

**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

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**for the Year Ended 31 March 2024**

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## **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	£	£	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>						
Donations and legacies	2	27,244	-	5,000	32,244	170,501
<b>Charitable activities</b>	4					
Advice, Information & Therapy		141,966	-	-	141,966	133,093
Other trading activities	3	946	-	-	946	12,420
<b>Total</b>		<u>170,156</u>	<u>-</u>	<u>5,000</u>	<u>175,156</u>	<u>316,014</u>
<b>EXPENDITURE ON</b>						
Raising funds	5	14,091	-	3,060	17,151	18,159
<b>Charitable activities</b>	6					
Advice, Information & Therapy		207,187	16,410	91,908	315,505	263,208
<b>Total</b>		<u>221,278</u>	<u>16,410</u>	<u>94,968</u>	<u>332,656</u>	<u>281,367</u>
<b>NET INCOME/(EXPENDITURE)</b>		(51,122)	(16,410)	(89,968)	(157,500)	34,647
<b>Transfers between funds</b>	16	(2,050)	2,050	-	-	-
<b>Net movement in funds</b>		<u>(53,172)</u>	<u>(14,360)</u>	<u>(89,968)</u>	<u>(157,500)</u>	<u>34,647</u>
<b>RECONCILIATION OF FUNDS</b>						
Total funds brought forward		245,930	169,595	113,068	528,593	493,946
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>192,758</u>	<u>155,235</u>	<u>23,100</u>	<u>371,093</u>	<u>528,593</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	£	£	£	£	£
<b>FIXED ASSETS</b>						
Tangible assets	13	-	118,494	-	118,494	119,004
<b>CURRENT ASSETS</b>						
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>
<b>CREDITORS</b>						
Amounts falling due within one year	15	(7,422)	-	-	(7,422)	(7,239)
<b>NET CURRENT ASSETS</b>		<u>192,758</u>	<u>36,741</u>	<u>23,100</u>	<u>252,599</u>	<u>409,589</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>192,758</u>	<u>155,235</u>	<u>23,100</u>	<u>371,093</u>	<u>528,593</u>
<b>NET ASSETS</b>		<u>192,758</u>	<u>155,235</u>	<u>23,100</u>	<u>371,093</u>	<u>528,593</u>
<b>FUNDS</b>	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>
<b>TOTAL FUNDS</b>					<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
	£	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies	57,173	-	113,328	170,501
<b>Charitable activities</b>				
Advice, Information & Therapy	133,093	-	-	133,093
Other trading activities	12,420	-	-	12,420
<b>Total</b>	<u>202,686</u>	<u>-</u>	<u>113,328</u>	<u>316,014</u>
<b>EXPENDITURE ON</b>				
Raising funds	6,219	-	11,940	18,159
<b>Charitable activities</b>				
Advice, Information & Therapy	137,274	3,101	122,833	263,208
<b>Total</b>	<u>143,493</u>	<u>3,101</u>	<u>134,773</u>	<u>281,367</u>
<b>NET INCOME/(EXPENDITURE)</b>	59,193	(3,101)	(21,445)	34,647
<b>Transfers between funds</b>	51,414	(51,414)	-	-
<b>Net movement in funds</b>	110,607	(54,515)	(21,445)	34,647
<b>RECONCILIATION OF FUNDS</b>				
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
	£	£	£	£
<b>TOTAL FUNDS CARRIED FORWARD</b>	<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 £
<b>COST</b>			
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>
<b>DEPRECIATION</b>			
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>
<b>NET BOOK VALUE</b>			
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 £
<b>Unrestricted funds</b>				
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>
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
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>
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>				
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>
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
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>
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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.