

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

	Page
Report of the Trustees	1 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11 to 19
Detailed Statement of Financial Activities	20 to 21

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 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

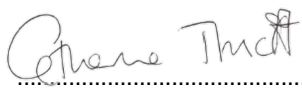
Balance Sheet
31 March 2025

		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		236,138	27,055	9,841	273,034	237,257
		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		257,687	27,055	9,841	294,583	274,649
TOTAL ASSETS LESS CURRENT LIABILITIES		257,687	144,254	9,841	411,782	393,143
NET ASSETS		257,687	144,254	9,841	411,782	393,143
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					20,500	20,500
					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					3,458	-
					9,841	23,100
TOTAL FUNDS					411,782	393,143

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
	<hr/> 205,697	<hr/> 54,294
Other trading activities		
Fundraising events	-	946
Charitable activities		
Client fees	80,464	71,966
Contracts for services	71,610	70,000
	<hr/> 152,074	<hr/> 141,966
Total incoming resources	357,771	197,206
EXPENDITURE		
Raising donations and legacies		
Bid writing fee	-	17,032
Fundraising costs	388	119
	<hr/> 388	<hr/> 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
	<hr/> 273,937	<hr/> 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
	<hr/> 56,748	<hr/> 67,848
Finance		
Bank charges	446	302
Governance costs		
Accountancy and independent examination	3,434	3,292
Subscriptions	4,179	2,406
	<hr/> 7,613	<hr/> 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)