

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 Hellsdon 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

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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

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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

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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

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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.