

IPSUM

England & Wales · Charity number 1176614

Details

Status Registered

Legal form CIO

Registered 2018-01-10

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

Contact

Address 13 Milton Road
Swindon
Wiltshire
SN1 5JE

Phone 01793695405

Email admin@ipsum.care

Website www.ipsum.care

Activities

Objects: TO ASSIST IN THE TREATMENT, CARE, AND REHABILITATION OF PERSONS SUFFERING FROM MENTAL, EMOTIONAL OR PSYCHOLOGICAL ILLNESS, INCLUDING BUT NOT LIMITED TO ISSUES RELATING TO DRUG AND ALCOHOL ABUSE, BY:(I) THE PROVISION OF COUNSELLING AND SUPPORT CONCERNED WITH THE ALLEVIATION OF SYMPTOMS AND THE CURE OF ILLNESS ANCILLARY TO THOSE PROVIDED BY THE STATUTORY AUTHORITIES, AND(II) THE PROVISION OF FACILITIES FOR IMMERSIVE CREATIVE THERAPIES

Activities: Offering the opportunity to work on physical, emotional and mental wellbeing through creative arts, music and talking therapies. We promote and facilitate change for all who engage with our services. Offering a programme of mental wellbeing through prevention, recovery and sustainability for both adults and children.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Gloucestershire
- Oxfordshire
- South Gloucestershire
- Swindon
- Wiltshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£357,771	£339,132	-	-
2024-03-31	£175,156	£332,656	-	-
2023-03-31	£316,014	£281,367	-	-
2022-03-31	£389,499	£213,763	-	-
2021-03-31	£265,304	£186,168	-	-

Trustees

Name	Role	Appointed
Amy Wardall		2023-03-27
Catherine Triscott		2025-02-08
Colin Mattinson		2019-07-08
Lorraine Baker		2023-03-27
Matthew Hindle		2024-07-15

IPSUM

England & Wales - Charity number 1176614

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2025
for
IPSUM

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Contents of the Financial Statements
for the Year Ended 31 March 2025

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IPSUM

Report of the Trustees for the Year Ended 31 March 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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).

Executive Summary

IPSUM is a unique and vital mental health charity serving Swindon and the surrounding areas. Our holistic approach-combining creative arts, music, and talking therapies-empowers individuals of all ages experiencing poor mental health, with a particular focus on those who are socially and financially disadvantaged.

Our mission is to provide accessible, therapeutic, and creative interventions that foster resilience, self-expression, and recovery. In the past year, we supported **2,252 individuals**, delivering both in-house and outreach services for adults and children.

Our interventions include art, music, meditation, creative writing, and a range of talking therapies. We strive to be a lifeline for those who face barriers to accessing statutory support, offering a safe and creative outlet for healing and growth.

Governance and Leadership

The Trustees, who also serve as directors under the Companies Act 2006, present their report alongside the charity's financial statements for the year ended 31 March 2025. The Trustees have adopted the Charities SORP (FRS 102) as the basis for these accounts.

This year saw significant changes in our Board of Trustees:

- **Retirements:** Our Chair and Secretary retired, and we extend our heartfelt thanks for their dedication and expertise.
- **Treasurer:** After six years of committed service, our Treasurer also stepped down.
- **New Appointments :** In July 2024, we welcomed Matt Hindle as Chair. Matt brings a wealth of business experience and is a qualified psychotherapist with a deep commitment to mental health. In February 2025, Catherine Trisco tt joined as Treasurer, bringing extensive experience in business development and charity governance. Our leadership team is highly qualified, including a Director who is a psychotherapist, couples counsellor, and former safeguarding lead for Swindon, as well as a BACP-accredited Counsellor Manager and a Project Manager with 32 years' experience at Job Centre Plus.

Our Team

Our multidisciplinary team includes:

- Qualified arts teachers, creative therapists, and writers, all trained to at least Level 3 in mental health.
- Music therapists, drama therapists, and digital audio facilitators, including peer volunteers and university trainees.
- All paid and volunteer counsellors are required to be recognised by a governing body.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our core objectives are to:

1. **Assist in the treatment, care, and rehabilitation** of individuals experiencing mental, emotional, or psychological illness-including those affected by substance misuse.
2. **Provide counselling and support** that complements statutory services.
3. **Offer immersive creative therapies** as a pathway to recovery and wellbeing.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2025**

OBJECTIVES AND ACTIVITIES

Significant activities

IPSUM Programmes

We are very fortunate that our trained facilitators and therapists are supported by volunteers with a diverse range of skills and talents.

A rewarding part of our programme is to empower our service users and support them towards becoming peer mentor volunteers if they want to. This has been a successful intervention, building self-esteem and employment skills and for many of our clients who have since moved on to secure paid work.

New View Art Room

Daily workshops provide the opportunity for clients to try new ideas, experiment with different art mediums and try activities such as watercolour painting, acrylics, drawing, textiles, crafts, printmaking and more.

The Therapeutic Creative Arts are a powerful tool that can help to relieve anxiety, stress and tension. It can increase motivation and self-worth giving new outlets as a distraction technique and safe coping mechanisms.

Basement 13 Music Studio

Our music studio offers a chance for clients to experience the power of music through many different mediums. We are in the fortunate position to offer specialist music therapy groups with a world-renowned psychotherapist.

The opportunity to learn to play an instrument including guitar, bass guitar, keyboard and drums. With the support of our music facilitator there is the option to record your own music, songs or poetry in our professional studio.

IPSUM is also in the position to offer the exciting prospect of creating and engineering your own digital music with a tutor, using a computer programme which supports your learning.

No musical theory is needed to access learning. there is also the exciting prospect of taking a course in DJing.

We hold a weekly session to create a monthly radio show that is aired on a local radio station with special features, interviews and the chance to play some of the music produced in the studio.

The Art and Soul Show from the Sounds of IPSUM is on Swindon 105.5 FM. This is a fantastic opportunity for clients to showcase their work and be involved in production and engineering.

Therapeutic Creative Writing Courses

The creative writing courses offer an opportunity to explore the written word in a facilitated group. There is a mix of poetry, short stories and songs created by the clients embracing this very effective modality.

The safe space created by the tutor gives a platform for exploring the creative mind and can prove to be a very effective tool to learn and use as a healthy way to express thoughts and feelings.

Talking Therapies

What makes us unique is that clients are not limited to the 6 or 12 sessions of treatment that they can experience under NHS treatment services.

Our Counsellors come from a varied background of theoretical training which enables us to try to meet the needs of each individual.

Our Counselling & Psychotherapy Services are accessible to both 1:1 or couples. All Counsellors abide by the 'British Association for Counsellors and Psychotherapists' ethical guidelines and the charity is registered with them as our governing body.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2025**

OBJECTIVES AND ACTIVITIES

Mindfulness, Meditation and Relaxation

IPSUM facilitates mindfulness and meditation courses run over a six-week period which teaches the art of healthy relaxation.

Exploring the theory behind the very healthy and powerful coping mechanism of relaxation underpins the learning and increases the client's self-awareness.

At the end of this course the client will have a life-long coping tool they can use in any situation.

Professional Training

IPSUM holds Continuing Professional Development days for Counsellors.

We also offer training packages and team building days to organisations.

We offer a range of CPD training including

'Managing Risky Situations'.

'Conflict in the Workplace'

'Stress, Anxiety and Mood management'

'How to manage difficult conversations'

Teambuilding

We use our Creative Studios as a platform to create that bespoke Teambuilding Day unlike any you have experienced before.

No need to worry about bad weather spoiling your employees' experience. A warm and inviting studio provides the space to challenge the group dynamics and bring your team together writing and recording their song in a day.

And if music isn't the draw for your team then we can tailor a Teambuilding Day with a few surprises in the Art Studios where the team creates a masterpiece.

The Ground Café

A weekly drop in Café session is on offer for all our clients. This creates a safe space for clients to meet with others and widen their social circles through meeting with a diverse group of people. This is also a good place to hear about upcoming events and courses at IPSUM.

Public benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees consider that they have acted in the public benefit.

IPSUM

Report of the Trustees for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Supervision

In line with BACP requirements, we employ five independent, accredited supervisors who provide monthly supervision and regular appraisals for all staff, managers, and volunteers. This ensures high standards of care, professional development, and staff wellbeing. Our Supervision Policy is available on request.

Equality, Diversity, and Inclusion

Accessibility and inclusivity are at the heart of IPSUM. We recognise that traditional talk-based therapies may not suit everyone, especially children and young people (C&YP) with SEND or neurodivergence. Our eclectic, child-centred approach adapts to individual communication preferences-whether through art, music, lyric writing, body movement, or other creative outlets.

- **15%** of our C&YP have specific communication needs.
- We are the only non-statutory provider in Wiltshire with accredited, specially trained counsellors for C&YP with socio-communicative difficulties.
- We have created a 'quiet room' for those who may feel overwhelmed, which has been especially valued by autistic clients.

Our Equality and Diversity Policy guides our recruitment and service delivery, ensuring representation from underrepresented backgrounds and those with lived experience. We also offer services at outreach sites to further reduce barriers.

New in 2024/25: IPSUM now offers a **7-day-a-week service**, including weekends, to increase accessibility for those unable to attend during the week-particularly young people in education.

We have developed bespoke pictorial assessment tools and short films for virtual tours, helping to reduce anxiety for new service users, especially those on the autistic spectrum.

Safeguarding

Safeguarding is central to our work. We have robust, written policies for both adults and young people, in line with statutory guidance and best practice. All staff and volunteers are trained to recognise and respond to safeguarding concerns, with clear procedures for reporting and information sharing.

Key Principles:

- The welfare of children and vulnerable adults is paramount.
- All individuals have the right to protection from abuse, regardless of background.
- Concerns are always taken seriously and acted upon swiftly.
- Confidentiality is secondary to safety and welfare.

Our Therapeutic Creative Model

IPSUM believes in prevention and early intervention to avoid crisis. Creative therapies are proven to:

- Enhance communication, confidence, and independence.
- Improve self-awareness and social skills.
- Provide a safe outlet for difficult feelings when words are not enough.

Our Services

Talking Therapies

- One-to-one and couples counselling
- Drama therapy and specialist psychotherapists for young people
- **6,000 individual sessions** delivered this year, supporting over 500 unique individuals

Music Studios

- Tuition in guitar, bass, keyboard, drums, DJ-ing, music theory, and production
- Monthly community radio show on Swindon 105.5fm
- **3,300 sessions** delivered by a dedicated team

Arts & Crafts

- Mindfulness, relaxation, and escapism through creative arts
- Support for all ages experiencing depression, anxiety, low self-esteem, anger, loneliness, eating disorders, bereavement, self-harm, BPD, bipolar disorder, PTSD, suicidal ideation, and transitioning
- **7 days a week**: group and 1-1 sessions, including virtual options

Ipsum Youth (Ages 6-24)

IPSUM

Report of the Trustees **for the Year Ended 31 March 2025**

Launched five years ago, Ipsum Youth has grown from supporting 79 children in its first year to **343 children** in **2024/25**. We have seen a sharp rise in referrals from professionals, schools, GPs, and families.

- **500 individual counselling sessions** delivered by qualified therapists
- **500 sessions** in digital music production
- **250 sessions** in music tuition, songwriting, and performance
- **400 sessions** in drama/music therapy
- **Art outreach** at the Harbour Project: 2-hour sessions for 25 asylum-seeking children and young people, four times a year

Impact Snapshot (100 YPs):

- 92% report improved mental health and resilience
- 81% find creative media helps them cope with difficult feelings
- 89% report increased confidence and problem-solving skills
- 100% acquired new skills in music and art
- 91% developed supportive relationships, reducing isolation
- 77% feel empowered to advocate for their mental health

Adult Services

Our adult services are delivered by therapists with a range of lived experiences, including LGBTQ+ status, bullying, care-experience, and bereavement. Peer-support volunteers are also available.

- **10 weekly art groups** : 3,000 art spaces annually, plus 1,000 outreach hours
- **3,300 music intervention sessions** delivered

FINANCIAL REVIEW

Financial position

The charity is in a stable financial position following the 2024-25-year end.

At 31 March 2025, total funds held were £411,782, of which restricted funds are £9,841 and designated funds are £144,254. Designated funds include £117,199 of Functional Fixed Assets which are held for charity use (including those used for the running and administration of the charity) and £36,740 for ongoing property maintenance and new projects.

Income generation is IPSUM's major focus to sustain its work/service offerings, IPSUM must be able to generate sufficient income to cover costs by generating enough funds to cover staff & non-staff overheads and key activities.

Our income is generated from numerous sources, including trusts in the form of grants, public fundraising, commissioning for contracts. We have various approaches to generating income from as many different sources, these are supported by marketing activities i.e., Facebook, fundraisers, promotional radio interviews etc. aimed at connecting to supporters, donors, and funders.

Income from the Counselling services has delivered directly to our mission and secured income this year of £45,968. We have seen a steady demand for our new training offers and plans are in place to develop these services further over the next year.

Overall expenditure in the year was £339,132 and reflects the increase in the number of staff and associated costs to deliver new programmes and activities.

The unrestricted funds, excluding designated funds, show a healthy balance of £257,687, which will allow us to invest in the infrastructure of the organisation needed after several years of growth. It also helps us to weather cashflow variations in funder payments.

IPSUM continually demonstrates tightly managed cost control processes, with the introduction of on-boarding new services and the expenditure required to run the projects, every pound is scrutinised before being committed to.

Funding and Sustainability

We are grateful for the continued support of our funders:

- **Swindon Borough Council** : £70,000 per year (secured until December 2026)
- **The National Lottery** : £258,514 over 4 years for youth work (£64,628/year)
- **Social Enterprise** : £80,132 per year
- **Arts Academy Fund** : £3,000 over 2 years (Jan 2024-26)
- **Globals Let's Make Some Noise** : £61,000 over 2 years (July 2023-25)

Sustaining continuity of care remains our top priority. The Trustees are actively seeking additional core funding to ensure IPSUM can continue and expand its vital services to meet growing community needs.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2025**

FINANCIAL REVIEW

Reserves policy

Free Reserves stood at £257,687 at the year end. This was equivalent to 9 months running costs. The charity aims to hold free reserves between 6 and 12 months running costs in order to manage cashflow needs as well as to meet unexpected costs or to fund new projects before external funding is identified.

The Charity also holds designated funds of £144,254 which have been designated for the following purposes:

£117,199 - Functional Fixed Assets (on the basis that the fixed assets are not freely available to spend on day to day costs).

£6,555 - building improvements - funds designated for the ground floor repairs, replacing windows and boiler.

£20,500 - funds designated for the new Counselling service provision in Cirencester and Digital Music 1-day programme

FUTURE PLANS

As demand for our services continues to rise, IPSUM remains committed to innovation, accessibility, and excellence in mental health support. We are proud of the difference we make in the lives of individuals and families across Swindon and beyond.

We thank our staff, volunteers, funders, and the community for their ongoing support and look forward to another year of growth and impact.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

Executive Committee Members are elected via the AGM. Anyone wishing to join the organisation as a trustee is required to put their name forward to the next available AGM and be elected onto the Committee. Each year one third of the Trustees are required to put their names forward for re-election at the AGM. This is done on a rotating basis.

The trustees have a range of experience, x2Company Owners, A Commercial Director/Owner, a Business Development Director, a HR Trustee.

Organisational structure

IPSUM is managed by the Executive Committee on which the Trustees serve and is responsible for the legal and financial management of the organisation. The Executive Committee meets 8 times a year and makes strategic decisions regarding the long-term development of the organisation. The Executive Committee is comprised of members from a wide and varied background. Key members of the volunteer group, service users and staff team are also invited to attend meetings as appropriate.

The charity makes decisions at the bi-monthly Executive Committee meetings. All Executive Committee meetings have an Agenda and items to be discussed are included and sent out in advance of the meetings, as are the minutes of the meeting and financial papers. All decisions are reached through discussion and consensus with the view of the representatives being considered. If no consensus is reached a vote would be taken, and in the case of a split decision the Chairperson would have the casting vote.

The trustees delegate day-to-day management to the Director, Julie Mattinson.

Induction and training of new trustees

New trustees go through an induction process to explain their responsibilities, the work of IPSUM, and to introduce them to key personnel within the organisation.

Key management remuneration

The board of trustees review the pay of the Director on an annual basis.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2025**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

IPSUM's Board of Trustees regularly review and assess the risks faced by our charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of our charitable activity and managing it effectively is essential for the trustees to achieve their key objectives and safeguard their charity's funds and assets.

IPSUM's approach for Operational risk is covered off across four stages which involve the preparing of a risk assessment, this could be for a project, organisation or set of operating processes.

These are:

- risk identification: identifying the main risks
- risk assessment: assessing the likelihood of each risk occurring and the consequences for the charity/organisation
- risk mitigation: identifying the most appropriate actions to reduce or eliminate the risk
- contingency assessment: identifying the contingencies that need to be put in place following the risk assessment.

Risk management is an ongoing process and has been fully integrated into our project management and review processes.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1176614

Principal address

Bradford House
13 Milton Road
Swindon
Wiltshire
SN1 5JE

Trustees

A Gould (resigned 15.7.24)
Dr J Gould (resigned 15.7.24)
M Woolls (resigned 8.2.25)
C Mattinson
L Baker
A Wardall
M Hindle (appointed 15.7.24)
C Triscott (appointed 8.2.25)

Independent Examiner

James Gare FCA DChA
Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Approved by order of the board of trustees on 22nd August 2025..... and signed on its behalf by:



.....
M Hindle - Trustee

**Independent Examiner's Report to the Trustees of
IPSUM**

Independent examiner's report to the trustees of IPSUM

I report to the charity trustees on my examination of the accounts of IPSUM (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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 Trust 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 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.



James Gare FCA DChA

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Date: 22 August 2025.....

IPSUM

Statement of Financial Activities
for the Year Ended 31 March 2025

		Unrestricted fund	Designated Fund	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£	as restated £
INCOME AND ENDOWMENTS FROM						
Donations and legacies	2	24,927	-	180,770	205,697	54,294
Charitable activities	4					
Advice, Information & Therapy		152,074	-	-	152,074	141,966
Other trading activities	3	-	-	-	-	946
Total		<u>177,001</u>	<u>-</u>	<u>180,770</u>	<u>357,771</u>	<u>197,206</u>
EXPENDITURE ON						
Raising funds	5	388	-	-	388	17,151
Charitable activities	6					
Advice, Information & Therapy		<u>132,650</u>	<u>12,065</u>	<u>194,029</u>	<u>338,744</u>	<u>315,505</u>
Total		<u>133,038</u>	<u>12,065</u>	<u>194,029</u>	<u>339,132</u>	<u>332,656</u>
NET INCOME/(EXPENDITURE)		43,963	(12,065)	(13,259)	18,639	(135,450)
Transfers between funds	17	<u>(1,084)</u>	<u>1,084</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds		42,879	(10,981)	(13,259)	18,639	(135,450)
RECONCILIATION OF FUNDS						
Total funds brought forward						
As previously reported		192,758	155,235	23,100	371,093	528,593
Prior year adjustment	12	<u>22,050</u>	<u>-</u>	<u>-</u>	<u>22,050</u>	<u>-</u>
As restated		<u>214,808</u>	<u>155,235</u>	<u>23,100</u>	<u>393,143</u>	<u>528,593</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>257,687</u></u>	<u><u>144,254</u></u>	<u><u>9,841</u></u>	<u><u>411,782</u></u>	<u><u>393,143</u></u>

The notes form part of these financial statements

IPSUM

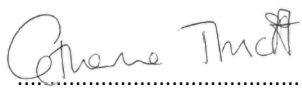
Balance Sheet
31 March 2025

		Unrestricted fund	Designated Fund	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£	as restated £
FIXED ASSETS						
Tangible assets	14	-	117,199	-	117,199	118,494
CURRENT ASSETS						
Debtors	15	33,630	-	-	33,630	44,814
Cash at bank and in hand		<u>236,138</u>	<u>27,055</u>	<u>9,841</u>	<u>273,034</u>	<u>237,257</u>
		269,768	27,055	9,841	306,664	282,071
CREDITORS						
Amounts falling due within one year	16	(12,081)	-	-	(12,081)	(7,422)
NET CURRENT ASSETS		<u>257,687</u>	<u>27,055</u>	<u>9,841</u>	<u>294,583</u>	<u>274,649</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		257,687	144,254	9,841	411,782	393,143
NET ASSETS		<u>257,687</u>	<u>144,254</u>	<u>9,841</u>	<u>411,782</u>	<u>393,143</u>
FUNDS	17					
Unrestricted funds:						
General fund					257,687	214,808
Designated fund for functional fixed assets					117,199	118,495
Designated fund - building improvements					6,555	8,940
Designated fund - building refurbishments					-	7,300
Designated fund - Projects					<u>20,500</u>	<u>20,500</u>
					401,941	370,043
Restricted funds:						
Youth support					-	10,400
Counselling and art intervention					-	12,700
Music and art project					6,383	-
Art and music therapies for young people					<u>3,458</u>	<u>-</u>
					9,841	23,100
TOTAL FUNDS					<u>411,782</u>	<u>393,143</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
22.August.2025..... and were signed on its behalf by:



 M Hindle - Trustee



 C Triscott - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared on a going concern basis and are presented in Sterling which is the functional currency of the Charity, and rounded to the nearest pound.

There are no significant areas of judgements or key sources of estimation uncertainty.

Going concern

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

General information and Legal status of the Charity

The charity is a charitable incorporated organisation. The address of the registered office is given in the trustees report. The nature of the charity's operations and principal activities are given in the trustees report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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 Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 1% straight line
Computer and music equipment	- 25% on straight line basis

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES - continued

Financial risk management

The charity has minimal exposure to customer credit risk, liquidity risk and market risk. Please refer to the risk section of the trustees annual report for information on how risks are managed. The charity does not have any non basic financial instruments.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2025	2024 as restated
	£	£
Donations	6,857	16,314
Gift aid	16,320	15,930
Grants	182,520	22,050
	<u>205,697</u>	<u>54,294</u>

Grants received, included in the above, are as follows:

	2025	2024 as restated
	£	£
Big Lottery	62,650	-
Department for Health	74,220	22,050
Global's Make Some Noise	31,000	-
Children in Need	12,900	-
Swindon Music Service	1,750	-
	<u>182,520</u>	<u>22,050</u>

3. OTHER TRADING ACTIVITIES

	2025	2024 as restated
	£	£
Fundraising events	<u>-</u>	<u>946</u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

4. INCOME FROM CHARITABLE ACTIVITIES

		2025	2024 as restated
	Activity	£	£
Client fees	Advice, Information & Therapy	80,464	71,966
Contracts for services	Advice, Information & Therapy	71,610	70,000
		<u>152,074</u>	<u>141,966</u>

5. RAISING FUNDS

Raising donations and legacies

	2025	2024 as restated
	£	£
Bid writing fee	-	17,032
Fundraising costs	388	119
	<u>388</u>	<u>17,151</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Advice, Information & Therapy	<u>273,937</u>	<u>64,807</u>	<u>338,744</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025	2024 as restated
	£	£
Staff costs	248,873	229,829
Supervision, Counselling and Therapists	25,064	11,828
	<u>273,937</u>	<u>241,657</u>

8. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Advice, Information & Therapy	<u>56,748</u>	<u>446</u>	<u>7,613</u>	<u>64,807</u>

Support costs, included in the above, are as follows:

	2025	2024 as restated
	Advice, Information & Therapy	Total activities
	£	£
Insurance	3,331	3,125
Telephone and internet	2,618	2,672
Postage, stationery and computer expenses	2,885	10,837
Travel and subsistence	7,117	5,140
Sundries	13,448	11,775
Utilities & running costs	24,969	31,739
Depreciation of tangible and heritage assets	2,380	2,560
Bank charges	446	302
Accountancy and independent examination	3,434	3,292
Subscriptions	4,179	2,406
	<u>64,807</u>	<u>73,848</u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

10. STAFF COSTS

	2025	2024 as restated
	£	£
Wages and salaries	231,158	215,555
Social security costs	13,283	10,661
Other pension costs	4,432	3,613
	<u>248,873</u>	<u>229,829</u>

The average monthly number of employees during the year was as follows:

	2025	2024 as restated
Therapists	9	8
Administration	2	2
	<u>11</u>	<u>10</u>

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

The total employee benefits for key management personnel of the charity were £62,420 (2024: £55,548) (inclusive of employers national insurance). Key management personnel for the charity comprises the chief executive officer.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	as restated £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	27,244	-	27,050	54,294
Charitable activities				
Advice, Information & Therapy	141,966	-	-	141,966
Other trading activities	946	-	-	946
Total	<u>170,156</u>	<u>-</u>	<u>27,050</u>	<u>197,206</u>
EXPENDITURE ON				
Raising funds	14,091	-	3,060	17,151
Charitable activities				
Advice, Information & Therapy	185,137	16,410	113,958	315,505
Total	<u>199,228</u>	<u>16,410</u>	<u>117,018</u>	<u>332,656</u>
NET INCOME/(EXPENDITURE)	(29,072)	(16,410)	(89,968)	(135,450)
Transfers between funds	<u>(2,050)</u>	<u>2,050</u>	<u>-</u>	<u>-</u>
Net movement in funds	(31,122)	(14,360)	(89,968)	(135,450)

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	as restated £
RECONCILIATION OF FUNDS				
Total funds brought forward	245,930	169,595	113,068	528,593
TOTAL FUNDS CARRIED FORWARD	<u>214,808</u>	<u>155,235</u>	<u>23,100</u>	<u>393,143</u>

12. PRIOR YEAR ADJUSTMENT

The financial statements for the year ended 31 March 2024 omitted accrued grant income of £22,050. Therefore this has been treated as a prior year adjustment. At 31 March 2024 the income and net assets of the charity increased by £22,050.

13. GOVERNMENT GRANT AND CONTRACT INCOME

	2025 £	2024 £
Swindon Borough Council	71,610	70,000
Secretary of State for Health and Social Care	74,220	22,050

There were no unfulfilled conditions or other contingencies attached to these grants. The charity has not directly benefited from any other forms of government assistance.

14. TANGIBLE FIXED ASSETS

	Freehold property £	Computer and music equipment £	Totals £
COST			
At 1 April 2024	123,894	11,645	135,539
Additions	-	1,084	1,084
At 31 March 2025	<u>123,894</u>	<u>12,729</u>	<u>136,623</u>
DEPRECIATION			
At 1 April 2024	7,309	9,736	17,045
Charge for year	1,239	1,140	2,379
At 31 March 2025	<u>8,548</u>	<u>10,876</u>	<u>19,424</u>
NET BOOK VALUE			
At 31 March 2025	<u>115,346</u>	<u>1,853</u>	<u>117,199</u>
At 31 March 2024	<u>116,585</u>	<u>1,909</u>	<u>118,494</u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 as restated
	£	£
Trade debtors	2,550	325
Prepayments and accrued income	31,080	44,489
	<u>33,630</u>	<u>44,814</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 as restated
	£	£
Trade creditors	4,354	1,122
Social security and other taxes	4,673	4,260
Accruals and deferred income	3,054	2,040
	<u>12,081</u>	<u>7,422</u>

17. MOVEMENT IN FUNDS

	At 1.4.24 £	Prior year adjustment £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds					
General fund	192,758	22,050	43,963	(1,084)	257,687
Designated fund for functional fixed assets	118,495	-	(2,380)	1,084	117,199
Designated fund - building improvements	8,940	-	(2,385)	-	6,555
Designated fund - building refurbishments	7,300	-	(7,300)	-	-
Designated fund - Projects	20,500	-	-	-	20,500
	<u>347,993</u>	<u>22,050</u>	<u>31,898</u>	<u>-</u>	<u>401,941</u>
Restricted funds					
Youth support	10,400	-	(10,400)	-	-
Counselling and art intervention	12,700	-	(12,700)	-	-
Music and art project	-	-	6,383	-	6,383
Art and music therapies for young people	-	-	3,458	-	3,458
	<u>23,100</u>	<u>-</u>	<u>(13,259)</u>	<u>-</u>	<u>9,841</u>
TOTAL FUNDS	<u>371,093</u>	<u>22,050</u>	<u>18,639</u>	<u>-</u>	<u>411,782</u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	177,001	(133,038)	43,963
Designated fund for functional fixed assets	-	(2,380)	(2,380)
Designated fund - building improvements	-	(2,385)	(2,385)
Designated fund - building refurbishments	-	(7,300)	(7,300)
	<u>177,001</u>	<u>(145,103)</u>	<u>31,898</u>
Restricted funds			
Youth support	-	(10,400)	(10,400)
Counselling and art intervention	-	(12,700)	(12,700)
Suicide prevention	74,220	(74,220)	-
Counselling	31,000	(31,000)	-
Music and art project	62,650	(56,267)	6,383
Art and music therapies for young people	12,900	(9,442)	3,458
	<u>180,770</u>	<u>(194,029)</u>	<u>(13,259)</u>
TOTAL FUNDS	<u><u>357,771</u></u>	<u><u>(339,132)</u></u>	<u><u>18,639</u></u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	245,930	(29,072)	(2,050)	214,808
Designated fund for functional fixed assets	119,005	(2,560)	2,050	118,495
Designated fund - building improvements	22,790	(13,850)	-	8,940
Designated fund - building refurbishments	7,300	-	-	7,300
Designated fund - Projects	20,500	-	-	20,500
	<u>415,525</u>	<u>(45,482)</u>	<u>-</u>	<u>370,043</u>
Restricted funds				
Youth support	72,430	(62,030)	-	10,400
Counselling and art intervention	34,221	(21,521)	-	12,700
Business development	3,060	(3,060)	-	-
Youth and young adults support	3,357	(3,357)	-	-
	<u>113,068</u>	<u>(89,968)</u>	<u>-</u>	<u>23,100</u>
TOTAL FUNDS	<u><u>528,593</u></u>	<u><u>(135,450)</u></u>	<u><u>-</u></u>	<u><u>393,143</u></u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	170,156	(199,228)	(29,072)
Designated fund for functional fixed assets	-	(2,560)	(2,560)
Designated fund - building improvements	-	(13,850)	(13,850)
	<u>170,156</u>	<u>(215,638)</u>	<u>(45,482)</u>
Restricted funds			
Youth support	-	(62,030)	(62,030)
Counselling and art intervention	-	(21,521)	(21,521)
Business development	-	(3,060)	(3,060)
Youth and young adults support	-	(3,357)	(3,357)
Suicide prevention	5,000	(5,000)	-
Suicide prevention	22,050	(22,050)	-
	<u>27,050</u>	<u>(117,018)</u>	<u>(89,968)</u>
TOTAL FUNDS	<u>197,206</u>	<u>(332,656)</u>	<u>(135,450)</u>

Youth support - grant to support young people, many of whom come from high risk groups, such as those experiencing suicidal ideation, present with a range of complex needs, schizophrenia, drug and alcohol addictions, loneliness and isolation, and self-harm amongst others.

Counselling and Art intervention - grant received to increase the existing services to meet the increased needs of the local community and create new opportunities to get involved in the therapeutic creative arts and music, with a mixture of face to face and media sessions.

Suicide prevention - a grant to prevent suicide through informing and improving practice, connecting people and organisations

Counselling - a grant to fund the counselling service.

Music and art project - a grant to fund the music and art project to 2028.

Art and music therapies for young people - a grant to fund art and music therapies for children and young people affected by complex mental health issues.

Designated Fund for Functional Assets - to ensure that adequate reserves are set aside to allow for the depreciation of the Charity's fixed assets.

Designated fund - building improvements - funds designated for the ground floor repairs, replacing windows and boiler.

Designated fund - building refurbishments - funds designated for the new kitchen and carpets.

Designated fund- projects - funds designated for the new Counselling service provision in Cirencester and Digital Music 1-day programme

Transfers between funds

The following transfers took place during the year:

Transfer to	Transfer from	Amount £	Reason
Designated fund for functional fixed assets	General fund	1,084	Fixed assets purchased

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

18. RELATED PARTY DISCLOSURES

The wife of the trustee, C Mattinson, is the Chief Executive Officer of the Charity. C Mattinson was not involved in the appointment of the CEO and the Charity has put processes in place to avoid any conflicts of interest.

IPSUM

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025	2024
	£	as restated £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	6,857	16,314
Gift aid	16,320	15,930
Grants	182,520	22,050
	205,697	54,294
Other trading activities		
Fundraising events	-	946
Charitable activities		
Client fees	80,464	71,966
Contracts for services	71,610	70,000
	152,074	141,966
Total incoming resources	357,771	197,206
EXPENDITURE		
Raising donations and legacies		
Bid writing fee	-	17,032
Fundraising costs	388	119
	388	17,151
Charitable activities		
Wages	231,158	215,555
Social security	13,283	10,661
Pensions	4,432	3,613
Supervision, Counselling and Therapists	25,064	11,828
	273,937	241,657
Support costs		
Management		
Insurance	3,331	3,125
Telephone and internet	2,618	2,672
Postage, stationery and computer expenses	2,885	10,837
Travel and subsistence	7,117	5,140
Sundries	13,448	11,775
Utilities & running costs	24,969	31,739
Freehold property	1,239	1,239
Computer equipment	1,141	1,321
	56,748	67,848
Finance		
Bank charges	446	302
Governance costs		
Accountancy and independent examination	3,434	3,292
Subscriptions	4,179	2,406
	7,613	5,698

This page does not form part of the statutory financial statements

IPSUM

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025	2024 as restated
	£	£
Total resources expended	339,132	332,656
Net income/(expenditure)	18,639	(135,450)

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
IPSUM

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Notes to the Financial Statements	10 to 17

IPSUM

Report of the Trustees **for the Year Ended 31 March 2024**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our objectives are: To assist in the treatment, care, and rehabilitation of persons suffering from mental, emotional or psychological illness, including but not limited to issues relating to drug and alcohol abuse, by: (i) the provision of counselling and support concerned with the alleviation of symptoms and the cure of illness ancillary to those provided by the statutory authorities, and (ii) the provision of facilities for immersive creative therapies.

Significant activities

IPSUM Programmes

We are very fortunate that our trained facilitators and therapists are supported by volunteers with a diverse range of skills and talents.

A rewarding part of our programme is to empower our service users and support them towards becoming peer mentor volunteers if they want to. This has been a successful intervention, building self-esteem and employment skills and for many of our clients who have since moved on to secure paid work.

New View Art Room

Daily workshops provide the opportunity for clients to try new ideas, experiment with different art mediums and try activities such as watercolour painting, acrylics, drawing, textiles, crafts, printmaking and more.

The Therapeutic Creative Arts are a powerful tool that can help to relieve anxiety, stress and tension. It can increase motivation and self-worth giving new outlets as a distraction technique and safe coping mechanisms.

Basement 13 Music Studio

Our music studio offers a chance for clients to experience the power of music through many different mediums. We are in the fortunate position to offer specialist music therapy groups with a world-renowned psychotherapist.

The opportunity to learn to play an instrument including guitar, bass guitar, keyboard and drums. With the support of our music facilitator there is the option to record your own music, songs or poetry in our professional studio.

IPSUM is also in the position to offer the exciting prospect of creating and engineering your own digital music with a tutor, using a computer programme which supports your learning.

No musical theory is needed to access learning. there is also the exciting prospect of taking a course in DJing.

We hold a weekly session to create a monthly radio show that is aired on a local radio station with special features, interviews and the chance to play some of the music produced in the studio.

The Art and Soul Show from the Sounds of IPSUM is on Swindon 105.5 FM. This is a fantastic opportunity for clients to showcase their work and be involved in production and engineering.

Therapeutic Creative Writing Courses

The creative writing courses offer an opportunity to explore the written word in a facilitated group. There is a mix of poetry, short stories and songs created by the clients embracing this very effective modality.

The safe space created by the tutor gives a platform for exploring the creative mind and can prove to be a very effective tool to learn and use as a healthy way to express thoughts and feelings.

Talking Therapies

What makes us unique is that clients are not limited to the 6 or 12 sessions of treatment that they can experience under NHS treatment services.

Our Counsellors come from a varied background of theoretical training which enables us to try to meet the needs of each individual.

Our Counselling & Psychotherapy Services are accessible to both 1:1 or couples. All Counsellors abide by the 'British Association for Counsellors and Psychotherapists' ethical guidelines and the charity is registered with them as our governing body.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2024**

OBJECTIVES AND ACTIVITIES

Mindfulness, Meditation and Relaxation

IPSUM facilitates mindfulness and meditation courses run over a six-week period which teaches the art of healthy relaxation.

Exploring the theory behind the very healthy and powerful coping mechanism of relaxation underpins the learning and increases the client's self-awareness.

At the end of this course the client will have a life-long coping tool they can use in any situation.

Professional Training

IPSUM holds Continuing Professional Development days for Counsellors.
We also offer training packages and team building days to organisations.

We offer a range of CPD training including

'Managing Risky Situations'.

'Conflict in the Workplace'

'Stress, Anxiety and Mood management'

'How to manage difficult conversations'

Teambuilding

We use our Creative Studios as a platform to create that bespoke Teambuilding Day unlike any you have experienced before.

No need to worry about bad weather spoiling your employees' experience. A warm and inviting studio provides the space to challenge the group dynamics and bring your team together writing and recording their song in a day. And if music isn't the draw for your team then we can tailor a Teambuilding Day with a few surprises in the Art Studios where the team creates a masterpiece.

The Ground Café

A weekly drop in Café session is on offer for all our clients. This creates a safe space for clients to meet with others and widen their social circles through meeting with a diverse group of people. This is also a good place to hear about upcoming events and courses at IPSUM.

Public benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees consider that they have acted in the public benefit.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2024**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Supervision

As per BACP requirements, we employ 5 independent accredited supervisors to support all staff, managers, and volunteers. All have monthly supervision and regular appraisals to discuss capability, performance, and wellbeing, ensuring that everyone is supported to provide the highest level of care possible. Our Supervision Policy is available for study if required.

Key Achievements within our cohort:

- 92% report improved mental health and ability to create healthy, adaptive strategies to build resilience.
- 81% report the use of creative media such as music, painting, sculpture, crafting helps cope with difficult feelings which are difficult to articulate.
- 89% increase in confidence and an ability to move past and solve problems 100% acquired new skills and learning, such as recording, composing, and artistic expression.
- 91% are developing supportive, collaborative relationships with others, thus reducing their social isolation.
- 77 % are working on individual needs to feel empowered to advocate for themselves on mental health issues.

Sessions offered:

Counselling - 5,760 sessions per year

- (40 x counsellors, x3 slots each = 120 per week)

- Art sessions - x10 groups per week x 6 seats = 60 per week.

- This equates to provision for 2,880 spaces in art groups per year.

- YP Art - x2 per week (x4, fortnightly) x6 seats = provision for x12 under 16's per week. This equates to provision for 576 spaces in art groups per year.

- Music - Provision to see 66 clients per week. This equates to provision for 3,168 spaces for music per year.

- Creative Writing - provision for x9 clients per week.

This equates to provision for 432 spaces in creative writing groups.

Ipsium Youth

The difference we are making for YPs.

We have created an inclusive, accessible programme for our young people, that enables them to access a therapeutic outlet to manage difficult feelings and emotions in a safe supportive space.

We are aware of the extended wait times impacting our younger generations mental health further, some primary care services being shut, others with a minimum 6 month wait before an assessment can be offered.

We ensure that from the point of referral, our young people are contacted within 48 hours and offered an assessment.

Out of 100 YPs

- 92% report Improved mental health and ability to create healthy, adaptive strategies to build resilience.
- 81% report the use of creative media such as music, painting, sculpture, and crafting has helped cope with difficult feelings which are difficult to articulate.
- 89% report an Increase in confidence and an ability to move past and solve problems 100% acquired new skills and learning, such as recording, composing, and artistic expression.
- 91% are developing supportive, collaborative relationships with others, thus reducing their social isolation.
- 77 % are working on individual needs to feel empowered to advocate for themselves on mental health issues.

Safeguarding

IPSUM is committed to practices which promote the wellbeing of children and young people and help keep them safe from harm. Staff and volunteers in this organisation recognise and accept our responsibility to develop awareness of the issues which cause children and young people harm.

Harm will be related to physical, emotional, sexual abuse and neglect, as well as harm arising from a young person's drug / alcohol use, domestic violence, and substance misuse in the family.

Staffing

The Director is a qualified psychotherapist, who was safeguard lead for Swindon in a previous role, the Counsellor Manager is accredited with BACP level 6, Project Manager is also a qualified counsellor.

The Art team come from a range of backgrounds including a qualified arts teacher with an expertise in young people and NEETS, A trainee art psychotherapist on placement, a creative therapist, and a creative writer, supported by 2 volunteers from the university of life. All trained to a minimum of level 3 mental health.

The music team have a drama/music psychotherapist, trainee music therapist from a local university on Placement, a Digital Audio Workstation YP facilitator, specialising in teaching engineering and production, and a facilitator from the university of life who offers a range of expertise in learning to play an instrument, song writing and recording, plus some amazing peer volunteers.

As a minimum, all paid, and volunteer counsellors are required to be recognised by a governing body.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2024**

FINANCIAL REVIEW

Financial position

The charity is in a stable financial position following the 2023-24-year end.

At 31 March 2024, total funds held were £371,093, of which restricted funds are £23,099 and designated funds are £155,235. Designated funds include £118,495 of Functional Fixed Assets which are held for charity use (including those used for the running and administration of the charity) and £36,740 for ongoing property maintenance and new projects.

Income generation is IPSUM's major focus to sustain its work/service offerings, IPSUM must be able to generate sufficient income to cover costs by generating enough funds to cover staff & non-staff overheads and key activities.

Our income is generated from numerous sources, including trusts in the form of grants, public fundraising, commissioning for contracts. We have various approaches to generating income from as many different sources, these are supported by marketing activities i.e., Facebook, fundraisers, promotional radio interviews etc. aimed at connecting to supporters, donors, and funders.

Income from the Counselling services has delivered directly to our mission and secured income this year of £45,968. We have seen a steady demand for our new training offers and plans are in place to develop these services further over the next year.

Overall expenditure in the year was £332,656 and reflects the increase in the number of staff and associated costs to deliver new programmes and activities.

The unrestricted funds, excluding designated funds, show a healthy balance of £192,758, which will allow us to invest in the infrastructure of the organisation needed after several years of growth. It also helps us to weather cashflow variations in funder payments.

IPSUM continually demonstrates tightly managed cost control processes, with the introduction of on-boarding new services and the expenditure required to run the projects, every pound is scrutinised before being committed to.

Principal funding sources

We are grateful to our long-term funders and partners who have supported our work throughout the year. Donations show an increase on the previous year despite the cost-of-living crisis, and we are grateful for the local community support we received throughout the year.

Reserves policy

Free Reserves stood at £192,758 at the year end. This was equivalent to 7 months running costs. The charity aims to hold free reserves between 6 and 12 months running costs in order to manage cashflow needs as well as to meet unexpected costs or to fund new projects before external funding is identified.

The Charity also holds designated funds of £ which have been designated for the following purposes:

£118,495 - Functional Fixed Assets (on the basis that the fixed assets are not freely available to spend on day to day costs).

£8,940 - building improvements - funds designated for the ground floor repairs, replacing windows and boiler.

£7,300 - building refurbishments - funds designated for the new kitchen and carpets.

£20,500 - funds designated for the new Counselling service provision in Cirencester and Digital Music 1-day programme

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

Executive Committee Members are elected via the AGM. Anyone wishing to join the organisation as a trustee is required to put their name forward to the next available AGM and be elected onto the Committee. Each year one third of the Trustees are required to put their names forward for re-election at the AGM. This is done on a rotating basis.

The trustees have a range of experience, x2 retired GPs, a Business Director, a HR Trustee, a Fundraiser and a Chartered Accountant.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

IPSUM is managed by the Executive Committee on which the Trustees serve and is responsible for the legal and financial management of the organisation. The Executive Committee meets 8 times a year and makes strategic decisions regarding the long-term development of the organisation. The Executive Committee is comprised of members from a wide and varied background. Key members of the volunteer group, service users and staff team are also invited to attend meetings as appropriate.

The charity makes decisions at the bi-monthly Executive Committee meetings. All Executive Committee meetings have an Agenda and items to be discussed are included and sent out in advance of the meetings, as are the minutes of the meeting and financial papers. All decisions are reached through discussion and consensus with the view of the representatives being considered. If no consensus is reached a vote would be taken, and in the case of a split decision the Chairperson would have the casting vote.

The trustees delegate day-to-day management to the Director, Julie Mattinson.

Induction and training of new trustees

New trustees go through an induction process to explain their responsibilities, the work of IPSUM, and to introduce them to key personnel within the organisation.

Key management remuneration

The board of trustees review the pay of the Director on an annual basis.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

IPSUM's Board of Trustees regularly review and assess the risks faced by our charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of our charitable activity and managing it effectively is essential for the trustees to achieve their key objectives and safeguard their charity's funds and assets.

IPSUM's approach for Operational risk is covered off across four stages which involve the preparing of a risk assessment, this could be for a project, organisation or set of operating processes.

These are:

- risk identification: identifying the main risks
- risk assessment: assessing the likelihood of each risk occurring and the consequences for the charity/organisation
- risk mitigation: identifying the most appropriate actions to reduce or eliminate the risk
- contingency assessment: identifying the contingencies that need to be put in place following the risk assessment.

Risk management is an ongoing process and has been fully integrated into our project management and review processes.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1176614

Principal address

Bradford House
13 Milton Road
Swindon
Wiltshire
SN1 5JE

Trustees

A Gould
Dr J Gould
M Woolls
C Mattinson
L Baker
A Wardall

IPSUM

Report of the Trustees
for the Year Ended 31 March 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

James Gare FCA DChA
Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Approved by order of the board of trustees on 20 September 2024 and signed on its behalf by:



.....
Dr J Gould - Trustee

Independent Examiner's Report to the Trustees of
IPSUM

Independent examiner's report to the trustees of IPSUM

I report to the charity trustees on my examination of the accounts of IPSUM (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 the Trust 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 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.



James Gare FCA DChA

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Date: 27 September 2024

IPSUM

Statement of Financial Activities
for the Year Ended 31 March 2024

		Unrestricted fund	Designated Fund	Restricted funds	2024 Total funds	2023 Total funds
	Notes	£	£	£	£	£
INCOME AND ENDOWMENTS FROM						
Donations and legacies	2	27,244	-	5,000	32,244	170,501
Charitable activities	4					
Advice, Information & Therapy		141,966	-	-	141,966	133,093
Other trading activities	3	946	-	-	946	12,420
Total		<u>170,156</u>	<u>-</u>	<u>5,000</u>	<u>175,156</u>	<u>316,014</u>
EXPENDITURE ON						
Raising funds	5	14,091	-	3,060	17,151	18,159
Charitable activities	6					
Advice, Information & Therapy		207,187	16,410	91,908	315,505	263,208
Total		<u>221,278</u>	<u>16,410</u>	<u>94,968</u>	<u>332,656</u>	<u>281,367</u>
NET INCOME/(EXPENDITURE)		(51,122)	(16,410)	(89,968)	(157,500)	34,647
Transfers between funds	16	(2,050)	2,050	-	-	-
Net movement in funds		<u>(53,172)</u>	<u>(14,360)</u>	<u>(89,968)</u>	<u>(157,500)</u>	<u>34,647</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		245,930	169,595	113,068	528,593	493,946
TOTAL FUNDS CARRIED FORWARD		<u><u>192,758</u></u>	<u><u>155,235</u></u>	<u><u>23,100</u></u>	<u><u>371,093</u></u>	<u><u>528,593</u></u>

The notes form part of these financial statements

IPSUM

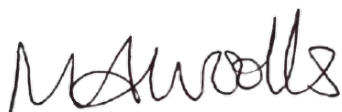
Balance Sheet
31 March 2024

		Unrestricted fund	Designated Fund	Restricted funds	2024 Total funds	2023 Total funds
	Notes	£	£	£	£	£
FIXED ASSETS						
Tangible assets	13	-	118,494	-	118,494	119,004
CURRENT ASSETS						
Debtors	14	22,764	-	-	22,764	120,457
Cash at bank and in hand		177,416	36,741	23,100	237,257	296,371
		<u>200,180</u>	<u>36,741</u>	<u>23,100</u>	<u>260,021</u>	<u>416,828</u>
CREDITORS						
Amounts falling due within one year	15	(7,422)	-	-	(7,422)	(7,239)
NET CURRENT ASSETS		<u>192,758</u>	<u>36,741</u>	<u>23,100</u>	<u>252,599</u>	<u>409,589</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>192,758</u>	<u>155,235</u>	<u>23,100</u>	<u>371,093</u>	<u>528,593</u>
NET ASSETS		<u>192,758</u>	<u>155,235</u>	<u>23,100</u>	<u>371,093</u>	<u>528,593</u>
FUNDS	16					
Unrestricted funds:						
General fund					192,758	245,930
Designated fund for functional fixed assets					118,495	119,005
Designated fund - building improvements					8,940	22,790
Designated fund - building refurbishments					7,300	7,300
Designated fund - Projects					20,500	20,500
					<u>347,993</u>	<u>415,525</u>
Restricted funds:						
Youth support					10,400	72,430
Counselling and art intervention					12,700	34,221
Business development					-	3,060
Youth and young adults support					-	3,357
					<u>23,100</u>	<u>113,068</u>
TOTAL FUNDS					<u>371,093</u>	<u>528,593</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20 September 2024..... and were signed on its behalf by:



.....
J Gould - Trustee



.....
M Woolls - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared on a going concern basis and are presented in Sterling which is the functional currency of the Charity, and rounded to the nearest pound.

There are no significant areas of judgements or key sources of estimation uncertainty.

Going concern

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

General information and Legal status of the Charity

The charity is a charitable incorporated organisation. The address of the registered office is given in the trustees report. The nature of the charity's operations and principal activities are given in the trustees report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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 Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 1% straight line
Computer and music equipment	- 25% on straight line basis

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES - continued

Financial risk management

The charity has minimal exposure to customer credit risk, liquidity risk and market risk. Please refer to the risk section of the trustees annual report for information on how risks are managed. The charity does not have any non basic financial instruments.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2024 £	2023 £
Donations	16,314	156,450
Gift aid	15,930	14,051
	<u>32,244</u>	<u>170,501</u>

3. OTHER TRADING ACTIVITIES

	2024 £	2023 £
Fundraising events	946	12,410
Room hire	-	10
	<u>946</u>	<u>12,420</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2024 £	2023 £
Client fees	71,966	63,093
Contracts for services	70,000	70,000
	<u>141,966</u>	<u>133,093</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

5. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Bid writing fee	17,032	11,940
Fundraising costs	119	6,219
	<u>17,151</u>	<u>18,159</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £	Support costs (see note 8) £	Totals £
Advice, Information & Therapy	<u>241,657</u>	<u>73,848</u>	<u>315,505</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	229,829	203,034
Supervision & Counselling	11,828	13,095
	<u>241,657</u>	<u>216,129</u>

8. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Advice, Information & Therapy	<u>67,848</u>	<u>302</u>	<u>5,698</u>	<u>73,848</u>

Support costs, included in the above, are as follows:

	2024	2023
	Advice, Information & Therapy £	Total activities £
Insurance	10,174	5,855
Telephone and internet	2,672	2,209
Postage, stationery and computer expenses	10,837	9,398
Travel and subsistence	5,140	4,040
Sundries	4,726	2,428
Utilities & running costs	31,739	13,576
Depreciation of tangible and heritage assets	2,560	3,101
Bank charges	302	266
Accountancy and independent examination	3,292	3,403
Subscriptions	2,406	2,803
	<u>73,848</u>	<u>47,079</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

10. STAFF COSTS

	2024 £	2023 £
Wages and salaries	215,555	191,566
Social security costs	10,661	8,490
Other pension costs	3,613	2,978
	<u>229,829</u>	<u>203,034</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Therapists	8	8
Administration	2	2
	<u>10</u>	<u>10</u>

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

The total employee benefits for key management personnel of the charity were £55,548 (2023: £53,737) (inclusive of employers national insurance). Key management personnel for the charity comprises the chief executive officer.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	57,173	-	113,328	170,501
Charitable activities				
Advice, Information & Therapy	133,093	-	-	133,093
Other trading activities	12,420	-	-	12,420
Total	<u>202,686</u>	<u>-</u>	<u>113,328</u>	<u>316,014</u>
EXPENDITURE ON				
Raising funds	6,219	-	11,940	18,159
Charitable activities				
Advice, Information & Therapy	137,274	3,101	122,833	263,208
Total	<u>143,493</u>	<u>3,101</u>	<u>134,773</u>	<u>281,367</u>
NET INCOME/(EXPENDITURE)	59,193	(3,101)	(21,445)	34,647
Transfers between funds	51,414	(51,414)	-	-
Net movement in funds	110,607	(54,515)	(21,445)	34,647
RECONCILIATION OF FUNDS				
Total funds brought forward	135,323	224,110	134,513	493,946

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
TOTAL FUNDS CARRIED FORWARD	<u>245,930</u>	<u>169,595</u>	<u>113,068</u>	<u>528,593</u>

12. GOVERNMENT GRANT AND CONTRACT INCOME

	2024 £	2023 £
Swindon Borough Council	70,000	70,000

There were no unfulfilled conditions or other contingencies attached to these grants. The charity has not directly benefited from any other forms of government assistance.

13. TANGIBLE FIXED ASSETS

	Freehold property £	Computer and music equipment £	Totals £
COST			
At 1 April 2023	123,894	9,595	133,489
Additions	-	2,050	2,050
At 31 March 2024	<u>123,894</u>	<u>11,645</u>	<u>135,539</u>
DEPRECIATION			
At 1 April 2023	6,070	8,415	14,485
Charge for year	1,239	1,321	2,560
At 31 March 2024	<u>7,309</u>	<u>9,736</u>	<u>17,045</u>
NET BOOK VALUE			
At 31 March 2024	<u>116,585</u>	<u>1,909</u>	<u>118,494</u>
At 31 March 2023	<u>117,824</u>	<u>1,180</u>	<u>119,004</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	325	420
Prepayments and accrued income	22,439	120,037
	<u>22,764</u>	<u>120,457</u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	1,122	1,741
Social security and other taxes	4,260	3,633
Accruals and deferred income	2,040	1,865
	<u>7,422</u>	<u>7,239</u>

16. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	245,930	(51,122)	(2,050)	192,758
Designated fund for functional fixed assets	119,005	(2,560)	2,050	118,495
Designated fund - building improvements	22,790	(13,850)	-	8,940
Designated fund - building refurbishments	7,300	-	-	7,300
Designated fund - Projects	20,500	-	-	20,500
	<u>415,525</u>	<u>(67,532)</u>	<u>-</u>	<u>347,993</u>
Restricted funds				
Youth support	72,430	(62,030)	-	10,400
Counselling and art intervention	34,221	(21,521)	-	12,700
Business development	3,060	(3,060)	-	-
Youth and young adults support	3,357	(3,357)	-	-
	<u>113,068</u>	<u>(89,968)</u>	<u>-</u>	<u>23,100</u>
TOTAL FUNDS	<u>528,593</u>	<u>(157,500)</u>	<u>-</u>	<u>371,093</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	170,156	(221,278)	(51,122)
Designated fund for functional fixed assets	-	(2,560)	(2,560)
Designated fund - building improvements	-	(13,850)	(13,850)
	<u>170,156</u>	<u>(237,688)</u>	<u>(67,532)</u>
Restricted funds			
Youth support	-	(62,030)	(62,030)
Counselling and art intervention	-	(21,521)	(21,521)
Business development	-	(3,060)	(3,060)
Youth and young adults support	-	(3,357)	(3,357)
Suicide prevention	5,000	(5,000)	-
	<u>5,000</u>	<u>(94,968)</u>	<u>(89,968)</u>
TOTAL FUNDS	<u>175,156</u>	<u>(332,656)</u>	<u>(157,500)</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	135,323	59,193	51,414	245,930
Designated fund for functional fixed assets	122,031	(3,101)	75	119,005
Designated fund for exit costs	102,079	-	(102,079)	-
Designated fund - building improvements	-	-	22,790	22,790
Designated fund - building refurbishments	-	-	7,300	7,300
Designated fund - Projects	-	-	20,500	20,500
	<u>359,433</u>	<u>56,092</u>	<u>-</u>	<u>415,525</u>
Restricted funds				
Youth support	134,513	(62,083)	-	72,430
Counselling and art intervention	-	34,221	-	34,221
Business development	-	3,060	-	3,060
Youth and young adults support	-	3,357	-	3,357
	<u>134,513</u>	<u>(21,445)</u>	<u>-</u>	<u>113,068</u>
TOTAL FUNDS	<u>493,946</u>	<u>34,647</u>	<u>-</u>	<u>528,593</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	202,686	(143,493)	59,193
Designated fund for functional fixed assets	-	(3,101)	(3,101)
	<u>202,686</u>	<u>(146,594)</u>	<u>56,092</u>
Restricted funds			
Youth support	-	(62,083)	(62,083)
Room facilitator	5,000	(5,000)	-
Counselling and art intervention	43,188	(8,967)	34,221
Business development	45,000	(41,940)	3,060
Youth and young adults support	20,140	(16,783)	3,357
	<u>113,328</u>	<u>(134,773)</u>	<u>(21,445)</u>
TOTAL FUNDS	<u>316,014</u>	<u>(281,367)</u>	<u>34,647</u>

Loneliness and isolation - grant from National Lottery Awards for All to support those facing loneliness and isolation during the COVID pandemic

Youth support - grant to support young people, many of whom come from high risk groups, such as those experiencing suicidal ideation, present with a range of complex needs, schizophrenia, drug and alcohol addictions, loneliness and isolation, and self-harm amongst others.

Youth and young adult support - grant to support those aged 16-24 with counselling and music and art therapy.

Business development - grant to raise the profile of IPSUM and increase its fundraising and social enterprise activities

Room facilitator - grant received to fund the salary of a room facilitator

Counselling and Art intervention - grant received to increase the existing services to meet the increased needs of the local community and create new opportunities to get involved in the therapeutic creative arts and music, with a mixture of face to face and media sessions

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

16. MOVEMENT IN FUNDS - continued

Designated Fund for Functional Assets - to ensure that adequate reserves are set aside to allow for the depreciation of the Charity's fixed assets.

Designated fund - building improvements - funds designated for the ground floor repairs, replacing windows and boiler.

Designated fund - building refurbishments - funds designated for the new kitchen and carpets.

Designated fund- projects - funds designated for the new Counselling service provision in Cirencester and Digital Music 1-day programme

Transfers between funds

The following transfers took place during the year:

Transfer to	Transfer from	Amount £	Reason
Designated fund for functional fixed assets	General fund	2,050	Fixed assets purchased

17. RELATED PARTY DISCLOSURES

The wife of the trustee, C Mattinson, is the Chief Executive Officer of the Charity. C Mattinson was not involved in the appointment of the CEO and the Charity has put processes in place to avoid any conflicts of interest.

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2023
for
IPSUM

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Contents of the Financial Statements
for the Year Ended 31 March 2023

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IPSUM

Report of the Trustees **for the Year Ended 31 March 2023**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our objectives are: To assist in the treatment, care, and rehabilitation of persons suffering from mental, emotional or psychological illness, including but not limited to issues relating to drug and alcohol abuse, by: (i) the provision of counselling and support concerned with the alleviation of symptoms and the cure of illness ancillary to those provided by the statutory authorities, and (ii) the provision of facilities for immersive creative therapies.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2023**

OBJECTIVES AND ACTIVITIES

Significant activities

IPSUM Programmes

We are very fortunate that our trained facilitators and therapists are supported by volunteers with a diverse range of skills and talents.

A rewarding part of our programme is to empower our service users and support them towards becoming peer mentor volunteers if they want to. This has been a successful intervention, building self-esteem and employment skills and for many of our clients who have since moved on to secure paid work.

New View Art Room

Daily workshops provide the opportunity for clients to try new ideas, experiment with different art mediums and try activities such as watercolour painting, acrylics, drawing, textiles, crafts, printmaking and more.

The Therapeutic Creative Arts are a powerful tool that can help to relieve anxiety, stress and tension. It can increase motivation and self-worth giving new outlets as a distraction technique and safe coping mechanisms.

Basement 13 Music Studio

Our music studio offers a chance for clients to experience the power of music through many different mediums. We are in the fortunate position to offer specialist music therapy groups with a world-renowned psychotherapist.

The opportunity to learn to play an instrument including guitar, bass guitar, keyboard and drums. With the support of our music facilitator there is the option to record your own music, songs or poetry in our professional studio.

IPSUM is also in the position to offer the exciting prospect of creating and engineering your own digital music with a tutor, using a computer programme which supports your learning.

No musical theory is needed to access learning. there is also the exciting prospect of taking a course in DJing.

We hold a weekly session to create a monthly radio show that is aired on a local radio station with special features, interviews and the chance to play some of the music produced in the studio.

The Art and Soul Show from the Sounds of IPSUM is on Swindon 105.5 FM. This is a fantastic opportunity for clients to showcase their work and be involved in production and engineering.

Therapeutic Creative Writing Courses

The creative writing courses offer an opportunity to explore the written word in a facilitated group. There is a mix of poetry, short stories and songs created by the clients embracing this very effective modality.

The safe space created by the tutor gives a platform for exploring the creative mind and can prove to be a very effective tool to learn and use as a healthy way to express thoughts and feelings.

Talking Therapies

What makes us unique is that clients are not limited to the 6 or 12 sessions of treatment that they can experience under NHS treatment services.

Our Counsellors come from a varied background of theoretical training which enables us to try to meet the needs of each individual.

Our Counselling & Psychotherapy Services are accessible to both 1:1 or couples. All Counsellors abide by the 'British Association for Counsellors and Psychotherapists' ethical guidelines and the charity is registered with them as our governing body.

Mindfulness, Meditation and Relaxation

IPSUM facilitates mindfulness and meditation courses run over a six-week period which teaches the art of healthy relaxation.

Exploring the theory behind the very healthy and powerful coping mechanism of relaxation underpins the learning and increases the client's self-awareness.

At the end of this course the client will have a life-long coping tool they can use in any situation.

Professional Training

IPSUM holds Continuing Professional Development days for Counsellors.

We also offer training packages and team building days to organisations.

We offer a range of CPD training including

IPSUM

Report of the Trustees **for the Year Ended 31 March 2023**

OBJECTIVES AND ACTIVITIES

'Managing Risky Situations'.
'Conflict in the Workplace'
'Stress, Anxiety and Mood management'
'How to manage difficult conversations'

Teambuilding

We use our Creative Studios as a platform to create that bespoke Teambuilding Day unlike any you have experienced before.

No need to worry about bad weather spoiling your employees' experience. A warm and inviting studio provides the space to challenge the group dynamics and bring your team together writing and recording their song in a day. And if music isn't the draw for your team then we can tailor a Teambuilding Day with a few surprises in the Art Studios where the team creates a masterpiece.

The Ground Café

A weekly drop in Café session is on offer for all our clients. This creates a safe space for clients to meet with others and widen their social circles through meeting with a diverse group of people. This is also a good place to hear about upcoming events and courses at IPSUM.

Public benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees consider that they have acted in the public benefit.

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Report of the Trustees **for the Year Ended 31 March 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Ipsum Mental Health Charity now has 2 projects, 'Ipsum Youth' supporting ages 11- 18 years and adults' services 18 years upwards.

The charity supports people to express and explore their thoughts/feelings and emotions holistically, through talking therapies, creative arts, and music.

Experienced in both preventative to critical measures, we support people to explore their mental wellbeing in a safe space, helping to develop new or forgotten interests, coping skills, strategies, and maintenance. With 47 therapists offering 1-1, couples and Youth counselling.

Ipsum data shows that over 1000 new people were supported in 2022/23, and offered the following support:

- 408 Creative Art Groups and 51 Creative Writing Groups.
- 6,120 1:1 psychotherapy sessions.
- 1,632 music sessions both in groups and on a 1:1 basis.
- Support delivered by 46 volunteer therapists (an increase from 37 volunteer therapists from the previous year);

The charity now has 2 Outreach sites delivery art sessions within Penhill and Gorsehill

Ipsum is community led and is a key provider helping to reduce pressure on the NHS, GPs, and other stakeholders

Data shows:

- More people from high-risk groups access the service.
- People who use the service with wellbeing plans show improvement or maintain out-comes against plan.
- A target of 50% of service users come from high-risk groups or have multiple vulnerabilities - e.g., probation, homelessness, LGBTQ, substance misuse, depression, self-harm.
- More of our community go on to further/higher education and training, gain paid employment and/or access volunteer activities.
- Those using our services suffering mental illness experience greater independence and supported to become more involved in the local community.
- People report reduced social isolation, improved social skills, and improved confidence.
- 100% of people using the services report they feel enabled to identify their own goals and achieve recovery.

The charity is fortunate to be nominated as 'Charity of the Year' by different businesses, currently Amazon have selected us as one of four charities within our community to support this year.

Through 'means tested' counselling and donations IPSUM can generate over £1,500 per month (£17,000 per year) which, with our new venture of social enterprise is slowly increasing....

Creative Therapies

Our therapeutic art sessions at both Gorse Hill Community Centre and John Moulton Hall in Penhill are proving successful, seeing an extra 20 people per week with physical as well as mental health conditions. These weekly sessions are ongoing. We have been in discussion with John Moulton Hall in Penhill around providing another creative writing session within their library.

Ipsum is currently in discussions with the Memory café in Pinetrees and will be providing them with a quarterly art session for people struggling with dementia and offering support to their Carers.

Ipsum deliver a creative writing course at Green Labrinth enabling us to increase the number of our community that can attend.

Ipsum Youth

Empowering young people facing complex mental health difficulties to lead the way towards their own mental health and wellbeing by providing the tools and resources needed. This includes arts, music, and creative writing. Ultimately, mental health is a subjective experience and creativity a personal encounter.

Our beneficiaries: 80% of our young beneficiaries say they prefer creative therapies and an outreach approach instead of, or as well as talk-based support and therapy.

Ipsum Youth supports children aged 8 to 18 facing deprivation, disadvantage and furthest from support

- Referrals - 272 young people.
- 240 actively attending an assessment, completing a care plan, and accessing support
- 67% of our young people are shown to having multiple complex needs.

We create projects that can be repeated to create sustainable change, increasing self-esteem confidence, and supporting healthy social skills.

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Report of the Trustees **for the Year Ended 31 March 2023**

Ipsum Youth works to inspire new attitudes and behaviours, not only for learning but to add to a 'Toolkit' for life. Local evidence: We are seeing a higher-than-ever incidence of children and young people with complex mental health needs. More than a quarter of our local population is under 25 years of age (ONS 2020), 25% of children and young people in our area say they are unhappy about their mental health (Children's Commissioner 2021); it is no wonder families say it "Feels like a fight" to get appropriate support for their children. The children we see with the most complex mental health issues have usually been referred to us because statutory support is at capacity or insufficient for their needs.

We are the only arts-based free-to-access specialist mental health provision in Swindon and further afield that can address this need.

Challenges this year

IPSUM's income is generated from numerous sources, including trusts in the forms of grants, public fundraising, and commissioning for contracts. We have various approaches to generating income from many different sources, supported by marketing activities i.e. Facebook, fundraisers, promotional radio interviews etc. aimed at connecting to supporters, donors, and funders.

Through these sources and through a tightly controlled cost control process, we can cover the costs of our staff and non-staff overhead and key activities. However, since Covid and due to the increased cost of living in the UK, funding from these sources has been significantly negatively impacted, and we project they will be significantly reduced for the foreseeable future. Cash-flow is well-thought through and regularly monitored, the financial plan is assessed and reviewed at bi-monthly Trustee meetings.

Diversifying our income has become a bigger priority this year as the number of beneficiaries we support has increased dramatically and we are increasingly finding a need to committing more resources towards securing funding as pressure on grant makers increase.

Ipsum continue to highlight the importance of our psychotherapy arm, as there is very little funding out there that recognises its importance. 70% of referrals are requesting Psychotherapy

Recognition of the importance of the 3rd sector and its impact on our community by the statutory sector

FINANCIAL REVIEW

Financial position

At 31 March 2023, total funds held were £528,593, of which restricted funds are £113,068 and designated funds are £169,595. Designated funds include £119,005 of Functional Fixed Assets which are held for charity use (including those used for the running and administration of the charity) and £50,590 for ongoing property maintenance and new projects.

The charity has received restricted grants to fund service delivery on multi-year projects such as the youth support service and counselling and art intervention service. Delivery on these projects is in progress but will substantially be delivered in future years. The unspent balance of this funding is held within Restricted Funds.

Within the accounting year (2022/3) we saw a steady increase in the demand for IPSUM's counselling services, we believe this to be related to the pandemic, however, this has not affected everyone equally, with some people more at risk of developing mental health problems due to their social and economic circumstances.

Our operational revenue stream has increased on the previous year, this has given the Charity additional income that has been ring fenced to support further expansion and growth in the counselling provision. We have now some 55+ Counsellors on the books, to which we deliver back full supervision support and guidance training across the NHS, voluntary agencies, social services, government schemes or in the private sector which provides them with invaluable skills and knowledge.

Reserves policy

Free Reserves stood at £245,930 at the year end. This was equivalent to 10.5 months running costs. The charity aims to hold free reserves between 6 and 12 months running costs in order to manage cashflow needs as well as to meet unexpected costs or to fund new projects before external funding is identified.

The Charity also holds designated funds of £169,595 which have been designated for the following purposes:

£119,005 - Functional Fixed Assets (on the basis that the fixed assets are not freely available to spend on day to day costs).

£22,790 - building improvements - funds designated for the ground floor repairs, replacing windows and boiler.

£7,300 - building refurbishments - funds designated for the new kitchen and carpets.

£20,500 - funds designated for the new Counselling service provision in Cirencester and Digital Music 1-day programme

IPSUM

Report of the Trustees **for the Year Ended 31 March 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

Executive Committee Members are elected via the AGM. Anyone wishing to join the organisation as a trustee is required to put their name forward to the next available AGM and be elected onto the Committee. Each year one third of the Trustees are required to put their names forward for re-election at the AGM. This is done on a rotating basis.

Organisational structure

IPSUM is managed by the Executive Committee on which the Trustees serve and is responsible for the legal and financial management of the organisation. The Executive Committee meets 8 times a year and makes strategic decisions regarding the long-term development of the organisation. The Executive Committee is comprised of members from a wide and varied background. Key members of the volunteer group, service users and staff team are also invited to attend meetings as appropriate.

The charity makes decisions at the bi-monthly Executive Committee meetings. All Executive Committee meetings have an Agenda and items to be discussed are included and sent out in advance of the meetings, as are the minutes of the meeting and financial papers. All decisions are reached through discussion and consensus with the view of the representatives being considered. If no consensus is reached a vote would be taken, and in the case of a split decision the Chairperson would have the casting vote.

The trustees delegate day-to-day management to the Director, Julie Mattinson.

Induction and training of new trustees

New trustees go through an induction process to explain their responsibilities, the work of IPSUM, and to introduce them to key personnel within the organisation.

Key management remuneration

The board of trustees review the pay of the Director on an annual basis.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

IPSUM's Board of Trustees regularly review and assess the risks faced by our charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of our charitable activity and managing it effectively is essential for the trustees to achieve their key objectives and safeguard their charity's funds and assets.

IPSUM's approach for Operational risk is covered off across four stages which involve the preparing of a risk assessment, this could be for a project, organisation or set of operating processes.

These are:

- risk identification: identifying the main risks
- risk assessment: assessing the likelihood of each risk occurring and the consequences for the charity/organisation
- risk mitigation: identifying the most appropriate actions to reduce or eliminate the risk
- contingency assessment: identifying the contingencies that need to be put in place following the risk assessment.

Risk management is an ongoing process and has been fully integrated into our project management and review processes.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1176614

Principal address

Bradford House
13 Milton Road
Swindon
Wiltshire
SN1 5JE

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Report of the Trustees
for the Year Ended 31 March 2023

Trustees

A Gould
Dr J Gould
M Woolls
C Mattinson
L Baker (appointed 27.3.23)
A Wardall (appointed 27.3.23)

Independent Examiner

James Gare FCA DChA
Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Approved by order of the board of trustees on 6th November 2023 and signed on its behalf by:



.....
Dr J Gould - Trustee

**Independent Examiner's Report to the Trustees of
IPSUM**

Independent examiner's report to the trustees of IPSUM

I report to the charity trustees on my examination of the accounts of IPSUM (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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 Trust 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 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.

James Gare FCA DChA

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Date:

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Statement of Financial Activities
for the Year Ended 31 March 2023

		Unrestricted fund	Designated Fund	Restricted funds	2023 Total funds	2022 Total funds
	Notes	£	£	£	£	£
INCOME AND ENDOWMENTS FROM						
Donations and legacies	2	57,173	-	113,328	170,501	258,452
Charitable activities	4					
Advice, Information & Therapy		133,093	-	-	133,093	130,967
Other trading activities	3	12,420	-	-	12,420	80
Total		<u>202,686</u>	<u>-</u>	<u>113,328</u>	<u>316,014</u>	<u>389,499</u>
EXPENDITURE ON						
Raising funds	5	6,219	-	11,940	18,159	2,371
Charitable activities	6					
Advice, Information & Therapy		137,274	3,101	122,833	263,208	211,392
Total		<u>143,493</u>	<u>3,101</u>	<u>134,773</u>	<u>281,367</u>	<u>213,763</u>
NET INCOME/(EXPENDITURE)		59,193	(3,101)	(21,445)	34,647	175,736
Transfers between funds	16	51,414	(51,414)	-	-	-
Net movement in funds		<u>110,607</u>	<u>(54,515)</u>	<u>(21,445)</u>	<u>34,647</u>	<u>175,736</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		135,323	224,110	134,513	493,946	318,210
TOTAL FUNDS CARRIED FORWARD		<u>245,930</u>	<u>169,595</u>	<u>113,068</u>	<u>528,593</u>	<u>493,946</u>

The notes form part of these financial statements

IPSUM

Balance Sheet
31 March 2023

		Unrestricted fund	Designated Fund	Restricted funds	2023 Total funds	2022 Total funds
	Notes	£	£	£	£	£
FIXED ASSETS						
Tangible assets	13	-	119,004	-	119,004	122,031
CURRENT ASSETS						
Debtors	14	120,457	-	-	120,457	144,999
Cash at bank and in hand		132,712	50,591	113,068	296,371	242,542
		253,169	50,591	113,068	416,828	387,541
CREDITORS						
Amounts falling due within one year	15	(7,239)	-	-	(7,239)	(15,626)
NET CURRENT ASSETS		245,930	50,591	113,068	409,589	371,915
TOTAL ASSETS LESS CURRENT LIABILITIES		245,930	169,595	113,068	528,593	493,946
NET ASSETS		245,930	169,595	113,068	528,593	493,946
FUNDS	16					
Unrestricted funds:						
General fund					245,930	135,323
Designated fund for functional fixed assets					119,005	122,031
Designated fund for exit costs					-	102,079
Designated fund - building improvements					22,790	-
Designated fund - building refurbishments					7,300	-
Designated fund - Projects					20,500	-
					415,525	359,433
Restricted funds:						
Youth support					72,430	134,513
Counselling and art intervention					34,221	-
Business development					3,060	-
Youth and young adults support					3,357	-
					113,068	134,513
TOTAL FUNDS					528,593	493,946

The financial statements were approved by the Board of Trustees and authorised for issue on 6th November 2023 and were signed on its behalf by:



J Gould - Trustee



M Woolls - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared on a going concern basis and are presented in Sterling which is the functional currency of the Charity, and rounded to the nearest pound.

There are no significant areas of judgements or key sources of estimation uncertainty.

Going concern

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

General information and Legal status of the Charity

The charity is a charitable incorporated organisation. The address of the registered office is given in the trustees report. The nature of the charity's operations and principal activities are given in the trustees report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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 Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 1% straight line
Computer and music equipment	- 25% on straight line basis

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES - continued

Financial risk management

The charity has minimal exposure to customer credit risk, liquidity risk and market risk. Please refer to the risk section of the trustees annual report for information on how risks are managed. The charity does not have any non basic financial instruments.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2023 £	2022 £
Donations	156,450	246,733
Gift aid	14,051	11,719
	<u>170,501</u>	<u>258,452</u>

3. OTHER TRADING ACTIVITIES

	2023 £	2022 £
Fundraising events	12,410	-
Room hire	10	80
	<u>12,420</u>	<u>80</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023 £	2022 £
Client fees	Advice, Information & Therapy	63,093	47,967
Contracts for services	Advice, Information & Therapy	70,000	83,000
		<u>133,093</u>	<u>130,967</u>

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Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

5. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Bid writing fee	11,940	1,680
Fundraising costs	6,219	691
	<u>18,159</u>	<u>2,371</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £	Support costs (see note 8) £	Totals £
Advice, Information & Therapy	<u>216,129</u>	<u>47,079</u>	<u>263,208</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2023	2022
	£	£
Staff costs	203,034	167,399
Supervision & Counselling	13,095	9,967
	<u>216,129</u>	<u>177,366</u>

8. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Advice, Information & Therapy	<u>40,607</u>	<u>266</u>	<u>6,206</u>	<u>47,079</u>

Support costs, included in the above, are as follows:

	2023	2022
	Advice, Information & Therapy £	Total activities £
Insurance	5,855	4,188
Telephone and internet	2,209	2,152
Postage, stationery and computer expenses	9,398	5,664
Travel and subsistence	4,040	2,159
Sundries	2,428	1,112
Utilities & running costs	13,576	11,646
Depreciation of tangible and heritage assets	3,101	3,597
Bank charges	266	243
Accountancy and independent examination	3,403	1,357
Subscriptions	2,803	1,908
	<u>47,079</u>	<u>34,026</u>

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Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

10. STAFF COSTS

	2023 £	2022 £
Wages and salaries	191,566	157,791
Social security costs	8,490	6,840
Other pension costs	2,978	2,768
	<u>203,034</u>	<u>167,399</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Therapists	8	8
Administration	2	2
	<u>10</u>	<u>10</u>

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

The total employee benefits for key management personnel of the charity were £53,737 (2022: £50,323) (inclusive of employers national insurance). Key management personnel for the charity comprises the chief executive officer.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	67,703	-	190,749	258,452
Charitable activities				
Advice, Information & Therapy	130,967	-	-	130,967
Other trading activities	80	-	-	80
Total	<u>198,750</u>	<u>-</u>	<u>190,749</u>	<u>389,499</u>
EXPENDITURE ON				
Raising funds	2,371	-	-	2,371
Charitable activities				
Advice, Information & Therapy	148,062	3,597	59,733	211,392
Total	<u>150,433</u>	<u>3,597</u>	<u>59,733</u>	<u>213,763</u>
NET INCOME/(EXPENDITURE)	48,317	(3,597)	131,016	175,736
Transfers between funds	(1,351)	1,351	-	-
Net movement in funds	46,966	(2,246)	131,016	175,736
RECONCILIATION OF FUNDS				
Total funds brought forward	88,357	226,356	3,497	318,210

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
TOTAL FUNDS CARRIED FORWARD	<u>135,323</u>	<u>224,110</u>	<u>134,513</u>	<u>493,946</u>

12. GOVERNMENT GRANT AND CONTRACT INCOME

	2023 £	2022 £
Swindon Borough Council	70,000	77,475
NHS	-	8,000

There were no unfulfilled conditions or other contingencies attached to these grants. The charity has not directly benefited from any other forms of government assistance.

13. TANGIBLE FIXED ASSETS

	Freehold property £	Computer and music equipment £	Totals £
COST			
At 1 April 2022	123,894	9,520	133,414
Additions	-	75	75
At 31 March 2023	<u>123,894</u>	<u>9,595</u>	<u>133,489</u>
DEPRECIATION			
At 1 April 2022	4,831	6,552	11,383
Charge for year	1,239	1,863	3,102
At 31 March 2023	<u>6,070</u>	<u>8,415</u>	<u>14,485</u>
NET BOOK VALUE			
At 31 March 2023	<u>117,824</u>	<u>1,180</u>	<u>119,004</u>
At 31 March 2022	<u>119,063</u>	<u>2,968</u>	<u>122,031</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	420	90
Prepayments and accrued income	<u>120,037</u>	<u>144,909</u>
	<u>120,457</u>	<u>144,999</u>

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	1,741	7,534
Social security and other taxes	3,633	2,570
Accruals and deferred income	1,865	5,522
	<u>7,239</u>	<u>15,626</u>

Deferred income of £Nil (2022: £4,300) relates to income received in advance (2022: for post year end fund raising events).

16. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	135,323	59,193	51,414	245,930
Designated fund for functional fixed assets	122,031	(3,101)	75	119,005
Designated fund for exit costs	102,079	-	(102,079)	-
Designated fund - building improvements	-	-	22,790	22,790
Designated fund - building refurbishments	-	-	7,300	7,300
Designated fund - Projects	-	-	20,500	20,500
	<u>359,433</u>	<u>56,092</u>	<u>-</u>	<u>415,525</u>
Restricted funds				
Youth support	134,513	(62,083)	-	72,430
Counselling and art intervention	-	34,221	-	34,221
Business development	-	3,060	-	3,060
Youth and young adults support	-	3,357	-	3,357
	<u>134,513</u>	<u>(21,445)</u>	<u>-</u>	<u>113,068</u>
TOTAL FUNDS	<u>493,946</u>	<u>34,647</u>	<u>-</u>	<u>528,593</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	202,686	(143,493)	59,193
Designated fund for functional fixed assets	-	(3,101)	(3,101)
	<u>202,686</u>	<u>(146,594)</u>	<u>56,092</u>
Restricted funds			
Youth support	-	(62,083)	(62,083)
Room facilitator	5,000	(5,000)	-
Counselling and art intervention	43,188	(8,967)	34,221
Business development	45,000	(41,940)	3,060
Youth and young adults support	20,140	(16,783)	3,357
	<u>113,328</u>	<u>(134,773)</u>	<u>(21,445)</u>
TOTAL FUNDS	<u>316,014</u>	<u>(281,367)</u>	<u>34,647</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	88,357	48,317	(1,351)	135,323
Designated fund for functional fixed assets	124,277	(3,597)	1,351	122,031
Designated fund for exit costs	102,079	-	-	102,079
	<u>314,713</u>	<u>44,720</u>	<u>-</u>	<u>359,433</u>
Restricted funds				
Supporting loneliness and isolation	3,497	(3,497)	-	-
Youth support	-	134,513	-	134,513
	<u>3,497</u>	<u>131,016</u>	<u>-</u>	<u>134,513</u>
TOTAL FUNDS	<u>318,210</u>	<u>175,736</u>	<u>-</u>	<u>493,946</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	198,750	(150,433)	48,317
Designated fund for functional fixed assets	-	(3,597)	(3,597)
	<u>198,750</u>	<u>(154,030)</u>	<u>44,720</u>
Restricted funds			
Supporting loneliness and isolation	-	(3,497)	(3,497)
Youth support	186,249	(51,736)	134,513
Well being for Haydon Wick residents	1,500	(1,500)	-
Art materials	3,000	(3,000)	-
	<u>190,749</u>	<u>(59,733)</u>	<u>131,016</u>
TOTAL FUNDS	<u>389,499</u>	<u>(213,763)</u>	<u>175,736</u>

Loneliness and isolation - grant from National Lottery Awards for All to support those facing loneliness and isolation during the COVID pandemic

Youth support - grant to support young people, many of whom come from high risk groups, such as those experiencing suicidal ideation, present with a range of complex needs, schizophrenia, drug and alcohol addictions, loneliness and isolation, and self-harm amongst others.

Youth and young adult support - grant to support those aged 16-24 with counselling and music and art therapy.

Business development - grant to raise the profile of IPSUM and increase its fundraising and social enterprise activities

Room facilitator - grant received to fund the salary of a room facilitator

Counselling and Art intervention - grant received to increase the existing services to meet the increased needs of the local community and create new opportunities to get involved in the therapeutic creative arts and music, with a mixture of face to face and media sessions

Designated Fund for Functional Assets - to ensure that adequate reserves are set aside to allow for the depreciation of the Charity's fixed assets.

Designated fund - building improvements - funds designated for the ground floor repairs, replacing windows and boiler.

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

16. MOVEMENT IN FUNDS - continued

Designated fund - building refurbishments - funds designated for the new kitchen and carpets.

Designated fund- projects - funds designated for the new Counselling service provision in Cirencester and Digital Music 1-day programme

Transfers between funds

The following transfers took place during the year:

Transfer to	Transfer from	Amount £	Reason
Designated fund for functional fixed assets	General fund	75	Fixed assets purchased

17. RELATED PARTY DISCLOSURES

The wife of the trustee, C Mattinson, is the Chief Executive Officer of the Charity. C Mattinson was not involved in the appointment of the CEO and the Charity has put processes in place to avoid any conflicts of interest.

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
IPSUM

Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Contents of the Financial Statements
for the Year Ended 31 March 2022

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IPSUM

Report of the Trustees **for the Year Ended 31 March 2022**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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).

On 1 April 2018 Swindon & Wiltshire Alcohol & Drug Services (SWADS) rebranded as IPSUM and transferred its trade and assets to this new charitable incorporated organisation (CIO) run by the same trustees and staff as SWADS.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our objectives are: To assist in the treatment, care, and rehabilitation of persons suffering from mental, emotional or psychological illness, including but not limited to issues relating to drug and alcohol abuse, by: (i) the provision of counselling and support concerned with the alleviation of symptoms and the cure of illness ancillary to those provided by the statutory authorities, and (ii) the provision of facilities for immersive creative therapies.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2022**

OBJECTIVES AND ACTIVITIES

Significant activities

IPSUM Programmes

We are very fortunate that our trained facilitators and therapists are supported by volunteers with a diverse range of skills and talents.

A rewarding part of our programme is to empower our service users and support them towards becoming peer mentor volunteers if they want to. This has been a successful intervention, building self-esteem and employment skills and for many of our clients who have since moved on to secure paid work.

New View Art Room

Daily workshops provide the opportunity for clients to try new ideas, experiment with different art mediums and try activities such as watercolour painting, acrylics, drawing, textiles, crafts, printmaking and more.

The Therapeutic Creative Arts are a powerful tool that can help to relieve anxiety, stress and tension. It can increase motivation and self-worth giving new outlets as a distraction technique and safe coping mechanisms.

Basement 13 Music Studio

Our music studio offers a chance for clients to experience the power of music through many different mediums. We are in the fortunate position to offer specialist music therapy groups with a world-renowned psychotherapist.

The opportunity to learn to play an instrument including guitar, bass guitar, keyboard and drums. With the support of our music facilitator there is the option to record your own music, songs or poetry in our professional studio.

IPSUM is also in the position to offer the exciting prospect of creating and engineering your own digital music with a tutor, using a computer programme which supports your learning.

No musical theory is needed to access learning. there is also the exciting prospect of taking a course in DJing.

We hold a weekly session to create a monthly radio show that is aired on a local radio station with special features, interviews and the chance to play some of the music produced in the studio.

The Art and Soul Show from the Sounds of IPSUM is on Swindon 105.5 FM. This is a fantastic opportunity for clients to showcase their work and be involved in production and engineering.

Therapeutic Creative Writing Courses

The creative writing courses offer an opportunity to explore the written word in a facilitated group. There is a mix of poetry, short stories and songs created by the clients embracing this very effective modality.

The safe space created by the tutor gives a platform for exploring the creative mind and can prove to be a very effective tool to learn and use as a healthy way to express thoughts and feelings.

Talking Therapies

What makes us unique is that clients are not limited to the 6 or 12 sessions of treatment that they can experience under NHS treatment services.

Our Counsellors come from a varied background of theoretical training which enables us to try to meet the needs of each individual.

Our Counselling & Psychotherapy Services are accessible to both 1:1 or couples. All Counsellors abide by the 'British Association for Counsellors and Psychotherapists' ethical guidelines and the charity is registered with them as our governing body.

Mindfulness, Meditation and Relaxation

IPSUM facilitates mindfulness and meditation courses run over a six-week period which teaches the art of healthy relaxation.

Exploring the theory behind the very healthy and powerful coping mechanism of relaxation underpins the learning and increases the client's self-awareness.

At the end of this course the client will have a life-long coping tool they can use in any situation.

Professional Training

IPSUM holds Continuing Professional Development days for Counsellors.

We also offer training packages and team building days to organisations.

We offer a range of CPD training including

Report of the Trustees
for the Year Ended 31 March 2022

OBJECTIVES AND ACTIVITIES

'Managing Risky Situations'.
'Conflict in the Workplace'
'Stress, Anxiety and Mood management'
'How to manage difficult conversations'

Teambuilding

We use our Creative Studios as a platform to create that bespoke Teambuilding Day unlike any you have experienced before.

No need to worry about bad weather spoiling your employees' experience. A warm and inviting studio provides the space to challenge the group dynamics and bring your team together writing and recording their song in a day. And if music isn't the draw for your team then we can tailor a Teambuilding Day with a few surprises in the Art Studios where the team creates a masterpiece.

The Ground Café

A weekly drop in Café session is on offer for all our clients. This creates a safe space for clients to meet with others and widen their social circles through meeting with a diverse group of people. This is also a good place to hear about upcoming events and courses at IPSUM.

Public benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees consider that they have acted in the public benefit.

IPSUM

Report of the Trustees for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity enables people to express and explore their thoughts and emotions through the Arts.

Ipsium uses Arts therapies, music, and visual arts to help people explore their wellbeing and help develop coping skills.

The service offers short-term intervention groups that are art-based for people struggling with their mental health. Activities include arts and music.

Ipsium supports people with counselling and psychotherapy regulated by the professional body British Association of Counselling and Psychotherapy (BACP) and we work to their code of ethics. We offer these talking therapies to all who are psychologically able to engage in them for a donation based on affordability.

IPSUM supports people to develop peer support groups and integrate into mainstream activities/ wider community life and promotes locally the benefits of art-based activities to mainstream population.

The Music Team delivers over 50 one to one sessions in one week alone, 42% of which are under 18 years old. That's over 200 therapeutic music sessions in a month
We welcome all ages and abilities!

Ipsium Youth for ages 10 upwards provides 1-1 music sessions and group art sessions
Every other Saturday we work with groups of 8 young people in both the art room and music dept.

Ipsium counselling Psychotherapy

An increase of 20 to 47 Counsellors volunteering for Ipsium, that currently deliver 108 hours of one-to-one counselling sessions across 7 days of the week.

Ipsium Art

Our Art Team delivers 10 group sessions at Ipsium and within the community ensuring we are accessible to all.

Over a period of a week, 90 people attend our groups.

We offer guided sessions, such as fine art portraits or watercolours, facilitating sessions that have a focus on the social aspect as well as therapeutic creativity, providing a safe space to explore.

- Over 1000 people have been supported in the last year. Referrals are still rising on a monthly basis.
- 83% of our community come from high-risk groups
- 26.8% of new presentations were in the non-White British' demographic.
- We now offer a 7 day a week service (Sundays 10.00am -4.00pm counselling only) Although we are hopeful that in the next year, we will be in a position to offer the creative services as well.
- For those who have physical disabilities we have been able to renew our partnership with the Olive tree Café and introduced sessions at the Hub in Swindon town centre

This year has seen our services increase in demand by 110%.

Performance against Data

IPSUM continue to exceed its identified targets and is performing well against the business plan with grants and contracts.

From our audits, WEMWBs, feedback, community peer forums and care plans, we can monitor, and measure service outcomes and the impact achieved.

- 89% report a reduction in Stress, anxiety, low mood and depression
- 62% of couples working in counselling, report recognising triggers related to Relationship & Attachment disorders has helped their relationship to go forward in a positive way
- 72% report a level of success in addressing behavioural issues by working with immediacy and positive strategies
- 39% increase in educational attendance for younger people reducing absenteeism.
- We have supported 69% to maintain or access employment for those struggling to cope with work and mental health conditions.
- 89% of people using talking therapies, report a greater understanding of the underlying triggers, enabling their lives to move forward.
- 62% using therapeutic arts to decrease dependency on addictive behaviours are now able to manage and recognise unsafe choices.
- 91% report Increase in confidence and self-esteem through the power of creativity.
- 69% report using safe coping strategies for minimising Self-harming.
- We decrease suicidal risk by addressing the ideation through therapeutic interventions.
- We are supporting people with eating disorders to understand and control their reactive responses and offer alternative healthy coping skills.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2022**

Volunteers

Currently 51 volunteers aligned to the charity, without whom the project would not be able to run. All new staff and volunteers are expected to attend Mental Health Awareness Training and Safeguarding training as a minimum.

Counselling Provision

The rate for counselling is up 62% with a minimum of 38 referrals a week for counselling alone.

A key area identified by the Trustees, was to increase the talking therapies provision. It was actioned to hold interviews for new counsellors.

20 applicants applied for the workshop day; we were in a position to offer a further 17 placements.

Ipsium Youth

New Patron for Ipsium Youth

Local rapper S1mba has joined our initiative, visiting regularly to assist as a mentor with the NEETS, YOT and SEND young people in Swindon.

The charity now takes on work experience students from The Platform Project to enhance young people's confidence and self-esteem.

In September 2021 Ipsium started working in partnership with the Youth Offending Team, looking to engage more young people through the digital music programme teaching production and engineering. This is proving a popular and healthy intervention, increasing self-esteem, and teaching transferable skills.

Financial Sustainability Statement

Income generation is IPSUM's major focus to sustain its work/service offerings. IPSUM must be able to generate sufficient income to cover costs by generating enough funds to cover staff & non-staff overheads and key activities.

Our income is generated from numerous sources, including trusts in the form of grants, public fundraising, commissioning for contracts. We have various approaches to generating income from as many different sources, these are supported by marketing activities i.e. Facebook, fundraisers, promotional radio interviews etc. aimed at connecting to supporters, donors, and funders.

IPSUM establishes a comprehensive business plan for each application that outlines the key future objectives and activities and overall strategy of the Charity, and identifies the actions needed to achieve and fulfil them, as well as the resources (particularly people) and facilities required.

IPSUM continually demonstrates tightly managed cost control processes,

Cash-flow is well-thought through and regularly monitored, the financial plan is assessed and reviewed at bi-monthly Trustee meetings.

FINANCIAL REVIEW

Financial position

At 31 March 2022, total funds held were £493,946.

Reserves policy

The charity expects to hold sufficient reserves to cover all expenses incurred to fulfil the exit strategy; this will normally not be less than three months or more than six months operational costs. The charity may hold in reserve any monies which are restricted for the "life" of specific projects running outside the financial year. Additionally, the charity may "ring fence" non-restricted funds as reserves for specific project costs.

At 31 March 2022 the charity had total funds of £493,946. Of these funds, £134,513 are held as restricted and £224,110 have been designated for the following purposes:

£122,031	- Functional Fixed Assets
£102,079	- 6 month exit costs

The reserves held in excess of the required amount are £135,323 (being total funds less restricted and designated funds). The £135,000 is being held in reserve for matched funding projects through 2023/24, the monies will be released in line with the received funding streams.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

Executive Committee Members are elected via the AGM. Anyone wishing to join the organisation as a trustee is required to put their name forward to the next available AGM and be elected onto the Committee. Each year one third of the Trustees are required to put their names forward for re-election at the AGM. This is done on a rotating basis.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

IPSUM is managed by the Executive Committee on which the Trustees serve and is responsible for the legal and financial management of the organisation. The Executive Committee meets 8 times a year and makes strategic decisions regarding the long-term development of the organisation. The Executive Committee is comprised of members from a wide and varied background. Key members of the volunteer group, service users and staff team are also invited to attend meetings as appropriate.

The charity makes decisions at the bi-monthly Executive Committee meetings. All Executive Committee meetings have an Agenda and items to be discussed are included and sent out in advance of the meetings, as are the minutes of the meeting and financial papers. All decisions are reached through discussion and consensus with the view of the representatives being considered. If no consensus is reached a vote would be taken, and in the case of a split decision the Chairperson would have the casting vote.

The trustees delegate day-to-day management to the Director, Julie Mattinson.

Induction and training of new trustees

New trustees go through an induction process to explain their responsibilities, the work of IPSUM, and to introduce them to key personnel within the organisation.

Key management remuneration

The board of trustees review the pay of the chief Executive on an annual basis.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

IPSUM's Board of Trustees regularly review and assess the risks faced by our charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of our charitable activity and managing it effectively is essential for the trustees to achieve their key objectives and safeguard their charity's funds and assets.

IPSUM's approach for Operational risk is covered off across four stages which involve the preparing of a risk assessment, this could be for a project, organisation or set of operating processes.

These are:

- risk identification: identifying the main risks
- risk assessment: assessing the likelihood of each risk occurring and the consequences for the charity/organisation
- risk mitigation: identifying the most appropriate actions to reduce or eliminate the risk
- contingency assessment: identifying the contingencies that need to be put in place following the risk assessment.

Risk management is an ongoing process and has been fully integrated into our project management and review processes.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1176614

Principal address

Bradford House
13 Milton Road
Swindon
Wiltshire
SN1 5JE

Trustees

A Gould
Dr J Gould
M Woolls
C Mattinson

IPSUM

Report of the Trustees
for the Year Ended 31 March 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

J Gare
FCA DChA
Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

Approved by order of the board of trustees on 20 October 2022 and signed on its behalf by:

Dr J Gould - Trustee

Independent Examiner's Report to the Trustees of
IPSUM

Independent examiner's report to the trustees of IPSUM

I report to the charity trustees on my examination of the accounts of IPSUM (the Trust) for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA DChA which is one of the listed bodies.

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 Trust 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 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.

J Gare
FCA DChA
Monahans
Chartered Accountants
Hermes House
Fire Fly Avenue
Swindon
Wiltshire
SN2 2GA

25 October 2022

IPSUM

Statement of Financial Activities
for the Year Ended 31 March 2022

		Unrestricted fund	Designated Fund	Restricted funds	2022 Total funds	2021 Total funds
	Notes	£	£	£	£	£
INCOME AND ENDOWMENTS FROM						
Donations and legacies	2	67,703	-	190,749	258,452	141,700
Charitable activities						
Advice, Information & Therapy		130,967	-	-	130,967	123,121
Other trading activities	3	80	-	-	80	483
Total		<u>198,750</u>	<u>-</u>	<u>190,749</u>	<u>389,499</u>	<u>265,304</u>
EXPENDITURE ON						
Raising funds	5	2,371	-	-	2,371	406
Charitable activities						
Advice, Information & Therapy	6	148,062	3,597	59,733	211,392	185,762
Total		<u>150,433</u>	<u>3,597</u>	<u>59,733</u>	<u>213,763</u>	<u>186,168</u>
NET INCOME/(EXPENDITURE)		48,317	(3,597)	131,016	175,736	79,136
Transfers between funds	16	<u>(1,351)</u>	<u>1,351</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds		46,966	(2,246)	131,016	175,736	79,136
RECONCILIATION OF FUNDS						
Total funds brought forward		<u>88,357</u>	<u>226,356</u>	<u>3,497</u>	<u>318,210</u>	<u>239,074</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>135,323</u></u>	<u><u>224,110</u></u>	<u><u>134,513</u></u>	<u><u>493,946</u></u>	<u><u>318,210</u></u>

The notes form part of these financial statements

IPSUM

Balance Sheet
31 March 2022

		Unrestricted fund	Designated Fund	Restricted funds	2022 Total funds	2021 Total funds
	Notes	£	£	£	£	£
FIXED ASSETS						
Tangible assets	13	-	122,031	-	122,031	124,276
CURRENT ASSETS						
Debtors	14	21,833	-	123,166	144,999	30,573
Cash at bank and in hand		129,116	102,079	11,347	242,542	191,423
		<u>150,949</u>	<u>102,079</u>	<u>134,513</u>	<u>387,541</u>	<u>221,996</u>
CREDITORS						
Amounts falling due within one year	15	(15,626)	-	-	(15,626)	(28,062)
NET CURRENT ASSETS		<u>135,323</u>	<u>102,079</u>	<u>134,513</u>	<u>371,915</u>	<u>193,934</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>135,323</u>	<u>224,110</u>	<u>134,513</u>	<u>493,946</u>	<u>318,210</u>
NET ASSETS		<u>135,323</u>	<u>224,110</u>	<u>134,513</u>	<u>493,946</u>	<u>318,210</u>
FUNDS	16					
Unrestricted funds:						
General fund					135,323	88,357
Designated fund for functional fixed assets					122,031	124,277
Designated fund for exit costs					102,079	102,079
					<u>359,433</u>	<u>314,713</u>
Restricted funds:						
Supporting loneliness and isolation					-	3,497
Youth project					134,513	-
					<u>134,513</u>	<u>3,497</u>
TOTAL FUNDS					<u>493,946</u>	<u>318,210</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20 October 2022 and were signed on its behalf by:

J Gould - Trustee

M Woolls - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared on a going concern basis and are presented in Sterling which is the functional currency of the Charity, and rounded to the nearest pound.

There are no significant areas of judgements or key sources of estimation uncertainty.

Going concern

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

General information and Legal status of the Charity

The charity is a charitable incorporated organisation. The address of the registered office is given in the trustees report. The nature of the charity's operations and principal activities are given in the trustees report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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 Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 1% straight line
Computer and music equipment	- 25% on straight line basis

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES - continued

Financial risk management

The charity has minimal exposure to customer credit risk, liquidity risk and market risk. Please refer to the risk section of the trustees annual report for information on how risks are managed. The charity does not have any non basic financial instruments.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2022 £	2021 £
Donations	246,733	128,902
Gift aid	11,719	12,798
	<u>258,452</u>	<u>141,700</u>

3. OTHER TRADING ACTIVITIES

	2022 £	2021 £
Fundraising events	-	483
Room hire	80	-
	<u>80</u>	<u>483</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2022 £	2021 £
Client fees	47,967	34,155
Grants	-	13,966
Contracts for services	83,000	75,000
	<u>130,967</u>	<u>123,121</u>

Grants received, included in the above, are as follows:

	2022 £	2021 £
Coronavirus Job Retention Scheme	-	13,966
	<u>-</u>	<u>13,966</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

5. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Bid writing fee	1,680	-
Fundraising costs	691	406
	<u>2,371</u>	<u>406</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Advice, Information & Therapy	<u>177,366</u>	<u>34,026</u>	<u>211,392</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022	2021
	£	£
Staff costs	167,399	151,199
Supervision & Counselling	9,967	6,300
	<u>177,366</u>	<u>157,499</u>

8. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Advice, Information & Therapy	<u>30,518</u>	<u>243</u>	<u>3,265</u>	<u>34,026</u>

Support costs, included in the above, are as follows:

	2022	2021
	Advice, Information & Therapy	Total activities
	£	£
Insurance	4,188	5,825
Telephone and internet	2,152	2,459
Postage, stationery and computer expenses	5,664	4,423
Travel and subsistence	2,159	1,188
Sundries	1,112	75
Utilities & running costs	11,646	8,409
Depreciation of tangible and heritage assets	3,597	3,259
Bank charges	243	179
Accountancy and independent examination	1,357	1,191
Subscriptions	1,908	1,255
	<u>34,026</u>	<u>28,263</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

10. STAFF COSTS

	2022 £	2021 £
Wages and salaries	157,791	141,593
Social security costs	6,840	6,866
Other pension costs	2,768	2,740
	<u>167,399</u>	<u>151,199</u>

The average monthly number of employees during the year was as follows:

	2022	2021
Therapists	8	6
Administration	2	2
	<u>10</u>	<u>8</u>

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

The total employee benefits for key management personnel of the charity were £50,323 (2021: £50,331) (inclusive of employers national insurance). Key management personnel for the charity comprises the chief executive officer.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	28,274	-	113,426	141,700
Charitable activities				
Advice, Information & Therapy	123,121	-	-	123,121
Other trading activities	483	-	-	483
Total	<u>151,878</u>	<u>-</u>	<u>113,426</u>	<u>265,304</u>
EXPENDITURE ON				
Raising funds	406	-	-	406
Charitable activities				
Advice, Information & Therapy	75,000	3,259	107,503	185,762
Total	<u>75,406</u>	<u>3,259</u>	<u>107,503</u>	<u>186,168</u>
NET INCOME/(EXPENDITURE)	76,472	(3,259)	5,923	79,136
Transfers between funds	(16,395)	18,821	(2,426)	-
Net movement in funds	60,077	15,562	3,497	79,136

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
RECONCILIATION OF FUNDS				
Total funds brought forward	28,280	210,794	-	239,074
TOTAL FUNDS CARRIED FORWARD	<u>88,357</u>	<u>226,356</u>	<u>3,497</u>	<u>318,210</u>

12. GOVERNMENT GRANT AND CONTRACT INCOME

	2022 £	2021 £
Swindon Borough Council	77,475	85,000
National Lottery	184,749	70,000
HMRC	-	13,966
NHS	8,000	-

There were no unfulfilled conditions or other contingencies attached to these grants. The charity has not directly benefited from any other forms of government assistance.

13. TANGIBLE FIXED ASSETS

	Freehold property £	Computer and music equipment £	Totals £
COST			
At 1 April 2021	123,894	8,168	132,062
Additions	-	1,352	1,352
At 31 March 2022	<u>123,894</u>	<u>9,520</u>	<u>133,414</u>
DEPRECIATION			
At 1 April 2021	3,592	4,194	7,786
Charge for year	1,239	2,358	3,597
At 31 March 2022	<u>4,831</u>	<u>6,552</u>	<u>11,383</u>
NET BOOK VALUE			
At 31 March 2022	<u>119,063</u>	<u>2,968</u>	<u>122,031</u>
At 31 March 2021	<u>120,302</u>	<u>3,974</u>	<u>124,276</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	90	17,720
Prepayments and accrued income	144,909	12,853
	<u>144,999</u>	<u>30,573</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	7,534	6,693
Social security and other taxes	2,570	2,869
Accruals and deferred income	5,522	18,500
	<u>15,626</u>	<u>28,062</u>

Deferred income of £4,300 (2021: £17,500) relates to income received in advance for post year end fund raising events (2021: post year end service delivery).

16. MOVEMENT IN FUNDS

	At 1.4.21	Net	Transfers	At
	£	movement	between	31.3.22
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	88,357	48,317	(1,351)	135,323
Designated fund for functional fixed assets	124,277	(3,597)	1,351	122,031
Designated fund for exit costs	102,079	-	-	102,079
	<u>314,713</u>	<u>44,720</u>	<u>-</u>	<u>359,433</u>
Restricted funds				
Supporting loneliness and isolation	3,497	(3,497)	-	-
Youth project	-	134,513	-	134,513
	<u>3,497</u>	<u>131,016</u>	<u>-</u>	<u>134,513</u>
TOTAL FUNDS	<u>318,210</u>	<u>175,736</u>	<u>-</u>	<u>493,946</u>

Net movement in funds, included in the above are as follows:

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
General fund	198,750	(150,433)	48,317
Designated fund for functional fixed assets	-	(3,597)	(3,597)
	<u>198,750</u>	<u>(154,030)</u>	<u>44,720</u>
Restricted funds			
Supporting loneliness and isolation	-	(3,497)	(3,497)
Youth project	186,249	(51,736)	134,513
Well being for Haydon Wick residents	1,500	(1,500)	-
Art materials	3,000	(3,000)	-
	<u>190,749</u>	<u>(59,733)</u>	<u>131,016</u>
TOTAL FUNDS	<u>389,499</u>	<u>(213,763)</u>	<u>175,736</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	28,280	76,472	(16,395)	88,357
Designated fund for functional fixed assets	125,728	(3,259)	1,808	124,277
Designated fund for exit costs	85,066	-	17,013	102,079
	239,074	73,213	2,426	314,713
Restricted funds				
Renovations	-	2,426	(2,426)	-
Supporting loneliness and isolation	-	3,497	-	3,497
	-	5,923	(2,426)	3,497
TOTAL FUNDS	239,074	79,136	-	318,210

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	151,878	(75,406)	76,472
Designated fund for functional fixed assets	-	(3,259)	(3,259)
	151,878	(78,665)	73,213
Restricted funds			
Renovations	2,426	-	2,426
Supporting loneliness and isolation	10,000	(6,503)	3,497
Covid response and recovery	101,000	(101,000)	-
	113,426	(107,503)	5,923
TOTAL FUNDS	265,304	(186,168)	79,136

Loneliness and isolation - grant from National Lottery Awards for All to support those facing loneliness and isolation during the COVID pandemic

COVID response and recovery - grants to support the charity to continue to provide its arts and wellbeing services during the COVID pandemic.

Youth project - grants to support young people, many of whom come from high risk groups, such as those experiencing suicidal ideation, present with a range of complex needs, schizophrenia, drug and alcohol addictions, loneliness and isolation, and self-harm amongst others.

Designated Fund for Functional Assets - to ensure that adequate reserves are set aside to allow for the depreciation of the Charity's fixed assets.

Designated Fund for exit costs - to cover the exit costs if the charity had to close in 6 months.

Transfers between funds

The following transfers took place during the year:

Transfer to	Transfer from	Amount £	Reason
Designated fund for functional fixed assets	General fund	1,351	Fixed assets purchased

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

17. RELATED PARTY DISCLOSURES

The wife of the trustee, C Mattinson, is the Chief Executive Officer of the Charity. C Mattinson was not involved in the appointment of the CEO and the Charity has put processes in place to avoid any conflicts of interest.

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2021
for
IPSUM

MHA Monahans
Chartered Accountants
38-42 Newport Street
Swindon
Wiltshire
SN1 3DR

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for the Year Ended 31 March 2021

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IPSUM

Report of the Trustees **for the Year Ended 31 March 2021**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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).

On 1 April 2018 Swindon & Wiltshire Alcohol & Drug Services (SWADS) rebranded as IPSUM and transferred its trade and assets to this new charitable incorporated organisation (CIO) run by the same trustees and staff as SWADS.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our objectives are: To assist in the treatment, care, and rehabilitation of persons suffering from mental, emotional or psychological illness, including but not limited to issues relating to drug and alcohol abuse, by: (i) the provision of counselling and support concerned with the alleviation of symptoms and the cure of illness ancillary to those provided by the statutory authorities, and (ii) the provision of facilities for immersive creative therapies.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2021**

OBJECTIVES AND ACTIVITIES

Significant activities

IPSUM Programmes

We are very fortunate that our trained facilitators and therapists are supported by volunteers with a diverse range of skills and talents.

A rewarding part of our programme is to empower our service users and support them towards becoming peer mentor volunteers if they want to. This has been a successful intervention, building self-esteem and employment skills and for many of our clients who have since moved on to secure paid work.

New View Art Room

Daily workshops provide the opportunity for clients to try new ideas, experiment with different art mediums and try activities such as watercolour painting, acrylics, drawing, textiles, crafts, printmaking and more.

The Therapeutic Creative Arts are a powerful tool that can help to relieve anxiety, stress and tension. It can increase motivation and self-worth giving new outlets as a distraction technique and safe coping mechanisms.

Basement 13 Music Studio

Our music studio offers a chance for clients to experience the power of music through many different mediums. We are in the fortunate position to offer specialist music therapy groups with a world-renowned psychotherapist.

The opportunity to learn to play an instrument including guitar, bass guitar, keyboard and drums. With the support of our music facilitator there is the option to record your own music, songs or poetry in our professional studio.

IPSUM is also in the position to offer the exciting prospect of creating and engineering your own digital music with a tutor, using a computer programme which supports your learning.

No musical theory is needed to access learning. there is also the exciting prospect of taking a course in DJing.

We hold a weekly session to create a monthly radio show that is aired on a local radio station with special features, interviews and the chance to play some of the music produced in the studio.

The Art and Soul Show from the Sounds of IPSUM is on Swindon 105.5 FM. This is a fantastic opportunity for clients to showcase their work and be involved in production and engineering.

Therapeutic Creative Writing Courses

The creative writing courses offer an opportunity to explore the written word in a facilitated group. There is a mix of poetry, short stories and songs created by the clients embracing this very effective modality.

The safe space created by the tutor gives a platform for exploring the creative mind and can prove to be a very effective tool to learn and use as a healthy way to express thoughts and feelings.

Talking Therapies

What makes us unique is that clients are not limited to the 6 or 12 sessions of treatment that they can experience under NHS treatment services.

Our Counsellors come from a varied background of theoretical training which enables us to try to meet the needs of each individual.

Our Counselling & Psychotherapy Services are accessible to both 1:1 or couples. All Counsellors abide by the 'British Association for Counsellors and Psychotherapists' ethical guidelines and the charity is registered with them as our governing body.

Mindfulness, Meditation and Relaxation

IPSUM facilitates mindfulness and meditation courses run over a six-week period which teaches the art of healthy relaxation.

Exploring the theory behind the very healthy and powerful coping mechanism of relaxation underpins the learning and increases the client's self-awareness.

At the end of this course the client will have a life-long coping tool they can use in any situation.

Professional Training

IPSUM holds Continuing Professional Development days for Counsellors.

We also offer training packages and team building days to organisations.

We offer a range of CPD training including

IPSUM

Report of the Trustees **for the Year Ended 31 March 2021**

OBJECTIVES AND ACTIVITIES

'Managing Risky Situations'.
'Conflict in the Workplace'
'Stress, Anxiety and Mood management'
'How to manage difficult conversations'

Teambuilding

We use our Creative Studios as a platform to create that bespoke Teambuilding Day unlike any you have experienced before.

No need to worry about bad weather spoiling your employees' experience. A warm and inviting studio provides the space to challenge the group dynamics and bring your team together writing and recording their song in a day. And if music isn't the draw for your team then we can tailor a Teambuilding Day with a few surprises in the Art Studios where the team creates a masterpiece.

The Ground Café

A weekly drop in Café session is on offer for all our clients. This creates a safe space for clients to meet with others and widen their social circles through meeting with a diverse group of people. This is also a good place to hear about upcoming events and courses at IPSUM.

Public benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees consider that they have acted in the public benefit.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2021**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The Challenges

COVID-19 presented Ipsum with a huge challenge, especially as the situation escalated so quickly. Working with over 450 vulnerable people left Ipsum with the challenge of how we could best support our service users when our building was closed. We were acutely aware of the anxiety and stress the Pandemic has caused our service users, so we arranged that our phone lines were forwarded to 3 key staff to offer practical help and advice to help those finding it challenging and needing to hear a friendly voice.

We overcame this by reaching out by creating positive social media messages to drip feed out to service users, letting them know that we are still here on the end of a phone or email. We created these ourselves instead of posting generic messages as we felt that service users would connect more with a message sent from the Ipsum team that they have already developed trust and have a relationship with.

Another challenge was how to support our service users to not only access support across our media sites but help and assist those that find it another barrier to treatment as they are unable to connect as no ways or means to do so. We overcame this by identifying our most vulnerable service users and inviting them into our building thus combining virtual tutorials across Zoom with small face to face groups.

IPSUM created and delivered Art Packs to those most vulnerable who are unable to leave their homes but who would like to get involved with our weekly programme. We have also increased our YouTube presence which is available to anyone with internet access.

The Positives

At the beginning of 2020, connecting over social media was something IPSUM did on a relatively small scale, but now as we move through April 2021, we reach even more people now who are feeling alone and struggling in isolation, thus enabling our online sites to really support, signpost and encourage with coping strategies and the message that we can connect with each other even if our building has been closed.

We have set up online art classes, interactive sing a longs and digital audio workstation tutorials to help cope with isolation and lack of social interaction.

We created the 'Sticky Jam' which encouraged anyone feeling isolated to join us for a music session, even if you wanted to bang a saucepan with a spoon!!

IPSUM invited positive messages, pictures and stories to be sent to us and we shared them across our social media sites to help the community stay connected.

IPSUM will continue to offer telephone and zoom counselling weekly as well as face to face from April 19th, 2021. These are all things that we intend to 'blend in' and continue to develop for future service provision as we move slowly out of lockdown.

Zoom sessions including art sessions, poetry sessions and interactive music lessons have all been received positively and are well attended seeing a minimum of 6 on each call.

We will continue to upload to our Ipsum YouTube channel art sessions, meditation sessions, digital audio workstation lessons and chord progressions.

Outreach at The Olive Tree will recommence as it continues to be well attended, 8 per session x 2 sessions. In these unusual times we continue to review and adapt our services to fit the needs of our service users.

There is still a lot of raised anxiety about coming into Swindon and entering the building, so Ipsum has created a series of information videos to try and increase confidence.

IPSUM continues to work safely in accordance with government guidelines and has been lucky enough to receive some free PPE equipment in this last quarter from VAS. The extra disposable face masks for service users that attend without the proper protection, clear full-face visors for all staff and volunteers have been gratefully received. It is vitally important that our clients can see the faces of the workers and counselling provision.

All furniture has been replaced by chairs that could be wiped down effectively between each session.

The Zoom sessions work effectively alongside face-to-face sessions and increase capacity.

Snapshot of Art session, 8 could join us before Pandemic for each session, now we have 7 socially distanced within the building and we have seen a further 10 join the session virtually. Feedback from our service users' reps reports a fun, different dynamic and positive energy. 'It's good to see lots of other people to talk with'.

IPSUM averages 453 new presentations per year in addition to those already accessing our services.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2021**

However, a snapshot from September 2020, of new assessments completed, saw a significant increase to 67 for one month, highlighting the need for IPSUM to further extend its services for those needing support. This was a clear indicator of the impact of COVID 19 on our community's mental wellbeing and the need for us to not only keep the charity stable but to increase capacity to meet the increased need.

We intend to extend opening times to accommodate our young people by offering 2 evenings a week for music interventions (days to be confirmed) and Saturdays 10.00am -4.00pm
Art will also be offered Saturdays 10.00am - 4.00pm

Ipsium Counselling / Talking Therapies

Our aim has always been working towards opening our doors 7 days a week.
We are proud to now be in a position to offer counselling 4 evenings a week until 9.00pm
Saturdays 10.00am - 5.00pm
Sundays 10.00am - 1.00pm (by June 2021).

FINANCIAL REVIEW

Financial position

At 31 March 2021, total funds held were £318,210.

Reserves policy

The charity expects to hold sufficient reserves to cover all expenses incurred to fulfil the exit strategy; this will normally not be less than three months or more than six months operational costs. This has been estimated at £85,067. The charity may hold in reserve any monies which are restricted for the "life" of specific projects running outside the financial year. Additionally, the charity may "ring fence" non-restricted funds as reserves for specific project costs.

At 31 March 2021 the charity had total funds of £318,210. Of these funds, £3,497 are held as restricted and £226,356 have been designated for the following purposes:

£124,277	- Functional Fixed Assets
£102,079	- 6 month exit costs

The reserves held in excess of the required amount are £88,357 (being total funds less restricted and designated funds).

Going concern

The trustees acknowledge the deficit in year and the reduced bank balance. However, the trustee are confident that the charity will be able to generate sufficient income to meet its liabilities. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

Executive Committee Members are elected via the AGM. Anyone wishing to join the organisation as a trustee is required to put their name forward to the next available AGM and be elected onto the Committee. Each year one third of the Trustees are required to put their names forward for re-election at the AGM. This is done on a rotating basis.

Organisational structure

IPSUM is managed by the Executive Committee on which the Trustees serve and is responsible for the legal and financial management of the organisation. The Executive Committee meets 8 times a year and makes strategic decisions regarding the long-term development of the organisation. The Executive Committee is comprised of members from a wide and varied background. Key members of the volunteer group, service users and staff team are also invited to attend meetings as appropriate.

The charity makes decisions at the bi-monthly Executive Committee meetings. All Executive Committee meetings have an Agenda and items to be discussed are included and sent out in advance of the meetings, as are the minutes of the meeting and financial papers. All decisions are reached through discussion and consensus with the view of the representatives being considered. If no consensus is reached a vote would be taken, and in the case of a split decision the Chairperson would have the casting vote.

The trustees delegate day-to-day management to the Director, Julie Mattinson.

Induction and training of new trustees

New trustees go through an induction process to explain their responsibilities, the work of IPSUM, and to introduce them to key personnel within the organisation.

IPSUM

Report of the Trustees **for the Year Ended 31 March 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

The board of trustees review the pay of the chief Executive on an annual basis.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

IPSUM's Board of Trustees regularly review and assess the risks faced by our charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of our charitable activity and managing it effectively is essential for the trustees to achieve their key objectives and safeguard their charity's funds and assets.

IPSUM's approach for Operational risk is covered off across four stages which involve the preparing of a risk assessment, this could be for a project, organisation or set of operating processes.

These are:

- risk identification: identifying the main risks
- risk assessment: assessing the likelihood of each risk occurring and the consequences for the charity/organisation
- risk mitigation: identifying the most appropriate actions to reduce or eliminate the risk
- contingency assessment: identifying the contingencies that need to be put in place following the risk assessment.

Risk management is an ongoing process and has been fully integrated into our project management and review processes.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1176614

Principal address

Bradford House
13 Milton Road
Swindon
Wiltshire
SN1 5JE

Trustees

A Gould
Dr J Gould
M Woolls
C Mattinson

Independent Examiner

S G Fraser
FCA
MHA Monahans
Chartered Accountants
38-42 Newport Street
Swindon
Wiltshire
SN1 3DR

Approved by order of the board of trustees on 21 September 2021 and signed on its behalf by:

Dr J Gould - Trustee

Independent Examiner's Report to the Trustees of
IPSUM

Independent examiner's report to the trustees of IPSUM

I report to the charity trustees on my examination of the accounts of IPSUM (the Trust) for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

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 Trust 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 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.

S G Fraser
FCA
MHA Monahans
Chartered Accountants
38-42 Newport Street
Swindon
Wiltshire
SN1 3DR

9 November 2021

IPSUM

Statement of Financial Activities
for the Year Ended 31 March 2021

		Unrestricted fund	Designated Fund	Restricted funds	2021 Total funds	2020 Total funds
	Notes	£	£	£	£	£
INCOME AND ENDOWMENTS FROM						
Donations and legacies	2	28,274	-	113,426	141,700	22,992
Charitable activities	4					
Advice, Information & Therapy		48,121	-	75,000	123,121	75,088
Other trading activities	3	483	-	-	483	1,119
Total		76,878	-	188,426	265,304	99,199
EXPENDITURE ON						
Raising funds	5	406	-	-	406	1,681
Charitable activities	6					
Advice, Information & Therapy		-	3,259	182,503	185,762	191,990
Total		406	3,259	182,503	186,168	193,671
NET INCOME/(EXPENDITURE)		76,472	(3,259)	5,923	79,136	(94,472)
Transfers between funds	16	(16,395)	18,821	(2,426)	-	-
Net movement in funds		60,077	15,562	3,497	79,136	(94,472)
RECONCILIATION OF FUNDS						
Total funds brought forward		28,280	210,794	-	239,074	333,546
TOTAL FUNDS CARRIED FORWARD		88,357	226,356	3,497	318,210	239,074

The notes form part of these financial statements

IPSUM

Balance Sheet
31 March 2021

		Unrestricted fund	Designated Fund	Restricted funds	2021 Total funds	2020 Total funds
	Notes	£	£	£	£	£
FIXED ASSETS						
Tangible assets	13	-	124,276	-	124,276	125,727
CURRENT ASSETS						
Debtors	14	30,573	-	-	30,573	27,945
Cash at bank and in hand		68,346	102,080	20,997	191,423	117,140
		<u>98,919</u>	<u>102,080</u>	<u>20,997</u>	<u>221,996</u>	<u>145,085</u>
CREDITORS						
Amounts falling due within one year	15	(10,562)	-	(17,500)	(28,062)	(31,738)
		<u>88,357</u>	<u>102,080</u>	<u>3,497</u>	<u>193,934</u>	<u>113,347</u>
NET CURRENT ASSETS						
		<u>88,357</u>	<u>102,080</u>	<u>3,497</u>	<u>193,934</u>	<u>113,347</u>
TOTAL ASSETS LESS CURRENT LIABILITIES						
		<u>88,357</u>	<u>226,356</u>	<u>3,497</u>	<u>318,210</u>	<u>239,074</u>
NET ASSETS						
		<u>88,357</u>	<u>226,356</u>	<u>3,497</u>	<u>318,210</u>	<u>239,074</u>
FUNDS	16					
Unrestricted funds:						
General fund					88,357	28,281
Designated fund for functional fixed assets					124,277	125,727
Designated fund for exit costs					102,079	85,066
					<u>314,713</u>	<u>239,074</u>
Restricted funds:						
Supporting loneliness and isolation					3,497	-
TOTAL FUNDS					<u>318,210</u>	<u>239,074</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21 September 2021 and were signed on its behalf by:

J Gould - Trustee

A Gould - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared on a going concern basis and are presented in Sterling which is the functional currency of the Charity, and rounded to the nearest pound.

There are no significant areas of judgements or key sources of estimation uncertainty.

Going concern

The trustees acknowledge the deficit in year and the reduced bank balance. However, the trustee are confident that the charity will be able to generate sufficient income to meet its liabilities. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

General information and Legal status of the Charity

The charity is a charitable incorporated organisation. The address of the registered office is given in the trustees report. The nature of the charity's operations and principal activities are given in the trustees report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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 Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 1% straight line
Computer and music equipment	- 25% on straight line basis

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

IPSUM

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES - continued

Financial risk management

The charity has minimal exposure to customer credit risk, liquidity risk and market risk. Please refer to the risk section of the trustees annual report for information on how risks are managed. The charity does not have any non basic financial instruments.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2021 £	2020 £
Donations	7,902	11,707
Gift aid	12,798	11,285
Grants	121,000	-
	<u>141,700</u>	<u>22,992</u>

Grants received, included in the above, are as follows:

	2021 £	2020 £
Swindon Borough Council	10,000	-
National Lottery Awards for All	10,000	-
Wiltshire Community Foundation	41,000	-
Big Lottery	60,000	-
	<u>121,000</u>	<u>-</u>

3. OTHER TRADING ACTIVITIES

	2021 £	2020 £
Fundraising events	<u>483</u>	<u>1,119</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

4. INCOME FROM CHARITABLE ACTIVITIES

		2021 £	2020 £
Client fees	Activity		
	Advice, Information & Therapy	34,155	52,338
Other income	Advice, Information & Therapy	-	250
Grants	Advice, Information & Therapy	88,966	22,500
		<u>123,121</u>	<u>75,088</u>

Grants received, included in the above, are as follows:

	2021 £	2020 £
Swindon Borough Council	70,000	17,500
Children and Family Wellbeing Service	5,000	5,000
Coronavirus Job Retention Scheme	13,966	-
	<u>88,966</u>	<u>22,500</u>

5. RAISING FUNDS

Raising donations and legacies

	2021 £	2020 £
Consultancy fees	-	900
Fundraising costs	406	781
	<u>406</u>	<u>1,681</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £	Support costs (see note 8) £	Totals £
Advice, Information & Therapy	<u>157,499</u>	<u>28,263</u>	<u>185,762</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021 £	2020 £
Staff costs	151,199	146,344
Supervision & Counselling	6,300	13,520
	<u>157,499</u>	<u>159,864</u>

8. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Advice, Information & Therapy	<u>25,638</u>	<u>179</u>	<u>2,446</u>	<u>28,263</u>

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

8. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

	2021 Advice, Information & Therapy £	2020 Total activities £
Insurance	5,825	5,621
Volunteer expenses	-	45
Telephone and internet	2,459	5,974
Postage, stationery and computer expenses	4,423	1,505
Travel and subsistence	1,188	34
Sundries	75	1,330
Subscriptions	-	1,461
Utilities & running costs	8,409	11,049
Depreciation of tangible and heritage assets	3,259	2,682
Bank charges	179	26
Accountancy and independent examination	1,191	2,399
Subscriptions	1,255	-
	<u>28,263</u>	<u>32,126</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

10. STAFF COSTS

	2021 £	2020 £
Wages and salaries	141,593	135,270
Social security costs	6,866	8,272
Other pension costs	2,740	2,802
	<u>151,199</u>	<u>146,344</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Therapists	6	4
Administration	2	2
	<u>8</u>	<u>6</u>

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

The total employee benefits for key management personnel of the charity were £50,331 (2020: £47,832) (inclusive of employers national insurance). Key management personnel for the charity comprises the chief executive officer.

IPSUM

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Designated Fund	Restricted funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	19,469	-	3,523	22,992
Charitable activities				
Advice, Information & Therapy	52,588	-	22,500	75,088
Other trading activities	1,119	-	-	1,119
Total	73,176	-	26,023	99,199
 EXPENDITURE ON				
Raising funds	1,681	-	-	1,681
Charitable activities				
Advice, Information & Therapy	76,533	89,434	26,023	191,990
Total	78,214	89,434	26,023	193,671
NET INCOME/(EXPENDITURE)	(5,038)	(89,434)	-	(94,472)
Transfers between funds	(1,713)	1,713	-	-
Net movement in funds	(6,751)	(87,721)	-	(94,472)
 RECONCILIATION OF FUNDS				
Total funds brought forward	35,032	298,514	-	333,546
 TOTAL FUNDS CARRIED FORWARD	28,281	210,793	-	239,074

12. GOVERNMENT GRANT INCOME

	2021 £	2020 £
Swindon Borough Council	85,000	22,500
National Lottery	70,000	-
HMRC	13,966	-

There were no unfulfilled conditions or other contingencies attached to these grants. The charity has not directly benefited from any other forms of government assistance.

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

13. TANGIBLE FIXED ASSETS

	Freehold property £	Computer and music equipment £	Totals £
COST			
At 1 April 2020	123,894	6,360	130,254
Additions	-	1,808	1,808
At 31 March 2021	123,894	8,168	132,062
DEPRECIATION			
At 1 April 2020	2,353	2,174	4,527
Charge for year	1,239	2,020	3,259
At 31 March 2021	3,592	4,194	7,786
NET BOOK VALUE			
At 31 March 2021	120,302	3,974	124,276
At 31 March 2020	121,541	4,186	125,727

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	17,720	18,400
Prepayments and accrued income	12,853	9,545
	30,573	27,945

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	6,693	4,587
Social security and other taxes	2,869	2,853
Accruals and deferred income	18,500	24,298
	28,062	31,738

Deferred income of £17,500 (2020: £21,658) relates to income received in advance for post year end service delivery.

16. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	28,280	76,472	(16,395)	88,357
Designated fund for functional fixed assets	125,728	(3,259)	1,808	124,277
Designated fund for exit costs	85,066	-	17,013	102,079
	239,074	73,213	2,426	314,713
Restricted funds				
Renovations	-	2,426	(2,426)	-
Supporting loneliness and isolation	-	3,497	-	3,497
	-	5,923	(2,426)	3,497
TOTAL FUNDS	239,074	79,136	-	318,210

IPSUM

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	76,878	(406)	76,472
Designated fund for functional fixed assets	-	(3,259)	(3,259)
	<u>76,878</u>	<u>(3,665)</u>	<u>73,213</u>
Restricted funds			
SBC - arts based wellbeing service	70,000	(70,000)	-
CFWS - 16-25 years	5,000	(5,000)	-
Renovations	2,426	-	2,426
Supporting loneliness and isolation	10,000	(6,503)	3,497
Covid response and recovery	101,000	(101,000)	-
	<u>188,426</u>	<u>(182,503)</u>	<u>5,923</u>
TOTAL FUNDS	<u>265,304</u>	<u>(186,168)</u>	<u>79,136</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	35,032	(5,038)	(1,713)	28,281
Designated fund for functional fixed assets	124,196	(2,682)	4,213	125,727
Designated fund for exit costs	85,066	-	-	85,066
Designated fund for youth projects	40,000	(40,000)	-	-
Designated fund for counselling projects	46,752	(46,752)	-	-
Designated fund for property improvements and maintenance	2,500	-	(2,500)	-
	<u>333,546</u>	<u>(94,472)</u>	<u>-</u>	<u>239,074</u>
TOTAL FUNDS	<u>333,546</u>	<u>(94,472)</u>	<u>-</u>	<u>239,074</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	73,176	(78,214)	(5,038)
Designated fund for functional fixed assets	-	(2,682)	(2,682)
Designated fund for youth projects	-	(40,000)	(40,000)
Designated fund for counselling projects	-	(46,752)	(46,752)
	<u>73,176</u>	<u>(167,648)</u>	<u>(94,472)</u>
Restricted funds			
SBC - arts based wellbeing service	17,500	(17,500)	-
CFWS - 16-25 years	5,000	(5,000)	-
New digital audio workshop	3,523	(3,523)	-
	<u>26,023</u>	<u>(26,023)</u>	<u>-</u>
TOTAL FUNDS	<u>99,199</u>	<u>(193,671)</u>	<u>(94,472)</u>

IPSUM

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

16. MOVEMENT IN FUNDS - continued

SBC - Arts Based Wellbeing Service - grant to provide an arts based wellbeing service.

CFWS - grant to support 16-25 year olds.

New digital audit workshop - a donation was received to fund the conversion of the basement kitchen into a separate digital workshop area.

Loneliness and isolation - grant from National Lottery Awards for All to support those facing loneliness and isolation during the COVID pandemic

COVID response and recovery - grants to support the charity to continue to provide its arts and wellbeing services during the COVID pandemic.

Renovation - a donation towards the renovation of the building.

Designated Fund for Functional Assets - to ensure that adequate reserves are set aside to allow for the depreciation of the Charity's fixed assets.

Designated Fund for exit costs - to cover the exit costs if the charity had to close in 6 months.

Transfers between funds

The following transfers took place during the year:

Transfer to	Transfer from	Amount £	Reason
Designated fund for functional fixed assets	General fund	1,808	Fixed assets purchased
Designated fund for exit costs	General fund	17,013	Increase in exit costs
General fund	Renovations	2,426	Spend on this fund was incurred in 2019/20

17. RELATED PARTY DISCLOSURES

The wife of the trustee, C Mattinson, is the Chief Executive Officer of the Charity. C Mattinson was not involved in the appointment of the CEO and the Charity has put processes in place to avoid any conflicts of interest.