

# FOOTSTEPS - WALKING WITH YOU

England & Wales · Charity number 1176569

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2018-01-08

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

## Contact

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**Address** 3 Mayfields  
Martlesham Heath  
Ipswich  
IP5 3TU

**Phone** 01473631612

**Email** [info@footstepswwy.org.uk](mailto:info@footstepswwy.org.uk)

**Website** [www.footstepswwy.org.uk](http://www.footstepswwy.org.uk)

## Activities

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**Objects:** THE RELIEF OF MENTAL AND EMOTIONAL DISTRESS OF CHILDREN AND YOUNG PEOPLE RESIDENT IN SUFFOLK, AND THEIR FAMILIES, IN PARTICULAR BY THE PROVISION OF COUNSELLING AND SUPPORT.

**Activities:** Provision of counselling services to children and young people resident in Suffolk. Provision of workshops and support in appropriate settings (e.g. schools). Provision of support to the families of children and young people experiencing mental and emotional distress.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Children/young People, People With Disabilities

## Geography

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- Suffolk

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£66,158	£49,454	-	-
2024-08-31	£51,960	£37,224	-	-
2023-08-31	£23,724	£25,189	-	-
2022-08-31	£22,182	£19,439	-	-
2021-08-31	£21,353	£15,943	-	-

## Trustees

Name	Role	Appointed
Dr LYNNE JAMES		2018-01-08
Ivan Fearn		2025-02-04
Joanne Ashton		2020-01-08
John Edward Swinney		2022-08-02
Rev Christine Pinder		2020-01-08
SHIKHANT MORRIS		2018-01-08
Timandra Louise Howell		2021-03-22

**FOOTSTEPS - WALKING WITH YOU**

England & Wales - Charity number 1176569

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# Accounts

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# Footsteps Walking With You

(Registered charity number 1176569)

## Annual Report and Statement of Accounts

Year ended 31 August 2025

(Prepared under the receipts and payments accounting basis)

# Independent examiner's report to the trustees of Footsteps Walking with You

I report to the trustees on my examination of the accounts of Footsteps Walking with You for the year ended 31 August 2025.

## Responsibilities and basis of report

As the charity trustees 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 Charity's accounts carried out under s. 45 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under s. 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 the Charity as required by section 130 of the Act;
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the *Charities (Accounts and Reports) Regulations 2008* other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

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

Signed



Mrs Melanie Monaco ACMA

Date: 20<sup>th</sup> November 2025

# Annual Report

The trustees present their annual report for the year ended 31 August 2025. Footsteps Walking With You is a Charitable Incorporated Organisation. The trustees who acted during the year are:-

Mrs Joanne Ashton Mrs  
Timandra Howell  
Dr Lynne James (Secretary) Mr  
Shikhant Morris  
Revd Christine Pinder  
Mr John Swinney (Chair of Trustees) Mr  
Andrew Taylor dec'd (Treasurer)  
Mr Ivan Fearn (Treasurer)

## Objectives and activities

The relief of mental and emotional distress of children and young people resident in Suffolk, and their families, in particular by the provision of counselling and support.

The year has been one of growth, over doubling the number of sessions we hold within each week. We have developed our systemic counselling, facilitating change within a family as a unit. We have a placement counsellor in her final years now as one of our team and have increased our counsellors to 7. We have also opened a third day, as well as continuing at other times in the week online. We are in the process of going back into schools as finance is always an issue.

To enhance sustainability, we have been developing our links with the corporate side of things. This has led to fundraisers and talks hosted by businesses. We have also held our own fundraising and information stalls and events, including a live concert, a quiz and attending local fetes and regattas. We continue to work with young children, young adults and families. The need for our service continues to grow and we are adapting in accordance with needs.

All our counsellors continue to train through continuing professional development courses.

We continue to host fundraising events and to engage with networking events across the community, now receiving referrals from the CHRIS team (Wellbeing Crisis Team) as well as social workers, Family Support officers and GPs, schools and the NHS.

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. We intend to run Mental Health First Aid courses for different groups (16+) as there is a great need for this understanding within the wider community, along with information workshops on neurodiversity.


## Financial review and reserves

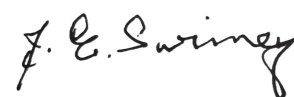
The trustees have agreed a reserves policy for unrestricted funds of four months current annual expenditure. At the end of August 2025 this required free reserves of £16,498. At 31 August 2024 unrestricted funds amounted to £36,442, so significantly above the minimum reserve level.

Total income for the year was £66,158, a 27.3% increase on the previous year, this was primarily due to an increase in National Lottery funding and a significant grant from the Simon Gibson Charitable Trust. Grants received were as follows:-

- The Asda Foundation - £990
- National Lottery Community Fund – £27,475
- The Albert Hunt Trust - £5,000
- The Simon Gibson Charitable Trust - £10,000

Total expenditure for the year was £49,494 an increase of 33% on the previous year. This was mainly due to the full year payment of salaries, which commenced at the end of 2023/24.

Treasurer:   
Date: 16.10.25

Trustee:   
Date: 16.10.25

## Receipts and Payments Account for the year to 31 August 2025

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
	£	£	£	£	£
<b>Income and endowments from:</b>					
Donations and legacies	21,810	37,965	-	59,775	34,410
Income from charitable activities	6,069	-	-	6,069	17,438
Investments	314	-	-	314	112
<b>Total income</b>	<b>28,193</b>	<b>37,965</b>	<b>-</b>	<b>66,158</b>	<b>51,960</b>
<b>Expenditure on:</b>					
Raising funds	93	165	-	258	1,060
Expenditure on charitable activities	22,345	26,851	-	49,196	36,164
Other expenditure	-	-	-	-	-
<b>Total expenditure</b>	<b>22,438</b>	<b>27,016</b>	<b>-</b>	<b>49,454</b>	<b>37,224</b>
<b>Net income / (expenditure) resources before transfer</b>	<b>5,755</b>	<b>10,949</b>	<b>-</b>	<b>16,704</b>	<b>14,736</b>
<b>Transfers:</b>					
Gross transfers between funds - in	-	-	-	-	-
Gross transfers between funds - out	-	-	-	-	-
<b>Other recognised gains / losses:</b>					
Gains/losses on investment assets	-	-	-	-	-
Gains on revaluation, fixed assets, charity's own use	-	-	-	-	-
<b>Net movement in funds</b>	<b>5,755</b>	<b>10,949</b>	<b>-</b>	<b>16,704</b>	<b>14,736</b>
<b>Total funds brought forward</b>	<b>30,667</b>	<b>1,854</b>	<b>-</b>	<b>32,522</b>	<b>17,786</b>
<b>Total funds carried forward</b>	<b>36,422</b>	<b>12,803</b>	<b>-</b>	<b>49,226</b>	<b>32,522</b>
<b>Represented by:</b>					
<b>Unrestricted</b>					
General fund	36,422	-	-	36,422	30,667
<b>Restricted</b>					
Asda Foundation	-	990	-	990	-
Grant Administration	-	1,500	-	1,500	1,500
National Lottery Community Fund	-	313	-	313	354
Simon Gibson Charitable Trust	-	10,000	-	10,000	-
	<b>36,422</b>	<b>12,803</b>	<b>-</b>	<b>49,225</b>	<b>32,521</b>

## Balance Sheet

	<b>As at 31.8.25</b>	<b>As at 31.8.24</b>
<b>Current assets:</b>		
Cash at bank and In hand	49,225	32,522
	<u>49,225</u>	<u>32,522</u>
<b>Current liabilities:</b>	-	-
	<u>-</u>	<u>-</u>
<b>Net current assets less current liabilities</b>	49,225	32,522
	<u>49,225</u>	<u>32,522</u>
<b>Long term liabilities:</b>		
	-	-
<b>Total net assets less liabilities</b>	<u><b>49,225</b></u>	<u><b>32,522</b></u>
<b>Represented by</b>		
<b>Unrestricted</b>		
Unrestricted - General Funds	36,422	30,668
<b>Designated</b>	-	-
<b>Restricted</b>		
Restricted - Grant Administration	1,500	1,500
Restricted - National Lottery Community Fund	313	354
Restricted - Asda Foundation	990	-
Restricted - Simon Gibson Charitable Trust	10,000	-
<b>Fund Totals</b>	<u><b>49,225</b></u>	<u><b>32,522</b></u>

## Analysis of income and expenditure for the year ended 31 August 2025

	Unrestricted	Designated	Restricted	Endowment	Total 31.8.25	Total 31.8.24
<b>Income and endowments from:</b>						
<b>Donations and legacies:</b>						
0200 - Donations - Gift Aid	3,206	-	-	-	3,206	4,067
0210 - Donations - Other	11,555	-	-	-	11,555	4,870
0300 - Gift Aid tax recovery	592	-	-	-	592	939
0400 - Grants	5,500	-	37,965	-	43,465	20,097
0500 - Fundraising	957	-	-	-	957	4,437
	<b>21,810</b>	<b>-</b>	<b>37,965</b>	<b>-</b>	<b>59,775</b>	<b>34,410</b>
<b>Income from charitable activities:</b>						
0100 - Client contributions	4,914	-	-	-	4,914	5,038
0110 - Contract income	1,155	-	-	-	1,155	12,400
	<b>6,069</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>6,069</b>	<b>17,438</b>
<b>Investments:</b>						
0600 – Interest	314	-	-	-	314	112
	<b>314</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>314</b>	<b>112</b>
<b>Total Income</b>	<b>28,193</b>	<b>-</b>	<b>37,965</b>	<b>-</b>	<b>66,158</b>	<b>51,960</b>
<b>Expenditure on:</b>						
<b>Raising funds:</b>						
1150 - Grant administration fees	-	-	-	-	0	1,020
1400 - Fundraising expenses	40	-	-	-	40	40
	<b>40</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>40</b>	<b>1060</b>
<b>Expenditure on charitable activities:</b>						
1000 - Counsellor fees	17,159	-	10,995	-	28,154	30,170
1050 - Salaries	2,539	-	13,342	-	15,881	2,151
1100 - Supervision fees	-	-	-	-	-	-
1200 - Affiliation fees	125	-	90	-	215	265
1250 - Room Hire	360	-	1440	-	1,800	1,680
1300 - Equipment	555	-	248	-	803	519
1350 - Stationery	8	-	273	-	281	-
1360 - Travel expenses	36	-	101	-	137	-
1400 - Fundraising expenses	93	-	165	-	258	-
1500 - Insurance	214	-	120	-	334	165
1600 - Telephone	-	-	116	-	116	52
1700 - Website/Software	1,098	-	35	-	1,133	742
1800 - Training	-	-	-	-	-	356
1900 - Sundry	250	-	92	-	342	64
	<b>22,437</b>	<b>-</b>	<b>27,017</b>	<b>-</b>	<b>49,454</b>	<b>36,164</b>
<b>Total Expenditure</b>	<b>22,477</b>	<b>-</b>	<b>27,017</b>	<b>-</b>	<b>49,494</b>	<b>37,224</b>

**FOOTSTEPS - WALKING WITH YOU**

England & Wales - Charity number 1176569

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# Accounts

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# Footsteps Walking With You

(Registered charity number 1176569)

## Annual Report and Statement of Accounts

Year ended 31 August 2024

(Prepared under the receipts and payments accounting basis)

# Independent examiner's report to the trustees of Footsteps Walking with You

I report to the trustees on my examination of the accounts of Footsteps Walking with You for the year ended 31 August 2024.

## Responsibilities and basis of report

As the charity trustees 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 Charity's accounts carried out under s. 45 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under s. 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 the Charity as required by section 130 of the Act;

(2) the accounts do not accord with those records; or

(3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the *Charities (Accounts and Reports) Regulations 2008* other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

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

Signed



Mrs Melanie Monaco ACMA

Date: 3 June 2025

## Annual Report

The trustees present their annual report for the year ended 31 August 2024. Footsteps Walking With You is a Charitable Incorporated Organisation. The trustees who acted during the year are:-

Mrs Joanne Ashton  
Mrs Timandra Howell  
Dr Lynne James (Secretary)  
Mr Shikhant Morris  
Revd Christine Pinder  
Mr John Swinney (Chair of Trustees)  
Mr Andrew Taylor dec'd (Treasurer)

### Objectives and activities

The relief of mental and emotional distress of children and young people resident in Suffolk, and their families, in particular by the provision of counselling and support.

Once again our work has continued to grow numerically. We have taken on 2 new counsellors and are therefore able to see more clients and hold more counselling sessions. This continues to include our Walk and Talk, Face to Face and online services. We have also begun work in a primary school and are in negotiations to go into a further two. There is a high need in schools and colleges. All our counsellors are trained to work with younger children as well as the older ones.

All our counsellors continue to train through continuing professional development courses.

We continue to host fundraising events and to engage with networking events across the community, now receiving referrals from the CHRIS team (Wellbeing Crisis Team) as well as social workers, Family Support officers and GPs.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

### Financial review and reserves

The trustees have agreed a reserves policy for unrestricted funds of four months current annual expenditure. At the end of August 2024 this required free reserves of £12,408. At 31 August 2024 unrestricted funds amounted to £29,996, so significantly above the minimum reserve level.

Total income for the year was £51,960, more than double the previous year, this was primarily due to National Lottery funding, other grant funding and a significant increase in client contributions. Grants received were as follows:-

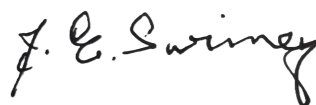
- The Grace Trust - £750
- National Lottery Community Fund – £14,347
- The Albert Hunt Trust - £4,000
- Tesco – Groundwork UK - £1,000

Total expenditure for the year was £37,224 an increase of £10,974 on the previous year. This was mainly due to an increase in counsellor fees arising from an expansion in operations.



**Treasurer:**

**Date:** 7 April 2025



**Trustee:**

**Date:** 7 April 2025

## Receipts and Payments Account for the year to 31 August 2024

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
<b>Income and endowments from:</b>					
Donations and legacies	17,543	16,867	-	34,410	9,010
Income from charitable activities	17,438	-	-	17,438	14,605
Investments	112	-	-	112	109
<b>Total income</b>	<b>35,093</b>	<b>16,867</b>	<b>-</b>	<b>51,960</b>	<b>23,724</b>
<b>Expenditure on:</b>					
Raising funds	40	1,020	-	1,060	-
Expenditure on charitable activities	22,171	13,993	-	36,164	25,190
Other expenditure	-	-	-	-	-
<b>Total expenditure</b>	<b>22,211</b>	<b>15,013</b>	<b>-</b>	<b>37,224</b>	<b>25,190</b>
<b>Net income / (expenditure) resources before transfer</b>	<b>12,882</b>	<b>1,854</b>	<b>-</b>	<b>14,736</b>	<b>(1,465)</b>
<b>Transfers:</b>					
Gross transfers between funds - in	-	-	-	-	-
Gross transfers between funds - out	-	-	-	-	-
<b>Other recognised gains / losses:</b>					
Gains/losses on investment assets	-	-	-	-	-
Gains on revaluation, fixed assets, charity's own use	-	-	-	-	-
<b>Net movement in funds</b>	<b>12,882</b>	<b>1,854</b>	<b>-</b>	<b>14,736</b>	<b>(1,465)</b>
<b>Total funds brought forward</b>	<b>17,786</b>	<b>-</b>	<b>-</b>	<b>17,786</b>	<b>19,251</b>
<b>Total funds carried forward</b>	<b>30,667</b>	<b>1,854</b>	<b>-</b>	<b>32,522</b>	<b>17,786</b>
<b>Represented by:</b>					
<b>Unrestricted</b>					
General fund	30,667	-	-	30,667	17,786
<b>Restricted</b>					
Grant administration	-	1,500	-	1,500	-
National Lottery Community Fund	-	354	-	354	-
<b>Total funds</b>	<b>30,667</b>	<b>1,854</b>	<b>-</b>	<b>32,522</b>	<b>17,786</b>

## Balance Sheet

	<b>As at 31.8.24</b>	<b>As at 31.8.23</b>
<b>Current assets:</b>		
Cash at bank and In hand	32,522	17,786
	<u>32,522</u>	<u>17,786</u>
<b>Current liabilities:</b>	-	-
	<u>-</u>	<u>-</u>
<b>Net current assets less current liabilities</b>	<b>32,522</b>	<b>17,786</b>
<b>Total assets less current liabilities</b>	<u><b>32,522</b></u>	<u><b>17,786</b></u>
<b>Long term liabilities:</b>		
<b>Total net assets less liabilities</b>	<u><u>-</u></u>	<u><u>-</u></u>
<b>Represented by</b>		
<b>Unrestricted</b>		
Unrestricted - General Funds	30,667	17,786
<b>Designated</b>	-	-
<b>Restricted</b>		
Restricted - Grant Administration	1,500	-
Restricted - National Lottery Community Fund	354	-
<b>Fund Totals</b>	<u><u><b>32,522</b></u></u>	<u><u><b>17,786</b></u></u>

## Analysis of income and expenditure for the year ended 31 August 2024

	Unrestricted	Designated	Restricted	Endowment	Total 31.8.24	31.8.23
<b>INCOME AND ENDOWMENTS FROM:</b>						
<b>Donations and legacies:</b>						
0200 - Donations - Gift Aid	2,051	-	2,016	-	4,067	1,781
0210 - Donations - Other	4,869	-	-	-	4,869	1,369
0300 - Gift Aid tax recovery	435	-	504	-	939	542
0400 - Grants	5,750	-	14,347	-	20,097	4,376
0500 - Fundraising	4,437	-	-	-	4,437	942
	<b>17,543</b>	<b>-</b>	<b>16,867</b>	<b>-</b>	<b>34,410</b>	<b>9,010</b>
<b>Income from charitable activities:</b>						
0100 - Client contributions	5,038	-	-	-	5,038	1,500
0110 - Contract income	12,400	-	-	-	12,400	13,105
	<b>17,438</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>17,438</b>	<b>14,605</b>
<b>Investments:</b>						
0600 – Interest	112	-	-	-	112	109
	<b>112</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>112</b>	<b>109</b>
<b>Total Income</b>	<b>35,093</b>	<b>-</b>	<b>16,867</b>	<b>-</b>	<b>51,960</b>	<b>23,724</b>
<b>EXPENDITURE ON:</b>						
<b>Raising funds:</b>						
1150 - Grant administration fees	-	-	1,020	-	1,020	-
1400 - Fundraising expenses	40	-	-	-	40	-
	<b>40</b>	<b>-</b>	<b>1,020</b>	<b>-</b>	<b>1,060</b>	<b>-</b>
<b>Expenditure on charitable activities:</b>						
1000 - Counsellor fees	20,348	-	9,822	-	30,170	22,363
1050 - Salaries	-	-	2,151	-	2,151	-
1100 - Supervision fees	-	-	-	-	-	220
1200 - Affiliation fees	195	-	70	-	265	187
1250 - Room Hire	1,000	-	680	-	1,680	1,200
1300 - Equipment	-	-	519	-	519	177
1350 - Stationery	-	-	-	-	-	297
1360 - Travel expenses	-	-	-	-	-	-
1500 - Insurance	45	-	120	-	165	122
1600 - Telephone	52	-	-	-	52	10
1700 - Website/Software	468	-	274	-	742	432
1800 - Training	-	-	356	-	356	132
1900 - Sundry	63	-	-	-	63	50
	<b>22,171</b>	<b>-</b>	<b>13,993</b>	<b>-</b>	<b>36,164</b>	<b>25,190</b>
<b>Total Expenditure</b>	<b>22,211</b>	<b>-</b>	<b>15,013</b>	<b>-</b>	<b>37,224</b>	<b>25,190</b>

**FOOTSTEPS - WALKING WITH YOU**

England & Wales - Charity number 1176569

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# Accounts

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# **Footsteps Walking With You**

(Registered charity number 1176569)

## **End of Year Financial Statements**

**Year ended 31 August 2023**

(Prepared under the receipts and payments accounting basis)

The trustees present their annual report for the year ended 31 August 2023. Footsteps Walking With You is a Charitable Incorporated Organisation. The trustees who acted during the year are:-

Mrs Joanne Ashton  
Mrs Timandra Howell  
Dr Lynne James (Secretary)  
Mr Shikhant Morris  
Revd Christine Pinder  
Mr John Swinney (Chair of Trustees)  
Mr Andrew Taylor (Treasurer)

### **Objectives and activities**

The relief of mental and emotional distress of children and young people resident in Suffolk, and their families, in particular by the provision of counselling and support.

This year our work has continued to grow numerically. We are seeing more clients and holding more counselling sessions. This includes our Walk and Talk, Face to Face and online services. The most significant development of the last year has been the development of a service for 8-11 year olds. We had been asked several times if we could offer help for this age group as there is so little help for them. All our counsellors trained to work with younger children and at the beginning of 2023 we opened a face to face service for this age group.

All our counsellors continue to train through continuing professional development courses.

We continue to host fundraising events and to engage with networking events across the community.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

### **Financial review and reserves**


The trustees have agreed a reserves policy for the unrestricted funds of four months current annual expenditure. At the end of August 2023 this required free reserves of £7,388 and significantly more than that has been maintained for the reasons outlined below.

Total income for the year was £23,724 and, although grant income was £9,574 less than the previous year, the income from Walk and Talk contracts with local educational establishments amounted to £13,105. The grants received were as follows:-


- Newsquest Media Group - £1,026
- Suffolk Community Foundation (through Suffolk Giving Fund) - £2,000
- John Lewis Foundation - £600
- Fat Face Foundation - £750

Total expenditure for the year was £25,189.

Treasurer

  
27/3/2024

Trustee

  
27/3/2024

## Receipts and Payments Account

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
<b>Income and endowments from:</b>						
Donations and legacies	5,983	—	3,026	—	9,010	19,972
Income from charitable activities	14,605	—	—	—	14,605	2,210
Investments	109	—	—	—	109	0
<b>Total income and endowments from:</b>	<b>20,698</b>	<b>—</b>	<b>3,026</b>	<b>—</b>	<b>23,724</b>	<b>22,182</b>
<b>Expenditure on:</b>						
Raising funds	—	—	—	—	—	107
Expenditure on charitable activities	22,163	—	3,026	—	25,189	19,332
<b>Total expenditure on:</b>	<b>22,163</b>	<b>—</b>	<b>3,026</b>	<b>—</b>	<b>25,189</b>	<b>19,439</b>
<b>Net income / (expenditure)</b>	<b>(1,465)</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>(1,465)</b>	<b>2,742</b>
<b>Transfers</b>	<b>(1,465)</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>(1,465)</b>	<b>2,742</b>
<b>Other recognised gains / losses</b>	<b>(1,465)</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>(1,465)</b>	<b>2,742</b>
<b>Net movement in funds</b>	<b>(1,465)</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>(1,465)</b>	<b>2,742</b>
<b>Total funds brought forward</b>	<b>19,251</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>19,251</b>	<b>16,508</b>
<b>Total funds carried forward</b>	<b>17,785</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>17,785</b>	<b>19,251</b>
<b>Represented by</b>						
<b>Unrestricted</b>						
General fund	17,785	—	—	—	17,785	19,251

## Statement of assets and liabilities

	General	Designated	Restricted	Endowment	This year	Last year
<b>Current assets - Cash at bank and in hand</b>						
Cash in hand -	—	—	—	—	—	22
Hampshire Trust Bank -	—	—	—	—	—	17,000
Lloyds Bank -	17,785	—	—	—	17,785	2,228
<b>Totals</b>	<b>17,785</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>17,785</b>	<b>19,251</b>
<b>Grand total</b>	<b>17,785</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>17,785</b>	<b>19,251</b>

## Analysis of receipts and payments

	<u>Unrestricted</u>	<u>Designated</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Total</u>	
					<u>This year</u>	<u>Last year</u>
<b>INCOME AND ENDOWMENTS</b>						
<b>Donations and legacies</b>						
Donations - Gift Aid	1,781	—	—	—	1,781	2,603
Donations - Other	1,369	—	—	—	1,369	2,058
Gift Aid tax recovery	541	—	—	—	541	434
Grants	1,350	—	3,026	—	4,376	13,950
Fundraising	941	—	—	—	941	926
Total	5,983	—	3,026	—	9,010	19,972
<b>Income from charitable activities</b>						
Client contributions	1,500	—	—	—	1,500	2,210
Contract income	13,105	—	—	—	13,105	—
Total	14,605	—	—	—	14,605	2,210
<b>Investments</b>						
Interest	109	—	—	—	109	0
Total	109	—	—	—	109	0
<b>INCOME TOTAL</b>	<b>20,698</b>	<b>—</b>	<b>3,026</b>	<b>—</b>	<b>23,724</b>	<b>22,182</b>
<b>EXPENDITURE</b>						
<b>Raising funds</b>						
Fundraising expenses	—	—	—	—	—	107
Total	—	—	—	—	—	107
<b>Expenditure on charitable activities</b>						
Counsellor fees	19,336	—	3,026	—	22,363	12,506
Supervision fees	220	—	—	—	220	150
Affiliation fees	187	—	—	—	187	180
Room Hire	1,200	—	—	—	1,200	—
Equipment	177	—	—	—	177	2,217
Stationery	296	—	—	—	296	—
Insurance	121	—	—	—	121	121
Telephone	10	—	—	—	10	20
Website/Software	431	—	—	—	431	437
Training	132	—	—	—	132	3,697
Sundry	49	—	—	—	49	0
Total	22,163	—	3,026	—	25,189	19,332
<b>EXPENDITURE TOTAL</b>	<b>22,163</b>	<b>—</b>	<b>3,026</b>	<b>—</b>	<b>25,189</b>	<b>19,439</b>
<b>GRAND TOTAL</b>	<b>(1,465)</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>(1,465)</b>	<b>2,742</b>

**FOOTSTEPS - WALKING WITH YOU**

England & Wales - Charity number 1176569

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# Accounts

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# **Footsteps Walking With You**

**(Registered charity number 1176569)**

## **End of Year Financial Statements**

**Year ended 31 August 2022**

**(Prepared under the receipts and payments accounting basis)**

The trustees present their annual report for the year ended 31 August 2022. Footsteps Walking With You is a Charitable Incorporated Organisation. The trustees who acted during the year are:-

Mrs Joanne Ashton  
Mrs Timandra Howell  
Dr Lynne James (Secretary)  
Mr Shikhant Morris  
Revd Christine Pinder  
Mr John Swinney (from 2 August 2022)  
Mr Andrew Taylor (Treasurer)  
Revd Douglas Waller (to 10 June 2022)

### **Objectives and activities**

The relief of mental and emotional distress of children and young people resident in Suffolk, and their families, in particular by the provision of counselling and support.

Our work has continued to expand this year. We have completed over 500 counselling sessions. We have continued our online work, which gives greater access to young people across the county, but have also reopened our face to face service.

We have developed a Walk and Talk project, which we have been running in conjunction with the local college. This has been aimed at boys aged 16+, who have faced significant challenges.

We have supported a counselling student who qualified this year, taking our team to 4 counsellors. We have continued to engage in training to help develop our skills and keep us at the cutting edge of understanding mental health.

We have continued to host fundraising events, and to engage with networking events across the community.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

### **Financial review and reserves**

The trustees have agreed a reserves policy for the unrestricted funds of four months current annual expenditure. At the end of August 2022 this required free reserves of £6,480 and significantly more than that has been maintained for the reasons outlined below.

Total income for the year was £22,182, of which £13,950 was grant income received from:-

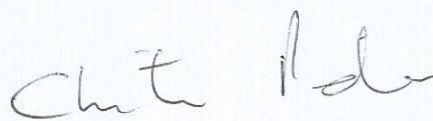
- National Lottery Community Fund - £9,950
- East Suffolk Council - £2,000
- Suffolk Community Foundation (through PFF Private Fund) - £2,000

Total expenditure for the year was £19,439 and without the generous grants listed above unrestricted reserves would have been severely depleted.

Treasurer



Trustee



## Receipts and Payments Account

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
<b>Income and endowments from:</b>						
Donations and legacies	6,022	—	13,950	—	19,972	17,008
Income from charitable activities	2,210	—	—	—	2,210	4,345
Investments	0	—	—	—	0	0
<b>Total income and endowments from:</b>	<b>8,232</b>	<b>—</b>	<b>13,950</b>	<b>—</b>	<b>22,182</b>	<b>21,353</b>
<b>Expenditure on:</b>						
Raising funds	107	—	—	—	107	52
Expenditure on charitable activities	1,962	—	17,370	—	19,332	15,890
<b>Total expenditure on:</b>	<b>2,069</b>	<b>—</b>	<b>17,370</b>	<b>—</b>	<b>19,439</b>	<b>15,942</b>
<b>Net income / (expenditure)</b>	<b>6,162</b>	<b>—</b>	<b>(3,420)</b>	<b>—</b>	<b>2,742</b>	<b>5,410</b>
<b>Transfers</b>						
Gross transfers between funds - in	—	—	—	—	—	—
Gross transfers between funds - out	—	—	—	—	—	—
<b>Net income / (expenditure)</b>	<b>6,162</b>	<b>—</b>	<b>(3,420)</b>	<b>—</b>	<b>2,742</b>	<b>5,410</b>
<b>Other recognised gains / losses</b>						
Gains / losses on investment assets	—	—	—	—	—	—
Gains on revaluation, fixed assets, charity's own use	—	—	—	—	—	—
<b>Net movement in funds</b>	<b>6,162</b>	<b>—</b>	<b>(3,420)</b>	<b>—</b>	<b>2,742</b>	<b>5,410</b>
<b>Total funds brought forward</b>	<b>13,088</b>	<b>—</b>	<b>3,420</b>	<b>—</b>	<b>16,508</b>	<b>11,098</b>
<b>Total funds carried forward</b>	<b>19,251</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>19,251</b>	<b>16,508</b>
<b>Represented by</b>						
<b>Unrestricted</b>						
General fund	19,251	—	—	—	19,251	13,088
<b>Restricted</b>						
Adnams fund	—	—	—	—	—	900
Co-op fund	—	—	—	—	—	2,500
Laptop fund	—	—	—	—	—	—
Maurken fund	—	—	—	—	—	20
National Lottery Community Fund	—	—	—	—	—	—
Private Fund - PFF	—	—	—	—	—	—
Reviving Communities fund	—	—	—	—	—	—

## Statement of assets and liabilities

	General	Designated	Restricted	Endowment	This year	Last year
<b>Current assets - Cash at bank and in hand</b>						
Cash in hand -	22	—	—	—	22	—
Hampshire Trust Bank -	17,000	—	—	—	17,000	—
Lloyds Bank -	2,228	—	—	—	2,228	16,207
Stewardship -	—	—	—	—	—	301
<b>Totals</b>	<b>19,251</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>19,251</b>	<b>16,508</b>
<b>Grand total</b>	<b>19,251</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>19,251</b>	<b>16,508</b>

## Fund movement by type

	Opening	Incoming	Outgoing	Transfers	Gains/losses	Journals	Closing
<b>Adnams - Adnams fund</b>							
Restricted	900	—	900	—	—	—	—
<b>Sub-total for Adnams</b>	<b>900</b>	<b>—</b>	<b>900</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>Co-op - Co-op fund</b>							
Restricted	2,500	—	2,500	—	—	—	—
<b>Sub-total for Co-op</b>	<b>2,500</b>	<b>—</b>	<b>2,500</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>Laptop - Laptop fund</b>							
Restricted	—	2,000	2,000	—	—	—	—
<b>Sub-total for Laptop</b>	<b>—</b>	<b>2,000</b>	<b>2,000</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>Maurken - Maurken fund</b>							
Restricted	20	—	20	—	—	—	—
<b>Sub-total for Maurken</b>	<b>20</b>	<b>—</b>	<b>20</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>NLCF - National Lottery Com</b>							
Restricted	—	9,950	9,950	—	—	—	—
<b>Sub-total for NLCF</b>	<b>—</b>	<b>9,950</b>	<b>9,950</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>PFF - Private Fund - PFF</b>							
Restricted	—	2,000	2,000	—	—	—	—
<b>Sub-total for PFF</b>	<b>—</b>	<b>2,000</b>	<b>2,000</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>General - General fund</b>							
Unrestricted	13,088	8,232	2,069	—	—	—	19,251
<b>Sub-total for General</b>	<b>13,088</b>	<b>8,232</b>	<b>2,069</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>19,251</b>
<b>Grand total</b>	<b>16,508</b>	<b>22,182</b>	<b>19,439</b>	<b>—</b>	<b>—</b>	<b>—</b>	<b>19,251</b>

## Analysis of receipts and payments

	<u>Unrestricted</u>	<u>Designated</u>	<u>Restricted</u>	<u>Endowment</u>	<u>This year</u>	<u>Last year</u>
	<b>Total</b>					
<b>INCOME AND ENDOWMENTS</b>						
<b>Donations and legacies</b>						
Donations - Gift Aid	2,603	—	—	—	2,603	2,232
Donations - Other	2,058	—	—	—	2,058	2,175
Gift Aid tax recovery	434	—	—	—	434	505
Grants	—	—	13,950	—	13,950	11,000
Fundraising	926	—	—	—	926	1,095
Total	6,022	—	13,950	—	19,972	17,008
<b>Income from charitable activities</b>						
Client contributions	2,210	—	—	—	2,210	4,345
Total	2,210	—	—	—	2,210	4,345
<b>Investments</b>						
Interest	0	—	—	—	0	0
Total	0	—	—	—	0	0
<b>INCOME TOTAL</b>	8,232	—	13,950	—	22,182	21,353
<b>EXPENDITURE</b>						
<b>Raising funds</b>						
Fundraising expenses	107	—	—	—	107	52
Total	107	—	—	—	107	52
<b>Expenditure on charitable activities</b>						
Counsellor fees	1,122	—	11,383	—	12,506	14,350
Supervision fees	150	—	—	—	150	950
Affiliation fees	180	—	—	—	180	175
Equipment	47	—	2,170	—	2,217	114
Insurance	121	—	—	—	121	121
Telephone	20	—	—	—	20	30
Website/Software	319	—	118	—	437	148
Training	—	—	3,697	—	3,697	—
Sundry	0	—	—	—	0	—
Total	1,962	—	17,370	—	19,332	15,890
<b>EXPENDITURE TOTAL</b>	2,069	—	17,370	—	19,439	15,942
<b>GRAND TOTAL</b>	6,162	—	(3,420)	—	2,742	5,410

This report dated: 17 March 2023

**FOOTSTEPS - WALKING WITH YOU**

England & Wales - Charity number 1176569

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# Accounts

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# Trustees' Annual Report for the period

Period start date			Period end date				
From	01	09	2020	To	31	08	2021
	Day	Month	Year		Day	Month	Year

## Section A Reference and administration details

Charity name	Footsteps Walking With You
Other names charity is known by	
Registered charity number (if any)	1176569
Charity's principal address	3 Mayfields
	Martlesham Heath
	Ipswich
	Postcode IP5 3TU

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Lynne James	Secretary		Existing trustees
2	Mr Shikhant Morris			Existing trustees
3	Mr Andrew Taylor	Treasurer		Existing trustees
4	Revd Christine Pinder			Existing trustees
5	Mrs Joanne Ashton			Existing trustees
6	Mrs Timandra Howell		22 March to 31 August 2021	Existing trustees
7	Revd Douglas Waller		22 March to 31 August 2021	Existing trustees
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by existing trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The relief of mental and emotional distress of children and young people resident in Suffolk, and their families, in particular by the provision of counselling and support.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Our work has continued to expand this year. We continued to work online and have developed our ability to work creatively with clients. We have taken on a student to join our team on a placement for two years.

We have continued to undertake training, particularly in regard to working with trauma, and supporting clients affected by the pandemic.

We have continued to host a number of fundraising events, which also help raise awareness of our work, and been involved in networking events within the community.

We were delighted to meet with the High Sherriff of Suffolk and his team to discuss our work and were awarded the Suffolk Award for service to the community during the pandemic.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

We have completed over 300 counselling sessions.

We have continued to develop online counselling.

We have supported a student counsellor through the first year of her diploma and the counsellors have undertaken a number of training courses.

We have held a number of fundraising events to publicise our work.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The trustees have agreed a reserves policy for the unrestricted funds of four months current annual expenditure. At the end of August 2021 this required free reserves of £3,345 and significantly more than that has been maintained for the reasons outlined below.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity has been extremely fortunate during this financial year to receive funding from Suffolk Community Foundation through:-

- Co-op Community Cares £2,500
- Maurken Fund £2,000
- Reviving our Communities Fund £5,000

A grant of £1,500 was also received from the Adnams Community Trust.

These generous grants have protected unrestricted funds against the possibility that future external funding is not available at similar levels.

## Section F

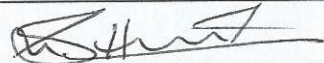
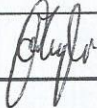
## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	SHIKANT MORRIS	ANDREW TAYLOR
Position (eg Secretary, Chair, etc)	TRUSTEE	TREASURER
Date	12/05/2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>Footsteps Walking With You</b>	UIN (if any) <b>1176569</b>
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## Receipts and payments accounts

For the period from	Period start date <b>01/09/20</b>	To	Period end date <b>31/08/21</b>
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Client contributions	4,345	-	-	4,345	4,230
Donations	4,408	-	-	4,408	7,450
Fundraising events	1,095	-	-	1,095	922
Gift Aid tax recovery	505	-	-	505	769
Grants	-	11,000	-	11,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>10,353</b>	<b>11,000</b>	<b>-</b>	<b>21,353</b>	<b>13,371</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>10,353</b>	<b>11,000</b>	<b>-</b>	<b>21,353</b>	<b>13,371</b>
<b>A3 Payments</b>					
Cost of fundraising events	52	-	-	52	62
Rent/hire of rooms	-	-	-	-	1,440
Counsellor fees, training & supervision	7,720	7,580	-	15,300	7,906
Printing, postage & stationery	-	-	-	-	149
Insurance	122	-	-	122	107
Website costs	149	-	-	149	150
Professional fees	175	-	-	175	335
Telephone	30	-	-	30	50
Sundry	-	-	-	-	36
<b>Sub total</b>	<b>8,248</b>	<b>7,580</b>	<b>-</b>	<b>15,828</b>	<b>10,235</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Furniture & equipment	115	-	-	115	40
<b>Sub total</b>	<b>115</b>	<b>-</b>	<b>-</b>	<b>115</b>	<b>40</b>
<b>Total payments</b>	<b>8,363</b>	<b>7,580</b>	<b>-</b>	<b>15,943</b>	<b>10,275</b>
<b>Net of receipts/(payments)</b>	<b>1,990</b>	<b>3,420</b>	<b>-</b>	<b>5,410</b>	<b>3,096</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>11,098</b>	<b>-</b>	<b>-</b>	<b>11,098</b>	<b>8,002</b>
<b>Cash funds this year end</b>	<b>13,088</b>	<b>3,420</b>	<b>-</b>	<b>16,508</b>	<b>11,098</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Lloyds Bank plc	12,787	3,420	
	Cash in hand	-	-	
	Stewardship	301	-	-
	<b>Total cash funds</b>	<b>13,088</b>	<b>3,420</b>	<b>-</b>

(agree balances with receipts and payments account(s))

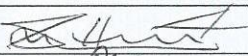

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Key deposit	50	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Furniture & equipment	Unrestricted	185	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	SHIKHAND MORRIS	12/05/2022
	ANDREW TAYLOR	12/05/2022