

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

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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.

IPSUM

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

Ipsium 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.

Ipsium 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 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

IPSUM

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:

IPSUM

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)						
Transfers between funds	16	59,193 <u>51,414</u>	(3,101) <u>(51,414)</u>	(21,445) <u>-</u>	34,647 <u>-</u>	175,736 <u>-</u>
Net movement in funds		110,607	(54,515)	(21,445)	34,647	175,736
 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
		<u>253,169</u>	<u>50,591</u>	<u>113,068</u>	<u>416,828</u>	<u>387,541</u>
CREDITORS						
Amounts falling due within one year	15	(7,239)	-	-	(7,239)	(15,626)
NET CURRENT ASSETS		<u>245,930</u>	<u>50,591</u>	<u>113,068</u>	<u>409,589</u>	<u>371,915</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>245,930</u>	<u>169,595</u>	<u>113,068</u>	<u>528,593</u>	<u>493,946</u>
NET ASSETS		<u>245,930</u>	<u>169,595</u>	<u>113,068</u>	<u>528,593</u>	<u>493,946</u>
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	-
					<u>415,525</u>	<u>359,433</u>
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	-
					<u>113,068</u>	<u>134,513</u>
TOTAL FUNDS					<u>528,593</u>	<u>493,946</u>

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>

IPSUM

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>

IPSUM

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	120,037	144,909
	<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.