

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
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FOR THE YEAR TO 31 MARCH 2022

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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.

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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.

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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.

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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.

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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

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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

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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

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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
			44,868		27,885
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	10		1,540		1,500
			43,328		26,385
NET ASSETS			45,083		27,015
CHARITY FUNDS					
Unrestricted funds	11		12,277		15,366
Restricted funds	11		32,806		11,649
Total charity funds			45,083		27,015

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

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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.

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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.

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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

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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

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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.

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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

13 Related party transactions

There were no related party transactions during the year.