2,954)</u>	
Net current assets			103,867		187,319
Total assets less current liabilities			<u>105,509</u>		<u>187,319</u>
Income funds					
Restricted funds	14		-		2,250
<u>Unrestricted funds</u>					
Designated funds	15	8,500		10,000	
General unrestricted funds		<u>97,009</u>		<u>175,069</u>	
			105,509		185,069
			<u>105,509</u>		<u>187,319</u>

The financial statements were approved by the Trustees on 25 March 2025



I Hawtin
Trustee

POETSIN

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

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 2024

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
-----------	-------------------

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 2024

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
	2024 £	2024 £	2024 £	2023 £	2023 £	2023 £
Donations and gifts	50,026	-	50,026	23,240	-	23,240
Grants receivable	100,000	24,504	124,504	100,000	92,569	192,569
	<u>150,026</u>	<u>24,504</u>	<u>174,530</u>	<u>123,240</u>	<u>92,569</u>	<u>215,809</u>

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

4 Charitable activities

	2024 £	2023 £
Delivering workshops and group sessions	34,519	44,485

5 Raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
<u>Fundraising and publicity</u>		
Other fundraising costs	28,251	3,649
	28,251	3,649

6 Charitable activities

	2024 £	2023 £
Staff costs	183,684	148,619
Depreciation and impairment	305	298
Creative design services	15,459	13,254
Project workers	27,566	30,765
	227,014	192,936
Share of support costs (see note 7)	27,505	32,156
Share of governance costs (see note 7)	8,089	5,861
	262,608	230,953
Analysis by fund		
Unrestricted funds	235,854	138,384
Restricted funds	26,754	92,569
	262,608	230,953

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

7 Support costs

	Support costs £	Governance costs £	2024 Support costs £	Governance costs £	2023 £
Advertising and marketing	8,621	-	8,621	9,763	9,763
Insurance	969	-	969	1,069	1,069
Rent	432	-	432	432	432
Subscriptions	5,580	-	5,580	9,311	9,311
Payroll charges	1,007	-	1,007	889	889
Office administration costs	2,721	-	2,721	4,982	4,982
Computer running costs	5,197	-	5,197	3,789	3,789
Travel	2,478	-	2,478	1,850	1,850
Sundry costs	500	-	500	71	71
Independent examination	-	2,184	2,184	-	1,890
Legal and professional	-	5,905	5,905	-	3,971
	<u>27,505</u>	<u>8,089</u>	<u>35,594</u>	<u>32,156</u>	<u>38,017</u>
Analysed between Charitable activities	<u>27,505</u>	<u>8,089</u>	<u>35,594</u>	<u>32,156</u>	<u>38,017</u>

8 Trustees

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

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	<u>6</u>	<u>6</u>
Employment costs	2024 £	2023 £
Wages and salaries	168,253	137,806
Social security costs	10,387	7,161
Other pension costs	5,044	3,652
	<u>183,684</u>	<u>148,619</u>

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

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Tangible fixed assets

	Computers £
Cost	
At 1 October 2023	1,299
Additions	1,947
	<hr/>
At 30 September 2024	3,246
	<hr/>
Depreciation and impairment	
At 1 October 2023	1,299
Depreciation charged in the year	305
	<hr/>
At 30 September 2024	1,604
	<hr/>
Carrying amount	
At 30 September 2024	1,642
	<hr/> <hr/>

12 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	2,778	865
Prepayments and accrued income	102,377	101,064
	<hr/>	<hr/>
	105,155	101,929
	<hr/> <hr/>	<hr/> <hr/>

13 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	9,774	1,034
Accruals and deferred income	2,016	1,920
	<hr/>	<hr/>
	11,790	2,954
	<hr/> <hr/>	<hr/> <hr/>

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

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			
	Incoming resources	Resources expended	Transfers	Balance at 1 October 2023	Incoming resources	Resources expended	Balance at 30 September 2024	
	£	£	£	£	£	£	£	
Bedfordshire and Luton Community Foundation	34,928	(34,928)	-	-	7,904	(7,904)	-	
Hertfordshire Community Fund	9,920	(9,920)	-	-	-	-	-	
NHS BLMK	7,731	(7,731)	-	-	-	-	-	
The Lady Margaret Paterson Osbourne Trust (Welwyn)	-	-	2,250	2,250	-	(2,250)	-	
National Lottery	9,990	(9,990)	-	-	-	-	-	
Postcode Places Trust	25,000	(25,000)	-	-	-	-	-	
Wixam Tree	5,000	(5,000)	-	-	-	-	-	
North Hertfordshire District Council	-	-	-	-	16,600	(16,600)	-	
	92,569	(92,569)	2,250	2,250	24,504	(26,754)	-	

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

14 Restricted funds

(Continued)

The grant received from Bedfordshire and Luton Community Foundation is to provide mental health support for young people aged 16-25 years in and around Luton only.

The grant received from Hertfordshire Community Fund is to provide mental health support in Hertfordshire.

The grant received from NHS BLMK is to provide suicide prevention support within Milton Keynes and surrounding areas.

The grant received from The Lady Margaret Paterson Osbourne Trust (Welwyn) is to provide support for predominantly young people and 20% for older people in Welwyn Garden City and Hatfield.

The grant received from The National Lottery is a core cost to provide mental health support in Bedfordshire and Hertfordshire.

The grant received from Postcode Places Trust is a core cost to provide mental health support in Bedfordshire and Hertfordshire.

The grant received from Wixam Tree is a core cost to provide mental health support in a number of locations.

The grant received from North Hertfordshire District Council is to widen our provision for children and young people throughout North Hertfordshire.

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				
	Balance at 1 October 2022	Incoming resources	Balance at 1 October 2023	Resources expended	Balance at 30 September 2024
	£	£	£	£	£
Tech development	10,000	-	10,000	(1,500)	8,500
	10,000	-	10,000	(1,500)	8,500

A designated fund exists for the future development of technology to further support the service users.

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total Unrestricted funds 2024 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 30 September 2024 are represented by:					
Tangible assets	1,642	-	1,642	-	-
Current assets/(liabilities)	103,867	-	103,867	175,069	187,319
	105,509	-	105,509	175,069	187,319

POETSIN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 30 SEPTEMBER 2024*

17 Related party transactions

There were no disclosable related party transactions during the year.



The Creative Mental Health Charity

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