

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

Registered Charity No. 1177508



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

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

GET ME OUT THE FOUR WALLS

REFERENCE AND ADMINISTRATIVE DETAILS

Status

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

Trustees

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

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

Chief Executive Officer

Carrie Degraça

Place of Business

9 Mason Road
Norwich
NR6 6RF

Registered Office

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

Independent Examiners

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

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES

FOR THE YEAR TO 31 MARCH 2025

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

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

OBJECTIVES AND ACTIVITIES

Principal activity

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

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

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

Our purpose

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

Our values

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

Our goals

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

GET ME OUT THE FOUR WALLS

REPORT OF THE TRUSTEES

FOR THE YEAR TO 31 MARCH 2025 (continued)

OBJECTIVES AND ACTIVITIES (continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

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

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

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

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

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

Organisational structure

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

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

Risk assessment

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

ACHIEVEMENTS AND PERFORMANCE

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

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

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

ACHIEVEMENTS AND PERFORMANCE (continued)

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

We received funding this year for the following projects:

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

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

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

We also completed two projects started in the previous year:

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

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

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

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

GET ME OUT THE FOUR WALLS

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

ACHIEVEMENTS AND PERFORMANCE (continued)

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

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

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

FINANCIAL REVIEW

Reserves

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

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

GET ME OUT THE FOUR WALLS

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

SUMMARY OF THE YEAR AND FUTURE PLANS

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

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

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

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

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

Trustees responsibilities in relation to the financial statements

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

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

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

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

GET ME OUT THE FOUR WALLS

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

Public benefit statement

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

By order of the trustees

.....
Eleanor Mason
Chair

.....
Dr Jo Hodgekins Mills
Trustee

Date:

GET ME OUT THE FOUR WALLS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF GET ME OUT THE FOUR WALLS

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

Date:

GET ME OUT THE FOUR WALLS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR TO 31 MARCH 2025

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

GET ME OUT THE FOUR WALLS

BALANCE SHEET AS AT 31 MARCH 2025

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

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

.....

Eleanor Mason – Chair

.....

Dr Jo Hodgekins Mills - Trustee

GET ME OUT THE FOUR WALLS

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

1. Summary of significant accounting policies

1.1 General information and basis of preparation

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

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

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

1.2 Funds

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

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

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

1.3 Income recognition

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

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

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

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

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

GET ME OUT THE FOUR WALLS

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

1.4 Expenditure recognition

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

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

1.5 Tangible fixed assets and depreciation

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

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

Computer equipment - 20% straight line

1.6 Value Added Tax (VAT)

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

1.7 Debtors and creditors receivable / payable within one year

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

1.8 Going concern

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

2 Income from donations, grants and legacies

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

GET ME OUT THE FOUR WALLS

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

3 Income from charitable activities

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

4 Cost of raising funds

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

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

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

GET ME OUT THE FOUR WALLS

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

6 Support costs

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

7 Staff costs and Trustee remuneration

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

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

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

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

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

GET ME OUT THE FOUR WALLS

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

8 Tangible fixed assets

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

9 Creditors

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

10 Leases

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

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

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

GET ME OUT THE FOUR WALLS

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

11 Analysis of funds

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

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

GET ME OUT THE FOUR WALLS

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

12 Analysis of funds (continued)

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

13 Analysis of net assets between funds

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

14 Related party transactions

There were no related party transactions during the year.