

BEFRIENDED

England & Wales · Charity number 1175623

Details

Status Registered

Legal form CIO

Registered 2017-11-08

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

Contact

Address Befriended Hub
20 South Street
Ditchling
Hassocks
West Sussex
BN6 8UQ

Phone 0300 7727703

Email office@befriended.org

Website www.befriended.org

Activities

Objects: 1)TO ADVANCE THE CHRISTIAN FAITH; AND2)TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH A BEFRIENDING / CARE SERVICE.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: Befriended provides a range of services aimed at combating loneliness and isolation amongst older people living in Mid Sussex. These include face to face befriending, telephone befriending, befriended buddies, bereavement support, chaplaincy, exercise classes, social activities and events.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, Religious Activities, Recreation, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities

Geography

- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£155,418	£106,356	-	-
2024-09-30	£87,821	£82,596	-	-
2023-09-30	£86,314	£60,617	-	-
2022-09-30	£31,018	£40,180	-	-
2021-09-30	£31,079	£23,693	-	-
2020-09-30	£18,052	£10,396	-	-

Trustees

Name	Role	Appointed
George Baxter	Chair	2022-07-18
David Chewter		2021-07-01
Emma Lambert		2025-03-03
GAIL MILLAR		2017-03-01
Julia Crook		2024-02-10
Patricia Johns		2025-03-03
Rev William Kemp		2016-10-10
Susan Fleet		2026-05-05

BEFRIENDED

England & Wales - Charity number 1175623

Accounts

Annual Report and Financial Statements
for the Year Ended 30 September 2025

Befriended

Charity registration number: 1175623

Independent Examiners Ltd
The Grain Store
Hills Barns
Appledram Lane South
Chichester
West Sussex
PO20 7EG

BEFRIENDED

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BEFRIENDED

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Rev William Kemp Gail Millar Diane Watts (resigned 3 March 2025) Nicholas Baldwin (resigned 4 November 2024) David Chewter George Baxter Julia Crook Chris Wyles (resigned 19 April 2025) Emma Lambert (appointed 3 March 2025) Patricia Johns (appointed 3 March 2025)
Charity Registration Number	1175623
Principal Office	Spiresview 9 Maude Singer Way Hurstpierpoint West Sussex BN6 9GF
Independent Examiner	G W Schulz FCMA Independent Examiners Ltd The Grain Store Hills Barns Appledram Lane South Chichester West Sussex PO20 7EG
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ The Co-operative Bank Business Customer Services PO Box 250 Skelmersdale WN8 6WT

BEFRIENDED

TRUSTEES' REPORT

The trustees present the annual report together with the financial statements of the charity for the year ended 30 September 2025.

Structure, governance and management

Nature of governing document

The charity was established as a Charitable Incorporated Organisation on 8 November 2017.

Recruitment and appointment of trustees

The management of the charity is the responsibility of the Trustees who are co-opted by the existing trustees.

Every Trustee must:

- a. Have a faith in the Lord Jesus Christ
- b. Be over 16 years old

There must be a minimum of 3 Trustees and a maximum of 12.

Organisational structure

Befriended is a Charitable Incorporated Organisation, governed by a board of trustees who meet regularly to guide the vision and safeguard the values of the charity. Day-to-day operations are led by Chief Executive Officer Gail Millar, supported by a passionate team of volunteers, staff, and community partners.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Objectives and activities

Objects and aims

The objects of the charity are to:

1. Advance the Christian faith
2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through a befriending/care service.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

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TRUSTEES' REPORT (CONTINUED)

Achievements and performance

This year has been one of the fullest, busiest and most joy-filled years in Befriended's journey so far.

From September 2024 to September 2025, hundreds of people across Mid Sussex have found friendship, purpose, care and belonging through Befriended. Many came through our doors feeling isolated, bereaved, anxious or forgotten and discovered community, laughter, hope and people who genuinely wanted to know them.

Loneliness continues to affect people of all ages, but particularly older people, carers, and those living with loss or change. What we have seen this year is that when people are welcomed into safe, consistent and loving community, lives are transformed.

Everything we offer has grown out of listening to stories, noticing gaps, and responding with compassion. This year has seen the deepening of our existing work, the launch of new projects, and important learning about sustainability, boundaries and care for those who serve.

I am deeply grateful to our volunteers, trustees, staff, partners, funders and every person who has walked alongside Befriended this year. What follows is a glimpse into the life, heart and impact of Befriended over the past 12 months.

Our Vision and Mission

Our Vision

To see an end to loneliness in Mid Sussex.

Our Mission

To reach, value and befriend people who are isolated, showing God's love in practical, personal and relational ways.

What We Offer

- Monthly tea parties and celebration of special events
- Befriended Community Choirs
- Compassionate Conversations (bereavement and loss support)
- Compassion and Bereavement Cafés
- Café Neuro (support for carers and those living with neurological conditions)
- Face-to-face befriending
- Chaplaincy in care homes
- Befriended Balance (falls prevention exercise)
- Outings and Day Trips
- Holiday at home
- Acts of kindness
- Intergenerational activities
- Christmas meals and Christmas day community lunch

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Highlights of the Year

- Finalist in the Cinnamon Network Incubator Programme, securing:
 - A two-year training and mentoring programme
 - Funding to expand Compassionate Conversations
- Over 100 people attended Compassionate Conversations courses
 - Families and friends' lives renewed restored
 - Lives were deeply and, in some cases, radically changed through this programme
- Launch of new tea party in Hurstpierpoint and a taster tea party at St Andrew's, Burgess Hill
- Launch of a new Community Choir in Hurstpierpoint
- Strengthened intergenerational partnership with Worth School
- Successful Vintage Day with over 500 attendees
- Expanded Holiday at Home programme
- Christmas celebrations including:
 - Christmas Day community lunch
 - Christmas with Patron Bishop of Horsham
- Launch of Befriended Blessing,
- Launch and development of Café Neuro
- Nomination for the King's Award for Voluntary Service
- Over 18,000 volunteer hours given
- Strong financial stability through grants, donations and community fundraising
- Bi monthly newsletters with a diary delivered to all our 'friends' partners and community



An AGM was held on international older peoples day, this also celebrated our 8th Birthday

Compassionate Conversations – transformation impact

Compassionate Conversations continues to be one of the most transformative parts of Befriended's work.

Developed to support people living with bereavement, loss, estrangement and major life change, this three-week facilitated programme provides safe, structured space for people to talk, listen and be heard.

Over the past year, more than 100 people participated in the course. For many, this provided a safe and structured space to process grief, loss, and life challenges.

The impact has been profound. Individuals such as *Richard, Greta, Raj, and Caroline* each experienced significant personal transformation, reflecting the power of being heard, understood, and supported.

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TRUSTEES' REPORT (CONTINUED)

Compassionate Conversations has been delivered in community venues, churches, GP surgeries and care homes. Feedback has been deeply moving:

"You have given me my life back. I can start again."

"It was the first time I had talked through my wife's death from beginning to end. I feel stronger now."

"I had been a recluse for 7 years following the death of my son, I found Befriended, a community, friendship, hope for the future and deep and meaningful relationships."

"I had lost my faith, my identity, my purpose, my way. I found love, care, compassion, friends, and gained a life. Befriended is more than just ending loneliness, it is changing a culture. I am forever indebted."



"Me, my wife, children and employers are deeply grateful to befriended for the support received. It changed our lives"
Raj



"I have learning difficulties and found this course very good and helpful" J

We have invested time in training facilitators, refining materials and protecting the programme through trademarking, preparing the way for replication without losing the heart of what makes it so powerful.



The groups are held in safe environments where guests are encouraged to share their stories and support one another

Face to face Befriending

Our one-to-one befriending relationships continue to provide vital, consistent support. Stories such as *Margaret* and *Ron* highlight the importance of companionship, trust, and regular connection in addressing loneliness.

Margaret and John moved to the area but did not know anyone. Both their mobility was restricted which led to them being isolated in their flat. Social prescriber referred them to

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TRUSTEES' REPORT (CONTINUED)

Befriended and they received a visit which led to regular visits and a very special friendship. This friendship grew confidence in leaving their flat and coming to social events such as a befriended tea party where they met lots of other people.

"Befriended changed our lives, we have a better social life now than we have ever had, we are so grateful to have met Befriended and all it now gives us" Ron and Margaret

Bereavement & Compassion Cafés

Our monthly Compassion Cafés continue to offer gentle, welcoming spaces for people navigating grief. Many attend feeling nervous, unsure of what to expect, and leave knowing they are not alone.

These cafés often become a doorway into deeper support, friendship and involvement in the wider Befriended community.

Café Neuro – A New Space of Understanding



Café Neuro launched in spring 2025 in response to conversations with carers and individuals living with neurological conditions

The café offers connection, conversation and signposting in a relaxed and understanding environment. Attendance has steadily grown, with people returning week after week and new guests joining regularly.

One attendee shared how relieving it was to be in a place where they did not have to explain or justify their experience they were simply understood.

Tea Parties – A Place to Belong

Tea parties remain one of the most loved and impactful parts of Befriended.

Held on Sundays often the most isolating day of the week our tea parties offer far more than tea and cake. They offer welcome, friendship, celebration and care as well as great food and entertainment.

Our tea parties are a cornerstone of Befriended's work, places of warmth, welcome, and belonging. They continue to provide meaningful connection and a sense of family for those who attend.

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TRUSTEES' REPORT (CONTINUED)

This year we launched a new tea party in **Hurstpierpoint** and Piloted a tea party at **St Andrew's, Burgess Hill**

Across Burgess Hill and Hurstpierpoint, attendance has remained strong, with many tea parties welcoming over 100 guests.

Guests tell us:

"This is my family now."

"I wake up on tea party days with a reason to get dressed."

Special events throughout the year included VE Day celebrations, Christmas, Easter and summer tea parties, each supported by dedicated teams of volunteers.

VE Day celebration tea party

Local MP Alison Bennet attended a tea party in May



Befriended Community Choir – Our Happy Place

The Befriended Community Choir continues to be a place of joy, healing and belonging.

The Burgess Hill choir has grown steadily, welcoming around 40 people each week. People living with dementia, sight loss, mobility challenges and long-term health conditions sing alongside carers, volunteers and friends.

"It's my favourite time of the week."

"I never thought I'd sing again now I can't imagine my life without it."

The Hurst choir was closed at the end of the year due to declining attendance, with members warmly welcomed into Burgess Hill a decision made with care and sensitivity.

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TRUSTEES' REPORT (CONTINUED)



Our Choir meets every Tuesday Morning at the Methodist Church. We sing a variety of well known songs, songs from the musicals, hymns and songs that we do movement to. It is a place of joy.

Chaplaincy in Care Homes

Befriended continues to provide chaplaincy in five care homes each month, offering worship, prayer and pastoral care.

Residents regularly share how meaningful it is to feel remembered and spiritually supported:

"Today church came to me."

Discussions are underway for resident chaplaincy roles in new care homes, responding to growing need.



Balance exercise classes

Our weekly falls prevention exercise classes have proven to save life limiting falls

With regular attendance of 30-35 each week we have witnessed 'friends' arriving with walker, sticks and balance aids and within a few months these are no longer needed. Jean says "before coming to balance I was having regular falls, I have learned to get up out of my chair safely, to balance well, to walk with confidence and I haven't had a fall in a whole year. I also love the tea and cake afterwards

We are joined each week with students from local school which has brought significant and meaningful enriched intergenerational relationships.

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TRUSTEES' REPORT (CONTINUED)

Holiday at Home

During the long holidays many of our 'friends' plummet into loneliness and isolation. They lose the regularity and connection with other people due to many clubs and activities taking a break. Befriended hosts Holiday at Home which is a summer holiday club with days full of fun. They include singing, exercise, games, quizzes, garden games, competitions, lots of food and ice-creams.

"I love Holiday at Home, so much joy and laughter, I haven't played Jenga or hook a duck for years"

"The highlight of my year, every day is so well organized and planned."



Birthday and Christmas Celebrations

For many of our 'friends' a birthday goes by unnoticed and unrecognized. All our 'friends' and volunteers receive either a paper card or an online card on their birthdays and they receive a gift. For many it will be the only card and certainly their only gift.

At Christmas we do not want anyone to be alone. We have numerous celebration lunches and afternoon teas leading up to Christmas and on Christmas day we provide a community Christmas lunch where we welcome anyone who may be on their own. One guest, who had lost her husband of 54 years earlier in the year, arrived feeling extremely anxious and fearful. By the end of the day, she shared:

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TRUSTEES' REPORT (CONTINUED)

"Today was the best day I've had since my husband died."

Christmas day is a very special day full of love, kindness, generosity and friendship. Local businesses provide gifts and contribute to the day.



Outings, Vintage day and Befriended Breaks

Outings and shared experiences play a vital role in reducing isolation and building friendships.

Throughout the year we organised theatre trips, School trips including Beauty and the Beast, Glow Wild, Snow White panto at Eastbourne, Scrooge, Walk at Wakehurst, Matilda at Worth, Mary Poppins, Top Hat in August, Charlie and the Chocolate Factory

We hosted a highly successful fundraising and very special Vintage Day which included vintage tractors, cars, motorbikes, a tea tent, and stalls.

With over 500 attendees we were overwhelmed at the success of our first fundraising event, it is planned again for 2026.



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TRUSTEES' REPORT (CONTINUED)

We also launched **Befriended Breaks**, responding to how isolating holiday periods can be for many. In 2026 we have 51 people booked in for a holiday to the Isle of Wight

Volunteers – The Heart of Befriended

Volunteers are the heartbeat of Befriended. In 2024 alone, over **18,000 hours** were given across all activities.

This year we focused on: - Volunteer training and support - Clearer boundaries and roles - Pastoral care for volunteers themselves

Volunteers often say they receive as much as they give because Befriended is about relationships, not roles.

Their contribution is invaluable to every aspect of our work



Our volunteer range is in age of 10 years old to 89. Sam is an invaluable volunteer offering IT support and it was a privilege to baptise him.

Partnerships and Community Presence

We continue to work closely with churches, GP surgeries, schools, care homes, local authorities and community organisations.

Through forums, public events and partnerships, Befriended remains visible, trusted and deeply embedded in the life of Mid Sussex.

Finance and Sustainability

Befriended remains in a stable financial position, supported by grants, donations, Gift Aid and community fundraising.

Funding this year supported Compassionate Conversations, Café Neuro, tea parties, staffing and core infrastructure. Careful stewardship has enabled growth without compromising quality.

We are so grateful to have received grant funding this year from Mid Sussex District Council, Barchester foundation, Cinnamon Network, Childs charitable Trust, Sussex Foundation, Ernest Kleinwort Charitable Trust, Charles Hayward foundation, Burgess Hill Town Council, Hurstpierpoint Parish Council, GEM, Macauley Moat Foundation. We also have received very generous regular personal donations for which we are deeply grateful and appreciative. Every penny and pound given is used wisely and effectively.

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TRUSTEES' REPORT (CONTINUED)

Staffing

Befriended has wonderful staff who use their skills, gifts, talents and time to the full. They are dedicated and committed to the fulfilment of the vision.

Led by CEO Gail Millar who is full time, supported by Susan Dyke – Part time Operations co Ordinator.

A significant development in response to our clients was to change our language. Those we support wanted to be referred to as 'friends' reflecting relationship.

Awards and recognition



Finalist in the Cinnamon Network Incubator programme for Compassionate Conversations securing a two year training and mentoring programme and funding to grow and expand Compassionate conversations

Gail received a life time achievement award from Mid Sussex Applauds for her commitment to the community.

Looking Ahead

As we move into 2025–26, our focus is on maturity, replication, deepening partnerships, and building on our foundation.

We hope to

- Expand compassionate conversation training and supporting facilitators, chaplains and volunteers
- Strengthening partnerships and governance
- Continuing to listen and respond to need
- Deliver our first holiday
- Have our own building

Loneliness is complex but community is powerful. This year has shown what is possible when people are welcomed, known and loved. We remain committed to ensuring that

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TRUSTEES' REPORT (CONTINUED)

fewer people experience loneliness and those that do are welcomed, supported and embraced into the community of Befriended.

Thank You

Thank you to every volunteer, trustee, funder, partner and friend who has made this year possible.

Together, we are seeing loneliness met with friendship and lives changed.



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TRUSTEES' REPORT (CONTINUED)

Statement of Responsibilities

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

The law applicable to charities 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 period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles 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 business.

The trustees are responsible for keeping proper 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees 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.

The annual report was approved by the trustees of the charity on 23 April 2026 and signed on its behalf by:

.....
George Baxter
Trustee

BEFRIENDED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BEFRIENDED

I report to the trustees on my examination of the accounts of Befriended for the year ended 30 September 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of Befriended as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

.....
G W Schulz FCMA
Independent Examiners Ltd
The Grain Store
Hills Barns
ApplDRAM Lane South
Chichester
West Sussex
PO20 7EG

23 April 2026

BEFRIENDED

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 SEPTEMBER 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Income and Endowments from:					
Donations and legacies	2	96,755	47,970	144,725	87,813
Charitable activities	3	10,685	-	10,685	-
Investment income	4	8	-	8	8
Total income		<u>107,448</u>	<u>47,970</u>	<u>155,418</u>	<u>87,821</u>
Expenditure on:					
Charitable activities	5	<u>54,313</u>	<u>52,043</u>	<u>106,356</u>	<u>82,596</u>
Total expenditure		<u>54,313</u>	<u>52,043</u>	<u>106,356</u>	<u>82,596</u>
Net income/(expenditure)		<u>53,135</u>	<u>(4,073)</u>	<u>49,062</u>	<u>5,225</u>
Net movement in funds		53,135	(4,073)	49,062	5,225
Reconciliation of funds					
Total funds brought forward		<u>51,081</u>	<u>4,073</u>	<u>55,154</u>	<u>49,929</u>
Total funds carried forward	12	<u><u>104,216</u></u>	<u><u>-</u></u>	<u><u>104,216</u></u>	<u><u>55,154</u></u>

The notes on pages 18 to 25 form an integral part of these financial statements.

BEFRIENDED

BALANCE SHEET

AS AT 30 SEPTEMBER 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	8	<u>1,430</u>	<u>1,267</u>
		<u>1,430</u>	<u>1,267</u>
Current assets			
Debtors	9	8,768	4,852
Cash at bank and in hand		<u>97,880</u>	<u>50,058</u>
		106,648	54,910
Creditors: Amounts falling due within one year	10	<u>(3,862)</u>	<u>(1,023)</u>
Net current assets		<u>102,786</u>	<u>53,887</u>
Net assets		<u>104,216</u>	<u>55,154</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		-	4,073
Unrestricted income funds			
Unrestricted funds		<u>104,216</u>	<u>51,081</u>
Total funds	12	<u>104,216</u>	<u>55,154</u>

The financial statements on pages 16 to 25 were approved by the trustees, and authorised for issue on 23 April 2026 and signed on their behalf by:

.....
George Baxter
Trustee

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Befriended meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Gift aid

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Interest receivable

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

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33% on cost

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

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

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

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Donations and legacies;				
Donations	43,525	-	43,525	39,946
Gift aid reclaimed	11,670	-	11,670	2,457
Grants, including capital grants;				
Grants	41,560	47,970	89,530	45,410
	<u>96,755</u>	<u>47,970</u>	<u>144,725</u>	<u>87,813</u>

3 Income from charitable activities

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Events and outings	<u>10,685</u>	<u>10,685</u>	<u>-</u>

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

4 Investment income

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Interest receivable and similar income;			
Interest receivable on bank deposits	8	8	8

5 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Events		27,595	-	27,595	19,754
Venue hire		3,149	-	3,149	2,352
Advertising/Promotional		3,145	-	3,145	2,084
Postage, printing & stationery		421	-	421	2,076
Equipment and computer		974	-	974	1,682
Telephone		233	-	233	242
Insurance		483	-	483	411
Subscriptions		328	-	328	216
Travel		112	10	122	25
Professional fees		816	-	816	2,673
Training		688	-	688	-
Sundry expenses		515	18	533	361
Bank charges		60	-	60	60
Independent examination		720	-	720	660
Depreciation, amortisation and other similar costs		633	398	1,031	633
Staff costs	7	14,441	51,617	66,058	49,367
		54,313	52,043	106,356	82,596

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

6 Trustees remuneration and expenses

Gail Millar, a trustee, received remuneration of £51,549 as CEO of the charity (2024: £45,476) and benefits in kind in the form of pension payments of £3,605 (2024: £1,364).

The only other payments made to the trustees, or any person connected with them, consisted of reimbursements of expenditure incurred on behalf of the charity in furthering the charity's objects.

7 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	63,220	47,976
Social security costs	941	-
Pension costs	<u>1,897</u>	<u>1,391</u>
	<u>66,058</u>	<u>49,367</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No.	2024 No.
Staff	<u>2</u>	<u>2</u>

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

8 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 October 2024	4,848	4,848
Additions	<u>1,194</u>	<u>1,194</u>
At 30 September 2025	<u>6,042</u>	<u>6,042</u>
Depreciation		
At 1 October 2024	3,581	3,581
Charge for the year	<u>1,031</u>	<u>1,031</u>
At 30 September 2025	<u>4,612</u>	<u>4,612</u>
Net book value		
At 30 September 2025	<u><u>1,430</u></u>	<u><u>1,430</u></u>
At 30 September 2024	<u><u>1,267</u></u>	<u><u>1,267</u></u>

9 Debtors

	2025 £	2024 £
Accrued income	<u><u>8,768</u></u>	<u><u>4,852</u></u>

10 Creditors: amounts falling due within one year

	2025 £	2024 £
Other taxation and social security	2,776	-
Other creditors	366	363
Accruals	<u>720</u>	<u>660</u>
	<u><u>3,862</u></u>	<u><u>1,023</u></u>

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

11 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £1,897 (2024 - £1,391).

Contributions totalling £366 (2024 - £363) were payable to the scheme at the end of the year and are included in creditors.

12 Funds

	Balance at 1 October 2024 £	Incoming resources £	Resources expended £	Balance at 30 September 2025 £
Current year				
Unrestricted funds				
General				
General Funds	9,081	107,448	(54,313)	62,216
Designated				
Designated fund	42,000	-	-	42,000
Total unrestricted funds	51,081	107,448	(54,313)	104,216
Restricted funds				
Compassionate Conversations	-	12,970	(12,970)	-
Staff fund	4,073	35,000	(39,073)	-
	4,073	47,970	(52,043)	-
Total funds	55,154	155,418	(106,356)	104,216

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2025 (CONTINUED)

	Balance at 1 October 2023 £	Incoming resources £	Resources expended £	Balance at 30 September 2024 £
Prior year				
Unrestricted funds				
General				
General Funds	1,677	55,411	(48,007)	9,081
Designated				
Designated fund	42,000	-	-	42,000
Total unrestricted funds	43,677	55,411	(48,007)	51,081
Restricted funds				
Events fund	-	2,410	(2,410)	-
Staff fund	5,000	30,000	(30,927)	4,073
Befriended Balance fund	1,252	-	(1,252)	-
	6,252	32,410	(34,589)	4,073
Total funds	49,929	87,821	(82,596)	55,154

13 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 30 September 2025
	General	Designated		
	£	£	£	£
Tangible fixed assets	1,430	-	-	1,430
Current assets	64,648	42,000	-	106,648
Current liabilities	(3,862)	-	-	(3,862)
Total net assets	62,216	42,000	-	104,216
	Unrestricted funds		Restricted funds	Total funds at 30 September 2024
	General	Designated		
	£	£	£	£
Tangible fixed assets	1,267	-	-	1,267
Current assets	8,837	42,000	4,073	54,910
Current liabilities	(1,023)	-	-	(1,023)
Total net assets	9,081	42,000	4,073	55,154

BEFRIENDED

England & Wales - Charity number 1175623

Accounts

Annual Report and Financial Statements
for the Year Ended 30 September 2024

Befriended

Charity registration number: 1175623

Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

BEFRIENDED

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BEFRIENDED

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Rev William Kemp Stuart Millar (resigned 9 July 2024) Gail Millar Diane Watts Nicholas Baldwin (resigned 4 November 2024) David Chewter George Baxter Julia Crook (appointed 10 February 2024) Chris Wyles (appointed 5 April 2024)
Charity Registration Number	1175623
Principal Office	Spiresview 9 Maude Singer Way Hurstpierpoint West Sussex BN6 9GF
Independent Examiner	G W Schulz FCMA Independent Examiners Ltd 2 Broadbridge Business Centre Delling Lane Bosham Chichester West Sussex PO18 8NF
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ The Co-operative Bank Business Customer Services PO Box 250 Skelmersdale WN8 6WT

BEFRIENDED

TRUSTEES' REPORT

The trustees present the annual report together with the financial statements of the charity for the year ended 30 September 2024.

Structure, governance and management

Nature of governing document

The charity was established as a Charitable Incorporated Organisation on 8 November 2017.

Recruitment and appointment of trustees

The management of the charity is the responsibility of the Trustees who are co-opted by the existing trustees.

Every Trustee must:

- a. Have a faith in the Lord Jesus Christ
- b. Be over 16 years old

There must be a minimum of 3 Trustees and a maximum of 12.

Organisational structure

Befriended is a Charitable Incorporated Organisation, governed by a board of trustees who meet regularly to guide the vision and safeguard the values of the charity. Day-to-day operations are led by Chief Executive Officer Gail Millar, supported by a passionate team of volunteers, staff, and community partners.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Objectives and activities

Objects and aims

The objects of the charity are to:

1. Advance the Christian faith
2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through a befriending/care service.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Achievements and performance

This year, more than ever, has been one of growth, resilience, and impact. As we reflect on the past 12 months, we are overwhelmed with gratitude for all that has happened. From launching new services to deepening relationships with local partners, welcoming new volunteers, and receiving national recognition — the journey of Befriended has continued to unfold in beautiful and unexpected ways.

What drives everything we do is simple: listening to those we serve. Each new initiative has been born from the needs and stories of our clients and community. And through it all, we've seen lives transformed, hope rekindled, and loneliness met with lasting friendships.

Our Vision: To see an end to loneliness and isolation among older people in Mid Sussex.

Our Mission: To reach, value, and befriend older people and the isolated, showing them God's love in practical and personal ways.

What We Offer:

- One-to-one befriending
- Chaplaincy services in care homes
- Monthly tea parties and special events
- Befriended Balance: falls prevention exercise sessions
- Befriended Community Choirs
- Befriended Bereavement support including
 - Compassionate Conversations
 - bereavement cafés
 - Bereavement social groups
- Intergenerational partnerships with schools and nursery groups
- Bus trips and outings
- Holiday at Home holiday activity club
- Acts of kindness

Highlights of 2023–2024

- Hosted over 1750 older people for afternoon tea
- Held over 45 exercise classes
- Supported over 100 people through bereavement courses
- Saw over 2000 people enjoy singing through our Community Choirs
- Held over 60 chaplaincy services for over 1000 people in care homes
- Took over 500 older people on theatre trips and outings
- Over 80 guests attended our Christmas lunch
- Our newsletter reached 1000s of people through doctors' surgeries, hospitals, churches and individuals
- Supported many carers and people living with dementia through our activities
- Finalists and won a place on the two year Incubator programme with Cinnamon network for Compassionate Conversations
- Over 20,000 people reached in one month, with 15,000+ engagements

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

New Services Launched

- **Compassionate Conversations** – a facilitated 3-week course looking at loss and bereavement, 6+ groups delivered with exceptional feedback.
- **Compassion Café** – created from merging two bereavement cafés into a regular monthly drop-in café for anyone experiencing loss
- **Monthly tea party** - a new afternoon tea party in Hurstpierpoint in partnership with Holy Trinity Church
- **Community Choir** – A new choir in Hurstpierpoint
- **Company** – a new monthly social meal for those who miss eating out socially
- **Holiday at Home** – a joyful 3-day summer programme with games, singing, food, and friendship

Compassionate Conversations – A Transformational Journey



Born from a dream, Compassionate Conversations became one of Befriended's most impactful tools.

In response from a conversation in a care home with two very lonely gentlemen who had both lost their wives, the need was recognised for people to have a safe, simple and structured way to talk about their bereavement with others who knew and understood their experience.

Delivered in small groups, this gentle and beautiful programme invites people to talk about their loss and bereavement through two facilitated conversations each week for three weeks. Each week takes you through the process of grief culminating in a place of hope, purpose and a future to look forward too.

In 2024, we became finalists and won a place on the **Cinnamon Network Incubator Programme**, gaining national recognition and development support.

"I've been in a black hole for 3 years... now I have hope again."

"It's simple. It's powerful. It's exactly what I needed."

"This course has changed the trajectory of my life."

"My heart was full of rain and now it is full of sunshine."

"After 25 years of pain, I finally feel I've been able to talk — and begin to let go."

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Chaplaincy Ministry

Faith remains central to all that we do at Befriended. Our chaplaincy work brings spiritual care, prayer, and Communion to those who may otherwise feel forgotten.

- Monthly visits to **5 local care homes**
- **8–10 services per month**, often themed and inclusive
- Gentle, familiar worship that brings comfort, connection and encouragement

"I really miss being able to go to church, today Church came to me."

"Today I felt God love and peace for the first time in years."

"When befriended Chaplains come I feel whole again, they see all of me."

Befriended Community Choir – a place where we sing for joy

This year, the Befriended Community Choir has grown not only in number but in relationships, it has become a place to belong, a vibrant expression of joy, and where everyone has value to contribute.

Led weekly by our brilliant choir leader, the group includes guests from across Mid Sussex, a number of whom are living with dementia or mobility challenges. Every session is filled with welcome, encouragement, and music that lifts the soul.

Guests regularly tell us it's the highlight one of their week. It brings movement, memory, laughter, and most of all — friendship.

"We're all in this together. Some of us have forgotten a few words, but we haven't forgotten how to sing."

"I thought dementia meant giving up the things I loved. Then I sang a solo."

"This choir has brought my voice back — and more than that, it's brought me life again."

The choir has become a space of surprising healing. Even those who arrive in silence find their voices again — sometimes through tears, sometimes through laughter, always through song.

We've welcomed visits from local schools and nurseries, turning our rehearsals into intergenerational joy. Children sit among guests, listen with wonder, and even join in. These shared moments are some of the most treasured:

"The children were wonderful and so talented."

"They didn't treat us like old people — they treated us like friends."

In July we were invited to sing at the local village fair. A Local counsellor said "your choir were fantastic, it was great to see how you have brought people together and given them a purpose, well done!"

The choir has also been the start of something deeper. Guests have created a whats app group, formed friendships, joined tea parties, and supported one another. It's more than a singing group — it's a community. One guest who had been poorly and unable to attend received a recorded song from the choir and she said ""Oh my goodness everyone that was just the nicest thing ever done for me thank you so much for singing so beautifully for me, you have lifted my spirits".

"Our whats app group is like having family in your pocket."

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

And perhaps most beautifully, one guest said: "I've always loved music. I never thought I'd sing again. But here I am — not just singing, but smiling."



Events and Outings

Moments of joy and togetherness have been at the heart of our year.

Bus trips to Chichester, Wakehurst, Worthing, and other beautiful locations

A Day trip to Chichester theatre to see Oliver via stopping for a picnic lunch at a Church in Arundel.

"Such a wonderful day, unforgettable, everything was just perfect" says a new befriender.

"Wow, the whole day was brilliant from beginning to end, I never get to leave Hurstpierpoint often now so today was so special. Thank you" D

"Thank you for giving us a most enjoyable day, from being picked up from my door to being dropped off, everything was laden with love" C



A bus trip to see Oliver at the Theatre



A walk around Wakehurst

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Holiday at Home was launched in response to so many of our clients saying the long holidays are the hardest time of the year for them, so many activities close down. So in response we welcomed dozens to a 3-day celebration with garden games, music, food and fun

A says, "you have given me the best day I can remember since losing my husband".

P says, "the hardest part of the day was leaving".

M says, "today was full of love care, laughter, friend, fun, food and was fantastic.

G says, "today was second to none".

J says, "I never thought I would ever feel joy like I have today ever again".

Numerous said "Please can you do this again, we would love it every holiday".



Holiday at home – fun, exercise, music, games, food, friendship, laughter, sunshine



Intergenerational tea party with students from Worth School, outing to Glow Wild

Monthly Tea parties

Befriended monthly tea parties are a beautiful Befriended expression of hospitality, joy, community, welcome, love, care and laughter.

Our monthly tea parties have continued to be one of the most beloved and joy-filled parts of Befriended's work. Held throughout the year on Sunday afternoons because according to a survey conducted by Re-engage revealed that 76% of older individuals identified

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Sunday as their most isolating day. We provide an afternoon where everyone is welcome, they receive so much more than tea and cake, we offer friendship and belonging.

Each table is beautifully laid with flowers and treats. Volunteers serve with love. There's always music, quizzes, birthday celebrations, entertainment, laughter, and conversation. Befriended Briefs (short, informative talks) have also become a highlight — covering everything from tech help, wellbeing advice to legal advice, always delivered with compassion and clarity. Guests enjoy delicious home-baked cakes, freshly made sandwiches and scrumptious home made scones with cream and jam.

There is also often a moment to remember others not well or unable to be with us, some quiet reflection, or prayer.

"This is my family now." "When I come to the tea parties, I remember I matter to someone."

"It's the only place I go where I feel completely safe and seen."

"The tea parties is a place full of smiles."

"My wife passed away and I didn't know what to do with myself. I was so nervous the first time I came but now, I come every month."

"You remember my name, and that means more than you know."

One guest told us, "I wake up on tea party days with a reason to get dressed. That might sound small — but to me, it's everything."

Volunteers often say they receive as much as they give. It's not about roles — it's about relationships. Whether pouring tea, sharing stories, or simply sitting beside someone, the atmosphere is one of friendship.



BEFRIENDED

TRUSTEES' REPORT (CONTINUED)



Our amazing team of volunteers to make all the sandwiches and cakes etc every month

Growth Across the Board

- 20-25% increase in attendance at all regular activities
- Tea parties regularly welcomed over 100 guests
- Befriended Balance moved to a new venue due to popularity
- Community Choir grew to over 20 members, including intergenerational sessions with nurseries and schools
- A second tea party launched
- A second community choir launched
- New volunteers joining the team

Recognition & Media

- Applause Award for Community Projects
- Gail invited to No.10 Downing Street for a reception honouring Inspirational Women
- Featured in: *UCB's 30 Years of Stories*, *Radio 4's Hope*, *Premier Christian Radio*, *Sussex Living*, and several local magazines



BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Social Media and Community Engagement

- Over 20,000 people reached in one month, with 15,000+ engagements
- new volunteers signed up via stories posted online
- GPs and social prescribers are now sharing Befriended posts with patients
- WhatsApp groups keep guests and volunteers connected daily
- Monthly newsletter now reaches over 900 people (250 hand-delivered)

"I saw your post at Christmas and picked up the phone. I didn't want to burden my kids. You were my lifeline."



Befriended has a visible presence in the community, our clients love to support us at any event

Community Connection

- WhatsApp groups keep community spirit alive between events
- Volunteers check in with guests, share encouraging messages, and pray for one another
- One guest said, *"Even on days when I don't see anyone, I still feel like I belong."*

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)



Students from worth School at a craft event making lanterns together with our clients

Real Stories, Real Impact

"Today was the best day since I lost my husband." – Holiday at Home attendee
"I never thought I'd sing again. Then I sang a solo." – Choir guest with dementia
"After 25 years of silence, I finally spoke my grief." – Compassionate Conversations guest
"I never thought I'd laugh again like I did today." – Tea party guest
"We love coming to Befriended. Even with dementia, we feel seen and included."

Volunteer Growth and Training

This year we had over **18,000 volunteer** hours given across all our activities. We saw a strong increase in volunteer numbers and deep investment in their support.

- **3 major training sessions:** Dementia Awareness, Safeguarding, and Befriending
- **New roles** introduced: Compassionate Conversation Champions and guest speakers for Briefs
- Volunteer-led initiatives like the **signwritten van hire** brought both income and awareness

"I feel equipped, confident, and excited to serve. The training made all the difference." – Volunteer

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Financial Review

This year, Befriended remained in a stable and healthy financial position, thanks to the generosity of our funders, donors, churches, and community partners. At the end of the last financial year we received a legacy which had a huge impact on the Charities financial situation.

Key highlights:

- **Grants received** from:
 - Henry Smith Charity
 - The Childs Trust
 - Ernest Kleinwort Charitable Trust
 - Mid Sussex District Council
 - Allen Lane
 - The Sussex Community Foundation
- Ongoing support from local churches and councils
- **Income generated** from the signwritten van hire, with all proceeds donated to Befriended
- Monthly giving and individual donations continue to grow
- Regular donations from our clients enables us to sustain all our activities.

We maintain a strong reserve position, and our transition to online banking has improved transparency and efficiency in financial reporting.

Plans for the Future

Looking ahead to 2024–2025, our focus will be on sustainability and expansion — responding to the growing need and increased demand across our community.

Our goals:

- Expand **Compassionate Conversations** across more churches, GP Surgeries, community centres, and care homes
- Launch a third Monthly tea party
- Grow the **volunteer team** and develop a volunteer leadership pathway
- Increase **Chaplaincy outreach** and build new care home partnerships
- Strengthen relationships with **GPs, parish nurses, and social prescribers**
- Offer additional **Holiday at Home** events in new locations
- Launch a weekly café supporting carers and the cared for
- Build stronger connections and partnerships with local businesses
- Continue to listen deeply to the needs of our guests and create responsive, life-changing support
- To ensure that there are less people are lonely and isolated because of what we offer!

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Statement of Responsibilities

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

The law applicable to charities 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 period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles 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 business.

The trustees are responsible for keeping proper 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees 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.

The annual report was approved by the trustees of the charity on 21 May 2025 and signed on its behalf by:

George Baxter

.....
George Baxter
Trustee

BEFRIENDED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BEFRIENDED

I report to the trustees on my examination of the accounts of Befriended for the year ended 30 September 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of Befriended as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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



.....
G W Schulz FCMA
Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

21 May 2025

BEFRIENDED

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income and Endowments from:					
Donations and legacies	2	55,403	32,410	87,813	86,267
Investment income	3	8	-	8	47
Total income		<u>55,411</u>	<u>32,410</u>	<u>87,821</u>	<u>86,314</u>
Expenditure on:					
Charitable activities	4	48,007	34,589	82,596	60,617
Total expenditure		<u>48,007</u>	<u>34,589</u>	<u>82,596</u>	<u>60,617</u>
Net income/(expenditure)		<u>7,404</u>	<u>(2,179)</u>	<u>5,225</u>	<u>25,697</u>
Net movement in funds		7,404	(2,179)	5,225	25,697
Reconciliation of funds					
Total funds brought forward		<u>43,677</u>	<u>6,252</u>	<u>49,929</u>	<u>24,232</u>
Total funds carried forward	11	<u><u>51,081</u></u>	<u><u>4,073</u></u>	<u><u>55,154</u></u>	<u><u>49,929</u></u>

The notes on pages 17 to 25 form an integral part of these financial statements.

BEFRIENDED

BALANCE SHEET
AS AT 30 SEPTEMBER 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	7	<u>1,267</u>	<u>-</u>
		<u>1,267</u>	<u>-</u>
Current assets			
Debtors	8	4,852	2,563
Cash at bank and in hand		<u>50,058</u>	<u>47,968</u>
		54,910	50,531
Creditors: Amounts falling due within one year	9	<u>(1,023)</u>	<u>(602)</u>
Net current assets		<u>53,887</u>	<u>49,929</u>
Net assets		<u>55,154</u>	<u>49,929</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		4,073	6,252
Unrestricted income funds			
Unrestricted funds		<u>51,081</u>	<u>43,677</u>
Total funds	11	<u>55,154</u>	<u>49,929</u>

The financial statements on pages 15 to 25 were approved by the trustees, and authorised for issue on 21 May 2025 and signed on their behalf by:

George Baxter

.....
George Baxter
Trustee

BEFRIENDED

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

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Befriended meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Gift aid

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Interest receivable

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

BEFRIENDED

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

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33% on cost

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

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

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

BEFRIENDED

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

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Donations and legacies;				
Donations	39,946	-	39,946	22,372
Legacies	-	-	-	42,000
Gift aid reclaimed	2,457	-	2,457	2,395
Grants, including capital grants;				
Grants	13,000	32,410	45,410	19,500
	<u>55,403</u>	<u>32,410</u>	<u>87,813</u>	<u>86,267</u>

3 Investment income

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Interest receivable and similar income;			
Interest receivable on bank deposits	<u>8</u>	<u>8</u>	<u>47</u>

BEFRIENDED

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

4 Expenditure on charitable activities

		Unrestricted funds General	Restricted funds	Total 2024	Total 2023
	Note	£	£	£	£
Events		17,344	2,410	19,754	11,060
Venue hire		2,352	-	2,352	-
Advertising/Promotional		2,084	-	2,084	598
Postage, printing & stationery		2,076	-	2,076	2,083
Equipment and computer		1,682	-	1,682	2,733
Telephone		242	-	242	229
Insurance		411	-	411	397
Subscriptions		216	-	216	144
Travel		25	-	25	-
Professional fees		1,421	1,252	2,673	3,475
Training		-	-	-	455
Sundry expenses		361	-	361	382
Bank charges		60	-	60	203
Independent examination		660	-	660	600
Depreciation, amortisation and other similar costs		633	-	633	-
Staff costs	6	18,440	30,927	49,367	38,258
		<u>48,007</u>	<u>34,589</u>	<u>82,596</u>	<u>60,617</u>

5 Trustees remuneration and expenses

Gail Millar, a trustee, received remuneration of £45,476 as CEO of the charity (2023: £34,571) and benefits in kind in the form of pension payments of £1,364 (2023: £1,037).

The accountancy practice owned by a trustee, Mr N Baldwin, provided professional services during the year amounting to £676 (2023: £178).

The only other payments made to the trustees, or any person connected with them, consisted of reimbursements of expenditure incurred on behalf of the charity in furthering the charity's objects.

BEFRIENDED

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

6 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	47,976	37,221
Pension costs	<u>1,391</u>	<u>1,037</u>
	<u><u>49,367</u></u>	<u><u>38,258</u></u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No.	2023 No.
Staff	<u><u>2</u></u>	<u><u>2</u></u>

7 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 October 2023	2,948	2,948
Additions	<u>1,900</u>	<u>1,900</u>
At 30 September 2024	<u><u>4,848</u></u>	<u><u>4,848</u></u>
Depreciation		
At 1 October 2023	2,948	2,948
Charge for the year	<u>633</u>	<u>633</u>
At 30 September 2024	<u><u>3,581</u></u>	<u><u>3,581</u></u>
Net book value		
At 30 September 2024	<u><u>1,267</u></u>	<u><u>1,267</u></u>
At 30 September 2023	<u><u>-</u></u>	<u><u>-</u></u>

BEFRIENDED

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

8 Debtors

	2024 £	2023 £
Accrued income	4,852	2,395
Other debtors	-	168
	<u>4,852</u>	<u>2,563</u>

9 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	-	2
Other creditors	363	-
Accruals	660	600
	<u>1,023</u>	<u>602</u>

10 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £1,391 (2023 - £1,037).

Contributions totalling £363 (2023 - £Nil) were payable to the scheme at the end of the year and are included in creditors.

BEFRIENDED

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

11 Funds

	Balance at 1 October 2023 £	Incoming resources £	Resources expended £	Balance at 30 September 2024 £
Current year				
Unrestricted funds				
General				
General Funds	1,677	55,411	(48,007)	9,081
Designated				
Designated fund	<u>42,000</u>	<u>-</u>	<u>-</u>	<u>42,000</u>
Total unrestricted funds	<u>43,677</u>	<u>55,411</u>	<u>(48,007)</u>	<u>51,081</u>
Restricted funds				
Events fund	-	2,410	(2,410)	-
Staff fund	5,000	30,000	(30,927)	4,073
Befriended Balance fund	<u>1,252</u>	<u>-</u>	<u>(1,252)</u>	<u>-</u>
	<u>6,252</u>	<u>32,410</u>	<u>(34,589)</u>	<u>4,073</u>
Total funds	<u><u>49,929</u></u>	<u><u>87,821</u></u>	<u><u>(82,596)</u></u>	<u><u>55,154</u></u>

BEFRIENDED

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

	Balance at 1 October 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 September 2023 £
Prior year					
Unrestricted funds					
General					
General Funds	19,232	18,471	(35,976)	(50)	1,677
Designated					
Designated fund	-	42,000	-	-	42,000
Total unrestricted funds	<u>19,232</u>	<u>60,471</u>	<u>(35,976)</u>	<u>(50)</u>	<u>43,677</u>
Restricted funds					
Staff fund	5,000	16,000	(16,000)	-	5,000
Bus trip fund	-	1,835	(1,850)	15	-
Blankets fund	-	4,008	(4,043)	35	-
Befriended Balance fund	-	4,000	(2,748)	-	1,252
	<u>5,000</u>	<u>25,843</u>	<u>(24,641)</u>	<u>50</u>	<u>6,252</u>
Total funds	<u>24,232</u>	<u>86,314</u>	<u>(60,617)</u>	<u>-</u>	<u>49,929</u>

BEFRIENDED

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

12 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 30 September 2024
	General	Designated		
	£	£	£	£
Tangible fixed assets	1,267	-	-	1,267
Current assets	8,837	42,000	4,073	54,910
Current liabilities	(1,023)	-	-	(1,023)
Total net assets	<u>9,081</u>	<u>42,000</u>	<u>4,073</u>	<u>55,154</u>
				Total funds at 30 September 2023
	General	Designated	Restricted funds	
	£	£	£	£
Current assets	2,279	42,000	6,252	50,531
Current liabilities	(602)	-	-	(602)
Total net assets	<u>1,677</u>	<u>42,000</u>	<u>6,252</u>	<u>49,929</u>

BEFRIENDED

England & Wales - Charity number 1175623

Accounts

Annual Report and Financial Statements
for the Year Ended 30 September 2023

Befriended

Charity registration number: 1175623

Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

BEFRIENDED

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BEFRIENDED

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Rev William Kemp Stuart Millar Gail Millar Diane Watts Nicholas Baldwin David Chewter George Baxter Deborah Miarkowska (resigned 11 September 2023)
Charity Registration Number	1175623
Principal Office	Spiresview 9 Maude Singer Way Hurstpierpoint West Sussex BN6 9GF
Independent Examiner	G W Schulz ACMA Independent Examiners Ltd 2 Broadbridge Business Centre Delling Lane Bosham Chichester West Sussex PO18 8NF
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ The Co-operative Bank Business Customer Services PO Box 250 Skelmersdale WN8 6WT

BEFRIENDED

TRUSTEES' REPORT

The trustees present the annual report together with the financial statements of the charity for the year ended 30 September 2023.

Structure, governance and management

Nature of governing document

The charity was established as a Charitable Incorporated Organisation on 8 November 2017.

Recruitment and appointment of trustees

The management of the charity is the responsibility of the Trustees who are co-opted by the existing trustees.

Every Trustee must:

- a. Have a faith in the Lord Jesus Christ
- b. Be over 16 years old

There must be a minimum of 3 Trustees and a maximum of 12.

Organisational structure

Befriended is governed by the board of Trustees.

Decisions involving the day to day management of the charity are made by the Chief Executive, Gail Millar. All other decision making is undertaken by the trustees at Bi-monthly meetings.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Objectives and activities

Objects and aims

The objects of the charity are to:

1. Advance the Christian faith
2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through a befriending/care service.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Achievements and performance

In April 2023 CEO of Befriended was awarded the **Coronation Champion award** in recognition for her contribution to the community through the work of Befriended. This stimulated a number of press releases and media opportunities.



Charity founder recognised for her outstanding commitment to volunteering.

Excerpts from Media article

Gail Millar, CEO of Befriended, a charity in Sussex that makes a difference in the lives of lonely, isolated older people living in Mid Sussex, is one of 500 recipients of the Coronation Champion awards announced today.

The King and Queen Consort have recognised 500 volunteers as part of the coronation celebrations in conjunction with the Royal Voluntary Service.

The Coronation Champions Awards invited people across the UK to nominate their local volunteers who are going the extra mile.

Nominations were made across eight award categories: supporting older people; supporting young people and children; crisis and welfare; community; sports, culture, and heritage; health and care; sustainability and the environment; and animal welfare.

Gail Millar from Hurstpierpoint and CEO of Befriended, a charity whose Patron is the Bishop of Horsham, is one of the 500 Coronation Champion award recipients. The entry standard was incredibly high, and nearly 5,000 nominations were received.

She said, "I'm absolutely delighted with this wonderful recognition of our work. This award is for everyone who helped Befriended reach out and support those in need in our community."

As an Anna Chaplain, Gail was acutely aware of the epidemic of loneliness, not just amongst older people living in Mid Sussex but among people who were marginalised in society. With a small group of friends from local churches, they agreed they needed to respond to the issue.

Gail said she was overwhelmed with the response from everyone, from all the volunteers to all the churches that have stepped up and helped in some way.

She said: "We are blessed that Befriended has been able to help the people of Mid Sussex and make a positive difference in their lives."

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

"I wish we could replicate our service across Sussex to address the increasing issues of isolation and loneliness in our communities."

Gail set up the charity in 2017 and it now offers a range of services include face to face befriending, care and residential home visits by the Anna Chaplaincy team, community events, monthly afternoon teas, bereavement courses, and Befriended Balance; a weekly exercise class for the over 65s.

The Bishop of Horsham, Ruth Bushyager, is the patron of Befriended. She said: "I am so delighted that Gail, and the work of Befriended, has received this recognition from His Majesty the King. Isolation and loneliness are a cause of deep suffering in the lives of huge numbers of older people across Sussex, and Gail has worked with inspirational passion to bring the blessing of connection and companionship to so many people."

Gail and her husband Stuart have been invited to a Coronation celebration which takes place at Buckingham Palace on Wednesday 3rd May.

As a Coronation Champion, Gail will receive a specially designed, official Coronation Champions pin and a signed certificate from both Their Majesties.

A year of growth and impact

In 2022 – 2023 one of our key aims was to address the causes and consequences of loneliness and isolation. The three main causes of loneliness and isolation are bereavement, loss or change in health, loss or change in living circumstances. Through current and new services launched throughout the year we saw the impact of bereavement support, social activities and exercise in a positive way in many older people's lives.

Acts of Kindness – Befriended Blankets

In October 2022 Befriended trustee board met for a strategy where the outcome was to respond to the current cost of living crisis. Working with local churches, organisations, and funders we raised enough money to give away 360 warm snuggly thermal blankets to older people living in the community. The response was immense gratitude and appreciation from each person who received one of the beautiful blankets. With each blanket was a gift card, a response card and 10 top tips for cost savings.



"I cannot express to you how much it means to me to have received this blanket from Befriended, it feels that I am wrapped up in love" Jess

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

"Thank you so much for my beautiful blanket, I use it all the time and am so grateful for all the kindness shown towards me" L

"I cannot thank you enough for my beautiful blanket, I use it all day and all night." J

"My blanket is my best friend, it stays with me all the time. Thank you so much." B

"It was lovely to receive this special gift of practical love, you are so kind and thoughtful, thank you for the card reminding me of Gods love for me." P

"I don't go out now but to know you knew I was here and give me such a beautiful gift made me cry. I am so grateful. Thank you." M

"I went to Kings church and heard about these blankets and thought to myself how much I would love one, then the following day a kind lady delivered one to me. God must have heard my prayers. Thank you." S

Intergenerational Project

Worth School

Following a meeting with the Deputy Headmaster of Worth School, a partnership was formed and students from the school attended Befriended Balance weekly. The students, as part of their Duke of Edinburgh award, join in with the class supporting the older people doing their exercises, then they help serve the refreshments and sit and chat with the guests. It is brilliant to see the two generations come together.

Befriended Balance

14-18 people regularly attend each week along with 4-5 students from Worth School. The group have gelled together and very much enjoy the class. The classes contain variety of music and movement and feedback is that they are of great benefit.

The time spent having refreshments is really special... Jane and Eric met at the class, sat next to one another and discovered that they went to the same school in south London over 70 years ago. They have become friends and enjoy chatting with one another each week. Another gentleman who came with his wife every week now has the strength stamina and confidence to walk to the class and attend the class on his own.

Story from Befriended Balance leading to the bereavement course

A client came to class one Wednesday afternoon very distressed. She said her husband was in a bad way and had been taking out his anger and frustration on her. She then shared that her husband was grieving the loss of his son who had died earlier in the year. I explained that I was an Anna Chaplain and that I also run Bereavement courses and, maybe, I could help?

'Oh we are not religious' she said. So, I replied that's okay, neither am I. Near the end of the class I was in the corridor and her husband happened to arrive early and we started to chat. He shared that he was not in a very good place and that he had nowhere to turn. So I gently asked him if I could help. 'No' he said. 'I need to speak to someone about my son's death which is turning me into a horrid person. I replied saying that I was a bereavement counsellor as well as a chaplain and had a Bereavement Journey Course starting in a few days He asked if he could attend.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Brian joined the Bereavement Journey Course, and it has been transformational for him. After six weeks, he says 'I have my life back, I found somewhere where I could talk about my son with people who understood and cared. I, for the first time, have been able to cry, grieve and express my anger. It has been life-giving and even though I still have further in my grief journey to travel, I know I have moved on. Gail gave us a copy of Grief conversations and I have found the stories so helpful to read. I have hope! Brian says "I have tried therapy and attending counselling but attending this course has been so helpful, I will be telling others about it.

Brian and his wife Julie now attend our monthly tea parties and other special befriended events such as remembrance service, jubilee celebration on.'



Befriended Bereavement Support

The bereavement Journey course had over 60 attendees throughout the year
The feedback speaks for itself.

What ways do you feel you have benefited from the course

"Immensely, I have tried therapy and counselling, but this course has brought me hope, healing and the benefits will I am sure become more obvious as the weeks go on"

"I have become much more fluent in talking about my emotions and memories, I found the encouragement in the group made me supportive and responding to others"

"I now feel able to express how I feel honestly and not have to hide from the truth"

"It has helped me put things into perspective to understand others suffer too. It has equipped me and given me tools to move forward"

What have you learned

"To be kinder to myself, to give myself permission and time to cry, reflect and remember, to know that I will live with the grief for the rest of my life.

That as a person of no faith, God is a part of society and albeit at a distance he is a part of my dna.

I have what to say and what not to say to someone experiencing bereavement

I have learned how people are ready to open up when a safe space is provided for them to do so

I have learned that grief is relative and that it has no ending

grief is your grief, and it is not a competition

Loss is accumulative.

Time is not the healer, but time is the process.

What did you appreciate most

Sharing experiences of grief is important even though It is difficult to begin with.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

The honesty and openness of the participants sharing about their loss.

The group time was very special, the team were great listeners. To have a little bit of space for me.

The confidentiality, sharing and support.

The safety to express my emotions which have been bottled up for so long.

The way the course is run - with empathy and love.

The reflective session in the chapel was very special.

The religious elements where individual people (not the wider session) are speaking from a faith position different from my own.

The leadership of the course - very skilful in knowing when to allow people time and to wait.

This course has given me and my marriage a new start. I have been able to talk to my wife for the first time in two years since the loss of our child. Thank you

Story from Bereavement Course

The night before our Bereavement journey course was due to start, we received a phone call from a very distressed lady called Mary. Mary had lost her husband through very difficult circumstances 6 months previous and did not know where to go for help. Mary did not want to damage her friendships by constantly crying and wanting to talk about her husband. She said, I don't go to church, and I am not a member of Befriended. Mary was assured that she would be very welcome to come and give the course a try. She was very honest and said she probably won't come but thank you.

The next morning Mary arrived, and she immersed herself into the course. These are Mary's words: *What beautiful, kind, caring and compassionate people, I have really enjoyed the group time where people have listened to me but I have also found it so helpful to listen to others and how they are doing on their journey. We were given a book on week 3 and there were so many things that I could relate to that others had experienced in the book. It was as if someone knew exactly what I was feeling. I am so grateful that I called Gail the night before the course began. But that is not all ... after one session I shared that I did not like spending any time at home, I was encouraged to not fill all my time out of the house, but to get used to being at home. That week I did and when at home I found a bag that had been at the back of my husband's closet for over 40 years. Unbeknown to me it was a bag full of treasure. Inside the bag were letters, photos, memorabilia, official documents and telegrams from my father who was a prisoner of war in 1942 and was missing for 4 years until being found by the Popes officials in Italy when visiting the prisoner of war camps.*

Mary invited me (Gail) around for a cup of tea which led to 4 hours of fascinating history being unveiled. Mary gave us her permission to share her Mum and Dads story at the Remembrance service on the 13th of November. Mary attended church to hear her parent's story which was the first time she had attended church since she was married 52 years ago.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Each guest attending the bereavement course is given a gift of a tear drop or tea light holder and bible verse.



Bereavement Training and speaking opportunities

Befriended was the invited speaker at a conference in Ashington which was attended by over 100 people on the subject of Grief and Loss.

Befriended was the keynote speaker at a residential home conference on coping with loss with staff and residents in attendance.

Following a suicide at a elderly residential home, the owner – contacted Befriended to ask if we would facilitate a group session for the residents and their families.

Befriended Chaplaincy

In 2023 we have increased our monthly chaplaincy services to 5 care homes in Mid Sussex. We visit on a Tuesday afternoon for a 40 minute service followed by tea and chat. The good relationships built between staff, residents and family members means we have some honest discussions about various subjects around faith and often get invited to do additional individual visits. We are also invited by the care homes to lead end of life prayers and vigils for residents and their families.

Attendees of other Befriended are made aware of our chaplaincy service and often ask for a chaplaincy visit especially if they have a faith and are unable to attend church.

Chaplaincy story

In attending a new home, we were invited to lead a service in their dementia wing. One lady who was totally blind was sat alongside the chaplain. We began the service by singing a well-known hymn and the lady sang along and knew every word. After the song we asked her name to which she replied giving her name and telling us that she had been a minister all her life. We then read a few bible verses and she continued quoting word for word the rest of the bible passage. The staff were aghast and very emotional. The lady had been mute since she had arrived 8 months previous and the staff were unable to communicate with her. They had not ever seen her so engaged and animated. The service has unlocked part of the lady's memory. She attends our services every week and remembers who we are.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)



Will Fletcher – one of Befriended 's Chaplains

Monthly Tea Parties

Befriended monthly tea parties have grown in attendance from a regular 40-50 to 100. At special tea parties we have had over 125 people. All the other befriended activities feed into the tea parties and visa versa.

The format of our tea parties are: Welcome, introduce yourselves, quiz, birthday celebration, interview, afternoon tea, entertainment, notices and goodbye.

We have a wonderful team of volunteers who prepare the afternoon tea, make cakes, set tables, wash up, serve and befriend. We have taken over the whole venue due to the increase in numbers.

Different entertainment is offered each month including helpful presentations from Fire Brigade, Fraud prevention, and solicitors. Musical entertainment is always a favourite when we have choirs, children's groups, bands or singers.

February's tea party was all about keeping safe. The local fire fighters came along with their fire engine attended the tea party and gave invaluable advice and information on how to keep safe in your home and keep your appliances safe also. After the tea party they followed up with over 12 individual calls to people's homes. A presentation was given on Scams and Fraud, over half of the attendees had been victims of a scam or fraud.



March Tea Party – over 54 guests. We all enjoyed a St Patricks day presentation The guests loved it. (a phone message left from a guest... Thank you for such a wonderful afternoon, I brought three friends and they thought it was fabulous. They were so surprised at the standard of everything and the fact that it was free. We really appreciate all you do for us, Befriended is the Best.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Feedback

Stella - who attended for the first time left this message. "Thank you for the best afternoon I have had in years. Since my husband died, I have not been to anything as I have been so afraid to go out and meet people on my own. Everyone was so friendly and kind and happy. Thank you so much. See you next month".

Michael - Thank you befriended for a wonderful afternoon; you fill us up with joy!

Steve - local councillor who was in the choir said, I am so glad we gave you the grant... what you are doing is wonderful and it is so well deserved. Well done! And keep doing what you are doing. (Steve is a councillor for Hurst parish council and they awarded us £500 for the blanket project).

Ian - a first time guest, An amazing charity and doing such a great work. I want to help, I will do anything!

Alison - A first time guest, I normally hate Sunday afternoons, especially winter ones. This Sunday was like a bright summers day afternoon even though it was miserable outside. Thank you for letting me come to such a special occasion. I hope I can come to others.

Isabelle - I have been part of the choir for years and this was by far the most enjoyable event to sing at. I love your vision and all that you are doing. I want to help in any way I can. Isabelle came to befriended balance and has invited our guests to a performance of Children's theatre in November and wants to do a performance for a tea party.

Karen - thank you for your generous welcome and hospitality. The tea and cakes were much appreciated and your kind gift for everyone in the choir of a tea towel was very thoughtful.

Coronation Tea Party



Each guest received gifts of a coronation pen, and also a commemorative bible, and daily bible reading notes from UCB.

Mid Sussex District Council gave a grant of £250 towards the celebration.

Quotes from volunteers

"so lovely to be involved in such a great endeavour. Giving support and a wonderful tea and companionship to the elderly and isolated. Please do call on me if I can help with anything . " Best wishes Linda xx

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

"It was a pleasure, loved being there...what a wonderful atmosphere and community the tea party is. Such a blessing to all there I am sure x" Naomi

"You are such an inspiration Gail...on so many levels and to be a part of your team is wonderful. Today was so much fun, spent with such lovely people.

Befriended is magnificent! The love, kindness, warmth, connection and joy it gives is priceless.

Your fantastic vision... what a blessing 🙏❤️" Alice

"Such an honour to be there today. To serve and see the happiness. Melts my heart x " Ruth

Quotes from guests

"Thank you so much for a wonderful afternoon, you thoroughly spoil us all." David

"It is the first time we have come to a befriended tea party and we look forward to coming next month" Brian and Joan

"A befriended tea is better than any Royal tea party, your volunteers are wonderful" Ann

"Congratulations Stuart and Gail, so richly deserved" John and Angela

Befriended is a wonderful charity which has made my life so much better, we are so delighted Gail has won this award, Maureen

Today was a wonderful celebration of the coronation – thank you, zoe

We are so delighted that this award recognises all the work that Stuart and Gail and all the volunteers put into Befriended, we appreciate all that befriended does for us. Chris

"Today I came for the first time and was very nervous, i have not left my flat since my husband died 16 months ago. I have had a wonderful time. Thank you" Jan

Befriended Bus Trips

The idea of Befriended bus trips came from a number of clients saying that they never leave Burgess Hill or outlying villages and miss going to the theatre. On August 2nd Befriended organised a double decker bus to take a group of 52 people to Chichester Theatre to see Sound of Music. But, we did not just go to the theatre we made a day of it and went for lunch enroute.

Thanks to very generous donations and a grant, the cost of the day was covered.

"What a wonderful day" says Chris, "I have not seen a show for over 35 years and it brought back so many memories".

"Thankyou for a fabulous outing, everything was thought of, even a snack for the interval"

"My life is never the same since belonging to Befriended, I cannot believe at 93 I was able to see my favourite show".

As a result of befriended bus trip we had 16 new clients come to the August Tea Party who are now regular attendees at other befriended activities.

Referrals

In 2022-2023 we received 52 referrals for Befriended services. All of these were actioned, matched with a befriender, attended a bereavement course or a balance class.

Volunteers

In 2022-2023 we processed, completed DBS and trained 16 new volunteers for one to one befriending or chaplaincy. Other new volunteers joined the teams also.

Throughout the year our volunteers are invited to our celebration events and given a special thank you.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

External media exposure 2022/23

April 23 Chichester Diocese Magazine article
April 23 BBC Sussex - Interview on Radio
May 23 BBC NEWS at One. Interviewed about Befriended
May 23 Mid Sussex Times article about Coronation Champions award
June 23 Premier Radio - interview on Befriended
July UCB Radio - Interviewed to talk about story of Befriended
Sept 23 premier Radio Interview about bereavement

Financial review

Income for the year amounted to £ 86,314 (2022: £31,018) and expenditure £60,617 (2022: £40,180). The surplus was added to funds brought forward, with general funds being £43,677 at the year end.

Grants received from:

Sussex Foundation
Hurst Charity
Mid Sussex District Council
Allen Lane
Tesco

Generous donations for Blanket project
Anonymous Legacy of £42,000 received Sept 23

We awarded our 86 year old finance volunteer with a certificate of thanks for managing Befriended finances over the last 5 years. We have opened a new bank account enabling us to do online banking.

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Statement of Responsibilities

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

The law applicable to charities 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 period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles 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 business.

The trustees are responsible for keeping proper 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees 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.

The annual report was approved by the trustees of the charity on 9 July 2024 and signed on its behalf by:



.....
Stuart Millar
Trustee

BEFRIENDED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BEFRIENDED

I report to the trustees on my examination of the accounts of Befriended for the year ended 30 September 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of Befriended as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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


.....
G W Schulz ACMA
Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

9 July 2024

BEFRIENDED

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income and Endowments from:					
Donations and legacies	2	60,424	25,843	86,267	31,018
Investment income	3	47	-	47	-
Total income		<u>60,471</u>	<u>25,843</u>	<u>86,314</u>	<u>31,018</u>
Expenditure on:					
Charitable activities	4	<u>35,976</u>	<u>24,641</u>	<u>60,617</u>	<u>40,180</u>
Total expenditure		<u>35,976</u>	<u>24,641</u>	<u>60,617</u>	<u>40,180</u>
Net income/(expenditure)		24,495	1,202	25,697	(9,162)
Gross transfers between funds		<u>(50)</u>	<u>50</u>	<u>-</u>	<u>-</u>
Net movement in funds		24,445	1,252	25,697	(9,162)
Reconciliation of funds					
Total funds brought forward		<u>19,232</u>	<u>5,000</u>	<u>24,232</u>	<u>33,394</u>
Total funds carried forward	10	<u><u>43,677</u></u>	<u><u>6,252</u></u>	<u><u>49,929</u></u>	<u><u>24,232</u></u>

The notes on pages 17 to 24 form an integral part of these financial statements.

BEFRIENDED

BALANCE SHEET
AS AT 30 SEPTEMBER 2023

	Note	2023 £	2022 £
Current assets			
Debtors	7	2,563	825
Cash at bank and in hand		<u>47,968</u>	<u>26,494</u>
		50,531	27,319
Creditors: Amounts falling due within one year	8	<u>(602)</u>	<u>(3,087)</u>
Net assets		<u>49,929</u>	<u>24,232</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		6,252	5,000
Unrestricted income funds			
Unrestricted funds		<u>43,677</u>	<u>19,232</u>
Total funds	10	<u>49,929</u>	<u>24,232</u>

The financial statements on pages 15 to 24 were approved by the trustees, and authorised for issue on 9 July 2024 and signed on their behalf by:



 Stuart Millar
 Trustee

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Befriended meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Gift aid

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Interest receivable

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

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33% on cost

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

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

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

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2 Income from donations and legacies

	Unrestricted funds		Restricted funds	Total 2023	Total 2022
	Designated £	General £	£	£	£
Donations and legacies;					
Donations	-	15,529	6,843	22,372	20,493
Legacies	42,000	-	-	42,000	-
Gift aid reclaimed	-	2,395	-	2,395	825
Grants, including capital grants;					
Grants	-	500	19,000	19,500	9,700
	<u>42,000</u>	<u>18,424</u>	<u>25,843</u>	<u>86,267</u>	<u>31,018</u>

3 Investment income

	Unrestricted funds General £	Total 2023 £
Interest receivable and similar income;		
Interest receivable on bank deposits	<u>47</u>	<u>47</u>

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

4 Expenditure on charitable activities

		Unrestricted funds General	Restricted funds	Total 2023	Total 2022
	Note	£	£	£	£
Events		7,017	4,043	11,060	4,029
Advertising/Promotional		598	-	598	-
Postage, printing & stationery		2,083	-	2,083	3,683
Equipment and computer		883	1,850	2,733	902
Telephone		229	-	229	421
Insurance		397	-	397	377
Subscriptions		144	-	144	288
Professional fees		727	2,748	3,475	754
Training		455	-	455	-
Sundry expenses		382	-	382	51
Bank charges		203	-	203	90
Independent examination		600	-	600	540
Depreciation, amortisation and other similar costs		-	-	-	982
Staff costs	6	<u>22,258</u>	<u>16,000</u>	<u>38,258</u>	<u>28,063</u>
		<u>35,976</u>	<u>24,641</u>	<u>60,617</u>	<u>40,180</u>

5 Trustees remuneration and expenses

Gail Millar, a trustee, received remuneration of £34,571 as CEO of the charity (2022: £26,000) and benefits in kind in the form of pension payments of £1,037 (2022: £780).

The accountancy practice owned by a trustee, Mr N Baldwin, provided professional services during the year amounting to £178 (2022: £381).

The only other payments made to the trustees, or any person connected with them, consisted of reimbursements of expenditure incurred on behalf of the charity in furthering the charity's objects.

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

6 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	37,221	27,283
Pension costs	<u>1,037</u>	<u>780</u>
	<u>38,258</u>	<u>28,063</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No.	2022 No.
Staff	<u>2</u>	<u>1</u>

7 Debtors

	2023 £	2022 £
Accrued income	2,395	825
Other debtors	<u>168</u>	<u>-</u>
	<u>2,563</u>	<u>825</u>

8 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	2	2,217
Other creditors	-	330
Accruals	<u>600</u>	<u>540</u>
	<u>602</u>	<u>3,087</u>

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

9 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £1,037 (2022 - £780).

Contributions totalling £Nil (2022 - £91) were payable to the scheme at the end of the year and are included in creditors.

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

10 Funds

	Balance at 1 October 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 September 2023 £
Unrestricted funds					
<i>General</i>					
General Funds	19,232	18,471	(35,976)	(50)	1,677
<i>Designated</i>					
Designated fund	-	42,000	-	-	42,000
Total unrestricted funds	19,232	60,471	(35,976)	(50)	43,677
Restricted funds					
Staff fund	5,000	16,000	(16,000)	-	5,000
Bus trip fund	-	1,835	(1,850)	15	-
Blankets fund	-	4,008	(4,043)	35	-
Befriended Balance fund	-	4,000	(2,748)	-	1,252
	5,000	25,843	(24,641)	50	6,252
Total funds	24,232	86,314	(60,617)	-	49,929
	Balance at 1 October 2021 £	Incoming resources £	Resources expended £		Balance at 30 September 2022 £
Unrestricted funds					
<i>General</i>					
General Funds	23,394	26,018	(30,180)		19,232
Restricted funds					
Sussex Community Foundation	-	5,000	(5,000)		-
Staff fund	10,000	-	(5,000)		5,000
	10,000	5,000	(10,000)		5,000
Total funds	33,394	31,018	(40,180)		24,232

BEFRIENDED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023 (CONTINUED)

11 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 30 September 2023
	General	Designated		
	£	£	£	£
Current assets	2,279	42,000	6,252	50,531
Current liabilities	<u>(602)</u>	<u>-</u>	<u>-</u>	<u>(602)</u>
Total net assets	<u>1,677</u>	<u>42,000</u>	<u>6,252</u>	<u>49,929</u>

	Unrestricted funds		Restricted funds	Total funds at 30 September 2022
	General	Designated		
	£	£	£	£
Current assets	22,319	-	5,000	27,319
Current liabilities	<u>(3,087)</u>	<u>-</u>	<u>-</u>	<u>(3,087)</u>
Total net assets	<u>19,232</u>	<u>-</u>	<u>5,000</u>	<u>24,232</u>

BEFRIENDED

England & Wales - Charity number 1175623

Accounts

Annual Report and Financial Statements
for the Year Ended 30 September 2022

Befriended

Charity registration number: 1175623

Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

BEFRIENDED

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BEFRIENDED

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Rev William Kemp Stuart Millar Gail Millar Elizabeth Lamont (resigned 17 January 2022) Diane Watts Nicholas Baldwin David Chewter Janice Gott (resigned 17 January 2022) Mr George Baxter (appointed 18 July 2022) Deborah Miarkowska (appointed 18 July 2022)
Charity Registration Number	1175623
Principal Office	Spiresview 9 Maude Singer Way Hurstpierpoint West Sussex BN6 9GF
Independent Examiner	G W Schulz ACMA Independent Examiners Ltd 2 Broadbridge Business Centre Delling Lane Bosham Chichester West Sussex PO18 8NF
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ

BEFRIENDED

TRUSTEES' REPORT

The trustees present the annual report together with the financial statements of the charity for the year ended 30 September 2022.

Structure, governance and management

Nature of governing document

The charity was established as a Charitable Incorporated Organisation on 8 November 2017.

Recruitment and appointment of trustees

The management of the charity is the responsibility of the Trustees who are co-opted by the existing trustees.

Every Trustee must:

- a. Have a faith in the Lord Jesus Christ
- b. Be over 16 years old

There must be a minimum of 3 Trustees and a maximum of 12.

Organisational structure

Befriended is governed by the board of Trustees.

Decisions involving the day to day management of the charity are made by the Chief Executive, Gail Millar. All other decision making is undertaken by the trustees at Bi-monthly meetings.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Objectives and activities

Objects and aims

The objects of the charity are to:

1. Advance the Christian faith
2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through a befriending/care service.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Achievements and performance

Coronation Champion Awarded to Befriended

Befriended Trustees are delighted to share news of Gail Millar - CEO of Befriended being crowned a Coronation Champion in recognition for the work and impact Befriended has made in the community. Thousands of people from all over the UK were nominated and from these nominations, 500 people were hand-picked by a judging panel of which Gail and Befriended was one of them. The award was presented by King Charles III and Queen Camilla in May 2023.

A Year of Development at Befriended

Following the appointment of a Chief Executive in April 2021 which not only led to the reshaping of Befriended but the enlarging of its vision.

The key strategy and aim for 2021/2022 was to address health and wellbeing, spiritual care and rebuilding social confidence in our older people.

We achieved this through launching a number of new initiatives during 2021/2022

Befriended Monthly Tea Parties

On the first Sunday of each month in partnership with Gateway Baptist Church, Befriended hosts a tea party in Burgess Hill for older people living in Mid Sussex. It is well attended by our volunteers who bring their clients, as well as friends of clients. We have a regular attendance of 50-60 older people. The programme of the afternoon consists of regular activities such as a quiz, birthday basket, an interview and a full afternoon tea followed by different entertainment each month. The tea parties are loved and appreciated by all who attend.

A letter from a tea party guest

Dearest El, T and I want to thank you for taking us to the tea party today. For us to be treated with so much respect, friendship and love was surely amazing, truthfully we have never ever experienced such happiness and love by people who don't even know us. It was wonderful and if it hadn't been for you coming into our lives we would never ever had this wonderful feeling. T really enjoyed it and I'm looking forward to going again. Also please thank Gail and Stuart also, they are amazing people, caring for others, it was beautiful to see. Love I and T



BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Befriended Chaplaincy

November 2021 saw the commissioning of four Anna Chaplains. The chaplains were licenced by Bishop Ruth Bushyager who is the new Patron of Befriended. The chaplains are licenced to take services and to offer spiritual care and guidance to older people in Mid Sussex.

In November we began our monthly services in a number of care/residential homes. We have over 50 attendees across all the homes. A number of our clients appreciate a visit to their own home to talk about their faith, ask for prayer or communion.

Special events



An evening with Befriended

Befriended invited clients, volunteers, church leaders, partners and supporters to hear news, information and the growing vision of Befriended. The event was very well attended and included the licencing of the Anna Chaplains. Special guests were Debbie Thrower (founder of Anna Chaplaincy), Rev Bishop Ruth Bushyager (Patron of Befriended), various dignitaries and local leaders.

Queens Platinum Jubilee Celebration

A wonderful vibrant event full of fun, smiles, activity and food. The afternoon included all the special Jubilee food including individual platinum Jubilee trifles, lots of music and dancing. Over 70 people attended our jubilee event.

Acts of kindness

Christmas 2021 we delivered 180 Christmas in a bag to our clients and older people who had been referred to us by neighbours. Our bags consisted of everything needed to enjoy a very happy Christmas apart from the Roast Turkey Dinner.

April 2022 we delivered 163 Easter in a basket consisting of cakes, easter eggs, a card and a gift. This project was in partnership with Age UK.

Bereavement support

Befriended offers bereavement support through the Bereavement Journey Course which is a 5 week course with an optional 6th week, as well as individual support. People are referred to our bereavement support from family members, churches and local GP surgeries. During 2021/2022 we have supported over 50 people on their bereavement journey. All of our attendees are given a copy of Grief Conversations co-authored by CEO of Befriended.

One of the many letters in response to the bereavement support:

Hello G

I hope you are well and thank you for the copy of your book. I am in the process of trying to arrange for M's ashes to be placed in the memorial garden as Ms sister has had his ashes at her house since he died. Before attending the course I could not even consider doing something with his ashes. I was paralysed in my grief and did not think I would ever imagine smiling again let alone thinking about the future. I'm trying to get out more and enjoy the days when the sun is out. I want to thank you again for the course as I really



BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

think it has put me on the path of being able to move on without feeling that I can't include M in my thoughts and conversations. I especially enjoyed the last week where I realised that I still do have a faith and have buried it for all the years I have been with M. Thank you for praying for me, I believe I am on a new path now.

Thankyou again for letting me join the group and for all you do.

Debbie

Befriended Balance

We carried out a six-week pilot of Befriended Balance in May and due to its huge success it has continued. Our Balance classes are aimed at improving strength, stamina, confidence and movement. We do this through a variety of exercises and movement to music either standing sitting or leaning on a chair. All our classes include Psalms and stretches – relaxation stretches to the Psalms followed by refreshments and social time. All our classes are led by a fully qualified instructor.



E has regularly attended the classes and found them to be hugely beneficial in regaining the use of her arm having suffered a stroke.

J says " I love coming to befriended balance, I have not done exercise for years and never thought I would again but I now find myself less breathless and doing some of the exercises at home."

D says "Befriended balance has given me confidence to not only attend the class each week but also to attend other Befriended activities."

Volunteers

One hour can change a life. Befriended could and would not function without our amazing volunteers. Our volunteer base has grown due to all the different initiatives we now offer. We have volunteers who help at our tea parties, chaplaincy, balance classes as well as befriending. Our 'one hour can change a life' campaign has been successful in bringing new volunteers. All our volunteers are DBS checked, have training and safeguarding training.



Three of our amazing volunteers at our tea parties

Sue

I have benefitted so much being a part of Befriended especially during lock down as a telephone befriender. I was living alone and found myself very lonely and on furlough. I have no family nearby and have not made any connections near where I live so I felt so isolated. I had heard about Befriended and thought I have the time so I could phone someone who also might be lonely. This proved to be a life line for me especially during the first lockdown. It was hard at first especially as I did not know anything about the lady

BEFRIENDED TRUSTEES' REPORT (CONTINUED)

I was given to chat to. BUT I then got to meet her at Christmas when I took her Christmas in a bag to her which has now taken our friendship to another level. Not only did our telephone friendship become much better but also we have now gone out for walks and coffee together.

Ian

I would also like to say thank you for the opportunity you have provided at Befriended, and the support and advice you have given throughout; I think Michael and I have both benefited from the friendship, despite the recent restrictions of the pandemic, and hopefully I have made a bit of a difference to him. Your charity certainly makes a huge difference in the community and you should both be commended for that.

Staffing

Gail Millar is the Chief Executive and in June this year increased her working hours to 30 hours a week. Gail is supported by an administrator 4 hours a week and many volunteers.

New Patron

Easter 2021 Befriended invited The Rt Revd Ruth Bushyager, Bishop of Horsham, to prayerfully consider becoming Patron of Befriended. Bishop Richard Jackson had stepped down as Patron late 2020 due to taking up the role as Bishop of Hereford.

In April Bishop Ruth gladly accepted the invitation and took up the role to support, pray and promote the work of Befriended



New Trustees

We have welcomed two new trustees to the board over the last twelve months which brings talent, knowledge, and expertise to the charity board. George Baxter a retired local businessman and Deborah Miarkowska, a lecturer in change management and leadership at Brighton University.

Finances

Fundraising continues to be a significant part of the CEO's responsibility and in 2021/2022 we were successful in getting grants from:

Sussex Community Foundation
Allen Lane
Methodist church
Mid Sussex District Council

We continue to get regular income each month from regular givers and donations.

Plans for the future

In the coming year we look to

- increase our volunteer base for our face-to-face befriending
- Introduce another Balance Class
- Establish another tea party
- Launch a community choir

BEFRIENDED

TRUSTEES' REPORT (CONTINUED)

Statement of Responsibilities

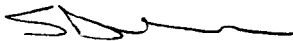
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities 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 period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles 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 business.

The trustees are responsible for keeping proper 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees 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.

The annual report was approved by the trustees of the charity on 12 May 2023 and signed on its behalf by:



.....
Stuart Millar
Trustee

BEFRIENDED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BEFRIENDED

I report to the trustees on my examination of the accounts of Befriended for the year ended 30 September 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of Befriended as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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



.....
G W Schulz ACMA
Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

12 May 2023

BEFRIENDED

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Income and Endowments from:					
Donations and legacies	2	26,018	5,000	31,018	31,079
Expenditure on:					
Charitable activities	3	<u>30,180</u>	<u>10,000</u>	<u>40,180</u>	<u>23,693</u>
Total expenditure		<u>30,180</u>	<u>10,000</u>	<u>40,180</u>	<u>23,693</u>
Net (expenditure)/income		<u>(4,162)</u>	<u>(5,000)</u>	<u>(9,162)</u>	<u>7,386</u>
Net movement in funds		(4,162)	(5,000)	(9,162)	7,386
Reconciliation of funds					
Total funds brought forward		<u>23,394</u>	<u>10,000</u>	<u>33,394</u>	<u>26,008</u>
Total funds carried forward	10	<u><u>19,232</u></u>	<u><u>5,000</u></u>	<u><u>24,232</u></u>	<u><u>33,394</u></u>

The notes on pages 11 to 18 form an integral part of these financial statements.

BEFRIENDED

BALANCE SHEET
AS AT 30 SEPTEMBER 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	6	-	982
		-	982
Current assets			
Debtors	7	825	1,101
Cash at bank and in hand		26,494	33,704
		27,319	34,805
Creditors: Amounts falling due within one year	8	(3,087)	(2,393)
Net current assets		24,232	32,412
Net assets		24,232	33,394
Funds of the charity:			
Restricted income funds			
Restricted funds		5,000	10,000
Unrestricted income funds			
Unrestricted funds		19,232	23,394
Total funds	10	24,232	33,394

The financial statements on pages 9 to 18 were approved by the trustees, and authorised for issue on 12 May 2023 and signed on their behalf by:


 Stuart Millar
 Trustee

BEFRIENDED

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

1 Accounting policies

Statement of compliance

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Befriended meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Gift aid

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

BEFRIENDED

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

Interest receivable

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

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33% on cost

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

BEFRIENDED

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

Liabilities

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

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

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Donations and legacies;				
Donations	20,493	-	20,493	7,978
Gift aid reclaimed	825	-	825	1,101
Grants, including capital grants;				
Grants	4,700	5,000	9,700	22,000
	<u>26,018</u>	<u>5,000</u>	<u>31,018</u>	<u>31,079</u>

BEFRIENDED

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

3 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Events		4,029	-	4,029	2,784
Postage, printing & stationery		3,683	-	3,683	1,578
Equipment and computer		902	-	902	450
Telephone		421	-	421	393
Insurance		377	-	377	328
Subscriptions		288	-	288	790
Sundry expenses		51	-	51	201
Bank charges		90	-	90	86
Independent examination		540	-	540	450
Professional fees		754	-	754	820
Travel		-	-	-	176
Depreciation, amortisation and other similar costs		982	-	982	983
Staff costs	5	<u>18,063</u>	<u>10,000</u>	<u>28,063</u>	<u>14,654</u>
		<u>30,180</u>	<u>10,000</u>	<u>40,180</u>	<u>23,693</u>

4 Trustees remuneration and expenses

Gail Millar, a trustee, received remuneration of £26,000 as CEO of the charity (2021: £11,700) and benefits in kind in the form of pension payments of £780 (2021: £351).

The accountancy practice owned by a trustee, Mr N Baldwin, provided professional services during the year amounting to £381 (2021: £70). In the year to 2020 Mr Baldwin was not a trustee.

The only other payments made to the trustees, or any person connected with them, consisted of reimbursements of expenditure incurred on behalf of the charity in furthering the charity's objects.

BEFRIENDED

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

5 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	27,283	14,303
Pension costs	<u>780</u>	<u>351</u>
	<u><u>28,063</u></u>	<u><u>14,654</u></u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2022 No.	2021 No.
Staff	<u><u>1</u></u>	<u><u>1</u></u>

6 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 October 2021	<u>2,948</u>	<u>2,948</u>
At 30 September 2022	<u>2,948</u>	<u>2,948</u>
Depreciation		
At 1 October 2021	1,966	1,966
Charge for the year	<u>982</u>	<u>982</u>
At 30 September 2022	<u>2,948</u>	<u>2,948</u>
Net book value		
At 30 September 2022	<u><u>-</u></u>	<u><u>-</u></u>
At 30 September 2021	<u><u>982</u></u>	<u><u>982</u></u>

BEFRIENDED

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

7 Debtors

	2022 £	2021 £
Accrued income	<u>825</u>	<u>1,101</u>

8 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	2,217	1,943
Other creditors	330	-
Accruals	<u>540</u>	<u>450</u>
	<u>3,087</u>	<u>2,393</u>

9 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £780 (2021 - £351).

Contributions totalling £91 (2021 - £Nil) were payable to the scheme at the end of the year and are included in creditors.

BEFRIENDED

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

10 Funds

	Balance at 1 October 2021 £	Incoming resources £	Resources expended £	Balance at 30 September 2022 £
Unrestricted funds				
General				
General Funds	23,394	26,018	(30,180)	19,232
Restricted funds				
Sussex Community Foundation	-	5,000	(5,000)	-
Staff fund	10,000	-	(5,000)	5,000
	<u>10,000</u>	<u>5,000</u>	<u>(10,000)</u>	<u>5,000</u>
Total funds	<u>33,394</u>	<u>31,018</u>	<u>(40,180)</u>	<u>24,232</u>
	Balance at 1 October 2020 £	Incoming resources £	Resources expended £	Balance at 30 September 2021 £
Unrestricted funds				
General				
General Funds	20,693	9,079	(6,378)	23,394
Restricted funds				
Sussex Community Foundation	1,381	5,000	(6,381)	-
Allen Lane Foundation	2,620	-	(2,620)	-
Sussex Partnership fund (Covid)	1,314	-	(1,314)	-
Events fund	-	2,000	(2,000)	-
Staff fund	-	15,000	(5,000)	10,000
	<u>5,315</u>	<u>22,000</u>	<u>(17,315)</u>	<u>10,000</u>
Total funds	<u>26,008</u>	<u>31,079</u>	<u>(23,693)</u>	<u>33,394</u>

BEFRIENDED

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

11 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 30 September 2022 £
Current assets	22,319	5,000	27,319
Current liabilities	<u>(3,087)</u>	<u>-</u>	<u>(3,087)</u>
Total net assets	<u>19,232</u>	<u>5,000</u>	<u>24,232</u>

	Unrestricted funds General £	Restricted funds £	Total funds at 30 September 2021 £
Tangible fixed assets	982	-	982
Current assets	24,805	10,000	34,805
Current liabilities	<u>(2,393)</u>	<u>-</u>	<u>(2,393)</u>
Total net assets	<u>23,394</u>	<u>10,000</u>	<u>33,394</u>

BEFRIENDED

England & Wales - Charity number 1175623

Accounts

Annual Report and Financial Statements
for the Year Ended 30 September 2021

Befriended

Charity registration number: 1175623

Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

BEFRIENDED

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BEFRIENDED

Reference and Administrative Details

Trustees	Rev William Kemp Stuart Millar Gail Millar Tatrina Styles (resigned 13 September 2021) Elizabeth Lamont Diane Watts Nicholas Baldwin (appointed 15 March 2021) David Chewter (appointed 15 March 2021) Janice Gott (appointed 15 March 2021)
Principal Office	Spiresview 9 Maude Singer Way Hurstpierpoint West Sussex BN6 9GF
Charity Registration Number	1175623
Independent Examiner	G W Schulz ACMA Independent Examiners Ltd 2 Broadbridge Business Centre Delling Lane Bosham Chichester West Sussex PO18 8NF
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ

BEFRIENDED

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 30 September 2021.

Structure, governance and management

Nature of governing document

The charity was established as a Charitable Incorporated Organisation on 8 November 2017.

Recruitment and appointment of trustees

The management of the charity is the responsibility of the Trustees who are co-opted by the existing trustees.

Every Trustee must:

- a. Have a faith in the Lord Jesus Christ
- b. Be over 16 years old

There must be a minimum of 3 Trustees and a maximum of 12.

Organisational structure

Befriended is governed by the board of Trustees.

Decisions involving the day to day management of the charity are made by the Chief Executive, Gail Millar. All other decision making is undertaken by the trustees at Bi-monthly meetings.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Objectives and activities

Objects and aims

The objects of the charity are to:

1. Advance the Christian faith
2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through a befriending/care service.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

BEFRIENDED

Trustees' Report

Achievements and performance

A Year of Development at Befriended

2020/2021 has been a year of significant change for Befriended. With the onset of Covid-19 and the many restrictions that we had to adjust to, like everyone else, we had to adjust the way that the charity was working.

After a trustee review in January 2021, a significant decision was made that the charity would need to invest in staffing to continue to meet the increase in loneliness and isolation caused by the pandemic.

Having done an audit of the charity for the first time since it began in 2017, it was highlighted that there was a need for reviewing all processes, policies, and procedures. The appointment of a Chief Executive in April 2021 led to a reshaping of the charity and refreshing of the vision.

During 2020/2021 our key strategies to advance our aims became

- To find new ways to reconnect and support our elderly clients not only throughout lockdown and differing restrictions but also in coming out of lockdown.
- Establish new systems and processes internally for effective data management and communication
- Create ways to build confidence for older people to engage in their communities
- Reduce loneliness, improve mental health, and sustain long lasting meaningful relationships

Our Year in Numbers

Befriended currently has:

- 46 active volunteers
- 27 Befriender/Befriendee established relationships
- 150+ clients that we have some contact with

We ask our Befrienders to spend an hour a week with their Befriendee, either face to face or over the phone where Covid-19 has restricted our face-to-face Befriending (although we know many of our volunteers give far more time than this). This means over the last year, we have provided at least 1404 hours of companionship, conversation and laughter with lonely and elderly people living in Mid Sussex.

BEFRIENDED

Trustees' Report

Our response to Covid-19

At the beginning of the first lockdown when we were unable to meet face to face, we had to find new ways to connect with our clients and reconnect our volunteers and clients. As we spoke to clients and other local professionals, we were aware that the need was increasing, more and more people became lonely and isolated, and the effects of loneliness became more profound. In the last few months we have been in touch with many of our clients to do a Covid-Review and we've found that for many people in addition to their mental health has decreased as has their physical health and their mobility has decreased significantly.

Our key areas of response to Covid-19 were:

- Telephone Befriending
- Befriended Blether
- Befriended Buddies
- Acts of Kindness
- Bereavement Support
- Social Activities

As the country moved out of lockdown, as well as continuing to encourage our Befrienders and Befriendeds to connect, we have become more aware of the lack of confidence many of our clients now have about leaving their homes and socialising with other people.

Telephone Befriending

At the start of the pandemic as our Befrienders were unable to visit their clients in their homes or take them out, we encouraged them to begin phoning their clients instead and keeping in touch with them over the phone. As this established itself, we were able to take on new clients and had people enquiring to volunteer specifically as Telephone Befrienders including people who live outside of Mid-Sussex but wanted to be involved with the work that Befriended does.

When Befriended was born, one of our volunteering quotes was, "Find a lonely person to visit a lonely person, then have two people who are not lonely". Just like our Face-to-Face Befriending, our volunteers have been equally blessed by the conversations and friendships they have built through volunteering.

"I have not met my befriended face to face yet but we have got to know one another very well during our telephone befriending relationship. It began with calling Michael once a fortnight but as we discovered we had more and more in common and interesting opinions to share, we rang more often. I know Michael really appreciated my calls and friendship but I don't think he realises how much richer he has made my life especially during lockdown." – Ruth, Volunteer Telephone Befriender.

BEFRIENDED

Trustees' Report

As well as seeing new friendships formed through Telephone Befriending, we have also seen many friendships grow. Sarah has been a volunteer for Befriended now for a few years, she already had built up a very close friendship with her befriender through visiting her once a week but during lockdown she began to call her more often. Sarah says, *"I speak to Joan every day if not more than once a day now because she means so much to me in my life. She is the first person I now call if I have anything to share, we are such close friends"*.

Befriended was always about creating opportunities for people to build real connections and friendships and this is what we are seeing happen again and again and hearing the benefit that this has on people's lives. We thought that the pandemic and lockdown may hinder this mission, but we are so grateful to be seeing the opposite and people finding new ways to connect with one another.

Acts of Kindness

As Covid-19 put a hold on our community events, we didn't want special occasions to slip past without any celebration or without finding an opportunity to connect with our clients and other lonely and elderly people in our community. Working in partnership with other organisations we came up with a new way to bless and connect with them.

In previous years we have held an Afternoon Tea Party for Silver Sunday, with people in lockdown and not being allowed to gather in groups, we decided that we would take Afternoon Tea to them! With Age UK and Mid Sussex Council, in October 2020, a team of volunteers baked, packed, wrapped and delivered 175 'Cream Tea's in a Box' to elderly people right across Mid-Sussex. The reactions from both the volunteers and the people receiving the boxes were wonderful!



"Thank you so so much for such a delicious cream tea in a box it was absolutely wonderful, I shared it with two of my friends. What a lovely gift to receive, you made me feel so special" Eileen

"Oh my word, what a wonderful surprise on a Sunday Afternoon. It is years since I have enjoyed a cream tea, it was stunning. I phoned my family in Canada and told them all about it." Chris

"I had just come out of hospital and to come home and receive love in a box from Befriended. Thank you for your kindness and generosity. The cream tea was thoroughly enjoyed." Michael

BEFRIENDED

Trustees' Report

We have always been so aware of how lonely people can be at Christmas time when everyone else seems to be surrounded by family and friends. As Christmas approached and the restrictions tightened again, we got a team of volunteers together and we created and delivered over 125 'Christmases in a Bag'. These bags had a little bit of Christmas joy in them with Christmas treats, food, a gift and a letter from a local young person. The smiles and the stories from these speak for themselves, people who thought they had been forgotten about, who hadn't seen anyone in months and suddenly there was someone at the door with a gift just for them.



Christmas in a bag



Easter in a Basket



Cream Tea in a Box

In Spring 2021, supported by Mid Sussex Council we delivered 'Easter in a Basket' packed full of Easter treats to over 180 people across the county.

For some of our Telephone Befrienders these Acts of Kindness were an opportunity to meet their Befriendees for the first time and gave them a reason to pop by and have a chat face to face on the doorstep!

Bereavement Support

Sadly, over the past year we have lost several of our much-loved clients. This is not only sad for their families, and we think of them as they come to terms with their loss, but also for the befriender's who have built up such a close and meaningful relationship with them.

In 2020 Gail completed her Bereavement counselling Diploma and has led two online and one face to face bereavement courses in partnership with The Point Church. By means of a series of films and discussion groups the course gently guided bereaved people through the most common aspects of grief, enabling them to process the implications for themselves and discern next steps.

"I am so glad I did the Bereavement course; it has been such a help to me and I have told my family about the benefit and wisdom gained from it." Kirsty

"It was a life-line to me at such a time in my life where I felt lost. The love, care and support I received put me back on my feet to face the future". Peter

"At such a broken time in my life never thinking it would ever get better, I met a group of strangers who became friends on a journey we travelled together." Carol

BEFRIENDED

Trustees' Report

Return to Face-to-Face Befriending

Over the summer once restrictions were lifted, the team and the trustees spent a lot of time discussing a return to Face-to-Face Befriending. They spoke to professionals, other befriending schemes and charities and had lots of conversations with both volunteers and clients. In September, it was decided that Face-to-Face Befriending could resume once a conversation had been had individually with both the client and the volunteer to ensure that everyone was comfortable and happy with the arrangement.



The team began calling our clients and volunteers for a 'Covid-Review' which gathered information about how they had been over the last 18 months, how their health (physically and mentally) was now in comparison to before Covid and what the biggest effect of Covid had been on them. We also asked them how they felt about meeting in person and whether they wanted to go back to Face-to-Face Befriending.

As of now, less than half of our clients felt comfortable going back to Face-to-Face Befriending but have continued with Telephone Befriending.

We have been developing our relationship with the local Social Prescribers in the area who are able to refer their patients to us. Over the last three months, we have received an increase of referrals from them of individuals who haven't seen anyone since before the Pandemic and are in desperate need of company and friendship.

Systems, Processes and Administration

Since April 2021 we have been working behind the scenes to revamp all Befriended's processes and systems to make them more reliable, effective, and productive enabling the team to have more time face to face with clients rather than being swamped by manual processes and admin tasks.

Using Zoho (an online CRM system), we have moved away from paper forms and excel spreadsheets and created an online CRM system that is automated and links volunteers and clients together. We have created online referral forms and volunteer application forms, accessible via our website, making it easier for other professionals to quickly refer clients to us and volunteers are able to apply online and then we can automatically contact their Referees.

We wanted to create a system that, not only collected and held all our data, but would also mean that communication with clients, volunteers and partners would be efficient with our small staff team.

BEFRIENDED

Trustees' Report

Having developed the CRM system, there are other areas of the platform that we want to explore and start using for developing training for our volunteers, scheduling social media posts, updating our website and many other things.

We have been able to demonstrate the system to a few other smaller charities who are also wanting to improve their systems and processes, which will benefit them but is also building and strengthening our partnerships with other local organisations.

Alongside this we refreshed Befriended's website and social media presence to connect with more people and share the work that we are doing and encourage people to get involved whether by volunteering, giving or praying.

Finances

The appointment of CEO has increased the financial responsibility to raise funds and secure income to sustain this position. In 2020/2021 our income increased to £30,000 which includes 3 year funding of £5,000 per year. Our monthly giving has grown and regular support from our church partners throughout the year has increased.

Fundraising has become a significant part CEO's responsibilities and since June 2020 sixteen grant applications have been submitted of which three were successful amounting to £22,000

Staffing Update

Gail Millar is the first employed Chief Executive of Befriended, working three days a week. Gail was the founder and Executive Director of Befriended which is a role she fulfilled on a part time, voluntary basis since 2016. Gail says *'taking on this role is a fulfilment of a dream, I always hoped the day would come when I could make this my sole focus and bring all my knowledge, experience and expertise to benefit Befriended and its clients'*.

Having volunteered whilst furloughed, Katie Wooding Jones worked alongside Gail to establish new processes and systems for Befriended. Katie has been appointed as Office Manager and is working 4 hours a week for Befriended.

Joy Dawes continued working for Befriended during the pandemic, keeping in touch with our clients and volunteers by telephone. Her role has now changed from an administrative role into a pastoral role and she does a vital job in sending out cards to our clients and volunteers throughout the year on Birthdays, at Christmas and whenever there's a need for a 'thinking of you' card.

Befriended couldn't happen without the time given by dedicated volunteers and there are a few key volunteers that have supported Befriended over the last year:

Lorraine Gilbard is a Paediatric Nurse and volunteers for Befriended one day a week. She has spent endless hours gathering essential data to grow and expand the mission of Befriended.

Kim Allsop works full time, is a single Mum to Annabella and has used her knowledge, experience and spare time to design a bespoke data management system for Befriended, creating a platform on which we can build, develop and grow the charity.

BEFRIENDED

Trustees' Report

Margie Fforde aged 77 has been a volunteer for Befriended since it began. Margie not only is a befriender but is also our bookkeeper. She manages all day-to-day expenses, monthly accounts and yearly spreadsheets.

Changes to Trustees

We have welcomed three new trustees to the Board over the last twelve months, Nicholas Baldwin, David Chewter and Janice Gott. They each bring a wealth of experience and specific knowledge that we are grateful to have within our board.

We have also said goodbye to Tafrina Styles who stepped down as a trustee after four years in the summer.

Plans for future periods

Monthly Afternoon Teas

As people become more comfortable with being out and about, we are hoping to launch a monthly Afternoon Tea party in partnership with Gateway Baptist Church, Burgess Hill to give people an opportunity to connect with other people from the area and enjoy some food and entertainment together.

Chaplaincy

In November, Gail Millar will be commissioned as an Anna-Chaplain and will see the exciting launch of Befriended's Chaplaincy service. As people grow older, the local church is not always as accessible as it used to be for them, so with Befriended Chaplaincy, we hope to be able to 'bring church to them', with a team from a mixture of churches and denominations we want to offer services, bible studies, communion, and prayer to care homes and individuals across the local area.

Befriended Balance

We are also working with a local exercise instructor who is trained in offering Trips and Falls Prevention exercise classes and together we are planning on launching Befriended Balance Classes. These classes would aim to improve physical mobility, strength, stamina and stability through appropriate exercises as well providing a place of belonging and community for individuals.

BEFRIENDED

Trustees' Report

Statement of Trustees' Responsibilities

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

The law applicable to charities 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 period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles 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 business.

The trustees are responsible for keeping proper 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 applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees 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.

The annual report was approved by the trustees of the charity on 26 January 2022 and signed on its behalf by:



[S D Millar \(Feb 8, 2022 16:15 GMT\)](#)

.....

Stuart Millar
Trustee

BEFRIENDED

Independent Examiner's Report to the trustees of Befriended

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 September 2021 which are set out on pages 12 to 20.

Respective responsibilities of trustees and examiner

As the charity's trustees of Befriended you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Independent examiner's statement

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

1. accounting records were not kept in respect of Befriended as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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



.....
G W Schulz ACMA

Independent Examiners Ltd
2 Broadbridge Business Centre
Delling Lane
Bosham
Chichester
West Sussex
PO18 8NF

26 January 2022

BEFRIENDED

Statement of Financial Activities for the Year Ended 30 September 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income and Endowments from:					
Donations and legacies	2	9,079	22,000	31,079	18,052
Expenditure on:					
Charitable activities	3	<u>6,378</u>	<u>17,315</u>	<u>23,693</u>	<u>10,396</u>
Total expenditure		<u>6,378</u>	<u>17,315</u>	<u>23,693</u>	<u>10,396</u>
Net income		<u>2,701</u>	<u>4,685</u>	<u>7,386</u>	<u>7,656</u>
Net movement in funds		2,701	4,685	7,386	7,656
Reconciliation of funds					
Total funds brought forward		<u>20,693</u>	<u>5,315</u>	<u>26,008</u>	<u>18,352</u>
Total funds carried forward	10	<u><u>23,394</u></u>	<u><u>10,000</u></u>	<u><u>33,394</u></u>	<u><u>26,008</u></u>

The notes on pages 14 to 20 form an integral part of these financial statements.

BEFRIENDED

Balance Sheet as at 30 September 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	6	982	1,965
Current assets			
Debtors	7	1,101	523
Cash at bank and in hand		<u>33,704</u>	<u>23,880</u>
		34,805	24,403
Creditors: Amounts falling due within one year	8	<u>(2,393)</u>	<u>(360)</u>
Net current assets		<u>32,412</u>	<u>24,043</u>
Net assets		<u>33,394</u>	<u>26,008</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		10,000	5,315
Unrestricted income funds			
Unrestricted funds		<u>23,394</u>	<u>20,693</u>
Total funds	10	<u>33,394</u>	<u>26,008</u>

The financial statements on pages 12 to 20 were approved by the trustees, and authorised for issue on 26 January 2022 and signed on their behalf by:



[S D Millar \(Feb 8, 2022 16:15 GMT\)](#)

.....

Stuart Millar

Trustee

The notes on pages 14 to 20 form an integral part of these financial statements.

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

1 Accounting policies

Statement of compliance

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Befriended meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Gift aid

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33% on cost

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Donations and legacies;				
Donations	7,978	-	7,978	7,529
Gift aid reclaimed	1,101	-	1,101	523
Grants, including capital grants;				
Grants	-	22,000	22,000	10,000
	<u>9,079</u>	<u>22,000</u>	<u>31,079</u>	<u>18,052</u>

3 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Note				
Events	784	2,000	2,784	659
Postage, printing & stationery	1,349	229	1,578	1,092
Equipment and computer	18	432	450	771
Telephone	393	-	393	216
Insurance	328	-	328	322
Subscriptions	790	-	790	445
Professional fees	820	-	820	-
Travel	176	-	176	-
Sundry expenses	201	-	201	430
Bank charges	86	-	86	60
Independent examination	450	-	450	360
Depreciation, amortisation and other similar costs	983	-	983	983
Staff costs	-	14,654	14,654	5,058
	<u>6,378</u>	<u>17,315</u>	<u>23,693</u>	<u>10,396</u>

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

4 Trustees remuneration and expenses

Gail Millar, a trustee, received remuneration of £11,700 as CEO of the charity (2020: £NIL) and benefits in kind in the form of pension payments of £351 (2020: £NIL).

The accountancy practice owned by a trustee, Mr N Baldwin, provided professional services during the year amounting to £70. In the year to 2020 Mr Baldwin was not a trustee.

The only other payments made to the trustees, or any person connected with them, consisted of reimbursements of expenditure incurred on behalf of the charity in furthering the charity's objects.

5 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	14,303	5,058
Pension costs	351	-
	<u>14,654</u>	<u>5,058</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2021 No.	2020 No.
Staff	<u>3</u>	<u>2</u>

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

6 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 October 2020	<u>2,948</u>	<u>2,948</u>
At 30 September 2021	<u>2,948</u>	<u>2,948</u>
Depreciation		
At 1 October 2020	983	983
Charge for the year	<u>983</u>	<u>983</u>
At 30 September 2021	<u>1,966</u>	<u>1,966</u>
Net book value		
At 30 September 2021	<u>982</u>	<u>982</u>
At 30 September 2020	<u>1,965</u>	<u>1,965</u>

7 Debtors

	2021 £	2020 £
Accrued income	<u>1,101</u>	<u>523</u>

8 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	1,943	-
Accruals	<u>450</u>	<u>360</u>
	<u>2,393</u>	<u>360</u>

9 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £351 (2020 - £Nil).

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

10 Funds

	Balance at 1 October 2020 £	Incoming resources £	Resources expended £	Balance at 30 September 2021 £
Unrestricted funds				
General				
General Funds	20,693	9,079	(6,378)	23,394
Restricted funds				
Sussex Community Foundation	1,381	5,000	(6,381)	-
Allen Lane Foundation	2,620	-	(2,620)	-
Sussex Partnership fund (Covid)	1,314	-	(1,314)	-
Events fund	-	2,000	(2,000)	-
Staff fund	-	15,000	(5,000)	10,000
	<u>5,315</u>	<u>22,000</u>	<u>(17,315)</u>	<u>10,000</u>
Total funds	<u>26,008</u>	<u>31,079</u>	<u>(23,693)</u>	<u>33,394</u>
	Balance at 1 October 2019 £	Incoming resources £	Resources expended £	Balance at 30 September 2020 £
Unrestricted funds				
General				
General Funds	9,150	13,052	(1,509)	20,693
Restricted funds				
Sussex Community Foundation	4,202	-	(2,821)	1,381
Allen Lane Foundation	5,000	-	(2,380)	2,620
Sussex Partnership fund (Covid)	-	5,000	(3,686)	1,314
	<u>9,202</u>	<u>5,000</u>	<u>(8,887)</u>	<u>5,315</u>
Total funds	<u>18,352</u>	<u>18,052</u>	<u>(10,396)</u>	<u>26,008</u>

BEFRIENDED

Notes to the Financial Statements for the Year Ended 30 September 2021

11 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 30 September 2021 £
Tangible fixed assets	982	-	982
Current assets	24,805	10,000	34,805
Current liabilities	<u>(2,393)</u>	<u>-</u>	<u>(2,393)</u>
Total net assets	<u>23,394</u>	<u>10,000</u>	<u>33,394</u>
	Unrestricted funds General £	Restricted funds £	Total funds at 30 September 2020 £
Tangible fixed assets	1,965	-	1,965
Current assets	21,053	5,315	26,368
Current liabilities	<u>(360)</u>	<u>-</u>	<u>(360)</u>
Total net assets	<u>22,658</u>	<u>5,315</u>	<u>27,973</u>