

Registered Charity No 1179693

Report of the Trustees and
Unaudited Financial Statements
For the year ended 31st December 2023
for
The Friends of Stour Connect

The Friends of Stour Connect

The Friends of Stour Connect

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Reference and administrative details

Registered Charity number: 1179693

Trustees serving throughout the period of this report:

Kim Riley (Chair)
Anne Rich
George Fuller
Helen Reed
Michelle Pratt
Nigel Biggs
Richard Long
Tim Wilson

Trustees appointed during the period of this report:

Joe Rose (appointed 26th September 2023)

Trustees who resigned during the period of this report:

Sue Ashby (resigned 24th April 2023)
Katie Guy (resigned 5th December 2023)

Principal address:

Friends of Stour Connect
Stour View Close
Sturminster Newton
Dorset
DT10 1JF

Independent Examiner:

Martin Arthur
Unit 2A, The Courtyard Craft Centre
Huntick Road
Lytchett Minster
Dorset BH16 6BA

Trustees' Report

Objectives and Aims

To relieve the social isolation of the elderly, mentally and physically disabled in Sturminster Newton, Gillingham, Shaftesbury, Sherborne and Blandford areas by providing or assisting in the provision of equipment, facilities, activities and services over and above those provided by statutory services, particularly with a view to helping them undertake rewarding activities.

Significant activities

The Charity has continued to develop a number of projects in consultation with the local community that are designed to alleviate social isolation. These are described in the Achievements and Performance section.

During the reporting year we have aimed to concentrate our activities on those that best meet the needs of our local communities. We have continued to consult local communities, other charities and local authorities and public services in our area to ensure our activities are focussed on local needs.

Public benefit

All our activities are for the public benefit and support many sectors of our community. In delivering services we adhere closely to our objectives and aims.

We report public benefit to our supporters, funding bodies (in a timely manner) and our beneficiaries.

Constitution and governance

Governing document

The charity is controlled by its constitution, dated 24th August 2018, and is constituted as a Charitable Incorporated Organisation.

Recruitment and appointment of new trustees

The existing Trustees recognise the need to have appropriate skills and experience on the trustee board. Therefore they look to improve the make up of the board by adding new members as appropriate. Appointment follows a process whereby potential new trustees are invited to meet the current Trustees to review their suitability to appointment. If necessary references may be taken up and, irrespective of their expected role, all new Trustees are required to undergo checks by the government's Disclosure and Barring Service. All new trustees are appointed following a resolution of the Trustees.

Trustee Board

During the period of this report two trustees resigned, including the then Chair, and one was recruited. The Trustees appointed Kim Riley as Chair at the Annual General Meeting on 30th October 2023 and Joe Rose was added as a trustee. Eight Trustee Board meetings have been

held during the year including a facilitated meeting in November which concentrated on strategy.

Our aim is to reduce social isolation and provide opportunities for people to come together in a supportive and welcoming environment. At the November meeting the Trustees agreed to change the name of the charity to better reflect this aim, the activities of the charity and its role in the community.

The name agreed is 'Community Connections' but difficulties have been experienced in confirming this change with the Charity Commission. The Trustees also agreed to adopt new objectives as follows:

"Community Connections works to strengthen and build bonds with the local community by providing opportunities and facilities to improve people's quality of life and overcome barriers."

Our aim is to reduce social isolation and provide opportunities for people to come together in a supportive and welcoming environment."

The new objectives were included in a revised constitution adopted by the Trustees at a meeting on 5th March 2024.

The Trustees are also developing and promoting a transparent culture that enhances the well-being of those giving time and effort to the work we do. As a charity that values and provides for those in need we are committed to the same duty of care to our staff and volunteers.

Planning ahead, the Trustees aim to introduce an overall Strategic Plan with an annual budgeting process to provide a financial underpinning to the Charity's work. This will be introduced as soon as possible during 2024. The Charity will introduce improved risk management integrated with the Strategic Plan. It is the Trustees' aim to produce a financial model to support a sustainable future for the Charity.

Projects and significant activities

Charitable activities

2023 has been an extremely busy year at Friends of Stour Connect maintaining the services and activities offered. Below is a summary of our projects both within the Stour Connect building and outside in the rural communities of North Dorset.

Meals on Wheels

This service has maintained service levels and not only provides regular hot meals to people who might not be able to cook for themselves, but also provides a valuable safeguarding service in that the drivers can report back on any concerns they have about the beneficiaries' circumstances and the relevant organisations can be informed.

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Men's Shed

The Men's Shed continues to thrive to the point that more accommodation is needed for everyone to work together. At the end of 2023 we were offered an agreement to take over three open garages alongside the current premises. The agreement also includes female and male toilets with facilities also for disabled people, including those in wheelchairs, and a large room with kitchen facilities. The Charity is now developing a project to cover the development of the new premises including necessary fit out costs and new tools and equipment. This will require grant funding and the Charity is currently looking for suitable donors. Once funding is secure we will also look to increase the number of members to ensure the best use is made of the new facilities.

Lunch Club

The Lunch Club began in February 2022 and provides a lunch for participants served in the Stour Connect café. Participants pay a fixed charge for food and transport to and from the cafe is provided by NordCat. The lunch club runs one day a week and is regularly attended by 15 to 20 elderly people. The Lunch Club offers the opportunity for participants to have a hot meal and convivial company. Subject to the availability of finance FoSC will introduce an additional day to this service starting in spring 2024, which will pick up in other areas of north Dorset.

Life is for Living

This group offers support to those with dementia and is ongoing with weekly sessions run by an NHS mental health nurse, with the support of local NHS Social Prescribers. Previously grant support had been received for this project but once this had been utilised the service had to be wound back. The Trustees consider this is a very useful project, supporting need in north Dorset and are focusing on ensuring that costs are matched with available funding so it can be reestablished on a sustainable basis.

Connect to Employment Training

This project has been in abeyance during 2023 but is hoped to be re-established during 2024.

Community Café

At the heart of FOSC our cafe provides a warm, welcoming, safe social space where the community can meet, eat and enjoy good affordable food and company. It is run by volunteers and staff whose abilities and skills vary, and we believe that everyone in our team has something invaluable to offer and should be enabled to reach their potential in a safe and supportive place. In addition to providing drinks and food in the Centre, the café team have provided food as outside caterers to various events, which, as well as providing useful income, also help develop new skills among the staff. Grant funding has been received to enable the cooking area to be modernised and made suitable for use by disabled volunteers and staff. The café is largely self supporting financially and the Charity is looking to expand its opening hours to attract more customers.

Charity Shop

The shop continues to make a useful financial contribution and offers opportunities for the volunteers who run the shop to support the Charity . FoSC sells items – mainly clothes, kitchen items and bric a brac – donated by well-wishers. The charity does not buy in items for onward sale. Where appropriate items are sold through eBay or Facebook marketplace.

Financial review

Finance 2023

Total income for the period was £88,429 (2022: £110,376), and expenditure £113,724 (2022: £112,020). From this the deficit for the period was £25,295 (2021: deficit £1,644).

Reserves policy

The Trustees have set a reserves policy which requires sufficient reserves to be retained equivalent to at least three months forward expenditure. The total reserves held at 31st December 2023 were £15,347 (2022: £40,642). Average monthly expenditure was £9,450 so the total reserves were equivalent to about 1½ months expenditure.

Going concern

During the year the Charity received £16,986 (2022 £39,260) of grants for specific services or to support the Charity's objectives in general. This significant drop in grant income compared to 2022 was largely because we were unsuccessful with an application for a large grant which by itself would have filled the gap. The Charity has continued to apply for grants and has confirmation of four successful applications in early 2024, which will bring in £15,500 by the end of April 2024. Bearing in mind the unpredictability of grant income the Trustees have also reviewed the Charity's business model and, from January 2024, have applied new prices, at a level thought affordable and appropriate for users, and examined all costs making reductions where possible. The Trustees are aware that the significant reduction in reserves and cash balances which occurred in 2023 cannot be repeated and have adopted improved financial controls and governance to manage financial risks.

As stated above reserves at 31 December 2023 were £15,347. The Trustees consider this level of reserves, together with the additional grant income confirmed in the first four months of 2024 and the impact of price increases and cost reductions, to be sufficient to meet the cost of delivering the charitable objectives for the next twelve months and that the Charity is therefore a going concern.

Donations and Grants

The Charity has received various grants and donations during the year. The Trustees would like to put on record their thanks to the grant givers and donors, many of whom prefer to remain anonymous. However we are particularly grateful to Dorset Council, Dorset Community Foundation and the Masonic Foundation for their financial assistance.

The Friends of Stour Connect

Approval

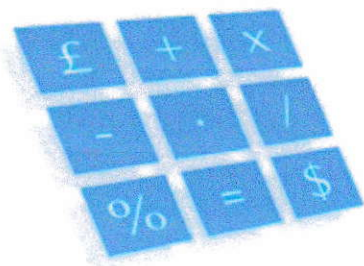
Approved by order of the Trustees on 7th June 2024



Richard Long FCMA
Trustee



Kim Riley
Trustee



Martin Arthur

*Unit 2A, The Courtyard Craft Centre, Huntick Road,
Lytchett Minster, Poole, Dorset, BH16 6BA*

Telephone: 01202 621622 Fax: 01202 621488

**Independent Examiner's Report to the Trustees of
Friends of Stour Connect**

Independent examiner's report to the trustees of Friends of Stour Connect

I report to the charity trustees on my examination of the accounts of the Friends of Stour Connect (Charity) for the year ended 31st December 2023.

Responsibilities and basis of report

As the charity trustees of the Charity, 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 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 confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

Martin Arthur
FMAAT, FFA, FIPA, FFTA, MIH, ACIE.
4th May 2024



Martin Arthur is licensed and regulated by the Association of Accounting Technicians to provide services in accordance with License No. 2208 details of which are displayed at the registered address shown below.

Owner: Martin Arthur FMAAT, FFA, FIPA, FFTA, MIH, ACIE

Financial Statements and Notes to the Accounts

Statement of Financial Activities for the year ended 31 December 2023

Statement of financial activities							
Categories by activity	Note	2023			2022		
		Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
		£	£	£	£	£	£
Incoming resources							
Income and endowments from:							
Donations and legacies	2	20,905	5,986	26,891	14,803	32,020	46,823
Charitable activities	2	61,538		61,538	63,553	-	63,553
Other trading activities		-	-	-	-	-	-
Total		82,443	5,986	88,429	78,356	32,020	110,376
Resources expended							
Expenditure on:							
Raising funds	4	917	-	917	2,577	-	2,577
Charitable activities	4	99,402	13,405	112,807	85,392	24,050	109,442
Total		100,319	13,405	113,724	87,969	24,050	112,020
Net income/(expenditure) before investment gains/(losses)		(17,876)	(7,419)	(25,295)	(9,613)	7,970	(1,644)
Net gains/(losses) on investments							
Net income/(expenditure)		(17,876)	(7,419)	(25,295)	(9,613)	7,970	(1,644)
Other items							
Transfers between funds		1,209	(1,209)	-	-	-	-
Net movement in funds		(16,667)	(8,628)	(25,295)	(9,613)	7,970	(1,644)
Reconciliation of funds:							
Total funds brought forward		23,450	17,192	40,642	33,064	9,222	42,286
Total funds carried forward		6,783	8,564	15,347	23,451	17,192	40,642

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Balance Sheet at 31 December 2023

Balance sheet							
	Note	Unrestricted funds	Restricted income funds	Total 2023	Unrestricted funds	Restricted income funds	Total 2022
		£	£	£	£	£	£
Fixed assets							
Intangible assets		-	-	-	-	-	-
Tangible assets	8	5,714	-	5,714	-	-	-
<i>Total fixed assets</i>		5,714	-	5,714	-	-	-
Current assets							
Debtors	9	5,380	-	5,380	5,834	1,000	6,834
Cash at bank and in hand	10	5,699	8,564	14,263	24,762	16,192	40,954
<i>Total current assets</i>		11,079	8,564	19,643	30,596	17,192	47,788
Creditors: amounts falling due within one year	11	10,010	-	10,010	7,146	-	7,146
<i>Net current assets/(liabilities)</i>		1,069	8,564	9,633	23,450	17,192	40,642
<i>Total assets less current liabilities</i>		6,783	8,564	15,347	23,450	17,192	40,642
<i>Total net assets/(liabilities)</i>		6,783	8,564	15,347	23,450	17,192	40,642
Funds of the Charity							
Restricted income funds	12	-	8,564	8,564	-	17,192	17,192
Unrestricted funds	12	6,783	-	6,783	23,450	-	23,450
Total funds		6,783	8,564	15,347	23,450	17,192	40,642

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the Statement of Recommended Practice (FRS 102) for Charities.

These financial statements were approved by the Board of Trustees and authorised for issue on 7th June 2024 and were signed on its behalf by:



Richard Long FCMA
Trustee



Kim Riley
Trustee

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Notes to the Financial Statements for the year ended 31 December 2023

1. Legal Form

- 1.1 Friends of Stour Connect is a registered Charitable Incorporated Organisation.

2. Accounting Policies

- 2.1 Basis of preparing the financial statements.

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 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) (effective 1 January 2019).

Friends of Stour Connect meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

- 2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. It is the opinion of the Trustees that the level of reserves, expected levels of income and expenditure and plans in place means that it remains appropriate to use the going concern basis.

- 2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants are included in the statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under gift aid or deeds of covenant is recognised at the time of the donation.

Fees receivable and charges for service are recognised in the period in which the service has been provided.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on an assessment of the time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charitable Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £250 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition are included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives. Depreciation is charged from the month after acquisition.

Depreciation is provided on the following basis:

Leasehold buildings	Straight line over 10 years (10% on cost less residual value)
Fixtures and fittings	Straight line over 5 years (20% on cost less residual value)
Computer equipment	Straight line over 3 years (33% on cost less residual value)

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the statement of financial activities as a finance cost.

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.10 Finance leases and hire purchase

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible fixed assets. Assets acquired by finance lease are depreciated over the shorter of the lease term and their useful lives. Assets acquired by hire purchase are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the Charity. Obligations under such agreements are included in creditors, net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the Statement of financial activities so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

2.11 Operating leases

Rentals paid under operating leases are charged to the statement of financial activities on a straight line basis over the lease term.

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2.12 Pensions

The Charity is not currently required to operate a pension scheme, but would introduce one if asked to do so by employees.

2.13 Fund accounting

General funds are unrestricted funds which 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 by the Trustees for other purposes.

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 costs of raising and administering such funds, if material and unless specifically excluded by donors, are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Note 3 Analysis of income							
Analysis		Unrestricted funds	Restricted income funds	2023 Total funds	Unrestricted funds	Restricted income funds	2022 Total funds £
Donations	Donations and gifts	4,845	-	4,845	1,249	-	1,249
	Gift Aid	10	-	10	-	-	-
	Grants	11,000	5,986	16,986	7,240	32,020	39,260
	Donated goods, facilities and services	5,050	-	5,050	6,314	-	6,314
	Other	-	-	-	-	-	-
Total		20,905	5,986	26,891	14,803	32,020	46,823
Charitable activities:	Meals on Wheels	26,995	-	26,995	34,092	-	34,092
	Community café	23,736	-	23,736	23,533	-	23,533
	Men's shed	2,516	-	2,516	2,811	-	2,811
	Other projects	8,291	-	8,291	3,118	-	3,118
	Total	61,538	-	61,538	63,553	-	63,553
Total income		82,443	5,986	88,429	78,356	32,020	110,376

Note 4 Donated goods, facilities and services		
	2023 £	2022 £
Seconded staff	-	-
Use of property	-	-
Goods	5,050	6,314
Total donations	5,050	6,314

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Note 5 Analysis of expenditure						
	2023			2022		
	Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
Analysis						
Expenditure on raising funds:	£			£		
Operating charity shops	682	-	682	1,216	-	1,216
Advertising, marketing, direct mail and publicity	235	-	235	1,361	-	1,361
Total expenditure on raising funds	917	-	917	2,577	-	2,577
Expenditure on charitable activities:						
Meals on Wheels	52,345	-	52,345	56,572	5,000	61,572
Community Café	25,378	8,197	33,575	13,690	9,560	23,250
Men's Shed	1,236	-	1,236	2,847	1,463	4,310
Connect to Employment	(498)	591	93	(532)	1,393	861
Life is for Living	12,990	-	12,990	9,825	2,000	11,825
Parkinson's Dance	-	-	-	(1,052)	1,460	408
Other projects	7,951	4,617	12,568	4,041	3,174	7,215
Total expenditure on charitable activities	99,402	13,405	112,807	85,392	24,050	109,442
Total expenditure	100,319	13,405	113,724	87,969	24,050	112,020

Note 6 Details of certain items of expenditure		
Fees for examination of the accounts		
	2023	2022
	£	£
Independent examiner's fees	840	1,319
Other fees paid to the independent examiner	-	-

Note 7 Paid employees		
Staff Costs		
	2023	2022
	£	£
Salaries and wages	29,975	26,837
Social security costs	12	-
Pension costs (defined contribution scheme)	-	-
Other employee benefits	-	-
Total staff costs	29,987	26,837

Average head count in the year		2023	2022
		Number	Number
The parts of the charity in which the employees work	Fundraising	-	-
	Charitable Activities	3	3
	Support services	1	2
	Total	4	5

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Note 8 Tangible fixed assets			
8.1 Cost or valuation			
	Leasehold buildings	Fixtures, fittings and equipment	Total
	£	£	£
At the beginning of the year	-	-	-
Additions	1,860	4,501	6,361
Revaluations	-	-	-
Disposals	-	-	-
Transfers	-	-	-
At end of the year	1,860	4,501	6,361
8.2 Depreciation and impairments			
	Basis	Straight line	Straight line
	Rate	10 yrs	5 yrs
At beginning of the year	-	-	-
Disposals	-	-	-
Depreciation	113	534	647
Impairment	-	-	-
Transfers	-	-	-
At end of the year	113	534	647
8.3 Net book value			
Net book value at the beginning of the year	-	-	-
Net book value at the end of the year	1,747	3,967	5,714

Note 9 Debtors and prepayments		
9.1 Analysis of debtors		
	2023	2022
	£	£
Trade debtors	3,422	5,302
Prepayments and accrued income	1,958	1,532
Total	5,380	6,834
9.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)		
	2023	2022
	£	£
Trade debtors	-	-
Prepayments and accrued income	-	44
Total	-	44

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Note 10 Cash at bank and in hand		
	2023 £	2022 £
Cash at bank	12,829	40,078
Cash on hand	1,434	876
Total	14,263	40,954

Note 11 Creditors and accruals				
Analysis of creditors	Amounts falling due within one year		Amounts falling due after more than one year	
	2023 £	2022 £	2023 £	2022 £
Trade creditors	5,314	1,260	-	-
related grants	-	-	-	-
Accruals and deferred income	4,603	5,470	-	-
Taxation and social security	93	27	-	-
Other creditors	-	388	-	-
Total	10,010	7,146	-	-

Note 12 Charity funds							
12.1 Details of material funds held and movements				2023			
Fund names	PE/EE/ R or UR *	Purpose and Restrictions	Fund balances brought forward restated £	Income £	Expenditure £	Transfers £	Fund balances carried forward £
Connect to Employment	R	Various grants have been received to enable the Charity to run activities to prepare disadvantaged young people for employment	7,155	-	(591)	-	6,564
Café refurbishment	R	A grant to refurbish the café and to make it easier for disabled to use and for the purchase of new equipment	4,211	3,250	(5,461)	-	2,000
Café Extended hours	R	A grant to enable the Charity to maintain extended opening hours of the café by employing two part time staff	-	2,736	(2,736)	-	-
Lunch club support	R	A grant to cover transport and other costs for those attending the weekly lunch club	1,826	-	(1,826)	-	-
Young people & carers	R	A grant to enable the Charity to run activities to support young people and their carers.	4,000	-	(2,791)	(1,209)	-
Total Restricted Funds	R		17,192	5,986	(13,405)	(1,209)	8,564
General Fund	UR		23,450	82,443	(100,319)	1,209	6,783
Total Funds			40,642	88,429	(113,724)	-	15,347

* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and UR - unrestricted funds

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12.2 Details of material funds held and movements during 2022						
Fund names	PE/EE/R or UR *	Purpose and Restrictions	Fund balances brought forward	Income	Expenditure	Fund balances carried forward
			£	£	£	£
Life is for Living	R	Grants were received to enable a contractor to run the Life is for Living (dementia project).	-	2,000	(2,000)	-
Men's Shed	R	Grants were received to support purchase of materials and equipment for the Men's shed	1,463	-	(1,463)	-
Connect to Employment	R	Various grants have been received to enable the Charity to run activities to prepare disadvantaged young people for employment	6,548	2,000	(1,393)	7,155
Café refurbishment	R	A grant to refurbish the café and to make it easier for disabled to use and for the purchase of new equipment	1,211	3,000	-	4,211
Meals on wheels	R	A grant to enable two part time staff to be employed, one as a driver and the other general support for meals on wheels	-	5,000	(5,000)	-
Café Extended hours	R	A grant to enable the Charity to extend the opening hours of the café by employing two part time staff	-	9,560	(9,560)	-
Lunch club support	R	A grant to cover transport and other costs for those attending the weekly lunch club	-	5,000	(3,174)	1,826
Young people & carers	R	A grant to enable the Charity to run a programme of activities to support young people and their carers	-	4,000	-	4,000
Art and drama	R	A grant to run 'Parkinsons dance' events	-	1,460	(1,460)	-
Total Restricted Funds	R		9,222	32,020	(24,050)	17,192
General Fund	UR		33,064	78,356	(87,970)	23,450
Total Funds			42,286	110,376	(112,020)	40,642
* Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and UR - unrestricted funds						

Note 13 Trustees' remuneration and benefits

During the year ended 31st December 2023 one trustee was remunerated £5,358 (2022: £5,287) for self-employed services provided.

During the year ended 31st December 2023 the trustees were reimbursed £0 (2022: £1,192) for out of pocket expenses.