

**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**  
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**FOR THE YEAR TO 31 MARCH 2023**

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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:

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

### 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 £
<b>INCOME FROM:</b>					
Donations, grants and legacies	2	15,403	33,299	48,702	54,270
Charitable activities	3	7,758	-	7,758	1,862
<b>Total income</b>		<b>23,161</b>	<b>33,299</b>	<b>56,460</b>	<b>56,132</b>
<b>EXPENDITURE ON:</b>					
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					
<b>Total expenditure</b>		<b>19,699</b>	<b>43,756</b>	<b>63,455</b>	<b>38,064</b>
<b>Net (expenditure)/income</b>		<b>3,462</b>	<b>(10,457)</b>	<b>(6,995)</b>	<b>18,068</b>
Transfers between funds		-	-	-	-
<b>Net movement in funds</b>		<b>3,462</b>	<b>(10,457)</b>	<b>(6,995)</b>	<b>18,068</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		12,277	32,806	45,083	27,015
<b>Total funds carried forward</b>		<b>15,739</b>	<b>22,349</b>	<b>38,088</b>	<b>45,083</b>

# GET ME OUT THE FOUR WALLS

## BALANCE SHEET AS AT 31 MARCH 2023

	Note	31 March 2023		31 March 2022	
		£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	8		1,154		1,755
<b>CURRENT ASSETS</b>					
Cash at bank and in hand			<u>38,434</u>		<u>44,868</u>
					44,868
<b>CURRENT LIABILITIES</b>					
Creditors: amounts falling due within one year	9		<u>1,500</u>		<u>1,540</u>
			36,934		43,328
<b>NET ASSETS</b>			<u><b>38,088</b></u>		<u><b>45,083</b></u>
<b>CHARITY FUNDS</b>					
Unrestricted funds	13		15,739		12,277
Restricted funds	13		22,349		32,806
<b>Total charity funds</b>			<u><b>38,088</b></u>		<u><b>45,083</b></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
<b>Total donations, grants and legacies</b>	<b>15,403</b>	<b>33,299</b>	<b>48,702</b>	<b>54,270</b>

# 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	-
<b>Total income from other trading activities</b>	<b>7,758</b>	<b>-</b>	<b>7,758</b>	<b>1,862</b>

### 4 Cost of raising funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 31 March 2023 £	Total 31 March 2022 £
Fundraising costs	-	-	-	175
<b>Total cost of generating funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>175</b>

### 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	-
<b>Total costs of activities in furtherance of the charity's objects</b>	<b>12,551</b>	<b>28,357</b>	<b>40,908</b>	<b>17,642</b>

## 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
<b>Total support costs</b>	<b>7,148</b>	<b>15,399</b>	<b>22,547</b>	<b>20,247</b>

#### 7 Staff costs and Trustee remuneration

	31 March 2023 £	31 March 2022 £
Gross salaries	31,384	21,986
<b>Total staff costs</b>	<b>31,384</b>	<b>21,986</b>

**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 £
<b>Cost</b>		
At 1 April 2022	3,004	3,004
Additions	-	-
At 31 March 2023	<b>3,004</b>	<b>3,004</b>
<b>Depreciation</b>		
At 1 April 2022	1,249	1,249
Charge for the year	601	601
At 31 March 2023	<b>1,850</b>	<b>1,850</b>
<b>Net Book Value</b>		
At 31 March 2023	<b>1,154</b>	<b>1,154</b>
At 31 March 2022	<b>1,755</b>	<b>1,755</b>

### 9 Creditors

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

### 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	-
	<b>5,000</b>	<b>-</b>

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.



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## 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 £
<b>Unrestricted funds</b>					
Unrestricted fund	12,277	23,161	19,699	-	15,739
<b>Total unrestricted funds</b>	<b>12,277</b>	<b>23,161</b>	<b>19,699</b>	<b>-</b>	<b>15,739</b>
<b>Restricted funds</b>					
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
	-	-	-	-	-
<b>Total restricted funds</b>	<b>32,806</b>	<b>33,299</b>	<b>43,756</b>	<b>-</b>	<b>22,349</b>
<b>Total funds</b>	<b>45,083</b>	<b>56,460</b>	<b>63,455</b>	<b>-</b>	<b>38,088</b>

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)
	<b>15,793</b>	<b>22,349</b>	<b>38,088</b>

#### 14 Related party transactions

There were no related party transactions during the year.