

GET ME OUT THE FOUR WALLS

England & Wales · Charity number 1177508

Details

Status Registered

Legal form CIO

Registered 2018-03-12

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

Contact

Address Sexty & Co
124 Thorpe Road
Norwich
NR1 1RS

Phone 01603335983

Email INFO@GETMEOUT.ORG.UK

Website www.getmeout.org.uk

Activities

Objects: To provide relief to parents and carers affected by social isolation, by means of peer support, advice, and the provision of social activities. To advance the awareness and education of the public in matters relating to mental health conditions, specifically during the Perinatal period, and mental wellbeing. To advance the health and education of parents and carers by providing information, advice and guidance about parenting and other support available.

Activities: Get Me Out The Four Walls offers peer support and informal social meets for parents/carers, living in Norfolk to overcome social isolation. Our social meets are organised by our team of volunteer Ambassadors. We offer support through information, advice, and guidance. We utilise the local network of voluntary sector and professional organisations to signpost towards additional support.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Norfolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£39,685	£63,574	-	-
2024-03-31	£62,560	£54,687	-	-
2023-03-31	£56,460	£63,455	-	-
2022-03-31	£56,132	£38,064	-	-
2021-03-31	£38,817	£35,718	-	-

Trustees

Name	Role	Appointed
Eleanor Rose Mason	Chair	2020-03-31
Dr Joanne Hodgekins Mills		2024-03-14
Jeanette Lovatt		2026-01-08
Kelly Anne Moulds		2026-01-08

GET ME OUT THE FOUR WALLS

England & Wales - Charity number 1177508

Accounts

GET ME OUT THE FOUR WALLS
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2025

Registered Charity No. 1177508



GET ME OUT THE FOUR WALLS
INDEX TO REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2025

	Page
Reference and Administrative Details	1
Report of the Trustees	2 – 7
Report of the Independent Examiners	8
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11 - 17

GET ME OUT THE FOUR WALLS

REFERENCE AND ADMINISTRATIVE DETAILS

Status

Get Me Out The Four Walls (CIO) is governed by its constitution and registered with the Charity Commission on 12 March 2018, registration number 1177508, as a Charitable Incorporated Organisation (CIO) (Company number CE013505) whose primary objects are as stated on page 2.

Trustees

The trustees serving during the year and since the year end were as follows:

Eleanor Mason (Chair)	
Lesley Bradfield (Vice Chair)	(Resigned November 2025)
Dr Jo Hodgekins Mills	
Zoe Webber	
Fred Bradfield	(Resigned November 2025)

Chief Executive Officer

Carrie Degraça

Place of Business

9 Mason Road
Norwich
NR6 6RF

Registered Office

c/o 124 Thorpe Road, Norwich, NR1 1RS

Independent Examiners

Sexty & Co, 124 Thorpe Road, Norwich, NR1 1RS

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2025

The trustees present their report and the financial statements of the Charitable Incorporation Organisation (CIO) for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the CIO.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

OBJECTIVES AND ACTIVITIES

Principal activity

Get Me Out The Four Walls offers peer support and informal social meets for parents/carers, living in Norfolk and Suffolk to overcome social isolation. Our social meets are organised by our team of volunteer Ambassadors. We offer support through information, advice, and guidance. We utilise the local network of voluntary sector and professional organisations to signpost towards additional support.

The objectives of the Charity, as set out in our Constitution, are:

To provide relief to parents and carers affected by social isolation, by means of peer support, advice, and the provision of social activities. To advance the awareness and education of the public in matters relating to mental health conditions, specifically during the Perinatal period, and mental wellbeing. To advance the health and education of parents and carers by providing information, advice and guidance about parenting and other support available.

Our purpose

- To reduce social isolation and improve access to wellbeing and mental health services for parents and carers.
- To amplify the voices of service users to influence local, regional, and national policy.

Our values

- **Inclusive** - we create socials in environments which are inclusive for everyone, free from stigma and discrimination of any kind
- **Friendly** - we take a welcoming, caring, and friendly approach to all
- **Trustworthy** - Our staff and volunteers are genuine, respectful, and safety checked
- **Supportive** - we give impactful and meaningful support to help parents improve their wellbeing and to make social and community connections
- **Understanding** - we are empathic, accepting, and open-minded

Our goals

- To recruit and retain Ambassadors located within Norfolk to enable an increased number of both physical meets and online social events.
- To ensure there are sufficient funds available to the Charity to achieve its operational, HR and marketing goals and to sustain the charity's long-term survival.
- To campaign for improved access to wellbeing and mental health services for parents and carers.
- To grow the Charity in Norfolk.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2025 (continued)

OBJECTIVES AND ACTIVITIES (continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

GMOTFW was originally set up in 2015 with the objective of supporting new parents in Norfolk who are struggling with aspects of social isolation and loneliness which can also affect their mental health during the Perinatal period.

GMOTFW became registered as a Charitable Incorporated Organisation (CIO) in 2018. It is governed by its Constitution document.

Our Trustees are appointed at a Trustee meeting, for a minimum term of 3 years by the board of Trustees as and when appropriate, with due regard to them possessing the skills, knowledge and experience needed for the effective administration of our organisation. Our constitution defines that we have a minimum of three and a maximum of twelve Trustees at any time.

Persons interested in becoming a Trustee will have an interview and DBS check carried out, before being elected to the board.

The full board of Trustees meet, at least, every 2 months to discuss the charity finances, funding and meet data.

Organisational structure

The Board of Trustees of Get Me Out The Four Walls (an unincorporated Trust, Registered Charity 1065775) established the Charitable Incorporated Organisation (CIO) also named Get Me Out The Four Walls as a corporate successor to the trust and was registered on 7 March 2016 (Registered Charity 1170605). All assets and liabilities were transferred from the unincorporated trust to the new CIO on 30 April 2018. The trustees concluded that a CIO is a more appropriate structure for the charity, as a CIO can enter into contracts as a corporate body and provide a greater degree of protection to trustees from liability.

The charity currently has 3 part-time paid members of staff, and 14 active volunteer Ambassadors. Ambassadors are volunteers, who are recruited, trained in safeguarding, and have an enhanced DBS check before they take up their roles. Often Ambassadors are former beneficiaries of the charity's support activities.

Risk assessment

The trustees have identified the major risks to which the charity is exposed and have ensured appropriate systems and controls are in place to provide reasonable assurance against fraud and error.

ACHIEVEMENTS AND PERFORMANCE

In planning our activities for 2024-25, we kept in mind the Charity Commission's guidance on public benefits at our Trustee meetings.

During this year we held a total of 32 social meets around Norfolk with 240 attendees. The number of Meets decreased from last year due to a number of our long-standing Ambassadors moving on from the charity as their children reached school age. The Trustees would like to thank them for their involvement and support of Get Me Out The Four Walls

GET ME OUT THE FOUR WALLS
REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2025 (continued)

ACHIEVEMENTS AND PERFORMANCE (continued)

Another factor was, as our Volunteer Coordinator position was vacant for several months during this year, we have been unable to recruit as many new Ambassadors as we would like. Interestingly number of attendees has remained virtually unchanged, so our Meets held this year have attracted higher numbers of families than last year.

We received funding this year for the following projects:

Funded by the Norfolk Community Foundation we have started a project to offer support to Dads and Dads to be within the first 1001 days of their child's life. The project is focused on increasing the socialisation of Dads and male caregivers to help them make friends and spend valuable time with their children. So far we have hosted events in Norwich and Great Yarmouth which will continue throughout 2025.

Big Day Out 2024 – Funded by local businesses from the BNI City Chapter, we took 78 parents and children for a free Big Day Out in Great Yarmouth in August 2024. The funding covered coach travel, refreshments and a hot fish & chip lunch for everyone to enjoy. The Sprowston Tesco donated buckets and spades for the families and we even bought everyone an ice cream too. The day was planned to offer a summer holiday day out to those families who may not be able to afford a family holiday due to the cost of living crisis, or those families who were vulnerable and could benefit from a treat. The day was a great success and we intend to apply for funding to run similar days out in the summer of 2025 across different areas of Norfolk to make them accessible to all.

Sensory Explorers – Funded by Family Hubs (formally DECAN) this project offers a weekly free Baby sensory session in our Hub to families with children under the age of 18 months. Often these sessions can cost upwards of £6 per session in the community and can be unaffordable to many families. Sensory sessions not only help to aid the child's development but also gives parents valuable bonding time with their baby and an opportunity to meet others. During this year we had a total of 147 attendees at our sessions.

We also completed two projects started in the previous year:

West Norfolk – our final events this year attracted 80 attendees.

Socials by the Sea in Great Yarmouth were attended by 121 parents and children, and we also recruited three new parent Ambassadors.

Our peer support service has gone from strength to strength this year with 351 one to one sessions given to active service users and we have supported 112 walk ins to our Hub and service users who needed crisis support. We have purchased Charity Log to record all client data to meet with confidential and legal requirements. We hope to expand our service next year to help Norfolk parents access faster support, as demand is ever increasing and NHS waiting lists continue to grow.

This year has been challenging in terms of our Hub activity, as we were given notice to quit our rooms at The Hewett School due to the rebuilding programme. We were very sorry to leave, and the consequential hunt for a suitable new venue in Norwich within our budget proved to be very difficult and time consuming.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2025 (continued)

ACHIEVEMENTS AND PERFORMANCE (continued)

This meant that we were unable to offer any Hub provision for three months while we waited to gain access to our new location in Mason Road, NR6, and then had to carry out an extensive programme of refurbishment to make the venue safe and welcoming for families and our staff. We would like to thank Leathes Prior for their pro bono legal services especially given the amount of time and effort it took to sort out the leasehold. Despite the lack of a Hub, our staff team continued to support Norfolk families and organise fundraising activities including our second sold out Christmas Afternoon Tea at The Assembly House. Our new Hub is now open five days a week during term time and every other Saturday, with plans to expand our activities at the weekend. We have continued to open for two days a week during the school holidays to enable families with older children to participate in our activities which include crafts, baby sensory and a film club. Due to the three months we were not open, our attendance figures were lower than last year but the 767 parents and children that visited us still shows that our facility is well used and needed.

Social Media continues to be an important way of us reaching Norfolk families. We continued to grow our social media presence by increasing the number of followers. During this year, our Face Book public page has increased by 5.4% (250 new followers) and our Norfolk group page has again increased its membership. We received funding this year from Giving Days to pay for a new website that has already generated a greater number of enquiries about the support we offer. We were also able to upgrade our IT systems so they are now fit for purpose thanks to funding from the Norfolk Community Foundation Love Norfolk campaign.

We would like to thank Beth Refroy who took on the role of Volunteer Coordinator for six months during this year and welcome Holly Evans that joined us in this role in January 2025. With thanks to funding from Norwich Consolidated Charities we were able to recruit a second Peer Support Worker Danika Miles who started with us in July. Three of our Trustees have retired from the Board and we thank Lucy Shires, Lesley Bradfield and Fred Bradfield for their support. We would also like to thank our Fundraiser Colin Lang for the efforts he made during his time with us to raise funds and wish him well for his retirement. We recruited a new Fundraiser Claire Abbs in November, and she has already succeeded in obtaining new revenue streams for our charity.

FINANCIAL REVIEW

Reserves

Cash at the bank at 31st March 2025 was £23,226 (2024 - £46,908). The Statement of Financial Activities shows a deficit for the year of £23,889 (2024 – £7,873) and total reserves stand at £22,072 (2024 - £45,961).

Our financial position worsened this year due to the following factors. Firstly it has proved to be more difficult to obtain grants from many donating organisations as the economic climate continues to very difficult and more charities are applying for the same funding sources. Secondly due to the ill health of our Fundraiser, there was a period of time when we were not actively applying for grants. Lastly we have had to spend a substantial amount of money to refurbish the new Hub before we could open it to families. The agreement we have with our landlord means that this expenditure will be offset against our rent, which is greatly reduced to reflect this. With the appointment of our new Fundraiser, early indications are that our financial situation will improve next year, as we have submitted a large number of grant applications, some of which we have already been notified have been successful.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2025 (continued)

SUMMARY OF THE YEAR AND FUTURE PLANS

It has been a challenging year for our charity in terms of staff and Trustee turnover and having to move to a new venue. During this year, however, the Board of Trustees has overseen the following achievements:

- A total overhaul of our IT hardware and software including the introduction of Charity Log to record our peer support worker client data.
- Creating a new website to reflect the support we can offer, and which allows parents to contact us more easily.
- Piloting a new social meet up event with our first 'Big Day Out'.
- Instigating a programme of policy reviews at Board meetings

Looking ahead, our priorities for next year are to secure funding for our second Peer Support Worker as there is a growing demand for parental peer support in Norfolk. We are aiming to recruit more Ambassadors, particularly in North and West Norfolk. Getting funding remains challenging and we need to develop our fundraising strategies so we can sustain our current level of activity and hopefully continue to

grow our presence, so we are able to offer all families in Norfolk the opportunity to escape their four walls.

The Trustees would like to thank our staff, Ambassadors and volunteers for all their efforts to ensure that the charity is able to support a growing number of Norfolk families.

Trustees responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

GET ME OUT THE FOUR WALLS

**REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2025 (continued)**

Public benefit statement

The Trustees confirm that they have complied with the requirements in Section 17 of the Charities Act 2011 to have due regard to public benefit in determining the activities undertaken by the charity. As a charity we wish to emphasise the public benefit which our work provides. Our services are available to parents and carers living in Norfolk and Suffolk affected by social isolation and aims to provide relief by means of peer support, advice and the provision of social activities.

By order of the trustees

.....
Eleanor Mason
Chair

.....
Dr Jo Hodgekins Mills
Trustee

Date:

GET ME OUT THE FOUR WALLS
INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF GET ME OUT THE FOUR WALLS

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025 which are set out on pages 9 to 17.

Responsibilities and basis of report

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

.....
A Orves FCCA, FCA
For and on behalf of Sexty & Co
Chartered Certified Accountants
124 Thorpe Road
Norwich
NR1 1RS

Date:

GET ME OUT THE FOUR WALLS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR TO 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
INCOME FROM:					
Donations, grants and legacies	2	13,153	22,048	35,201	58,655
Charitable activities	3	4,484	-	4,484	3,905
Total income		17,637	22,048	39,685	62,560
EXPENDITURE ON:					
Raising funds	4	5,483	-	5,483	2,710
Charitable activities	5	7,662	21,971	29,633	22,284
Support costs	6	12,056	16,402	28,458	29,693
Restricted fund repaid					
Total expenditure		25,201	38,373	63,574	54,687
Net (expenditure)/income		(7,564)	(16,325)	(23,889)	7,873
Transfers between funds		-	-	-	-
Net movement in funds		(7,564)	(16,325)	(23,889)	7,873
Reconciliation of funds:					
Total funds brought forward		20,547	25,414	45,961	38,088
Total funds carried forward		12,983	9,089	22,072	45,961

GET ME OUT THE FOUR WALLS

BALANCE SHEET AS AT 31 MARCH 2025

	Note	31 March 2025		31 March 2024	
		£	£	£	£
FIXED ASSETS					
Tangible assets	8		346		553
CURRENT ASSETS					
Cash at bank and in hand		<u>23,226</u>		<u>46,908</u>	
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	9	<u>1,500</u>		<u>1,500</u>	
			21,726		45,408
NET ASSETS			<u>22,072</u>		<u>45,961</u>
CHARITY FUNDS					
Unrestricted funds	13		12,983		20,547
Restricted funds	13		9,089		25,414
Total charity funds			<u>22,072</u>		<u>45,961</u>

The financial statements on pages 9 to 16 were approved and authorised by the trustees on
and were signed on their behalf by:

.....

Eleanor Mason – Chair

.....

Dr Jo Hodgekins Mills - Trustee

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025

1. Summary of significant accounting policies

1.1 General information and basis of preparation

The Charitable Incorporated Organisation (CIO) constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.3 Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the CIO is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the CIO will have been notified of the amounts and the settlement date. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income includes income earned from fundraising events to raise funds for the CIO.

Income from grants is recognised at fair value when the CIO has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Interest income is recognised as the CIO right to receive payment is established. Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025 (Continued)

1.4 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, and administration costs. They are incurred directly in support of expenditure on the objects of the charity.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer equipment - 20% straight line

1.6 Value Added Tax (VAT)

The CIO is not registered for VAT and accordingly irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

1.8 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the CIO to be able to continue as a going concern.

2 Income from donations, grants and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 31 March 2025 £	Total 31 March 2024 £
Donations and grants	13,153	22,048	35,201	58,655
Total donations, grants and legacies	13,153	22,048	35,201	58,655

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025 (Continued)

3	Income from charitable activities	Unrestricted funds 2025 £	Restricted Funds 2025 £	Total 31 March 2025 £	Total 31 March 2024 £
	Virgin Giving Money/Easy Fundraising	1,748	-	1,748	499
	Fundraising events	2,696	-	2,696	1,533
	Room hire income	40	-	40	896
	Nutcracker	-	-	-	977
	Total income from other trading activities	4,484	-	4,484	3,905

4	Cost of raising funds	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 31 March 2025 £	Total 31 March 2024 £
	Fundraising costs	5,483	-	5,483	2,710
	Total cost of generating funds	5,483	-	5,483	2,710

5	Costs of charitable activities in furtherance of the charity's objects	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 31 March 2025 £	Total 31 March 2024 £
	Wages	3,153	17,996	21,149	15,586
	Events and meets	4,509	3,975	8,484	6,281
	Other	-	-	-	417
	Total costs of activities in furtherance of the charity's objects	7,662	21,971	29,633	22,284

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025 (Continued)

6 Support costs

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 31 March 2025 £	Total 31 March 2024 £
Wages	1,004	6,046	7,050	8,123
Travelling	304	30	334	-
Post & stationery	578	-	578	661
IT/Website costs	50	5,273	5,323	1,132
Telephone	715	41	756	599
Advertising	60	-	60	417
Accountancy	1,626	-	1,626	23
Independent examination fees	1,500	-	1,500	1,500
Professional fees	195	356	551	-
Insurance	300	270	570	527
Sundry	299	-	299	718
Repairs and renewals	5,000	470	5,470	2,029
Training	218	65	283	863
HUB rent	-	3,851	3,851	12,500
Depreciation	207	-	207	601
Total support costs	12,056	16,402	28,458	29,693

7 Staff costs and Trustee remuneration

	31 March 2025 £	31 March 2024 £
Gross salaries	28,198	23,709
Total staff costs	28,198	23,709

No employee earned more than £60,000 in either year.

No Trustee received any remuneration from the charity during the current financial year, nor were any expenses reimbursed.

The average number of employees during the year was 4 (2024 – 3).

The Charity considers that the key management personnel comprises the Trustees and the management team. The total employee benefits of the key management personnel of the Charity were £11,324 (2024 £3,924).

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025 (Continued)

8 Tangible fixed assets

	Computer Equipment	Total
	£	£
Cost		
At 1 April 2024	3,004	3,004
Additions	-	-
At 31 March 2025	3,004	3,004
Depreciation		
At 1 April 2024	2,451	2,451
Charge for the year	207	207
At 31 March 2025	2,658	2,658
Net Book Value		
At 31 March 2025	346	346
At 31 March 2024	553	553

9 Creditors

	31 March 2025	31 March 2024
	£	£
Accruals and deferred income	1,500	1,500
Total creditors	1,500	1,500

10 Leases

Total future minimum lease payments under non-cancellable operating leases are as follows:

	31 March 2025	31 March 2024
	£	£
Not later than one year	-	5,000
	-	5,000

The lease agreement expired when the charity moved from The Hub to new premises at 9 Mason Road, Norwich.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025 (Continued)

11 Analysis of funds

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfer between funds £	At 31 March 2025 £
Unrestricted funds					
Unrestricted fund	20,547	17,637	(25,201)	-	12,983
Total unrestricted funds	20,547	17,637	(25,201)	-	12,982
Restricted funds					
Volunteer Recruitment Drive - West Norfolk	2,054	-	(2,054)	-	
Community Fund – Awards For All	2,224	-	(2,224)	-	-
Love Norfolk Fund	4,308	-	(3,769)	-	539
DECAN – Gt Yarm Project	721	-	(721)	-	-
NCC – Hub Equipment	104	-	(104)	-	-
NCC – Picket Fencing	1,180	-	(470)	-	710
Norwich Consolidated – Peer Support	6,082	-	(4,766)	-	1,316
NCF – Dad’s Funding	3,972	-	(3,972)	-	-
Places Postcode	4,769	-	(4,769)	-	-
NCF - Empowering communities	-	6,850	(6,850)	-	-
St James Palace	-	2,198	-	-	2,198
Foyle Foundation & Paul Bassham	-	7,000	(5,674)	-	1,326
Lord Cozens Hardy Trust - Peer support	-	3,000	-	-	3,000
Giving Days - Website update	-	1,800	(1,800)	-	-
BNI Big day out	-	1,200	(1,200)	-	-
Total restricted funds	25,414	22,048	(38,373)	-	9,089
Total funds	45,961	39,685	(63,574)	-	22,072

The purpose of each restricted fund is given on page 17.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2025 (Continued)

12 Analysis of funds (continued)

Donor	Purpose
Norfolk Community Foundation * Paul Brassham	To contribute towards costs of West Norfolk volunteer recruitment
Norfolk Community Foundation	To contribute towards costs of peer support worker
Peoples Postcode Lottery	To contribute towards costs of ambassador recruitment drive
	To contribute towards costs of Great Yarmouth social meets
Norfolk Community Foundation	
Norfolk Community Foundation & Love Norfolk	To contribute towards costs of the GMOTFW hub
BNI Big Day Out	To contribute towards costs of organised trips
St James Place	To contribute towards costs of repairs and maintenance
Giving Days	To contribute towards website costs
Foyle Foundation & Paull Bassham	To contribute towards wages
Lord Cozens Hardy Trust	To contribute towards peer supports costs
Norfolk Community Foundation	
Empowering Communities	To contribute towards peer supports costs

13 Analysis of net assets between funds

	Unrestricted Funds £	Restricted funds £	Total funds £
Tangible fixed assets	346	-	346
Current assets	14,137	9,089	23,226
Current liabilities	(1,500)	-	(1,500)
	12,983	9,089	22,072

14 Related party transactions

There were no related party transactions during the year.

GET ME OUT THE FOUR WALLS

England & Wales - Charity number 1177508

Accounts

GET ME OUT THE FOUR WALLS
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2024

Registered Charity No. 1177508



GET ME OUT THE FOUR WALLS
INDEX TO REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2024

	Page
Reference and Administrative Details	3
Report of the Trustees	4 - 10
<i>Report of the Independent Examiners</i>	11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the Financial Statements	14 - 23

GET ME OUT THE FOUR WALLS

REFERENCE AND ADMINISTRATIVE DETAILS

Status

Get Me Out The Four Walls (CIO) is governed by its constitution and registered with the Charity Commission on 12 March 2018, registration number 1177508, as a Charitable Incorporated Organisation (CIO) (Company number CE013505) whose primary objects are as stated on page 2.

Trustees

The trustees serving during the year and since the year end were as follows:

Eleanor Mason (Chair)

Lesley Bradfield (Vice Chair)

Fred Bradfield

Zoe Webber

Lucy Shires

Annelise Chapman

Jo Hodgekins

(Resigned March 2024)

(Appointed August 10th 2023)

Chief Executive Officer

Carrie Degraca

Registered Office

c/o 124 Thorpe Road, Norwich, NR1 1RS

Independent Examiners

Sexty & Co, 124 Thorpe Road, Norwich, NR1 1RS

REPORT OF THE TRUSTEES

FOR THE YEAR TO 31 MARCH 2024

The trustees present their report and the financial statements of the Charitable Incorporation Organisation (CIO) for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the CIO.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

OBJECTIVES AND ACTIVITIES

Principal activity

Get Me Out The Four Walls offers peer support and informal social meets for parents/carers, living in Norfolk to overcome social isolation. Our social meets are organised by our team of volunteer Ambassadors. The charity offers a free peer support service to Norfolk parents and carers suffering mental health issues following the birth of their child. We also offer support through information, advice, and guidance. We utilise the local network of voluntary sector and professional organisations to signpost towards additional support.

The objectives of the Charity, as set out in our Constitution, are:

To provide relief to parents and carers affected by social isolation, by means of peer support, advice, and the provision of social activities. To advance the awareness and education of the public in matters relating to mental health conditions, specifically during the Perinatal period, and mental wellbeing. To advance the health and education of parents and carers by providing information, advice and guidance about parenting and other support available.

Our purpose

- To reduce social isolation and improve access to wellbeing and mental health services for parents and carers.
- To amplify the voices of service users to influence local, regional, and national policy.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2024 (continued)

Our values

- **Inclusive** - we create socials in environments which are inclusive for everyone, free from stigma and discrimination of any kind
- **Friendly** - we take a welcoming, caring, and friendly approach to all
- **Trustworthy** - Our staff and volunteers are genuine, respectful, and safety checked
- **Supportive** - we give impactful and meaningful support to help parents improve their wellbeing and to make social and community connections
- **Understanding** - we are empathic, accepting, and open-minded

Our goals

- To recruit and retain Ambassadors located within Norfolk to enable an increased number of both physical meets and online social events.
- To ensure there are sufficient funds available to the Charity to achieve its operational, HR and marketing goals and to sustain the charity's long-term survival.
- To campaign for improved access to wellbeing and mental health services for parents and carers.
- To grow the Charity in Norfolk.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GMOTFW was originally set up in 2015 with the objective of supporting new parents in Norfolk who are struggling with aspects of social isolation and loneliness which can also affect their mental health during the Perinatal period.

GMOTFW became registered as a Charitable Incorporated Organisation (CIO) in 2018. It is governed by its Constitution document.

Our Trustees are appointed at a Trustee meeting, for a minimum term of 3 years by the board of Trustees as and when appropriate, with due regard to them possessing the skills, knowledge and experience needed for the effective administration of our organisation. Our constitution defines that we have a minimum of three and a maximum of twelve Trustees at any time.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2024 (continued)

Persons interested in becoming a Trustee will have an interview and DBS check carried out, before being elected to the board.

The full board of Trustees meet, at least, every 2 months to discuss the charity finances, funding and meet data.

Organisational structure

The Board of Trustees of Get Me Out The Four Walls (an unincorporated Trust, Registered Charity 1065775) established the Charitable Incorporated Organisation (CIO) also named Get Me Out The Four Walls as a corporate successor to the trust and was registered on 7 March 2016 (Registered Charity 1177508). All assets and liabilities were transferred from the unincorporated trust to the new CIO on 30 April 2018. The trustees concluded that a CIO is a more appropriate structure for the charity, as a CIO can enter into contracts as a corporate body and provide a greater degree of protection to trustees from liability.

The charity currently has 2 part-time paid members of staff, and 18 active volunteer Ambassadors. Ambassadors are volunteers, who are recruited, trained in safeguarding, and have an enhanced DBS check before they take up their roles. Often Ambassadors are former beneficiaries of the charity's support activities.

Risk assessment

The trustees have identified the major risks to which the charity is exposed and have ensured appropriate systems and controls are in place to provide reasonable assurance against fraud and error.

ACHIEVEMENTS AND PERFORMANCE

In planning our activities for 2023-24, we kept in mind the Charity Commission's guidance on public benefits at our Trustee meetings.

During this year we held a total of 89 social meets around Norfolk with 241 attendees. This was less than the year before, but this year we received funding to run projects in two areas of Norfolk – Great Yarmouth and West Norfolk which were hosted by our local Ambassadors. The Socials By The Sea project (funded by Norfolk County Council DECAN) held 17 events free of charge to local families attended by 452 parents and children. The West Norfolk (Norfolk Community Foundation) project held 9 events in Kings Lynn and Hunstanton attended by 80 parents and children.

GET ME OUT THE FOUR WALLS
REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2024 (continued)

This year has also seen a number of our long serving Ambassadors move on as their children have reached school age, and the Trustees would like to thank them for their involvement and support of Get Me Out The Four Walls. With the imminent appointment of a new Volunteer Coordinator, we intend to undertake a recruitment drive to attract new Ambassadors, and we have already gained two new Ambassadors from the Great Yarmouth project.

Our Hub goes from strength to strength with an increasing number of free activities for families to participate in. In the last year, we have held 264 hub activities with 934 attendees, a significant increase on our first year of opening. It is currently open four days a week during term time for families to drop in and/or attend programmed activities. We have also opened during school holidays and put on activities for families with older children. A popular addition to our activity programme has been the introduction of sensory sessions for babies which runs twice a week and is usually booked out. Our new Peer Support worker has also started a weekly group called Stepping Stones which is for those new parents who are experiencing anxiety about leaving their homes.

Social Media continues to be an important way of us reaching Norfolk families. We continued to grow our social media presence by increasing the number of followers. At April 2023 our online engagement was as follows:

Public FB Page - 4500

Norfolk Group - 7495

Perinatal Support Group - 599

Dads - 108

Instagram – 1074

This year has seen us focus on raising funds to grow our charity. As well as various Hub events, we ran our biggest ever fundraiser when we organised a Christmas Afternoon Tea at The Assembly House. We raised a total of £2143.66. Our thanks go to our three sponsors: Azoth Solutions, Sekura ID and Leathes Prior Solicitors for their contributions to cover the costs of the event. We have seen some changes to our staff, with Lucinda Terry our Charity Manager leaving us for new challenges. We wish her well and thank her for all the hard work and commitment she showed to our charity. We would like to thank Paul Kendall who was our Charity Manager for four months during this year for his efforts. Clair Gaudete joined us as our new Peer Support Worker and has made considerable progress in setting up effective systems for supporting parents including face to face peer support, a Stepping Stones group and an online closed Facebook forum. In January 2024, we were delighted to appoint Carrie Dagraca as our new Charity Manager. Carrie has worked for our charity for many years and has lots of exciting ideas for our future.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2024 (continued)

FINANCIAL REVIEW

Reserves

Cash at the bank at 31st March 2024 was £46,908 (2023 - £38,434). The Statement of Financial Activities shows a surplus for the year of £7,873 (2023 – (£6,995) deficit) and total reserves stand at £45,961 (2023 - £38,088).

Thanks to the appointment of our new Trustee Treasurer Fred Bradfield, we are in a much stronger financial position regarding our reserves, as he has provided regular up to date analysis of our finances at Board meetings, enabling the Trustees to take proactive decisions with regards to expenditure and fundraising.

The main financial risk to the charity is the loss of funding from our grant providers, and reduced donations. Given that the economic climate in which we are applying for grants has become ever more competitive, the Trustees took the decision this year to employ a professional fund raiser for one day per week and this has already seen an increase in funding streams, enabling us to support more Norfolk families.

Our biggest expenditure remains our staff salaries, although this has seen a drop in the last year due to times when the permanent positions were unfilled. We have also started a programme of refurbishing old/out of date equipment to ensure that we are complying with all current legislation with regards to safeguarding, accident prevention and data protection.

SUMMARY OF THE YEAR AND FUTURE PLANS

The Board of Trustees has stabilised this year, allowing us to address some long-standing protocols and working practices which have become out of date. These have included:

- Reviewing and updating the charity's policies and procedures in line with current legislation and good practice
- Establishing sound financial systems that meant financial analysis can be easily undertaken
- Ensuring that the charity has sufficient reserves and ongoing funding to ensure its medium to long term survival
- Monitoring the charity's activities
- Supporting staff by providing expert advice and mentoring

Looking ahead, our priorities for next year are to recruit a new Volunteer Coordinator and get funding for a second Peer Support Worker, as there is a huge demand for parental peer support in Norfolk. We are looking to recruit more Ambassadors, particularly in south Norfolk where we currently do not have any active social meets. Our IT systems

and website are outdated and now not fit for purpose and it is a priority for next year to update them, so that we are providing best possible support for our families and best value for money. Getting funding will remain challenging and we need to explore other funding avenues to sustain our current level of activity and hopefully continuing to grow our presence, so we are able to offer all families in Norfolk the opportunity to escape their four walls.

The Trustees would like to thank our staff, Ambassadors and volunteers for all their continued hard work in ensuring that the charity is able to support local Norfolk families both online and face-to-face.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2024 (continued)

Trustees responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Public benefit statement

The Trustees confirm that they have complied with the requirements in Section 17 of the Charities Act 2011 to have due regard to public benefit in determining the activities undertaken by the charity. As a charity we wish to emphasise the public benefit which our work provides. Our services are available to parents and carers living in Norfolk and Suffolk affected by social isolation and aims to provide relief by means of peer support, advice and the provision of social activities.

By order of the trustees

Eleanor Mason
Chair

Date:

Lesley Bradfield
Vice Chair

Date:

GET ME OUT THE FOUR WALLS

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF GET ME OUT THE FOUR WALLS

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2024 which are set out on pages 9 to 16.

Responsibilities and basis of report

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

A Orves FCCA, FCA
For and on behalf of Sexty & Co
Chartered Certified Accountants
124 Thorpe Road
Norwich
NR1 1RS

Date: ...

GET ME OUT THE FOUR WALLS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR TO 31 MARCH 2024

		Unrestrict ed funds 2024	Restricted funds 2024	Total 2024	Total 2023
	Not e	£	£	£	£
INCOME FROM:					
Donations, grants and legacies	2	11,167	47,488	58,655	48,702
Charitable activities	3	3,905	-	3,905	7,758
Total income		15,072	47,488	62,560	56,460
EXPENDITURE ON:					
Raising funds	4	2,710	-	2,710	-
Charitable activities	5	6,410	15,874	22,284	40,908
Support costs	6	21,439	8,254	29,693	22,547
Restricted fund repaid					
Total expenditure		30,559	24,128	54,687	63,455
Net (expenditure)/income		(15,487)	23,360	7,873	(6,995)
Transfers between funds		20,295	(20,295)	-	-
Net movement in funds		4,808	3,065	7,873	(6,995)
Reconciliation of funds:					
Total funds brought forward		15,739	22,349	38,088	45,083
Total funds carried forward		20,547	25,414	45,961	38,088

GET ME OUT THE FOUR WALLS

BALANCE SHEET AS AT 31 MARCH 2024

	Not e	31 March 2024 £	£	31 March 2023 £	£
FIXED ASSETS					
Tangible assets	8		553		1,154
CURRENT ASSETS					
Cash at bank and in hand		<u>46,908</u>		<u>38,434</u>	
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	9	<u>1,500</u>		<u>1,500</u>	
			45,408		36,934
NET ASSETS			<u><u>45,961</u></u>		<u><u>38,088</u></u>
CHARITY FUNDS					
Unrestricted funds	13		20,547		15,739
Restricted funds	13		25,414		22,349
Total charity funds			<u><u>45,961</u></u>		<u><u>38,088</u></u>

The financial statements on pages 9 to 16 were approved and authorised by the trustees on ... and were signed on their behalf by:

Eleanor Mason – Chair

Lesley Bradfield – Vice Chair

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2024

1. Summary of significant accounting policies

1.1 General information and basis of preparation

The Charitable Incorporated Organisation (CIO) constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.3 Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the CIO is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the CIO will have been notified of the amounts and the settlement date. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income includes income earned from fundraising events to raise funds for the CIO.

Income from grants is recognised at fair value when the CIO has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Interest income is recognised as the CIO right to receive payment is established. Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

1.4 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, and administration costs. They are incurred directly in support of expenditure on the objects of the charity.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer equipment	-	20% straight line
--------------------	---	-------------------

1.6 Value Added Tax (VAT)

The CIO is not registered for VAT and accordingly irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

1.8 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the CIO to be able to continue as a going concern.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2024 (Continued)

2	Income from donations, grants and legacies	Unrestrict ed funds 2024 £	Restrict ed funds 2024 £	Total 31 March 2024 £	Total 31 March 2023 £
	Donations and grants	11,167	47,488	58,655	48,702
	Total donations, grants and legacies	11,167	47,488	58,655	48,702
<hr/>					
3	Income from charitable activities	Unrestrict ed funds 2024 £	Restrict ed Funds 2024 £	Total 31 March 2024 £	Total 31 March 2023 £
	Virgin Giving Money/Easy Fundraising	499	-	499	256
	Fundraising events	1,533	-	1,533	2,698
	Autumn Ball	-	-	-	3,106
	Room hire income	896	-	896	1,698
	Christmas Tea Party	977	-	977	-
	Total income from other trading activities	3,905	-	3,905	7,758

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2024 (Continued)

4 Cost of raising funds	Unrestrict ed funds 2024 £	Restrict ed funds 2024 £	Total 31 March 2024 £	Total 31 March 2023 £
Fundraising costs	2,710	-	2,710	-
Total cost of generating funds	2,710	-	2,710	-

5 **Costs of charitable activities in furtherance of the charity's objects**

	Unrestrict ed funds 2024 £	Restrict ed funds 2024 £	Total 31 March 2024 £	Total 31 March 2023 £
Wages	5,987	9,599	15,586	16,684
Events and meets	6	6,275	6,281	12,558
Hub Rent	-	-	-	11,666
Other	417	-	417	-
Total costs of activities in furtherance of the charity's objects	6,410	15,874	22,284	40,908

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2024 (Continued)

6 Support costs

	Unrestricted	Restricted	Total	Total
	funds	funds	31	31
	2024	2024	March	March
	£	£	2024	2023
			£	£
Wages	8,123	-	8,123	14,661
Travelling	-	-	-	1,279
Post & stationery	661	-	661	661
IT/Website costs	306	826	1,132	1,215
Telephone	452	147	599	353
Advertising	-	417	417	225
Accountancy	23	-	23	564
Independent examination fees	1,500	-	1,500	1,500
Insurance	415	112	527	521
Sundry	718	-	718	613
Repairs and renewals	2,029	-	2,029	205
Training	863	-	863	150
HUB rent	5,748	6,752	12,500	
Depreciation	601	-	601	601
Total support costs	21,439	8,254	29,693	22,548

GET ME OUT THE FOUR WALLS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2024 (Continued)

8 Tangible fixed assets

	Computer Equipment	Total
	£	£
Cost		
At 1 April 2023	3,004	3,004
Additions	-	-
At 31 March 2024	3,004	3,004
Depreciation		
At 1 April 2023	1,850	1,850
Charge for the year	601	601
At 31 March 2024	2,451	2,451
Net Book Value		
At 31 March 2024	553	553
At 31 March 2023	1,154	1,154

9 Creditors

	31 March 2024	31 March 2023
	£	£
Accruals and deferred income	1,500	1,500
Tax & social security	-	-
Total creditors	1,500	1,500

10 Leases

Total future minimum lease payments under non-cancellable operating leases are as follows:

	31 March 2024	31 March 2023
	£	£
Not later than one year	5,000	5,000
	5,000	5,000

The lease agreement between the two parties is due to end in August 2023. Once the agreement has ended the annual rate of the lease will be £10,000 per annum on a rolling year basis. This will continue until one of parties notifies they want the agreement to end.

GET ME OUT THE FOUR WALLS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2024 (Continued)

11 Analysis of funds

	At 1				At 31
	April	Incoming	Resources	Transfer	March
	2023	resources	expended	funds	2024
	£	£	£	£	£
Unrestricted funds					
Unrestricted fund	15,739	15,072	(30,559)	20,295	20,547
Total unrestricted funds	15,739	15,072	(30,559)	20,295	20,547
Restricted funds					
MBU Christmas Boxes	4	-	-	(4)	-
Clarion Futures	-	-	-	-	-
Norfolk County Council	-	-	-	-	-
Volunteer Recruitment Drive – South Norfolk	4,593	-	-	(4,593)	-
Diss Rotary Club	33	-	-	(33)	-
Norfolk Community Foundation – Perinatal	-	-	-	-	-
Norfolk Community Foundation – S&P	-	-	-	-	-
The Ranworth Trust	-	-	-	-	-
Peoples Postcode Lottery	976	-	-	(976)	-
Aviva Community Fund & British Sugar	4	-	-	(4)	-
National Lottery Community Fund	(6)	-	-	6	-
Great Yarmouth Engagement	121	-	-	(121)	-
Volunteer Recruitment Drive - West Norfolk	6,877	-	-	(4,823)	2,054
East of England Coop - Lakenham	1,090	-	-	(1,090)	-
MADL/NCC	25	-	-	(25)	-
Hub Garden	59	-	-	(59)	-
NCF - Peer Support Worker	6,654	-	-	(6,654)	-
NCF – Love Norfolk	1,919	-	-	(1,919)	-
Community Fund – Awards For All	-	9,980	(7,756)	-	2,224
Love Norfolk Fund	-	4,932	(624)	-	4,308
DECAN – Gt Yarm Project	-	4,930	(4,209)	-	721
NCC – Hub Equipment	-	912	(808)	-	104
NCC – Picket Fencing	-	1,180	-	-	1,180
Norwich Consolidated – Peer Support	-	6,082	-	-	6,082
NCF – Dad’s Funding	-	3,972	-	-	3,972
Places Postcode	-	15,500	(10,731)	-	4,769

Total restricted funds	22,349	47,488	(24,128)	(20,295)	25,414
Total funds	38,088	62,560	(54,687)	-	45,961

The purpose of each restricted fund is given on the next page.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR TO 31 MARCH 2024 (Continued)

12 Analysis of funds (continued)

Donor	Purpose
MBU Xmas boxes	Ambassador travel expenses
Norfolk Community Foundation/ Geoffrey Watling	Volunteer recruitment drive South Norfolk
Diss Rotary Club	Ambassador travel expenses
Peoples Postcode Lottery	Sensory Toys
AVIVA & British Sugar	Ambassador travel expenses
National Lottery Community Fund	Ambassador travel expenses
Norfolk Community Foundation	Ambassador travel expenses
Norfolk Community Foundation	Volunteer recruitment drive West Norfolk
East of England Co-op	Volunteer Co-Ordinator Wages
Norfolk County Council	Toys for HUB
Norwich City Council	Garden Maintenance
Norfolk Community Foundation - Love Norfolk	To contribute the Peer Support worker
Norfolk Community Foundation	To contribute the Peer Support worker
Community Fund awards for all	To contribute towards the GMOTFW Costs
Norfolk Community Foundation	DECAN - Gt Yarmouth Project

13 Analysis of net assets between funds

	Unrestricted Funds £	Restricted funds £	Total funds £
Tangible fixed assets	553	-	553
Current assets	21,494	25,414	46,908
Current liabilities	(1,500)	-	(1,500)
	20,547	25,414	45,961

14 Related party transactions

There were no related party transactions during the year

GET ME OUT THE FOUR WALLS

England & Wales - Charity number 1177508

Accounts

GET ME OUT THE FOUR WALLS
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2023

Registered Charity No. 1177508

GET ME OUT THE FOUR WALLS
INDEX TO REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2023

	Page
Reference and Administrative Details	1
Report of the Trustees	2 - 6
Report of the Independent Examiners	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 - 16

GET ME OUT THE FOUR WALLS

REFERENCE AND ADMINISTRATIVE DETAILS

Status

Get Me Out The Four Walls (CIO) is governed by its constitution and registered with the Charity Commission on 12 March 2018, registration number 1177508, as a Charitable Incorporated Organisation (CIO) (Company number CE013505) whose primary objects are as stated on page 2.

Trustees

The trustees serving during the year and since the year end were as follows:

Eleanor Mason (Chair)

Caroline Fisher (Vice Chair)	(Resigned 12 th January 2023)
Laura Andrews	(Resigned 27 th February 2023)
Layla Dickerson	(Resigned 12 th October 2022)
Zoe Phillips	(Resigned 4 th April 2022)
Emma Reney	(Resigned 31 st December 2022)
Lucy Shires	
Lesley Bradfield	(Appointed 20 th September 2022)
Zoe Webber	(Appointed 11 th May 2023)

Chief Executive Officer

Lucinda Terry (Manager)

Registered Office

c/o 124 Thorpe Road, Norwich, NR1 1RS

Independent Examiners

Sexty & Co, 124 Thorpe Road, Norwich, NR1 1RS

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2023

The trustees present their report and the financial statements of the Charitable Incorporation Organisation (CIO) for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the CIO.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

OBJECTIVES AND ACTIVITIES

Principal activity

Get Me Out The Four Walls offers peer support and informal social meets for parents/carers, living in Norfolk and Suffolk to overcome social isolation. Our social meets are organised by our team of volunteer Ambassadors. We offer support through information, advice, and guidance. We utilise the local network of voluntary sector and professional organisations to signpost towards additional support.

The objectives of the Charity, as set out in our Constitution, are:

To provide relief to parents and carers affected by social isolation, by means of peer support, advice, and the provision of social activities. To advance the awareness and education of the public in matters relating to mental health conditions, specifically during the Perinatal period, and mental wellbeing. To advance the health and education of parents and carers by providing information, advice and guidance about parenting and other support available.

Our purpose

- To reduce social isolation and improve access to wellbeing and mental health services for parents and carers.
- To amplify the voices of service users to influence local, regional, and national policy.

Our values

- **Inclusive** - we create socials in environments which are inclusive for everyone, free from stigma and discrimination of any kind
- **Friendly** - we take a welcoming, caring, and friendly approach to all
- **Trustworthy** - Our staff and volunteers are genuine, respectful, and safety checked
- **Supportive** - we give impactful and meaningful support to help parents improve their wellbeing and to make social and community connections
- **Understanding** - we are empathic, accepting, and open-minded

Our goals

- To recruit and retain Ambassadors located within Norfolk to enable an increased number of both physical meets and online social events.
- To ensure there are sufficient funds available to the Charity to achieve its operational, HR and marketing goals and to sustain the charity's long-term survival.
- To campaign for improved access to wellbeing and mental health services for parents and carers.
- To grow the Charity in Norfolk.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2023 (continued)

OBJECTIVES AND ACTIVITIES (continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

GMOTFW was originally set up in 2015 with the objective of supporting new parents in Norfolk who are struggling with aspects of social isolation and loneliness which can also affect their mental health during the Perinatal period.

GMOTFW became registered as a Charitable Incorporated Organisation (CIO) in 2018. It is governed by its Constitution document.

Our Trustees are appointed at a Trustee meeting, for a minimum term of 3 years by the board of Trustees as and when appropriate, with due regard to them possessing the skills, knowledge and experience needed for the effective administration of our organisation. Our constitution defines that we have a minimum of three and a maximum of twelve Trustees at any time.

Persons interested in becoming a Trustee will have an interview and DBS check carried out, before being elected to the board.

The full board of Trustees meet, at least, every 2 months to discuss the charity finances, funding and meet data.

Organisational structure

The Board of Trustees of Get Me Out The Four Walls (an unincorporated Trust, Registered Charity 1065775) established the Charitable Incorporated Organisation (CIO) also named Get Me Out The Four Walls as a corporate successor to the trust and was registered on 7 March 2016 (Registered Charity 1170605). All assets and liabilities were transferred from the unincorporated trust to the new CIO on 30 April 2018. The trustees concluded that a CIO is a more appropriate structure for the charity, as a CIO can enter into contracts as a corporate body and provide a greater degree of protection to trustees from liability.

The charity currently has 3 part-time paid members of staff, and 17 active volunteer Ambassadors. Ambassadors are volunteers, who are recruited, trained in safeguarding, and have an enhanced DBS check before they take up their roles. Often Ambassadors are former beneficiaries of the charity's support activities. In addition, we also have 4 volunteers that assist with Hub housekeeping and administration tasks.

Risk assessment

The trustees have identified the major risks to which the charity is exposed and have ensured appropriate systems and controls are in place to provide reasonable assurance against fraud and error.

ACHIEVEMENTS AND PERFORMANCE

In planning our activities for 2022/23, we kept in mind the Charity Commission's guidance on public benefits at our Trustee meetings.

As the UK completed the COVID-19 lockdowns, we were able to once again start holding face to face meetings, initially with some COVID safe procedures in place to comply with the legislation at the time. During this year we held a total of 127 social meets around Norfolk with 651 attendees.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2023 (continued)

ACHIEVEMENTS AND PERFORMANCE (continued)

In order to help achieve our charity objectives, purpose and goals the Trustees took the decision in January 2022 to lease a suite of four rooms from The Inspiration Trust, located at The Hewett Academy. The Hub was opened to the public by the local MP Clive Lewis at the beginning of April 2022. It is open for families to drop in and/or attend programmed activities including: Garden club, Lego club and crafting. Since our opening, we have held 171 activity based meets at the Hub, with 695 attendees. This includes a programme of activities for families with pre-school and primary aged children during each school holiday. Virtually all the activities were provided free of charge to enable all families to attend.

We continued to grow our social media presence by increasing the number of followers, so as at April 2022 our online engagement was as follows:

Public FB Page - 3925 followers
Norfolk Group - 7084 parents
Perinatal Support Group - 607
Dads - 73
Instagram - 937 followers

FINANCIAL REVIEW

Reserves

Cash at the bank at 31st March 2023 was £38,434 (2022 - £44,868). The Statement of Financial Activities shows a deficit for the year of £6,995 (2022 - £18,068 surplus) and total reserves stand at £38,088 (2022 - £45,083).

The main financial risk to the charity is the loss of funding from our grant providers, and reduced donations. The charity aims to develop a funding strategy and diversify the funding streams for the next financial year.

This year, the majority of our funding was spent on staff and the Hub lease. As well as receiving funds from local and national grants, we have also been able to partially offset the Hub lease by renting out rooms to other local organisations including Mini First Aid, Breast Feeding support and to Clive Lewis and his team, as well as to local families wanting to hire room(s) for family birthday parties. We have the potential to increase the number of bookings next year and will be actively seeking other appropriate organisations or people to use our Hub. Thanks to various successful funding bids, we were able to recruit a second part-time recruitment officer for six months of this year, and we also secured funding to recruit a part-time Peer Support Worker for one year up until December 2023. We wish to secure funding to make this post permanent, as the charity has been overwhelmed with the number of parents seeking our support for mental health related issues. Our two permanent members of staff have worked extremely hard to encourage our existing Ambassadors to resume a regular programme of social meets in different areas of Norfolk, and also to recruit new Ambassadors, as some of our long-standing volunteers are now beginning to move on from the charity. The Trustees would like to record their thanks to all our members of staff for their time, effort and goodwill to help our charity achieve its purpose and goals.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2023 (continued)

SUMMARY OF THE YEAR AND FUTURE PLANS

The charity has been able to successfully start up face to face social meets again, and has extended its reach to Norfolk families by the opening of our Hub. During the next year, our aim is to increase the number and location of social meets, so that we are holding at least one meet every fortnight in every district of Norfolk to allow all Norfolk families to access our charity if they so wish to.

The Trustee Board has lost a number of Trustees this year, due to personal reasons. We are now actively recruiting new Trustees and those that joined the Board during this year have brought a wealth of knowledge and expertise in various aspects of business management that will considerably strengthen our ability to plan, budget and grow. During this year, activities the Trustees have undertaken include:

- Reviewing and updating the 2022-2024 Development Plan
- Reviewing and updating the charity's policies and procedures in line with current legislation and good practice
- Introducing a quarterly supervision process for all members of staff
- Representing the charity at events including the Bump and Baby Show
- Monitoring the charity's activities
- Supporting staff by providing expert advice.

Our focus for the next year is to firstly ensure that our policies and procedures are up to date and comply with current legislation; this is something we have already started to address. We are seeking longer term funding opportunities so that we can grow and develop our service in Norfolk, knowing that we are able to plan to achieve this. We also want to increase current usage of the Hub both by families, and also other like minded organisations, so we can develop our ability to signpost and inform those parents that need support with their mental health to enable them to get out of their four walls.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2023 (continued)

Trustees responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Public benefit statement

The Trustees confirm that they have complied with the requirements in Section 17 of the Charities Act 2011 to have due regard to public benefit in determining the activities undertaken by the charity. As a charity we wish to emphasise the public benefit which our work provides. Our services are available to parents and carers living in Norfolk and Suffolk affected by social isolation and aims to provide relief by means of peer support, advice and the provision of social activities.

By order of the trustees

Eleanor Mason
Chair

Lesley Bradfield
Vice Chair

Date: 24 August 2023

GET ME OUT THE FOUR WALLS

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF GET ME OUT THE FOUR WALLS

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 9 to 16.

Responsibilities and basis of report

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

A Orves FCCA, FCA
For and on behalf of Sexty & Co
Chartered Certified Accountants
124 Thorpe Road
Norwich
NR1 1RS

Date: 24 August 2023

GET ME OUT THE FOUR WALLS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR TO 31 MARCH 2023

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
INCOME FROM:					
Donations, grants and legacies	2	15,403	33,299	48,702	54,270
Charitable activities	3	7,758	-	7,758	1,862
Total income		23,161	33,299	56,460	56,132
EXPENDITURE ON:					
Raising funds	4	-	-	-	175
Charitable activities	5	12,551	28,357	40,908	17,642
Support costs	6	7,148	15,399	22,547	20,247
Restricted fund repaid					
Total expenditure		19,699	43,756	63,455	38,064
Net (expenditure)/income		3,462	(10,457)	(6,995)	18,068
Transfers between funds		-	-	-	-
Net movement in funds		3,462	(10,457)	(6,995)	18,068
Reconciliation of funds:					
Total funds brought forward		12,277	32,806	45,083	27,015
Total funds carried forward		15,739	22,349	38,088	45,083

GET ME OUT THE FOUR WALLS

BALANCE SHEET AS AT 31 MARCH 2023

	Note	31 March 2023		31 March 2022	
		£	£	£	£
FIXED ASSETS					
Tangible assets	8		1,154		1,755
CURRENT ASSETS					
Cash at bank and in hand		<u>38,434</u>		<u>44,868</u>	
				44,868	
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	9	<u>1,500</u>		<u>1,540</u>	
			36,934		43,328
NET ASSETS			<u>38,088</u>		<u>45,083</u>
CHARITY FUNDS					
Unrestricted funds	13		15,739		12,277
Restricted funds	13		22,349		32,806
Total charity funds			<u>38,088</u>		<u>45,083</u>

The financial statements on pages 9 to 16 were approved and authorised by the trustees on 24 August 2023 and were signed on their behalf by:

Eleanor Mason – Chair

Lesley Bradfield – Vice Chair

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023

1. Summary of significant accounting policies

1.1 General information and basis of preparation

The Charitable Incorporated Organisation (CIO) constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.3 Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the CIO is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the CIO will have been notified of the amounts and the settlement date. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income includes income earned from fundraising events to raise funds for the CIO.

Income from grants is recognised at fair value when the CIO has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Interest income is recognised as the CIO right to receive payment is established. Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023 (Continued)

1.4 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, and administration costs. They are incurred directly in support of expenditure on the objects of the charity.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer equipment - 20% straight line

1.6 Value Added Tax (VAT)

The CIO is not registered for VAT and accordingly irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

1.8 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the CIO to be able to continue as a going concern.

2 Income from donations, grants and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 31 March 2023 £	Total 31 March 2022 £
Donations and grants	15,403	33,299	48,702	54,270
Total donations, grants and legacies	15,403	33,299	48,702	54,270

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023 (Continued)

3 Income from charitable activities	Unrestricted funds 2023 £	Restricted Funds 2023 £	Total 31 March 2023 £	Total 31 March 2022 £
Virgin Giving Money/Easy Fundraising	256	-	256	1,862
Fundraising events	2,698	-	2,698	-
Autumn Ball	3,106	-	3,106	-
Room hire income	1,698	-	1,698	-
Total income from other trading activities	7,758	-	7,758	1,862

4 Cost of raising funds	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 31 March 2023 £	Total 31 March 2022 £
Fundraising costs	-	-	-	175
Total cost of generating funds	-	-	-	175

5 Costs of charitable activities in furtherance of the charity's objects	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 31 March 2023 £	Total 31 March 2022 £
Wages	728	15,956	16,684	10,137
Events and meets	157	12,401	12,558	7,505
Hub Rent	11,666	-	11,666	-
Total costs of activities in furtherance of the charity's objects	12,551	28,357	40,908	17,642

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023 (Continued)

6 Support costs

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 31 March 2023 £	Total 31 March 2022 £
Wages	4,043	10,618	14,661	11,936
Travelling	166	1,113	1,279	531
Post & stationery	-	661	661	665
IT/Website costs	-	1,215	1,215	847
Telephone	102	251	353	380
Advertising	100	125	225	699
Accountancy	-	564	564	447
Independent examination fees	1,500	-	1,500	1,500
Insurance	-	521	521	758
Sundry	312	301	613	1,320
Repairs and renewals	205	-	205	103
Training	120	30	150	460
Depreciation	601	-	601	601
Total support costs	7,148	15,399	22,547	20,247

7 Staff costs and Trustee remuneration

	31 March 2023 £	31 March 2022 £
Gross salaries	31,384	21,986
Total staff costs	31,384	21,986

No employee earned more than £60,000 in either year.

No Trustee received any remuneration from the charity during the current financial year, nor were any expenses reimbursed.

The average number of employees during the year was 3 **(2022 – 2)**.

The Charity considers that the key management personnel comprises the Trustees and the management team. The total employee benefits of the key management personnel of the Charity were £13,441 (2022 £12,783).

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023 (Continued)

8 Tangible fixed assets

	Computer Equipment £	Total £
Cost		
At 1 April 2022	3,004	3,004
Additions	-	-
At 31 March 2023	3,004	3,004
Depreciation		
At 1 April 2022	1,249	1,249
Charge for the year	601	601
At 31 March 2023	1,850	1,850
Net Book Value		
At 31 March 2023	1,154	1,154
At 31 March 2022	1,755	1,755

9 Creditors

	31 March 2023 £	31 March 2022 £
Accruals and deferred income	1,500	1,500
Tax & social security		40
Total creditors	1,500	1,540

10 Leases

Total future minimum lease payments under non-cancellable operating leases are as follows:

	31 March 2023 £	31 March 2022 £
Not later than one year	5,000	-
	5,000	-

The lease agreement between the two parties is due to end in August 2023. Once the agreement has ended the annual rate of the lease will be £10,000 per annum on a rolling year basis. This will continue until one of parties notifies they want the agreement to end.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023 (Continued)

11 Analysis of funds

	At 1 April 2022 £	Incoming resources £	Resources expended £	Transfer between funds £	At 31 March 2023 £
Unrestricted funds					
Unrestricted fund	12,277	23,161	19,699	-	15,739
Total unrestricted funds	12,277	23,161	19,699	-	15,739
Restricted funds					
Aviva Community Fund	918	-	918	-	-
MBU Christmas Boxes	4	-	-	-	4
Clarion Futures	-	-	-	-	-
Norfolk County Council	-	-	-	-	-
Volunteer Recruitment Drive – South Norfolk	-	7,321	2,728	-	4,593
Diss Rotary Club	216	-	183	-	33
Norfolk Community Foundation – Perinatal	1,751	-	1,751	-	-
Norfolk Community Foundation – S&P	-	-	-	-	-
The Ranworth Trust	3,000	-	3,000	-	-
Peoples Postcode Lottery	16,223	-	15,247	-	976
Aviva Community Fund & British Sugar	873	-	869	-	4
National Lottery Community Fund	9,821	-	9,826	-	-5
Great Yarmouth Engagement	-	2,171	2,050	-	121
Volunteer Recruitment Drive - West Norfolk	-	6,877	-	-	6,877
East of England Coop - Lakenham	-	2,075	985	-	1,090
MADL/NCC	-	750	725	-	25
Hub Garden	-	1,200	1,141	-	59
NCF - Peer Support Worker	-	8,993	2,339	-	6,654
NCF – Love Norfolk	-	3,912	1,993	-	1,919
	-	-	-	-	-
Total restricted funds	32,806	33,299	43,756	-	22,349
Total funds	45,083	56,460	63,455	-	38,088

The purpose of each restricted fund is given on page 16.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2023 (Continued)

12 Analysis of funds (continued)

Donor	Purpose
Aviva Community Fund	Meets in the Mall
Norfolk Community Foundation * Paul Brassham	To contribute towards costs of West Norfolk volunteer recruitment
MADL/NCC	To contribute towards costs of Lego, signage and storage
Norfolk County Council	To contribute towards costs of hub garden
Norfolk Community Foundation & Geoffrey Watling	To contribute towards costs of volunteer recruitment drive for South Norfolk
Diss Rotary Club	To contribute towards ambassador recruitment and support/play sessions
Norfolk Community Foundation	Perinatal MH & Wellbeing Fund
Norfolk Community Foundation	To contribute towards costs of peer support worker
The Ranworth Trust	To contribute towards costs of peer support worker
Peoples Postcode Lottery	To contribute towards costs of ambassador recruitment drive
Aviva Community Fund & British Sugar	To contribute towards costs of HUB refurbishment
National Lottery Community Fund	To contribute towards costs of volunteer recruitment drive
Norfolk Community Foundation	To contribute towards costs of Great Yarmouth social meets
Norfolk Community Foundation & EoE Coop	To contribute towards costs of Lakenham community development programme
Norfolk Community Foundation & Love Norfolk	To contribute towards costs of the GMOTFW hub

13 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	1,154	-	1,154
Current assets	16,085	22,349	38,434
Current liabilities	(1,500)	-	(1,500)
	15,793	22,349	38,088
	15,793	22,349	38,088

14 Related party transactions

There were no related party transactions during the year.

GET ME OUT THE FOUR WALLS

England & Wales - Charity number 1177508

Accounts

GET ME OUT THE FOUR WALLS
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2022

Registered Charity No. 1177508

GET ME OUT THE FOUR WALLS
INDEX TO REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2022

	Page
Reference and Administrative Details	1
Report of the Trustees	2 - 6
Report of the Independent Examiners	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 - 16

GET ME OUT THE FOUR WALLS

REFERENCE AND ADMINISTRATIVE DETAILS

Status

Get Me Out The Four Walls (CIO) is governed by its constitution and registered with the Charity Commission on 12 March 2018, registration number 1177508, as a Charitable Incorporated Organisation (CIO) (Company number CE013505) whose primary objects are as stated on page 2.

Trustees

The trustees serving during the year and since the year end were as follows:

Eleanor Mason (Chair)

Caroline Fisher (Vice Chair)

Laura Andrews	(Appointed 19 th August 2022)
Layla Dickerson	(Appointed 18 th May 2021)
Tanya Dickson	(Resigned – 16 th August 2021)
Laura Hagen	(Resigned – 24 August 2021)
Elizabeth Kidd	(Resigned 18 th May 2021)
Daisy Kingham	(Resigned – 27 th July 2021)
Mary Lamb	(Resigned 18 th May 2021)
Zoe Phillips	(Appointed 23 rd April 2021)
Emma Reney	(Appointed 10 th May 2021)
Lucy Shires	

Chief Executive Officer

Lucinda Terry (Manager)

Registered Office

c/o 124 Thorpe Road, Norwich, NR1 1RS

Independent Examiners

Sexty & Co, 124 Thorpe Road, Norwich, NR1 1RS

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2022

The trustees present their report and the financial statements of the Charitable Incorporation Organisation (CIO) for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the CIO.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

OBJECTIVES AND ACTIVITIES

Principal activity

Get Me Out The Four Walls offers peer support and informal social meets for parents/carers, living in Norfolk and Suffolk to overcome social isolation. Our social meets are organised by our team of volunteer Ambassadors. We offer support through information, advice, and guidance. We utilise the local network of voluntary sector and professional organisations to signpost towards additional support.

The objectives of the Charity, as set out in our Constitution, are:

To provide relief to parents and carers affected by social isolation, by means of peer support, advice, and the provision of social activities. To advance the awareness and education of the public in matters relating to mental health conditions, specifically during the Perinatal period, and mental wellbeing. To advance the health and education of parents and carers by providing information, advice and guidance about parenting and other support available.

Our purpose

- To reduce social isolation and improve access to wellbeing and mental health services for parents and carers.
- To amplify the voices of service users to influence local, regional, and national policy.

Our values

- **Inclusive** - we create socials in environments which are inclusive for everyone, free from stigma and discrimination of any kind
- **Friendly** - we take a welcoming, caring, and friendly approach to all
- **Trustworthy** - Our staff and volunteers are genuine, respectful, and safety checked
- **Supportive** - we give impactful and meaningful support to help parents improve their wellbeing and to make social and community connections
- **Understanding** - we are empathic, accepting, and open-minded

Our goals

- To recruit and retain Ambassadors located within Norfolk and Suffolk to enable an increased number of both physical meets and online social events.
- To ensure there are sufficient funds available to the Charity to achieve its operational, HR and marketing goals and to sustain the charity's long-term survival.
- To campaign for improved access to wellbeing and mental health services for parents and carers.
- To grow the Charity in Norfolk and maintain the reach that we have in Suffolk.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2022 (continued)

OBJECTIVES AND ACTIVITIES (continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

GMOTFW was originally set up in 2015 with the objective of supporting new parents in Norfolk who are struggling with aspects of social isolation and loneliness which can also affect their mental health during the Perinatal period.

GMOTFW became registered as a Charitable Incorporated Organisation (CIO) in 2018. It is governed by its Constitution document.

Our Trustees are appointed at a Trustee meeting, for a minimum term of 3 years by the board of Trustees as and when appropriate, with due regard to them possessing the skills, knowledge and experience needed for the effective administration of our organisation. Our constitution defines that we have a minimum of three and a maximum of twelve Trustees at any time.

Persons interested in becoming a Trustee will have an interview and DBS check carried out, before being elected to the board.

The full board of Trustees meet, at least, every 2 months to discuss the charity finances, funding and meet data.

Organisational structure

The Board of Trustees of Get Me Out The Four Walls (an unincorporated Trust, Registered Charity 1065775) established the Charitable Incorporated Organisation (CIO) also named Get Me Out The Four Walls as a corporate successor to the trust and was registered on 7 March 2016 (Registered Charity 1170605). All assets and liabilities were transferred from the unincorporated trust to the new CIO on 30 April 2018. The trustees concluded that a CIO is a more appropriate structure for the charity, as a CIO can enter into contracts as a corporate body and provide a greater degree of protection to trustees from liability.

The charity currently has 2 part-time paid members of staff, and 20 active volunteer Ambassadors. Ambassadors are volunteers, who are recruited, trained in safeguarding, and have an enhanced DBS check before they take up their roles. Often Ambassadors are former beneficiaries of the charity's support activities.

Risk assessment

The trustees have identified the major risks to which the charity is exposed and have ensured appropriate systems and controls are in place to provide reasonable assurance against fraud and error.

ACHIEVEMENTS AND PERFORMANCE

In planning our activities for 2021/22, we kept in mind the Charity Commission's guidance on public benefits at our Trustee meetings.

The UK has been subject to various lockdowns and restrictions on people meeting during this year, and this has had hindered the growth of the charity, as recruitment of new Ambassadors, and the opportunities for existing Ambassadors to hold social Meets has been limited. Most Ambassador led meets have had to take place online this year.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2022 (continued)

ACHIEVEMENTS AND PERFORMANCE (continued)

During the various lockdowns, the charity held 450 Daily Debrief sessions and 31 weekly quizzes online, with an average of 5 attendees. We also ran a Father's Facebook group. These were hosted either by our Ambassadors or member of our paid staff. Following the relaxation of COVID restrictions, our Ambassadors have hosted 63 meets with 268 adult attendees, however (understandably) some Ambassadors are still reluctant to hold face-to-face meets at the moment.

We were successful securing funding to cover the costs to run face to face Support and Play sessions every fortnight in six different Norfolk locations (Loddon, Diss, Thorpe, Sprowston, Necton and Thetford) from April 2021 to December 2021 when groups of parents with children under five were finally allowed to meet inside again. The Diss group has continued to meet since the funding ended. To facilitate this all Ambassadors and staff who ran the Support and Play sessions were trained in COVID safe processes and undertook paediatric first aid training. We had a total of 371 adults and 291 children attend these sessions, and the aim is to try to build on this initial contact with local parents to create self-sustaining local groups for social meets. We were able to deliver a further 20 Christmas Boxes to the MBU for mothers both in the MBU and being treated in the community. This used up the remaining funds from a campaign we ran in Dec 2020.

In order to help achieve our charity objectives, purpose and goals the Trustees took the decision in January 2022 to lease a suite of four rooms from The Inspiration Trust, located at The Hewett Academy. We were successful in gaining funding to pay for equipment and refurbishing materials from AVIVA, and British Sugar. The actual refurbishment of our new 'Hub' was undertaken by our staff, Ambassadors, Trustees and community volunteers from Tesco and Morrisons. Our staff began working from the Hub in January 2022, and it is scheduled to open to the public for four hours per day every weekday from the beginning of April 2022.

FINANCIAL REVIEW

Reserves

Cash at the bank at 31st March 2022 was £44,868 (2021 - £27,839). The Statement of Financial Activities shows a surplus for the year of £18,068 (2021 - £3,099) and total reserves stand at £45,083 (2021 - £27,015).

The main financial risk to the charity is the loss of funding from our grant providers, and reduced donations. The charity aims to develop a funding strategy and diversify the funding streams for the next financial year.

Once again, the majority of our funding was spent on staff. Our staff were key in maintaining our online support platforms during COVID lockdowns, as well as organising and running the support and play sessions which had to be conducted under COVID guidelines. They were very active in organising the removal of our equipment from the Castle Quarter and refurbishing our new Hub. Our thanks go to them and their families for all their support in achieving the opening on time. This year we have been fortunate in gaining funding equip the Hub, as well as getting many items of furniture donated free of charge to us, which has led to the increase in our fixed assets.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2022 (continued)

SUMMARY OF THE YEAR AND FUTURE PLANS

The continuation of COVID-19 lockdowns and restrictions on face-to-face meetings for the greater part of this year has meant another year of adapting our activities to meet the changed circumstances. It has meant that opportunities to grow to support greater numbers of parents have been limited.

The Board of Trustees has welcomed some new members and lost others, mainly due to lack of time to commit to the charity. During this year, the Trustees have continued to stabilise the charity's operation by:

- Reviewing and updating our Constitution principal activities and objectives in August 2021.
- Reviewing and updating the 2020-2022 Development Plan
- Continuing to review and update the charity's policies and procedures in line with current legislation and good practice
- Monitoring the charity's activities
- Supporting staff by providing expert advice.

Coming out of COVID restrictions our key aim for next year is to grow our network of volunteer Ambassadors so that we have the ability to run regular social Meets in all districts of Norfolk, and to re-establish social Meets in Suffolk. We recently received funding to employ an additional Volunteer Recruitment Co-ordinator to help with a volunteer recruitment drive over the next year. To encourage parents to become Ambassadors, we will explore possible benefits we could offer such as training in related areas such as peer support or hiring Hub rooms at a reduced rate.

We are planning a programme of daily activities for our new Hub, which will be open to families from 10am to 2pm every weekday. We will be seeking funding to further develop the Hub facilities including acquiring a TV and DVD player, so we can run film afternoons and evenings. We anticipate that we will be able to rent out Hub rooms to local community groups for meetings and support sessions, as well as families for parties, to offset some of the leasing cost.

We have received funding to recruit a Peer Support Worker on a 6 month contract, and are in the process of looking to recruit for this post. We hope to secure future funding to extend this contract past Jan 2023.

As Trustees, we will continue to update existing internal operating procedures, including using analytics to assess our reach and performance. We will continue to seek out new sources of funding and encourage all our internal stakeholders to build up unrestricted funds by undertaking a greater range of fundraising activities

It has been another challenging year for the charity with the continuation of COVID lockdowns, but the Trustees would like to thank our staff and volunteer Ambassadors for all their hard work in ensuring that the charity has continued to support local families both online and face-to-face. With a clear development plan, the ongoing updating of our policies and procedures, and the Hub now able to open to the public, we feel confident that the charity will be in a position to grow and reach out to many more families in Norfolk and Suffolk over the next year.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2022 (continued)

Trustees responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Public benefit statement

The Trustees confirm that they have complied with the requirements in Section 17 of the Charities Act 2011 to have due regard to public benefit in determining the activities undertaken by the charity. As a charity we wish to emphasise the public benefit which our work provides. Our services are available to parents and carers living in Norfolk and Suffolk affected by social isolation and aims to provide relief by means of peer support, advice and the provision of social activities.

By order of the trustees

Eleanor Mason
Trustee

Caroline Fisher
Trustee

Date: 20 September 2022

GET ME OUT THE FOUR WALLS

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF GET ME OUT THE FOUR WALLS

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 9 to 17.

Responsibilities and basis of report

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

A Orves FCCA, FCA
For and on behalf of Sexty & Co
Chartered Certified Accountants
124 Thorpe Road
Norwich
NR1 1RS

Date: 20 September 2022

GET ME OUT THE FOUR WALLS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR TO 31 MARCH 2022

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
INCOME FROM:					
Donations, grants and legacies	2	4,170	50,100	54,270	36,639
Fundraising	3	1,862	-	1,862	2,178
Total income		6,032	50,100	56,132	38,817
EXPENDITURE ON:					
Raising funds	4	175	-	175	-
Charitable activities	5	2,709	14,933	17,642	13,277
Support costs	6	7,963	12,284	20,247	22,441
Restricted fund repaid					
Total expenditure		10,847	27,217	38,064	35,718
Net (expenditure)/income		(4,815)	22,883	18,068	3,099
Transfers between funds		1,726	(1,726)	-	-
Net movement in funds		(3,089)	21,157	18,068	3,099
Reconciliation of funds:					
Total funds brought forward		15,366	11,649	27,015	23,916
Total funds carried forward		12,277	32,806	45,083	27,015

GET ME OUT THE FOUR WALLS

BALANCE SHEET AS AT 31 MARCH 2022

	Note	31 March 2022		31 March 2021	
		£	£	£	£
FIXED ASSETS					
Tangible assets	8		1,755		630
CURRENT ASSETS					
Debtors	9		-		46
Cash at bank and in hand			44,868		27,839
			<u>44,868</u>		<u>27,885</u>
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	10		<u>1,540</u>		<u>1,500</u>
			43,328		26,385
NET ASSETS			<u><u>45,083</u></u>		<u><u>27,015</u></u>
CHARITY FUNDS					
Unrestricted funds	11		12,277		15,366
Restricted funds	11		32,806		11,649
Total charity funds			<u><u>45,083</u></u>		<u><u>27,015</u></u>

The financial statements on pages 9 to 17 were approved and authorised by the trustees on 20 September 2022 and were signed on their behalf by:

Eleanor Mason – Trustee

Caroline Fisher – Trustee

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022

1. Summary of significant accounting policies

1.1 General information and basis of preparation

The Charitable Incorporated Organisation (CIO) constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.3 Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the CIO is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the CIO will have been notified of the amounts and the settlement date. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income includes income earned from fundraising events to raise funds for the CIO.

Income from grants is recognised at fair value when the CIO has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Interest income is recognised as the CIO right to receive payment is established. Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022 (Continued)

1.4 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, and administration costs. They are incurred directly in support of expenditure on the objects of the charity.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer equipment	-	20% straight line
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1.6 Value Added Tax (VAT)

The CIO is not registered for VAT and accordingly irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

1.8 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the CIO to be able to continue as a going concern.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022 (Continued)

2	Income from donations, grants and legacies	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 31 March 2022 £	Total 31 March 2021 £
	Donations and grants	4,170	50,100	54,270	36,639
	Total donations, grants and legacies	4,170	50,100	54,270	36,639
3	Income from fundraising	Unrestricted funds 2022 £	Restricted Funds 2022 £	Total 31 March 2022 £	Total 31 March 2021 £
	Virgin Giving Money/Easy Fundraising	1,862	-	1,862	2,178
	Total income from other trading activities	1,862	-	1,862	2,178
4	Cost of raising funds	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 31 March 2022 £	Total 31 March 2021 £
	Fundraising costs	175	-	175	-
	Total cost of generating funds	175	-	175	-

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022 (Continued)

5 Costs of charitable activities in furtherance of the charity's objects

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 31 March 2022 £	Total 31 March 2021 £
Wages	2,709	7,428	10,137	12,701
Events and meets	-	7,505	7,505	576
Treatment and counselling	-	-	-	-
Play equipment	-	-	-	-
Total costs of activities in furtherance of the charity's objects	2,709	14,933	17,642	13,277

6 Support costs

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 31 March 2022 £	Total 31 March 2021 £
Wages	5,195	6,741	11,936	13,898
Travelling	-	531	531	170
Post & stationery	85	580	665	624
Subscriptions	-	-	-	-
IT/Website costs	80	767	847	947
Telephone	98	282	380	1,059
Advertising	-	699	699	-
Accountancy	-	447	447	1,036
Independent examination fees	1,500	-	1,500	1,500
Professional fees	-	-	-	570
Insurance	324	434	758	731
Venue Hire	-	-	-	-
Sundry	-	1,320	1,320	703
Repairs and renewals	80	23	103	705
Training	-	460	460	245
Depreciation	601	-	601	256
Total support costs	7,963	12,284	20,247	22,441

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022 (Continued)

7 Staff costs and Trustee remuneration	31 March 2022 £	31 March 2021 £
Gross salaries	21,986	26,599
Total staff costs	21,986	26,599

No employee earned more than £60,000 in either year.

No Trustee received any remuneration from the charity during the current financial year, nor were any expenses reimbursed.

The average number of employees during the year was 2 (2021 – 3).

The Charity considers that the key management personnel comprises the Trustees and the management team. The total employee benefits of the key management personnel of the Charity were £12,783 (2021 £12,765).

8 Tangible fixed assets

	Computer Equipment £	Total £
Cost		
At 1 April 2021	1,278	1,278
Additions	1,726	
At 31 March 2022	2,464	1,278
Depreciation		
At 1 April 2021	648	648
Charge for the year	601	256
At 31 March 2022	1,249	904
Net Book Value		
At 31 March 2022	1,755	374
At 31 March 2021	630	630

9 Debtors	31 March 2022 £	31 March 2021 £
Prepayments and accrued income	-	-
Other debtors	-	46
Total creditors	-	46

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022 (Continued)

10 Creditors	31 March 2022 £	31 March 2021 £
Accruals and deferred income	1,500	1,500
Tax & social security	40	-
Total creditors	1,540	1,500

11 Analysis of funds	At 1 April 2021 £	Incoming resources £	Resources expended £	Transfer between funds £	At 31 March 2022 £
Unrestricted funds					
Unrestricted fund	15,366	6,032	(10,847)	1,726	12,277
Total unrestricted funds	15,366	6,032	(10,847)	1,726	12,277
Restricted funds					
Aviva Community Fund	965	-	(47)	-	918
MBU Christmas Boxes	330	-	(326)	-	4
Clarion Futures	2,001	619	(2,620)	-	-
Norfolk County Council	1,539	-	(1,539)	-	-
Geoffrey Watling	-	7,000	(7,000)	-	-
Diss Rotary Club	-	750	(534)	-	216
Norfolk Community Foundation – Perinatal	-	6,856	(3,379)	(1,726)	1,751
Norfolk Community Foundation – S&P	6,814	-	(6,814)	-	-
The Ranworth Trust	-	3,000	-	-	3,000
Peoples Postcode Lottery	-	17,836	(1,613)	-	16,223
Aviva Community Fund & British Sugar	-	4,045	(3,172)	-	873
National Lottery Community Fund	-	9,994	(173)	-	9,821
Total restricted funds	11,649	50,100	(27,217)	-	32,806
Total funds	27,015	56,132	(38,064)	-	45,083

The purpose of each restricted fund is given on page 17.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2022 (Continued)

11 Analysis of funds (continued)

Donor	Purpose
Aviva Community Fund	Meets in the Mall
MBU Christmas Boxes	To provide 30 Christmas Boxes
Clarion Futures	To contribute towards costs of indoor meets
Norfolk County Council	0-5's Community Fund for Parents & toddler Groups
Geoffrey Watling	To contribute towards ambassador recruitment and support/play sessions
Diss Rotary Club	To contribute towards ambassador recruitment and support/play sessions
Norfolk Community Foundation	Perinatal MH & Wellbeing Fund
Norfolk Community Foundation	To contribute towards costs of indoor meets
The Ranworth Trust	To contribute towards costs of peer support worker
Peoples Postcode Lottery	To contribute towards costs of ambassador recruitment drive
Aviva Community Fund & British Sugar	To contribute towards costs of HUB refurbishment
National Lottery Community Fund	To contribute towards costs of volunteer recruitment drive

12 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	1,755	-	1,755
Current assets	12,061	32,807	44,868
Current liabilities	(1,540)	-	(1,540)
	12,276	32,807	45,083
	12,276	32,807	45,083

13 Related party transactions

There were no related party transactions during the year.

GET ME OUT THE FOUR WALLS

England & Wales - Charity number 1177508

Accounts

GET ME OUT THE FOUR WALLS
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2021

Registered Charity No. 1177508

GET ME OUT THE FOUR WALLS
INDEX TO REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 MARCH 2021

	Page
Reference and Administrative Details	1
Report of the Trustees	2 - 7
Report of the Independent Examiners	8
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11 - 17

GET ME OUT THE FOUR WALLS

REFERENCE AND ADMINISTRATIVE DETAILS

Status

Get Me Out The Four Walls (CIO) is governed by its constitution and registered with the Charity Commission on 12 March 2018, registration number 1177508, as a Charitable Incorporated Organisation (CIO) (Company number CE013505) whose primary objects are as stated on page 2.

Trustees

The trustees serving during the year and since the year end were as follows:

Mary Lamb	(Resigned 18 th May 2021)
Elizabeth Kidd	(Resigned 18 th May 2021)
Eleanor Mason (Chair)	
Caroline Fisher (Vice Chair)	(Appointed 9 th April 2020)
Lucy Shires	(Appointed 29 th April 2020)
Daisy Kingham	(Appointed 19 th May 2020)
Laura Hagen	(Appointed 5 th June 2020)
Tanya Dickson	(Appointed 10 th December 2020)
Zoe Phillips	(Appointed 23 rd April 2021)
Emma Reney	(Appointed 10 th May 2021)
Layla Dickerson	(Appointed 18 th May 2021)

Chief Executive Officer

Lucinda Terry (Manager)

Registered Office

c/o 124 Thorpe Road, Norwich, NR1 1RS

Independent Examiners

Sexty & Co, 124 Thorpe Road, Norwich, NR1 1RS

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2021

The trustees present their report and the financial statements of the Charitable Incorporation Organisation (CIO) for the year ended 31 March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the CIO.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

OBJECTIVES AND ACTIVITIES

Principal activity

The CIO provides peer support in Norfolk and Suffolk tailored for women to (re)gain their confidences and self-esteem challenged by Prenatal, Perinatal and Post Natal mental health issues. The CIO provides a network of social activity meetings organised by volunteer ambassadors/team leaders supported by trained staff for mothers and families encouraging mutual and one to one support.

The objectives of the Charity, as set out in our Constitution, are:

To provide relief to those affected by pre-natal, peri-natal and post-natal Depression, and their families, by means of support, advice, and services complimentary to those supplied by statutory providers.

- To advance the education of the public in matters relating to pre-natal, peri-natal and post-natal Depression.
- To advance the health and education of the public and in particular new mothers by providing support, advice, information about motherhood.

The Trustees have revised the above objectives to better reflect the work of the Charity. The revised objectives are given below, they have been approved by The Charity Commission but are yet to be updated on the website:

- To provide relief to parents and carers affected by social isolation, by means of peer support, advice, and the provision of social activities.
- To advance the awareness and education of the public in matters relating to mental health conditions and mental wellbeing.
- To advance the health and education of parents and carers by providing support, advice, and information about parenting.

Our values

- Inclusive
- Friendly
- Trustworthy
- Supportive
- Understanding

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2021 (continued)

OBJECTIVES AND ACTIVITIES (continued)

Our goals

- To recruit and retain Ambassadors located within Norfolk and Suffolk to enable an increased number of both physical meets and online social events.
- To ensure there are sufficient funds available to the Charity to achieve its operational, HR and marketing goals and to sustain the charity's long-term survival.
- To campaign for improved access to wellbeing and mental health services for parents and carers.
- To grow the Charity in Norfolk and maintain the reach that we have in Suffolk.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GMOTFW was originally set up in 2015 with the objective of supporting new parents in Norfolk who are struggling with aspects of social isolation and loneliness which can also affect their mental health during the Perinatal period.

GMOTFW became registered as a Charitable Incorporated Organisation (CIO) in 2018. It is governed by its Constitution document.

Our Trustees are appointed at a Trustee meeting, for a minimum term of 3 years by the board of Trustees as and when appropriate, with due regard to them possessing the skills, knowledge and experience needed for the effective administration of our organisation. Our constitution defines that we have a minimum of three and a maximum of twelve Trustees at any time.

Persons interested in becoming a Trustee will have an interview and DBS check carried out, before being elected to the board.

The full board of Trustees meet, at least, every 2 months to discuss the charity finances, funding and meet data.

Organisational structure

The Board of Trustees of Get Me Out The Four Walls (an unincorporated Trust, Registered Charity 1065775) established the Charitable Incorporated Organisation (CIO) also named Get Me Out The Four Walls as a corporate successor to the trust, and was registered on 7 March 2016 (Registered Charity 1170605). All assets and liabilities were transferred from the unincorporated trust to the new CIO at 30 April 2018. The trustees concluded that a CIO is a more appropriate structure for the charity, as a CIO can enter into contracts as a corporate body and provide a greater degree of protection to trustees from liability.

Risk assessment

The trustees have identified the major risks to which the charity is exposed and have ensured appropriate systems and controls are in place to provide reasonable assurance against fraud and error.

ACHIEVEMENTS AND PERFORMANCE

In planning our activities for 2020/21, we kept in mind the Charity Commission's guidance on public benefits at our Trustee meetings.

The UK has been subject to various lockdowns and restrictions on people meeting since March 2020, and this has had a huge impact on the operation and funding of the charity, as nearly all Ambassador led meets have had to take place online this year.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2021 (continued)

ACHIEVEMENTS AND PERFORMANCE (continued)

We have run at least 5 online meets using Zoom open to all parents in Norfolk and Suffolk every week during lockdowns. Many of these have been organised by our Ambassadors. Ambassadors are volunteers, who are recruited, trained in Safeguarding and Enhanced DBS checked before they take up their roles. Often Ambassadors are former beneficiaries. 18 Ambassadors are recorded as hosting an online event during lockdown.

We have 21 current active Ambassadors. Each weekday evening for one hour at 8pm, someone from our Ambassador team hosts a daily debrief open on Facebook for parents to talk about their day, or things that are concerning them. The Thursday evening Quiz continues to be very popular. One of our Ambassadors has also run online sessions on Monday evenings focussing on different aspects of mental health.

Type	No of sessions	No of attendees
Facebook Live	7	954
Facebook Post	45	469
Daily Posts	424	870
Online Social Events	76	306
Zoom events	83	184
Zoom Quiz	36	232
Mental Health Events	35	194
Outdoor Social Meets		
March 2020	12	118
Sept/Oct 2021	3	14

As virtually all our meetings have taken place online this year, we have seen an increase in usage of our online platforms, particularly Facebook:

Public Facebook Page @gmotfw

Total Likes as at 31st March 2021 = 2,703 (Yearly increase +338)

Total Followers as at 31st March 2021 = 2785 (Yearly increase +366)

Get Me Out The Four Walls Norfolk

Total Members as at 31st March 2021 = 6,116 (Yearly increase +615)

Get Me Out The Four Walls Suffolk

Total Members as at 31st March 2021 = 836 (Yearly increase +150)

GMOTFW PND Page

Total Members as at 31st March 2021 = 622 (Yearly increase +97)

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2021 (continued)

ACHIEVEMENTS AND PERFORMANCE (continued)

We were successful in being awarded a number of grants to fund the move to hosting Meets online. We were also successful in bidding to cover the costs to plan and run face to face Support and Play sessions every fortnight in six different Norfolk venues when groups of parents with children under five were finally allowed to meet inside again. These started in April 2021 as government guidelines allowed. To facilitate this, the Trustees wrote a new COVID safe policy and procedures and all Ambassadors who will run the Support and Play sessions have been trained in COVID safe processes and undertaken paediatric first aid training.

The charity undertook a successful fundraising campaign to provide Christmas boxes to the mothers and babies being treated in the Kingfisher Mother and Baby Unit at Hellesdon Hospital and mothers supported by the Community perinatal team during the seasonal period. There was enough money left over to also buy Mother's Day gifts for inpatients in March. The amount raised was £906.21, with a third of that remaining to fund gifts again this Christmas.

We continue to work with a variety of health professionals and other VCSE organisations in Norfolk and Suffolk.

FINANCIAL REVIEW

Reserves

Cash at the bank at 31st March 2021 was £27,839 (2020 - £12,075). The Statement of Financial Activities shows a surplus for the year of £3,099 (2020 - £3,475) and total reserves stand at £27,015 (2020 - £23,916).

The main financial risk to the charity is the loss of funding from our grant providers, and reduced donations. The charity aims to develop a funding strategy and diversify the funding streams for the next financial year.

The majority of our funding was spent on staff. Our staff were key in setting up and overseeing our online support platforms during COVID lockdowns, as well as recruiting and training our volunteer Ambassadors. The rest of our funding was spent on management and administration, including training, IT infrastructure, DBS checks and insurance to ensure the charity could adequately support our parents and staff during the challenges of COVID-19.

SUMMARY OF THE YEAR AND FUTURE PLANS

Our current paid staff stands at two people. Our Admin Coordinator Lucinda Terry stepped up to be our Acting Manager in March 2020 following the departure of Kelly Moulds and Trustees were able to confirm her position as permanent Manager in April 2021. Due to the completion of funding, the temporary position of Publicity and Recruitment Coordinator Suffolk came to an end in June 2020, and since then both the Norfolk and Suffolk roles have been done by Carrie Dagraca. Both Lucinda and Carrie have been furloughed on a part-time basis during the last two lockdowns and the Trustees voted to make up their salaries to their normal payment whilst on furlough as a reflection of our appreciation for their outstanding efforts to keep the Meets going online.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES FOR THE YEAR TO 31 MARCH 2021 (continued)

SUMMARY OF THE YEAR AND FUTURE PLANS (continued)

The two longest serving Trustees, Mary Lamb and Liz Kidd have now formally resigned from the Board and we thank them for their sterling efforts to ensure the survival of the charity during a very challenging time.

We have been fortunate to welcome many new Trustees to the Board who have a good range of professional skills and knowledge to take our charity forward. The Trustees have created a new strategy for the charity to ensure a coherent direction for the next three years, with revised goals and values which we feel reflect how we can best support parents with young children in Norfolk and Suffolk. The new Trustees have undertaken considerable improvements in the operation and policies of the charity including:

- Review and revision of key HR documents including: staff job descriptions, safeguarding policies and procedures, and staff performance reviews (these were carried out for the first time in November 2020)
- Rebranding our logo and colours to better reflect the support we provide
- Updating our website so it is more user friendly and contains up to date information and live links to our Facebook and Twitter feeds.
- Provided expert support to the charity Manager in applying for grants
- Creating COVID-safe policies and procedures so that face to face meets could start again.

Our future plans are to build the Ambassador network in North Norfolk and Suffolk, where the numbers of Meets are lowest. We are also looking to review the training the Ambassadors receive to make it more fit for purpose and less onerous to complete.

We are keen to continue with our digital offering to our parents and carers.

We have recently launched our Get Me Out The Four Walls – Dads Facebook group to offer a supportive and inclusive space for Dads to connect with others and access information and support on men's mental health. With the increase in demand for men's mental health services, it is evident that provisions for men are few and far between; we wish to be recognised as a place of acceptance and understanding for Dads to come to when needing that vital peer support throughout their parenting journey. Members of our Ambassador team will be posting regular updates of services available, topical chats and a monthly virtual meet up for Dads to connect and chat.

We will continue to update existing internal operating procedures, including using analytics to assess our reach and performance. Lastly we are investigating the possibility of taking over an empty shop unit in Norwich as a base of operations (this was put on hold due to lockdown).

In what has been a totally unexpected and highly challenging year for us all, the Trustees would like to thank our staff and Ambassadors for rising to the challenge of moving Meets and support online. Now that the Board of Trustees has stabilised, we look forward to supporting even more Norfolk and Suffolk families next year.

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2021 (continued)

Trustees responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Public benefit statement

The Trustees confirm that they have complied with the requirements in Section 17 of the Charities Act 2011 to have due regard to public benefit in determining the activities undertaken by the charity. As a charity we wish to emphasise the public benefit which our work provides. Our services are available to parents and carers living in Norfolk and Suffolk affected by social isolation and aims to provide relief by means of peer support, advice and the provision of social activities.

By order of the trustees

Eleanor Mason
Trustee

Caroline Fisher
Trustee

Date: 13/09/2021

GET ME OUT THE FOUR WALLS

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF GET ME OUT THE FOUR WALLS

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 9 to 17.

Responsibilities and basis of report

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

A Orves FCCA, FCA
For and on behalf of Sexty & Co
Chartered Certified Accountants
124 Thorpe Road
Norwich
NR1 1RS

Date: 13/09/2021

GET ME OUT THE FOUR WALLS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR TO 31 MARCH 2021

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
INCOME FROM:					
Donations, grants and legacies	2	7,750	28,889	36,639	102,571
Fundraising	3	2,178	-	2,178	2,742
Total income		9,928	28,889	38,817	105,313
EXPENDITURE ON:					
Raising funds	4	-	-	-	1,961
Charitable activities	5	6,879	6,398	13,277	32,607
Support costs	6	11,599	10,842	22,441	64,169
Restricted fund repaid					3,101
Total expenditure		18,478	17,240	35,718	101,838
Net (expenditure)/income		(8,550)	11,649	3,099	3,475
Transfers between funds		-	-	-	-
Net movement in funds		(8,550)	11,649	3,099	3,475
Reconciliation of funds:					
Total funds brought forward		23,916	-	23,916	20,441
Total funds carried forward		15,366	11,649	27,015	23,916

GET ME OUT THE FOUR WALLS

BALANCE SHEET AS AT 31 MARCH 2021

	Note	31 March 2021		31 March 2020	
		£	£	£	£
FIXED ASSETS					
Tangible assets	8		630		886
CURRENT ASSETS					
Debtors	9	46		12,455	
Cash at bank and in hand		<u>27,839</u>		<u>12,075</u>	
		27,885		24,530	
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	10	<u>1,500</u>		<u>1,500</u>	
			26,385		23,030
NET ASSETS			<u><u>27,015</u></u>		<u><u>23,916</u></u>
CHARITY FUNDS					
Unrestricted funds	11		15,366		23,916
Restricted funds	11		11,649		-
Total charity funds			<u><u>27,015</u></u>		<u><u>23,916</u></u>

The financial statements on pages 9 to 17 were approved and authorised by the trustees on 13/09/2021 and were signed on their behalf by:

Eleanor Mason – Trustee

Caroline Fisher – Trustee

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021

1. Summary of significant accounting policies

1.1 General information and basis of preparation

The Charitable Incorporated Organisation (CIO) constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.3 Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the CIO is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the CIO will have been notified of the amounts and the settlement date. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income includes income earned from fundraising events to raise funds for the CIO.

Income from grants is recognised at fair value when the CIO has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Interest income is recognised as the CIO right to receive payment is established. Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021 (Continued)

1.4 Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, and administration costs. They are incurred directly in support of expenditure on the objects of the charity.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer equipment	-	20% straight line
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1.6 Value Added Tax (VAT)

The CIO is not registered for VAT and accordingly irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

1.8 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the CIO to be able to continue as a going concern.

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021 (Continued)

2	Income from donations, grants and legacies	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 31 March 2021 £	Total 31 March 2020 £
	Donations and grants	7,750	28,889	36,639	99,470
	Total donations, grants and legacies	7,750	28,889	36,639	99,470
3	Income from fundraising	Unrestricted funds 2021 £	Restricted Funds 2021 £	Total 31 March 2021 £	Total 31 March 2020 £
	Virgin Giving Money/Easy Fundraising	2,178	-	2,178	2,742
	Total income from other trading activities	2,178	-	2,178	2,742
4	Cost of raising funds	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 31 March 2021 £	Total 31 March 2020 £
	Fundraising costs	-	-	-	1,961
	Total cost of generating funds	-	-	-	1,961

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021 (Continued)

5 Costs of charitable activities in furtherance of the charity's objects

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 31 March 2021 £	Total 31 March 2020 £
Wages	6,879	5,822	12,701	28,988
Events and meets	-	576	576	3,396
Treatment and counselling	-	-	-	-
Play equipment	-	-	-	223
Total costs of activities in furtherance of the charity's objects	6,879	6,398	13,277	32,607

6 Support costs

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 31 March 2021 £	Total 31 March 2020 £
Wages	6,553	7,345	13,898	39,125
Travelling	145	25	170	11,875
Post & stationery	118	506	624	1,397
Subscriptions	-	-	-	301
IT/Website costs	22	925	947	2,302
Telephone	732	327	1,059	1,528
Advertising	-	-	-	1,202
Accountancy	1,036	-	1,036	1,285
Independent examination fees	1,500	-	1,500	1,500
Professional fees	296	274	570	175
Insurance	407	324	731	719
Venue Hire	-	-	-	911
Sundry	458	245	703	1,025
Repairs and renewals	14	691	705	72
Training	62	180	242	496
Depreciation	256	-	256	256
Total support costs	11,599	10,842	22,441	64,169

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021 (Continued)

7 Staff costs and Trustee remuneration	31 March 2021 £	31 March 2020 £
Gross salaries	26,599	68,113
Total staff costs	26,599	68,113

No employee earned more than £60,000 in either year.

No Trustee received any remuneration from the charity during the current financial year, nor were any expenses reimbursed.

The average number of employees during the year was 3 (2020 – 6).

8 Tangible fixed assets

	Computer Equipment £	Total £
Cost		
At 1 April 2020	1,278	1,278
Additions		
At 31 March 2021	1,278	1,278
Depreciation		
At 1 April 2020	392	392
Charge for the year	256	256
At 31 March 2021	648	648
Net Book Value		
At 31 March 2021	630	630
At 31 March 2020	886	886

9 Debtors	31 March 2021 £	31 March 2020 £
Prepayments and accrued income	-	12,171
Other debtors	46	284
Total creditors	46	12,455

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021 (Continued)

10 Creditors			31 March 2021 £	31 March 2020 £
Accruals and deferred income			1,500	1,500
Total creditors			1,500	1,500

11 Analysis of funds	At 1 April 2020 £	Incoming resources £	Resources expended £	Transfer between funds £	At 31 March 2021 £
Unrestricted funds					
Unrestricted fund	23,916	9,928	(18,478)	-	15,366
Total unrestricted funds	23,916	9,928	(18,478)	-	15,366
Restricted funds					
Aviva Community Fund	-	965	-	-	965
MBU Christmas Boxes	-	906	(576)	-	330
Clarion Futures	-	2,476	(475)	-	2,001
Norfolk County Council	-	2,311	(772)	-	1,539
Neighbourly Community Fund	-	400	(400)	-	-
National Lottery Community Fund	-	8,723	(8,723)	-	-
Norfolk Community Foundation – Covid 19	-	1,000	(1,000)	-	-
Norfolk Community Foundation – S&P	-	9,104	(2,290)	-	6,814
Suffolk Community Foundation – Covid 19	-	3,004	(3,004)	-	-
Total restricted funds	-	28,889	(17,240)	-	11,649
Total funds	23,916	38,817	(35,718)	-	27,015

The purpose of each restricted fund is given below:

Donor

Aviva Community Fund
 MBU Christmas Boxes
 Clarion Futures
 Norfolk County Council
 Neighbourly Community Fund
 National Lottery Community Fund
 Norfolk Community Foundation – Covid 19
 Norfolk Community Foundation – S&P
 Suffolk Community Foundation

Purpose

Covid-19 Community Response Fund
 To provide 30 Christmas Boxes
 Covid-19 Recovery & Resilience Project Grants
 0-5's Community Fund for Parent & Toddler Groups
 To contribute towards Covid-19 response activities
 To contribute towards costs of online meets
 To contribute towards costs of online meets
 To contribute towards costs of indoor meets
 To contribute towards costs of online meets

GET ME OUT THE FOUR WALLS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR TO 31 MARCH 2021 (Continued)

12 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	630	-	630
Current assets	16,236	11,649	27,885
Current liabilities	(1,500)	-	(1,500)
	15,366	11,649	27,015

13 Related party transactions

There were no related party transactions during the year.