

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

*Registered Charity No. 1177508*



**GET ME OUT THE FOUR WALLS**  
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**FOR THE YEAR TO 31 MARCH 2024**

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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)**

**Lesley Bradfield (Vice Chair)**

**Fred Bradfield**

**Zoe Webber**

**Lucy Shires**

**Annelise Chapman**

**Jo Hodgekins**

**(Resigned March 2024)**

**(Appointed August 10<sup>th</sup> 2023)**

#### **Chief Executive Officer**

Carrie Degraca

#### **Registered Office**

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

#### **Independent Examiners**

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

## **REPORT OF THE TRUSTEES**

### **FOR THE YEAR TO 31 MARCH 2024**

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

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

## **OBJECTIVES AND ACTIVITIES**

### **Principal activity**

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

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

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

### **Our purpose**

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

## GET ME OUT THE FOUR WALLS

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

#### Our values

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

#### Our goals

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

## STRUCTURE, GOVERNANCE AND MANAGEMENT

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

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

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

# **GET ME OUT THE FOUR WALLS**

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

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

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

### **Organisational structure**

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

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

### **Risk assessment**

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

### **ACHIEVEMENTS AND PERFORMANCE**

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

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

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

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

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

Public FB Page - 4500

Norfolk Group - 7495

Perinatal Support Group - 599

Dads - 108

Instagram – 1074

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

# **GET ME OUT THE FOUR WALLS**

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

### **FINANCIAL REVIEW**

#### **Reserves**

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

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

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

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

### **SUMMARY OF THE YEAR AND FUTURE PLANS**

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

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

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



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

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

## **GET ME OUT THE FOUR WALLS**

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

#### **Trustees responsibilities in relation to the financial statements**

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

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

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

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

#### **Public benefit statement**

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

By order of the trustees

**Eleanor Mason**  
**Chair**

**Date:**

**Lesley Bradfield**  
**Vice Chair**

**Date:**

## **GET ME OUT THE FOUR WALLS**

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

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

#### **Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

Date: ...

## GET ME OUT THE FOUR WALLS

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR TO 31 MARCH 2024

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

# GET ME OUT THE FOUR WALLS

## BALANCE SHEET AS AT 31 MARCH 2024

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

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

**Eleanor Mason – Chair**

**Lesley Bradfield – Vice Chair**

## **GET ME OUT THE FOUR WALLS**

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

#### **1. Summary of significant accounting policies**

##### **1.1 General information and basis of preparation**

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

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

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

##### **1.2 Funds**

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

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

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

##### **1.3 Income recognition**

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

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

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

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

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

#### **1.4 Expenditure recognition**

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

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

#### **1.5 Tangible fixed assets and depreciation**

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

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

Computer equipment	-	20% straight line
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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 2024 (Continued)

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



## GET ME OUT THE FOUR WALLS

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

#### 4 Cost of raising funds

	Unrestrict ed funds 2024 £	Restrict ed funds 2024 £	Total 31 March 2024 £	Total 31 March 2023 £
Fundraising costs	2,710	-	2,710	-
<b>Total cost of generating funds</b>	<b>2,710</b>	<b>-</b>	<b>2,710</b>	<b>-</b>

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

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

## GET ME OUT THE FOUR WALLS

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

#### 6 Support costs

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

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

**8 Tangible fixed assets**

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

**9 Creditors**

	31 March 2024 £	31 March 2023 £
Accruals and deferred income	1,500	1,500
Tax & social security	-	-
<b>Total creditors</b>	<u><b>1,500</b></u>	<u><b>1,500</b></u>

**10 Leases**

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

	31 March 2024 £	31 March 2023 £
Not later than one year	5,000	5,000
	<u><b>5,000</b></u>	<u><b>5,000</b></u>

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

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

**11 Analysis of funds**

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

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

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

# GET ME OUT THE FOUR WALLS

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR TO 31 MARCH 2024 (Continued)

### 12 Analysis of funds (continued)

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

### 13 Analysis of net assets between funds

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

### 14 Related party transactions

There were no related party transactions during the year