

Cuppa Squad

Charity No. 1175348

Company No. CE011847

Trustees' Report and Unaudited Accounts

31 March 2023

	Pages
Trustees' Annual Report	2 to 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Summary Income and Expenditure Account	11
Balance Sheet	12
Notes to the Accounts	13 to 17
Detailed Statement of Financial Activities	18 to 19

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 March 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE011847

Charity No. 1175348

Registered Office

13 St Pauls Square
Birmingham
B3 1RB

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

C.J.R. Edwards

M.D.S. Triggs

K. Walker

Accountants

Spotlight Accounting Limited
Molineux House
6a Market Place
Shifnal
TF11 9AZ

OBJECTIVES AND ACTIVITIES

Cuppa Squad is a Birmingham-based charity established in 2017, originally known as Steps to Your Healthy Future. It was set up to promote and preserve the good health of people suffering or at risk from long-term health conditions such as type-2 diabetes and pre-diabetes, by the provision of support and education.

Our Vision

“To live in a society where anyone can share a humble cuppa to combat isolation and learn more about their health.”

Our Mission

“We give everyone we meet a helping hand (and cuppa) to take the small steps that can make a massive difference to their health and their happiness.”

Our projects bring the community together in one place so they can share and support each other. We run peer-to-peer support groups that are online and face-to-face over a tea/coffee. We recognise some communities need support not only with a specific condition but the wider challenges such as isolation, self-belief and self-worth. We pride ourselves on listening to the feedback we receive, allowing us to innovate as we grow.

ACHIEVEMENTS AND PERFORMANCE

Board of Trustees

This financial year has seen significant changes to the Board of Trustees with two Board members choosing to step down due to personal reasons. This gave the Board the opportunity to reflect and look at what key areas were needed to help drive the charity to the next level. It was agreed that we needed a new Treasurer to allow the current Treasurer to step into a more strategic role, support on governance and policy implementation, and deliver as a key influencer. We have been successful in recruiting to the former two positions and continue to make positive inroads in acquiring a new Treasurer. The Board is excited for the next stages of the charity's evolution, while we continue to grow to deliver on increased staff and financial stability.

Our Growth

Cuppa Squad has seen significant growth during this financial year; not only financially, but also in its support group outreach, subsequent growing attendee numbers, and overall presence and recognition across Birmingham.

Cuppa Squad is now well known and supported across the city with support from Birmingham City Council, West Midlands NHS and Public Health along with many of the city's organisations (otherwise called 'Assets'). This laser focus and drive has put Cuppa Squad on the Birmingham map, allowing for significant impact to be achieved across a spectrum of communities over the past financial year (please see 'Our Impact').

As the charity continues to grow, we have added additional support groups for people living with type 1 diabetes and parents of children living with type 1 diabetes. These groups are starting to gain traction and have received incredible feedback for their peer-to-peer support in removing levels of isolation. Each of these core groups has created its own identity, embellished with standalone branding to encourage a feeling of belonging.

Furthermore, the charity has warmly welcomed a number of volunteers to support Cuppa Squad with designated roles and responsibilities. Through the 'LoveBum' volunteering initiative, we were excited to have found a book-keeper and another volunteer to help with basic admin. Additionally, we have two year 12 students from Lady Eleanor Holles School, volunteering for their Duke of Edinburgh Award. The young ladies have said *"We feel this is a wonderful opportunity to deepen our understanding around diabetes and other related health issues. Furthermore, we're hoping to gain practical experience in the fields of research and journalism skills, hence, partaking in this volunteering experience."*

Our Impact

Cuppa Squad's impact has been significant this year with double the groups, and month-by-month growth in attendee numbers.

At the start of the financial year, Cuppa Squad set a goal of migrating from dependence on monthly online support groups (a symptom of the Covid pandemic) and begin to re-engage with local communities by re-establishing physical face-to-face groups. By March 2023, the charity hosted an average of 15 groups a month. This translated into a noticeable ratio of 1:4 online groups to face-to-face groups, highlighting total success in our stated goal.

We divide our groups into: standalone monthly groups; those delivered in partnership with fellow stakeholders (eg Birmingham Mind & Creative Support); and Taster Sessions (first time sessions/introductory sessions that ultimately establish interest and deliver repeat cyclical sessions moving forward). Delivering to established groups allowed Cuppa Squad to present to larger numbers more consistently. Based on content discussed and visual aids and handouts offered, we estimate that for every 1 person engaged in a support group, would then deliver a default advocacy role where the messaging would spread to a further two people, such as family, friends and carers.

These metrics do not include talks and presentations. For instance, Cuppa Squad delivered three lunchtime presentations to Birmingham City Council alone in the final quarter of the financial year, covering topics such as, *"Hormones are the new calories;"* and *"Fat: Friend or Foe? Debunking the demonisation of fat."* Each presentation generated 55+ attendees, with strong promoter feedback, regarding interest in the topic; desire for additional presentations to be offered; and willingness to refer Cuppa Squad to other people.

- Average of 15 groups per month – +46% year-on-year
- Average group attendees of 10 people per group – +60% year-on-year
- Growth in support group categories, eg 'Together As 1' Parental support group, and Taster Session concept – +50% year on year

We continue to grow our face-to-face groups (as opposed to online groups). On top of Yardley and Bridgnorth, we now offer a hybrid offering for the greater West Midlands with an online offering in the morning in conjunction with a follow-up physical meet-up group in Walsall in the afternoon. This caters for three of our older groups, thus allowing Cuppa Squad members to choose how and when they attend without missing out all together. As this broad cohort is aged 65+ with a range of contributing health conditions, this offers greater flexibility and consistency of support while they combat other health issues and medical appointments.

Our 'Taster Sessions' are bearing fruit as we have secured a consistent commitment to deliver monthly support groups within the Birmingham Mental Health & Wellbeing Hubs, and in some cases their accompanying annexes, with a view to grow further. This has allowed us to not only partner with valued partners and stakeholders within Birmingham but has subsequently allowed Cuppa Squad to increase our physical presence by +50% just in the first three months of 2023 alone.

We continue to partner with a range of Social Prescribers, Community Networking Support Officers, and Project Workers and Project Navigators, who feel secure in signposting patients to our services. We also receive referrals from existing Cuppa Squad members, such as spouses, family members, friends and colleagues. Referrals are either directly introduced to us by attending our groups alongside existing Cuppa Squad members, or we contact them by phone to make introductions and benchmark where and if we can support them. Any achieved interactions are fed back to their relevant Social Prescriber for their logged records.

In quarter 4 (January – March 2023) we accepted 23 predominantly Social Prescriber referrals in addition to self-referrals, all of whom had been directly contacted by Cuppa Squad, by phone, text, email or a mixture. That's an increase of +13% against quarter 3's referral rate. Throughout the financial year, Cuppa Squad has gained a steady and positive increase in referrals quarter-on-quarter. These referrals have addressed concerns relating to all variants of diabetes: pre-diabetes, type 2 and type 1 conditions.

As we continue to delve deeper into our local communities, we have now built a robust network that allows Cuppa Squad to confidently signpost fellow Assets (voluntary organisations, charities, services) in delivering valuable connections that can embellish their own services while building enriching relationships with Cuppa Squad as a go-to offering for support and guidance.

At the start of the year, Cuppa Squad set a stretch goal of reaching 300 sign-ups to our free bi-monthly e-bulletin. By the year end, we had secured 351 subscribers and growing.

Our Feedback

Below is a sample of some of the testimonials we have received in 2023 alone:

"Great to meet you yesterday! Thank you for spending the time to share this wonderful work with me."

Rachel Robinson, Executive Director of Public Health, Shropshire Council

"The benefits of having [Cuppa Squad] there at 'Friendship Club' is that the service users are able to learn better when they're well nourished; and eating healthy meals has been linked to ordering less takeaways for an individual in that session. "

Harnam Surdhar, Recovery & Employment Navigator, Birmingham Mind

"I just wanted to thank you for kindly supporting our event this morning. We received such positive feedback from the patients who attended so thank you for your contribution. I am looking forward to us working together to ensure more regular diabetes events take place in Solihull."

Jill Bonehill, Senior Social Prescriber, Citizens Advice Solihull Borough

"We have been very fortunate to have Michael from Cuppa Squad come and discuss various health topics in our men's group [Beechcroft, Erdington] and also our women's group in Kingstanding, the discussions have benefitted the service users and raised more awareness of symptoms and signs of health conditions such as diabetes, Michael has adapted his presentations for the needs of the service users and made it easy for them to understand and also is very approachable for service users to ask any questions. We are glad that we have been able to book Cuppa Squad to attend regularly to our groups as we are always having new service users attending."

Shazeana Ahmed, Erdington Hub Team leader, Birmingham Mind.

"I can testify that Cuppa Squad is a needed and informative charity. We have been lucky enough to have Michael McEntee running sessions on the first Friday of every month. This has been invaluable. We constantly have a full group, and the service users at Birmingham Mind's Handsworth Hub look forward to the informative and interactive sessions. Many of the attendees are diabetic or pre-diabetic and the feedback is exceptionally good. They feel since meeting Michael they have better knowledge and understanding around diabetes. They also enjoy the relaxed social element of the group. I have found Michael to be professional and engaging. And I believe having Cuppa Squad delivering these sessions has had a positive and beneficial outcome for all who attend."

David Trezise Handsworth Hub Team leader, Birmingham Mind.

Cuppa Squad

Trustees Annual Report

"Cuppa Squad is a fantastic resource for me as a social prescriber. I get referrals weekly for people who need support with their diabetes, and most are happy to receive a call from Michael to give them information and to tell them more about the drop-in. The people I have referred who have attended come back to me and feed back that the experience has been very positive for them. I am fully confident in referring people to this service knowing that they will benefit greatly from it."

Annie Langrick – Social Prescribing Link Worker, The Active Wellbeing Centre

"Your service has been invaluable for me as a social prescriber as I have struggled in the past with knowing where to signpost patients to and I know I have referred a lot. I am also happy to have been able to link you in with other local facilities."

Sharon Mullard, Social Prescribing Link Worker, The Active Wellbeing Society.

"I am emailing in regards to Cuppa Squad and their fantastic support services they provide to adults with managing diabetes."

Russell Philips, Public Health Senior Programme Officer, Public Health Division, BCC

"Thank you for the call today I really appreciated it. The tips & suggestions on how to manage blood spikes are useful & I will try out. In fact, it has encouraged me to make an appointment with my diabetes nurse for a much-needed review, and hopefully this will be my trigger to get me back on track with looking after myself properly."

Fatima Baugh, Type 2 diabetes

"I enjoy our monthly meetings with Michael & Kate. As a diabetic I find the advice, knowledge & support given helps with keeping on top of my condition. I've been coming to the meetings for nearly one year. Michael & Kate always bring positivity to the sessions, along with the willingness to help & support those who come to join. There is plenty of advice & tips about how to manage the condition & how to make better dietary choices that will also help in losing weight. I look forward to continuing with the meetings & look forward to the support of Michael & Kate. So, I would recommend anyone to come along & join the group & take a positive look about how to live with diabetes with the help & support of Cuppa Squad."

Andy Field, Type 2 diabetes

"Many thanks for the information you sent. The facts concerning the diabetes food intake, sugar spike timing and its beneficial effect on the body are most helpful. I and probably many other people were not aware of these important facts. We might have carried on doing the wrong things that would have impacted our health forever. I am surprised that nobody made us aware of this valuable information in all this time. Most grateful for the lifesaving help."

Ranajit Chaudhuri, Type 2 diabetes

Thanks you to our funders

It goes without saying, all of this would simply not be possible without the financial support and support-in-kind that we have received this year:

- NNS Hodge Hill POHWER
- Groundwork UK & Tesco
- NNS Erdington Witton Lodge Community Association
- Supporting Giving Ltd & CECA
- Civil Engineering CECA Southern
- Birmingham City Council
- National Lottery
- Birmingham City Council & NNS Selly Oak
- LoveBrum
- Bridgnorth Old Peoples Welfare & Good Neighbours Association
- NNS Perry Barr
- NNS Sutton Coldfield
- ASDA Green Tokens Awards
- Edgar Lawley Foundation
- Heart of England Community Foundation & NNS Northfield

Acknowledgements

As the Chair, I am incredibly humbled by what has been achieved this year. Despite the significant Board changes and financial challenges Cuppa Squad has experienced, the charity has grown into a recognised and respected presence across Birmingham and the West Midlands. I would like to offer a personal note of thanks to the charity's CEO, Michael, for his continued passion, drive and commitment towards the charity. Testament to this hard work has been the measured growth of presence and influence within the locality, alongside the measured outcomes within those communities. I would also like to thank the Trustees and staff who have now moved on, for their support and help in directing the charity, thank you Tim, Janet and Sue. Finally, thank you to Caroline, Mark and Donna for their continued commitment and dedication to our worthy cause.

FINANCIAL REVIEW

The charity faced its challenging financial position head-on, and through grit and determination Cuppa Squad has turned this around and secured a number of significant grants and funding streams to allow the charity to rebound towards a stable position with six months' running costs in the bank.

There were no loans outstanding to Trustees at the year end.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document, a deed of trust, and constitutes a Limited company, Limited by guarantee, as defined by the Companies Act 2006.

Management

Cuppa Squad is a small charity that includes one full time employee. Trustee recruitment is managed through our Trustee Recruitment Policy.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

M.D.S. Triggs

Trustee

10 May 2023



11 May 2023

Independent Examiner's Report to the trustees of Cuppa Squad

I report to the charity trustees on my examination of the financial statements of Cuppa Squad for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements 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 can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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

Spotlight Accounting Limited
ICAEW
Spotlight Accounting Limited
Molineux House
6a Market Place
Shifnal
TF11 9AZ
10 May 2023

Cuppa Squad
Statement of Financial Activities
for the year ended 31 March 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
	Notes				
Income and endowments from:					
Donations and legacies	4	7,235	53,908	61,143	25,844
Investments	5	-	-	-	1
Total		7,235	53,908	61,143	25,845
Expenditure on:					
Hypo Boxes	6	-	136	136	305
Charitable activities	7	7,773	32,898	40,671	44,705
Total		7,773	33,034	40,807	45,010
Net gains on investments		-	-	-	-
Net income/(expenditure)		(538)	20,874	20,336	(19,165)
Transfers between funds		-	-	-	-
Net income/(expenditure) before other gains/(losses)		(538)	20,874	20,336	(19,165)
Other gains and losses					
Net movement in funds		(538)	20,874	20,336	(19,165)
Reconciliation of funds:					
Total funds brought forward		713	85	798	19,963
Total funds carried forward		175	20,959	21,134	798

Cuppa Squad
Summary Income and Expenditure Account
for the year ended 31 March 2023

	2023	2022
	£	£
Income	61,143	25,844
Interest and investment income	-	1
Gross income for the year	<u>61,143</u>	<u>25,845</u>
Expenditure	40,785	45,003
Interest payable	22	7
Total expenditure for the year	<u>40,807</u>	<u>45,010</u>
Net income/(expenditure) before tax for the year	20,336	(19,165)
Net income /(expenditure)for the year	<u>20,336</u>	<u>(19,165)</u>

**Cuppa Squad
Balance Sheet**

at 31 March 2023

Company No.	CE011847	Notes	2023	2022
			£	£
Current assets				
Stocks		9	215	-
Debtors		10	443	443
Cash at bank and in hand			21,671	988
			<u>22,329</u>	<u>1,431</u>
Creditors: Amount falling due within one year		11	(1,195)	(633)
Net current assets			<u>21,134</u>	<u>798</u>
Total assets less current liabilities			<u>21,134</u>	<u>798</u>
Net assets excluding pension asset or liability			<u>21,134</u>	<u>798</u>
Total net assets			<u><u>21,134</u></u>	<u><u>798</u></u>
The funds of the charity				
Restricted funds		12		
Restricted income funds			20,959	85
			<u>20,959</u>	<u>85</u>
Unrestricted funds		12		
General funds			175	713
			<u>175</u>	<u>713</u>
Reserves		12		
Total funds			<u><u>21,134</u></u>	<u><u>798</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 March 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 10 May 2023

And signed on its behalf by:



11 May 2023

K. Walker
Trustee
10 May 2023

Cuppa Squad
Notes to the Accounts
for the year ended 31 March 2023

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
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Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Income and endowments from:			
Donations and legacies	1,124	24,720	25,844
Investments	1	-	1
Total	1,125	24,720	25,845
Expenditure on:			
Charitable activities	-	305	305
Other	10,937	33,768	44,705
Total	10,937	34,073	45,010
Net income	(9,812)	(9,353)	(19,165)
Net income before other gains/(losses)	(9,812)	(9,353)	(19,165)
Other gains and losses:			
Net movement in funds	(9,812)	(9,353)	(19,165)
Reconciliation of funds:			
Total funds brought forward	10,525	9,438	19,963
Total funds carried forward	713	85	798

4 Income from donations and legacies

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Donations	786	-	786	624
Grants	6,449	53,908	60,357	25,220
	<u>7,235</u>	<u>53,908</u>	<u>61,143</u>	<u>25,844</u>

5 Income from investments

Total 2023	Total 2022
£	£
-	1
<u>-</u>	<u>1</u>

6 Expenditure on charitable activities

	Restricted	Total 2023	Total 2022
	£	£	£
<i>Expenditure on charitable activities</i>			
Hypo boxes	136	136	305
Governance costs			
	<u>136</u>	<u>136</u>	<u>305</u>

7 Other expenditure

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Bank loan and overdraft interest payable	-	22	22	7
Employee costs	6,481	25,921	32,402	35,168
General administrative costs	888	5,277	6,165	7,538
Legal and professional costs	404	1,678	2,082	1,992
	<u>7,773</u>	<u>32,898</u>	<u>40,671</u>	<u>44,705</u>

8 Staff costs

	2023	2022
Salaries and wages	31,713	34,500
Pension costs	689	668
	<u>32,402</u>	<u>35,168</u>

No employee received emoluments in excess of £60,000.

9 Stocks

	2023	2022
	£	£
Raw materials and consumables	215	-
	<u>215</u>	<u>-</u>

10 Debtors

	2023	2022
	£	£
Prepayments and accrued income	443	443
	<u>443</u>	<u>443</u>

11 Creditors:

amounts falling due within one year

	2023	2022
	£	£
Other taxes and social security	1,195	633
	<u>1,195</u>	<u>633</u>

12 Movement in funds

	At 1 April 2022	Incoming resources including other gains/losses £	Resources expended £	At 31 March 2023 £
Restricted funds:				
Restricted income funds:				
	85	53,908	(33,034)	20,959
<i>Total</i>	<u>85</u>	<u>53,908</u>	<u>(33,034)</u>	<u>20,959</u>
Unrestricted funds:				
General funds	713	7,235	(7,773)	175
Total funds	<u>798</u>	<u>61,143</u>	<u>(40,807)</u>	<u>21,134</u>

13 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Net current assets	20,422	712	21,134
	<u>20,422</u>	<u>712</u>	<u>21,134</u>

14 Reconciliation of net debt

	At 1 April 2022 £	Cash flows £	At 31 March 2023 £
Cash and cash equivalents	988	20,683	21,671
	<u>988</u>	<u>20,683</u>	<u>21,671</u>
Net debt	<u>988</u>	<u>20,683</u>	<u>21,671</u>

15 Commitments

Pension commitments

	2023 £	2022 £
The pension cost charge to the company amounted to:	<u>689</u>	<u>668</u>

Cuppa Squad
Detailed Statement of Financial Activities
for the year ended 31 March 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:				
Donations and legacies				
Donations	786	-	786	624
Grants	6,449	53,908	60,357	25,220
	<u>7,235</u>	<u>53,908</u>	<u>61,143</u>	<u>25,844</u>
Investments				
	-	-	-	1
	<u>-</u>	<u>-</u>	<u>-</u>	<u>1</u>
Total income and endowments	7,235	53,908	61,143	25,845
Expenditure on:				
Charitable activities				
Hypo boxes	-	136	136	305
	<u>-</u>	<u>136</u>	<u>136</u>	<u>305</u>
Total of expenditure on charitable activities	-	136	136	305
Other expenditure				
Bank loan and overdraft interest payable	-	22	22	7
	<u>-</u>	<u>22</u>	<u>22</u>	<u>7</u>
Employee costs				
Wages	6,343	25,370	31,713	34,500
Pension costs	138	551	689	668
	<u>6,481</u>	<u>25,921</u>	<u>32,402</u>	<u>35,168</u>
General administrative costs				
Bank charges	8	-	8	-
Advertising & Marketing	-	442	442	1,343
Travel	-	12	12	-
General insurances	411	-	411	334
Consulting	-	4,200	4,200	4,400
Postage and couriers	23	-	23	9
Software, IT support and related costs	217	-	217	862
Meeting costs	101	236	337	321
Subscriptions	55	129	184	-
Sundry expenses	72	-	72	76
Telephone & internet	-	258	258	193
	<u>888</u>	<u>5,277</u>	<u>6,165</u>	<u>7,538</u>
Legal and professional costs				

Cuppa Squad**Detailed Statement of Financial Activities**

Accountancy and bookkeeping	404	1,616	2,020	1,992
Legal expenses	-	62	62	-
	<u>404</u>	<u>1,678</u>	<u>2,082</u>	<u>1,992</u>
Total of expenditure of other costs	<u>7,773</u>	<u>32,898</u>	<u>40,671</u>	<u>44,705</u>
Total expenditure	<u>7,773</u>	<u>33,034</u>	<u>40,807</u>	<u>45,010</u>
Net gains on investments	-	-	-	-
	<u>(538)</u>	<u>20,874</u>	<u>20,336</u>	<u>(19,165)</u>
Net income/(expenditure)				
Net income/(expenditure) before other gains/(losses)	<u>(538)</u>	<u>20,874</u>	<u>20,336</u>	<u>(19,165)</u>
Other Gains	-	-	-	-
	<u>(538)</u>	<u>20,874</u>	<u>20,336</u>	<u>(19,165)</u>
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward	713	85	798	19,963
Total funds carried forward	<u>175</u>	<u>20,959</u>	<u>21,134</u>	<u>798</u>