

DON'T LOSE HOPE CIO

CHARITY COMMISSION REGISTERED NO. 1178839

STATEMENT OF ACCOUNTS

for the year ended

30 September 2021

tc accounts · tax · legal · financial planning

4 Cyrus Way
Cygnet Park
Hampton
Peterborough
Cambridgeshire
PE7 8HP

DON'T LOSE HOPE CIO

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DON'T LOSE HOPE CIO

Charity Information

Charity number: 1178839

Trustees

Catherine Johnson - Chair
Justine Mutton - Treasurer
Gill Collins - Resigned 7 February 2022
Derek Sidney - Resigned 23 November 2021
Judith Irene Fellows
Lisa Crowther
Roger Moore - Appointed 7 February 2022
Richard Jones - Appointed 10 August 2021

Bankers

HSBC
Cathedral Square
Peterborough
Cambridgeshire
PE1 1XL

Independent Examiner

M.A. Burden
TC Bulley Davey Limited
4 Cyrus Way
Cygnet Park
Hampton
Peterborough
PE7 8HP

Registered Office

4 North Street
Bourne
Lincolnshire
PE10 9EA

DON'T LOSE HOPE CIO

Annual Report

for the year ended 30 September 2021

The trustees have pleasure in presenting their annual report together with the independently examined financial statements for the year ended 30 September 2021. The financial statements comply with the Charities Act 2011 and the charity's constitutions.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2015 in preparing the annual report and financial statements of the charity.

Structure, governance and management

Governing document

The charity is constituted by the Charity Commission and is a registered charity with the charity number 1178839. The charity was formed on 18 June 2018 and became a registered charity on this date. The charity is governed by its constitution, which was adopted on 18 June 2018.

Appointment of trustees

A prospective trustee must be formally proposed and approved by the current committee.

Objectives and Activities

The charitable objects are for the public benefit to protect and promote the mental and emotional health in Bourne and surrounding areas of Lincolnshire, by facilitating the provision and development of an affordable counselling service.

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The charity aims to improve awareness and understanding of social, emotional and mental health within the 'area of benefit', primarily through, but not limited to, the delivery of workshops and information sessions both within the centre and externally through education provisions. Don't Lose Hope are now certified and registered to deliver Mental Health First Aid Level 2 and 3 to schools and workplaces.

Having a premises that offers a social enterprise café, we are able to provide an informal arena for people to come and chat, socialise and be supported as well as be guided to the appropriate support and to deal with any mental health issues or barriers they may be experiencing. The café is now in partnership with the Clinical Commissioning Group to provide a Night Light Café two evenings a week, this gives people to opportunity to access non-clinical support in the evening. The café also hosts the Empowerment Academy which is a psychoeducational group for pre-teen and teenage girls, a bereavement support group, menopause support group and group clinical supervision sessions.

Achievements and performance

Through our counselling and play therapy service we have provided 4,312 counselling sessions to adults, children and young people this financial year. 2,170 of these have been free of charge and a further 1,600 subsidised. Approximately 48% of clients have been aged between 4 – 16 years of age. We have also provided 1,080 counselling sessions to primary secondary schools in our local area, this enables children and young people to work 1 to 1 or in a group with our counsellors within their educational setting.

We also offer workshops on emotional resilience for primary schools. This training enables them to be able to spot possible signs of a mental health condition in its early stages, offer strategies and support and signpost on to appropriate services. We are a placement provider to trainee counsellors who are currently participating in a level 4 or above at local colleges and the Sherwood Institute.

DON'T LOSE HOPE CIO

Annual Report (continued)

for the year ended 30 September 2021

Achievements and performance (continued...)

The charity now provides fully functioning community garden and shed workshop space, opened in May 2021. This is a place where all members of the community can take part in activities such as gardening, woodwork, turning, welding, fixing repairing and bushcraft, as well as workshops in whittling, tool confidence and much more. This is affiliated with "UK Men's Sheds"

The charity are recycling all wood waste and working with local companies to repurpose their wooden waste for projects to raise funds for the charity. The users of the shed have made many wooden items that have been sold in the gift shop. This gives them purpose and a sense of worth as well as raising funds for the counselling services. With raised beds providing vegetables and fruit for consumption in the café and a greenhouse allowing us to grow on plants/herbs and more, the space is really developing and being used well by the community. Children's play tables and wooden stepping stones in a barked area have been constructed to provide a diverse cross generational space alongside planting beds and herb gardens.

The concrete paths allow full access to wheelchair users and those with reduced mobility, these are being utilised regularly by a local school for children with special needs, both learning and mobility based. With groups in the shed and garden providing continuity and regularity for support, the community is really embracing the activities and services provided within the space.

We are open Monday – Friday 9-4.30, Saturday 10-4 and we are looking to expand to 7 days a week opening for the summer months. With an average of 40 visitors a day, we are certainly providing an even greater service than we had ever imagined.

The Don't Lose Hope's (More Than Just a Gift) shop is now in it's second year of trading, this building is home to the play and art therapy provided by the charity. The rear of the shop provides a space for seven creative workshops supporting around 30 people every week. These sessions are designed to promote positive mental health and reduce social isolation and loneliness. The upstairs of the premises now has a fully equipped play therapy room which provides more space and capacity for play therapy 5 days a week. This also has an upstairs space for a training room to enable the charity to deliver their first aid for mental health courses.

The results for the charity for the financial period are detailed on pages 7 to 9.

Reserves policy

The charity attempts to hold sufficient working capital within its current bank account to ensure it has three months operating costs, currently approximately £45,000.

Public Benefit

We maintain that the aims and objectives of the charity remain of public benefit as shown within the activities and achievements and performance above. The trustees consider that the objectives and activities of the charity are in accordance with the Charity Commissions' general guidance on public benefit.

Approved by the charity's trustees on 19 July 2022 and signed on their behalf by:

Catherine Johnson
Chair

DON'T LOSE HOPE CIO

Statement of Trustees' Responsibilities

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

The law applicable to charities requires the trustees to prepare financial statements for each financial period 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 period. 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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 applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees 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.

Approved by the trustees of the charity on 19 July 2022 and signed on its behalf by:

Catherine Johnson
Chair

DON'T LOSE HOPE CIO

Independent Examiner's Report to the Trustees

I report on the accounts of the charity for the year ended 30 September 2021 which are set out on pages 7 to 9.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

M A Burden FCA

TC Bulley Davey Limited
4 Cyrus Way
Cygnet Park
Hampton
Peterborough
PE7 8HP

20 July 2022

DON'T LOSE HOPE CIO

Receipts and Payments Accounts

for the year ended 30 September 2021

	2021			2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Incoming resources:				
Grants:				
Community Action Fund	619	-	619	5,000
Cummins	7,683	-	7,683	4,096
South Kesteven District Council	3,167	3,867	7,034	1,950
Tesco bags of help	3,010	-	3,010	-
NHS (LPFT)	4,500	-	4,500	-
NHS (Mental Health)	9,800	-	9,800	-
Moy Park	11,540	-	11,540	-
Lincolnshire Community Foundation (LCC)	4,800	-	4,800	-
Newby Trust	5,000	-	5,000	-
Arnold Clark	1,000	-	1,000	-
National Lottery Covid Response	-	-	-	15,900
Screwfix Foundation	-	-	-	2,400
Bourne United Charities	-	-	-	16,000
Royal Sun Alliance	-	-	-	2,500
Card Factory Foundation	-	-	-	800
Len Pick Trust	-	-	-	5,215
Other	-	-	-	1,250
	<u>51,119</u>	<u>3,867</u>	<u>54,986</u>	<u>55,111</u>
Fundraising	37,411	-	37,411	19,721
Donations	35,316	-	35,316	72,431
Café/Counselling	56,540	-	56,540	31,079
Sundry	2,223	-	2,223	13,235
Gift shop income	-	-	-	-
	<u>131,490</u>	<u>-</u>	<u>131,490</u>	<u>136,466</u>
Total incoming resources	<u>182,609</u>	<u>3,867</u>	<u>186,476</u>	<u>191,577</u>
Resources expended:				
Staff costs	134,519	1,200	135,719	91,178
Staff training	544	-	544	535
Staff clothing	108	-	108	276
Rent and rates	15,926	2,667	18,593	2,689
Light and heat	3,955	-	3,955	3,331
Insurance	2,218	-	2,218	1,908
Property improvements	1,128	10,626	11,754	12,318
Fixtures and equipment	1,189	-	1,189	2,324
Office equipment (F&E FAR)	348	-	348	-
Plant and machinery (F&E FAR)	2,454	-	2,454	-
Repairs and renewals	2,247	-	2,247	2,484
Cleaning	17	-	17	230
Café food and drink	1,211	-	1,211	6,168
Toys, books and equipment	1,249	-	1,249	1,286
Computer expenses	180	-	180	1,158
Telephone	935	-	935	342
Post and stationery	138	-	138	302
Advertising	466	-	466	210
Website costs	909	-	909	1,124
Travel costs	189	-	189	631
Sundry expenses	753	-	753	843
Licences	-	-	-	1,475
Legal and professional fees	138	-	138	-
Accountancy fees	1,230	-	1,230	450
Entertainment	-	-	-	1,296
Card charges	2,239	-	2,239	255
	<u>174,290</u>	<u>14,493</u>	<u>188,783</u>	<u>132,813</u>
Total resources expended	<u>174,290</u>	<u>14,493</u>	<u>188,783</u>	<u>132,813</u>
Net income / (expenditure)	<u>8,320</u>	<u>(10,626)</u>	<u>(2,306)</u>	<u>58,764</u>
Cash funds at 30 September 2020	62,842	10,626	73,468	14,704
Cash funds at 30 September 2021	<u>71,162</u>	<u>-</u>	<u>71,162</u>	<u>73,468</u>

DON'T LOSE HOPE CIO

Statement of Net Assets

for the year ended 30 September 2021

	Note	Unrestricted	Restricted	2021 Total £	2020 Total £
Monetary assets					
Cash deposits					
HSBC current account		89,743	-	89,743	60,432
Cash in hand		-	-	-	-
		<u>89,743</u>	<u>-</u>	<u>89,743</u>	<u>60,432</u>
Non-monetary assets					
Property improvements		8,535	-	8,535	9,733
Furniture and equipment		9,939	-	9,939	10,061
Stock		-	-	-	4,376
		<u>18,474</u>	<u>-</u>	<u>18,474</u>	<u>24,170</u>
Monetary liabilities					
Don't Lose Hope Café Ltd		228	-	228	-
More Than Just A Gift (DLH) Ltd		25,609	-	25,609	-
		<u>25,836</u>	<u>-</u>	<u>25,836</u>	<u>-</u>
Total net assets		<u>82,381</u>	<u>-</u>	<u>82,381</u>	<u>84,602</u>

The financial statements on pages 7 to 9 were approved by the trustees, and authorised for issue on 19 July 2022 and signed on their behalf by:

Catherine Johnson
Chair

DON'T LOSE HOPE CIO

Statement of Net Assets

for the year ended 30 September 2021

1 Accounting Policies

Statement of compliance

The financial statements have been prepared in accordance with the exemptions applicable under the Accounting and Reporting by Charities: Statement of Recommended Practice and the Charities Act 2011.

Basis of preparation

The statements of financial activities has been prepared on a receipts and payments basis which is a consistent basis to previous years.

Statement of Net Assets

The Statements of Assets shows the assets of the charity and any amount due to or owned by the charity. The statement will not include any provisions for liabilities and charges. The trustees are of the opinion that should any significant matters arise prior to the year end, they will disclose them within the notes to the financial statements .

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

2 Control

The charity decisions are made by the trustees as a body and are detailed on page 1 of this report. No one trustee or group of trustees has a dominant control.

3 Related parties

There were no related party transactions to disclose for the period.

4 Non-Monetary Assets

	2021	2020
	£	£
Property improvements	8,535	9,733
Furniture and equipment	9,939	10,061
Stock	-	4,376
	18,474	24,170

All the assets above are used by the charity in the furtherance of its objectives. The values shown above represent the asset value as estimated by the Trustees where gifted, or the purchased cost.