

TIME TO TALK MENTAL HEALTH UK

England & Wales · Charity number 1180701

Details

Other names	TIME TO TALK UK
Status	Registered
Legal form	CIO
Registered	2018-11-14
Register	View on the Charity Commission register

Contact

Address	35 Sidegate Lane Ipswich IP4 4HU
Phone	07939525272
Email	admin@timetotalkuk.org.uk
Website	www.timetotalkuk.org.uk

Activities

Objects: 1.TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF MENTAL HEALTH PROBLEMS, INCLUDING BUT NOT EXCLUSIVELY BY A)THE PROVISION OF AN ON-LINE PEER SUPPORT SERVICE, EVENTS, PRACTICAL ADVICE AND SUPPORT ANDB)PROVIDING SUCH SERVICES, FACILITIES AND SUPPORT TO THOSE WHO ARE AT INCREASED RISK OF SUICIDE AS DEEMED APPROPRIATE.2.THE RELIEF OF THOSE IN NEED, BY REASON OF YOUTH, AGE, ILL-HEALTH, AND DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE.3.THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF MENTAL HEALTH CONDITIONS. 4.TO ADVANCE THE EDUCATION OF THE PUBLIC IN MENTAL HEALTH AWARENESS BY WORKING TO INCREASE THE UNDERSTANDING OF MENTAL HEALTH AND MENTAL HEALTH ISSUES, GATHERING AND DISSEMINATING INFORMATION AND WORKING TO RAISE AWARENESS, PROMOTE UNDERSTANDING AND CHALLENGE STIGMA AND DISCRIMINATION.

Activities: Time to Talk Mental Health UK is a fully confidential social media based peer support group for those suffering with mental health issues. We are run for and by people with mental health conditions aged 18 or over and living in the UK.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£720	£1,235	-	-
2024-04-05	£2,006	£1,394	-	-
2023-04-05	£2,459	£4,742	-	-
2022-04-05	£9,565	£5,415	-	-
2021-04-05	£2,527	£1,491	-	-

Trustees

Name	Role	Appointed
Celia Lythgoe		2023-05-29
Graham Carrington		2023-05-29
SUE THOMAS		2018-10-16

TIME TO TALK MENTAL HEALTH UK

England & Wales - Charity number 1180701

Accounts

Time to Talk Mental Health UK

Year in Review to 5th April 2025

We have now completed our sixth full year as a registered charity. Membership numbers have seen some strong growth over the last twelve months, now standing at 2,989, a 16.7% increase on twelve months ago. It remains very noticeable that we have a core membership that posts regularly and others that post only occasionally but read posts in the background. Regular posters seem to be on the decline although this could be seen as positive as we are there for people who need a chat rather than expect regular participation. We encourage those members who choose not to post often to retain their membership so that we can support them if a need arises in the future.

The past twelve months has seen us raise £719.91, to enable us to meet the running costs of the charity. a sharp drop from the £2,005.74 raised in the previous year. The biggest source of income was donations (£716.13). This is down on the total donations for last further year and will explain the overall drop in income. The total included £383 raised from a sweepstake arranged around the Eurovision in May. Poetry book sales still trickled in albeit very slowly.

The difficulty in raising funds has become ever more acute, not least because of the closure of several online shopping fundraising schemes. It's still hoped that some new schemes will become available to replace them. It is perhaps unsurprising that we are struggling to raise funds as the current economic situation makes it difficult for those that have previously supported us to continue and for new supporters to be found. We have continued to struggle to find someone to take on the role of bid writer, this is a great shame.

We are also struggling to recruit new volunteers to cover all moderation shifts on a regular basis. All shifts are still being covered, although some of them on an emergency basis. We are aware, however that this could have an effect on our volunteers and further lowering of numbers will have an impact on the hours that the group will be moderated. We have now had to drop the morning shifts on Thursday to Sunday and we start moderating at noon on these days. The members have been very understanding of this but it's still a major concern that we are no longer able to offer full coverage.

It's hoped that we can slowly reintroduce some of the clubs that we had operating a while ago to boost interaction within the group but as the shortage of volunteers remain unresolved, this is something for the longer term.

Plans for 2025-26

It remains very difficult to make strong plans for the next twelve months. The lack of new volunteers has become a major problem. Unfortunately, the boom in volunteering during Covid has not been maintained. Plans are at an advanced stage to tie up with Edge Hill University in Lancashire to allow students to gain some exposure to the moderator role. If we can recruit some permanent moderators from this then things could improve significantly.

Looking at ways to increase revenue streams remains challenging but is something that we must make progress on. Our finances remain stable as expenditure is being tightly controlled but this is not something we can rely upon especially with prices continuing to rise. However opportunities are becoming more difficult to come by,

Iain Hay

Finance Manager

Tine to Talk Mental Health UK

22nd May 2024

Time to Talk Mental Health UK

Financial Summary for year ended 5th April 2023

Income:

Total income for the 2023-24 financial year was £2,005.74, a drop of 18.4%. In addition to the drop, it has become noticeable that the number of funding streams has reduced, the main source of donation income being PayPal Giving. This is a worry as we need to find new streams of income and be less reliant on a smaller number of donation sources as this has the potential to cause serious issues if we lose PayPal Giving.

Almost all of our income was through these donations, there were no grants during the year. The only other source of income was the small amount from ongoing royalties from the poetry book sales. Again, it will be worth looking at ways to increase sales.

Expenditure:

Total expenditure for 2023-24 was £1,394.46, 70.59% lower than the previous year (£4,741.79). This was largely due to the previous year's expenditure on Counselling sessions for moderators that had been funded by a National Lottery grant.

Postage costs have dropped by 81.24% from £100.44 to £18.84. Stationery costs have gone the other way, up to £109.65. The drop in postage is down to the reduced costs of sending Christmas gifts to moderators. The stationery increase is down to the purchase of TTT branded pens for use when promoting the charity and some of this could be recouped if we decide to try again with regards to fundraising through merchandising. The cost of the Christmas gifts was deemed to be prohibitive and therefore was not repeated for 23-24.

Training costs were considerably lower at £249.90, a third of the cost of the previous year. Sadly, this is due to us finding it considerably more difficult to find volunteers, and therefore not requiring the safeguarding training units. A further £118.80 was spent on attendance of a suicide prevention course. This may be repeated next year should a similar opportunity arise.

Website maintenance have increased by 22.17% from £192.46 to £235.13. This is necessary to ensure the integrity of our website and prevent any cyber-attack. It is difficult to know whether this increase is going to be a one-off or, whether further increases can be expected.

Data Protection, Insurance and Fundraising subs have all remained the same, year on year. The insurance premium has not increased for several years so we need to be mindful that an increase could happen for 2024.

The overall finances of the charity remain relatively comfortable, but any unexpected expenses may cause an issue without an increase in fundraising. New funding streams will need to be found for us to be more secure. The appointment of an experienced bid writer is of utmost importance.

Iain Hay

Finance Manager

Time to Talk Mental Health UK

22nd May 2024

Balance Sheet for period 6th April 2024 to 5th April 2025

Notes

Assets

Cash In Hand and at Bank

Debtors

Liabilities

Creditors-Amounts falling due within one year

Total Assets

Total Funds

balance as @ 5th April 2025

£4,068.84
NIL

£4,068.84

NIL

£4,068.84

£4,068.84

balance as @ 6th April 2024

£4,584.18
NIL

£4,584.18

NIL

£4,584.18

£4,584.18

Income and Expenditure Statement
6th April 2024 to 5th April 2025

£

Opening Balance as @ 6th April 2024 4,584.18

Income

Donations - (Total from all sources £333.13)	
Personal	50.00
Online Shopping (Amazon Smile Easy Fundraising)	39.18
Give As You Live	0.00
The Giving Machine	0.00
Just Giving	11.88
PayPal Giving	113.01
Charities Aid Foundation	0.00
Grant	0.00
Sponsorship Money from Supporter	0.00
Bright Funds Donation	19.06
Charitable Giving	100.00
Other fundraising - Eurovision Competition	383.00
Poetry Book Royalties	3.78
Total Income	719.91

Expenditure

Counselling/Self Care	0.00
DBS Checks	291.90
Postage	32.40
Stationery	147.28
Insurance Renewal	212.80
Fundraising Fees	216.00
Bank Fees for Overseas Transactions	5.15
Training - Safeguarding Units	0.00
Training - Suicide Prevention IGPP	0.00
Website Maintenance	187.92
Data Protection Renewal	35.00
Recruitment Advertisement	106.80
Total Expenditure	1235.25
Closing Balance as @ 5th April 2025	4068.84

**Detailed Statement of Financial Activities
for period 6th April 2024 to 5th April 2025**

Apr 24-Apr 25

Incoming Resources

Capital Introduced (11th February 2019)

NIL

Fundraising - Donations

£716.13

Fundraising - Poetry Book Royalties

£3.78

Sponsorship Money from Supporter

NIL

Adjustment

NIL

Total Incoming Resources

£719.91

Resources Expended

Disclosure Service DBS checks

£291.90

Mod Thank You Gifts

NIL

Website Maintenance

£187.92

Safeguarding Training

NIL

Suicide Prevention Training Course

NIL

Bank fees for overseas transaction

£5.15

Insurance Costs

£212.80

Fundraising Fees

£216.00

Counselling/Self Care - (Lottery funded)

NIL

Data Protection fee

£35.00

Postage

£32.40

Stationery

£147.28

Recruitment Advertisement

£106.80

Adjustment error when paying expenses

£0.00

Total Resources Expended

£1,235.25

Net Income(Expenditure)

-£515.34

Apr 23-Apr 24

NIL

£1,841.78

£3.96

£160.00

NIL

£2,005.74

£193.20

NIL

£235.13

£249.90

£118.80

£5.14

£212.80

£216.00

NIL

£35.00

£18.84

£109.65

£0.00

£1,394.46

£611.28

Unrestricted Funds
General Funds

Restricted Funds
General Funds

Total Funds

Net movement in funds included in the above are as follows

Unrestricted Funds
General Funds inc Debtors cleared

Restricted Funds
General Funds

Total Funds

As @ 5th April 2025

£4,068.84

£0.00

£4,068.84

Incoming

£719.91

£0.00

£719.91

Net Movement

-£515.34

£0.00

-£515.34

Outgoing

£1,235.25

£0.00

£1,235.25

As @ 6th April 2024

£4,584.18

£0.00

£4,584.18

Movement in Funds

-£515.34

£0.00

-£515.34

TIME TO TALK MENTAL HEALTH UK

England & Wales - Charity number 1180701

Accounts

Time to Talk Mental Health UK

Year in Review to 5th April 2023

We have now completed our fourth full year as a registered charity. Our membership numbers are holding steady but whilst we are still receiving and accepting new members, we are now losing some established members. It's hoped that this is because the now former members are no longer requiring support for their mental health.

The past twelve months has seen us raise £2,458.73 to enable us to meet running costs for the charity. The biggest source of income was a £1,500 grant from Saints and Sinners, a philanthropist group which looks to support small charities such as ourselves. This was especially welcome as we noticed a decline in the donations received from Online Shopping sources. The total was 23.7% lower than last year at £260.27. Other income included £324.85 from Just Giving, £108.17 from PayPal Giving and £44.57 from the Charities Aid Foundation.

Poetry Book royalties were much lower, perhaps understandably so, as most sales were expected soon after the book became available on Amazon. It remains available so further income is possible and will be welcome.

The grant received from the National Lottery continues to be used to support volunteers and members with counselling and workshop sessions. The sessions from Resilience Voyage were most welcome and appreciated by the members. We have now had eight volunteers either have the counselling sessions or have started them. As they are confidential, the feedback we receive will be limited to what the volunteers tell us, however they do appear to be going very well.

Fundraising is becoming ever more difficult. The amount of money available continues to decrease at the same time as the number of people submitting applications seems to be increasing. We still find ourselves in a position where running costs are being covered but we are struggling to develop the charity further. An additional concern is the possibility of costs increasing more than we can afford. This is something we must be very careful to keep an eye on.

Our team of moderators continue to do an amazing job offering support to our members between 09:00 and 22:30 7 days a week. We are, however finding it difficult to maintain a full compliment of volunteers and as a result we are relying on those who help us more than we would like. Shifts are continuing to be covered, some on an emergency basis. This is working as well as we can hope but we are aware that we need to increase our volunteer base. Sadly, we are struggling to fill the gaps. It isn't immediately obvious why so it's a difficult problem to resolve. We are, therefore, extremely grateful for the support we receive from our team of moderators.

The events programme has continued to see a decline in support from the membership which is disappointing. Occasionally, we have new members that post paintings or poems that they have written which briefly revives interest, but this seems to be temporary. We will engage with members to see how they want the events to be shaped going forward so we can try to encourage interaction between members on subjects of mutual interest.

Plans for 2023-24

Our search for a dedicated funding bid writer continues and we're looking to have someone in place as soon as possible. However, the fact that we're a small charity and the competition for ever decreasing funds makes this a very difficult role. We will look to expand our search via new avenues

as and when they become available. It's hoped that by collaborating with other charities of similar size that we may find the right person to support us.

We are looking to increase the possible fundraising streams that are open to us. We rely heavily on donations from online schemes from various retailers. This isn't great as we are at the mercy of the retailers changing the terms of these streams, or even closing them. We are still hoping that people organise sponsored events for us but this isn't always possible if our members are struggling.

We will look again at the possibility of selling TTT branded merchandise. The costs may prevent us from doing so as the lower the order, the higher the unit cost. We can't tie up funds in merchandise if we aren't sure that it will be sold so we must tread carefully.

Whilst the pandemic is continuing to feature less in our daily lives, events around the world are causing anxiety amongst our members. Where appropriate, we will allow our members to show support but as we're a non-political charity, we must be very careful in our approach. Consideration will be given to a dedicated post to allow discussion if this can be done in the correct way.

Iain Hay

Finance Manager

Time to Talk Mental Health UK

17th May 2023

Time to Talk Mental Health UK

Financial Summary for year ended 5th April 2023

Income:

Total income for the 2022-23 financial year was £2,458.73, down by £7,106.50 or 74.3% on the previous year. This figure is distorted by the National Lottery Grant of £7,350 received last year. With this taken out, the income increased by £243.50 or around 12%.

The majority of the income came from a grant of £1,500 by Saints and Sinners, a group which support smaller charities. This was very much appreciated and allowed us to cover all outgoings comfortably. For a while there was some concern about our financial situation. As a result of this grant, our total donations were up £494 or 25.3% on the previous year.

The poetry book royalties fell to almost nothing (£10.87 against £251.87 2021-22) Any further income from this should be regarded as a bonus. Sadly, the sales generated are close to an end. It may be worth revisiting the project again to see if we can stimulate new sales, but we must be mindful that any new expenditure on the book needs to be weighed against the risk of not covering those costs of those additional sales.

Expenditure:

Thankfully, we haven't been impacted by the rising prices of energy and wages. We have actually seen a reduction of overall expenditure of £673 compared to 2021-22. This has been especially welcome as it has allowed us to improve our reserves total. Stripping out the £2,640 spent on Counselling/Self Care for our members which was paid for using ringfenced money from the lottery grant, our overall expenditure for the year was £2,081.79 (21-22 £2,775.25).

The main expense for the year was the units for the Online Safeguarding training. £749.70 was spent, a small increase of 3.2% on 21-22. DBS checks were much lower at £196.56 (down 70.2%). We can expect both these figures to rise as we get more volunteers on board and are unavoidable costs.

Insurance remained the same at £212.80 for the year. This is a surprise as an increase was expected. We do need to ensure that both cost of policy and cover provided is reviewed as we get closer to renewal time. The data protection fee of £35 almost remained unchanged from last year.

Fundraising fees were down 23% at £216. This is good news, but we need to continue to ensure that these fees actually lead to increased donations, otherwise we may need to rethink whether the membership is worthwhile.

Postage and Stationery costs have both been well controlled and, as a result, the expenditure has fallen to £102.44 for the year (£158.52 for 21-22).

Website maintenance costs have fallen from £495.98 to £192.46 (down £303.52 or 61.2%). This is because some of the work has been done on a voluntary basis by a member. We need to be mindful that this might not always be the case.

The £2,640 spent on Counselling and Self Care for volunteers remains the same as 21-22. Again, this has been paid for from the Lottery grant money ringfenced for this purpose.

Whilst we have managed to grow our reserves slightly, it remains a concern that we could be susceptible to any sudden increases in costs. The current level of cash in the bank is enough to see us through another year like 22-23 but there isn't a great deal of headroom. We're also not in a position to grow the group as we would like which is also disappointing, but we can't take risks in increasing expenditure currently.

Iain Hay

Finance Manger

Time to Talk Mental Health UK

17th May 2023

Balance Sheet for period 6th April 2023 to 5th April 2024

Notes

Assets

Cash In Hand and at Bank

Debtors

Liabilities

Creditors-Amounts falling due within one year

Total Assets

Total Funds

balance as @ 5th April 2024

£4,584.18
NIL

£4,584.18

NIL

£4,584.18

£4,584.18

balance as @ 6th April 2023

£3,972.90
NIL

£3,972.90

NIL

£3,972.90

£3,972.90

Income and Expenditure Statement
6th April 2023 to 5th April 2024

£

Opening Balance as @ 6th April 2023 3,972.90

Income

Donations - (Total from all sources £1841.78)

Personal	25.00
Online Shopping (Amazon Smile Easy Fundraising)	147.21
Give As You Live	0.00
The Giving Machine	0.00
Just Giving	15.43
PayPal Giving	1654.14
Charities Aid Foundation	0.00
Grant	0.00
Sponsorship Money from Supporter	160.00

Poetry Book Royalties 3.96

Total Income 2005.74

Expenditure

Counselling/Self Care	0.00
DBS Checks	193.20
Postage	18.84
Stationery	109.65
Insurance Renewal	212.80
Fundraising Fees	216.00
Bank Fees for Overseas Transactions	5.14
Training - Safeguarding Units	249.90
Training - Suicide Prevention IGPP	118.80
Website Maintenance	235.13
Data Protection Renewal	35.00

Total Expenditure 1394.46

Closing Balance as @ 5th April 2024 4584.18

**Detailed Statement of Financial Activities
for period 6th April 2023 to 5th April 2024**

Apr 23-Apr 24

Incoming Resources

Capital Introduced (11th February 2019)

NIL

Fundraising - Donations

£1,841.78

Fundraising - Poetry Book Royalties

£3.96

Sponsorship Money from Supporter

£160.00

Adjustment

NIL

Total Incoming Resources

£2,005.74

Resources Expended

Disclosure Service DBS checks

£193.20

Mod Thank You Gifts

NIL

Website Maintenance

£235.13

Safeguarding Training

£249.90

Suicide Prevention Training Course

£118.80

Bank fees for overseas transaction

£5.14

Insurance Costs

£212.80

Fundraising Fees

£216.00

Counselling/Self Care - (Lottery funded)

NIL

Data Protection fee

£35.00

Postage

£18.84

Stationery

£109.65

Adjustment error when paying expenses

£0.00

Total Resources Expended

£1,394.46

Net Income(Expenditure)

£611.28

Apr 22-Apr 23

NIL

£2,447.86

£10.87

NIL

NIL

£2,458.73

£196.56

£391.56

£192.46

£749.70

NIL

£5.27

£212.80

£216.00

£2,640.00

£35.00

£100.44

£2.00

£0.00

£4,741.79

-£2,283.06

Unrestricted Funds
General Funds

Restricted Funds
General Funds

Total Funds

Net movement in funds included in the above are as follows

Unrestricted Funds
General Funds inc Debtors cleared

Restricted Funds
General Funds

Total Funds

As @ 5th April 2024	Net Movement	As @ 6th April 2023
£4,584.18	£2,681.28	£1,902.90
£0.00	-£2,070.00	£2,070.00
<u>£4,584.18</u>	<u>£611.28</u>	<u>£3,972.90</u>
Incoming	Outgoing	Movement in Funds
£2,005.74	£1,394.46	£611.28
£0.00	£0.00	£0.00
<u>£2,005.74</u>	<u>£1,394.46</u>	<u>£611.28</u>

TIME TO TALK MENTAL HEALTH UK

England & Wales - Charity number 1180701

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Plans for 2023-24

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Whilst the pandemic is continuing to feature less in our daily lives, events around the world are causing anxiety amongst our members. Where appropriate, we will allow our members to show support but as we're a non-political charity, we must be very careful in our approach. Consideration will be given to a dedicated post to allow discussion if this can be done in the correct way.

Iain Hay

Finance Manager

Time to Talk Mental Health UK

17th May 2023

Time to Talk Mental Health UK

Financial Summary for year ended 5th April 2023

Income:

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The majority of the income came from a grant of £1,500 by Saints and Sinners, a group which support smaller charities. This was very much appreciated and allowed us to cover all outgoings comfortably. For a while there was some concern about our financial situation. As a result of this grant, our total donations were up £494 or 25.3% on the previous year.

The poetry book royalties fell to almost nothing (£10.87 against £251.87 2021-22) Any further income from this should be regarded as a bonus. Sadly, the sales generated are close to an end. It may be worth revisiting the project again to see if we can stimulate new sales, but we must be mindful that any new expenditure on the book needs to be weighed against the risk of not covering those costs of those additional sales.

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The main expense for the year was the units for the Online Safeguarding training. £749.70 was spent, a small increase of 3.2% on 21-22. DBS checks were much lower at £196.56 (down 70.2%). We can expect both these figures to rise as we get more volunteers on board and are unavoidable costs.

Insurance remained the same at £212.80 for the year. This is a surprise as an increase was expected. We do need to ensure that both cost of policy and cover provided is reviewed as we get closer to renewal time. The data protection fee of £35 almost remained unchanged from last year.

Fundraising fees were down 23% at £216. This is good news, but we need to continue to ensure that these fees actually lead to increased donations, otherwise we may need to rethink whether the membership is worthwhile.

Postage and Stationery costs have both been well controlled and, as a result, the expenditure has fallen to £102.44 for the year (£158.52 for 21-22).

Website maintenance costs have fallen from £495.98 to £192.46 (down £303.52 or 61.2%). This is because some of the work has been done on a voluntary basis by a member. We need to be mindful that this might not always be the case.

The £2,640 spent on Counselling and Self Care for volunteers remains the same as 21-22. Again, this has been paid for from the Lottery grant money ringfenced for this purpose.

Whilst we have managed to grow our reserves slightly, it remains a concern that we could be susceptible to any sudden increases in costs. The current level of cash in the bank is enough to see us through another year like 22-23 but there isn't a great deal of headroom. We're also not in a position to grow the group as we would like which is also disappointing, but we can't take risks in increasing expenditure currently.

Iain Hay

Finance Manger

Time to Talk Mental Health UK

17th May 2023

Balance Sheet for period 6th April 2022 to 5th April 2023

Notes

Assets

Cash In Hand and at Bank
Debtors

Liabilities

Creditors-Amounts falling due within one year

Total Assets

Total Funds

Notes:

balance as @ 5th April 2023

£3,972.90
NIL

£3,972.90

NIL

£3,972.90

£3,972.90

balance as @ 6th April 2022

£6,255.96
NIL

£6,255.96

NIL

£6,255.96

£6,255.96

Income and Expenditure Statement
6th April 2022 to 5th April 2023

	£
Opening Balance as @ 6th April 2022	6,255.96
Income	
Donations - (Total from all sources £2447.86)	
Personal	20.00
Online Shopping (Amazon Smile Easy Fundraising)	260.27
Give As You Live	0.00
The Giving Machine	0.00
Just Giving	324.85
PayPal Giving	108.17
Charities Aid Foundation	44.57
Grant	1500.00
Miscellaneous Donations	190.00
Poetry Book Royalties	10.87
Total Income	2458.73
Expenditure	
Counselling/Self Care	2640.00
DBS Checks	196.56
Postage	100.44
Stationery	2.00
Insurance Renewal	212.80
Fundraising Fees	216.00
Bank Fees for Overseas Transactions	5.27
Training - Safeguarding Units	749.70
Website Maintenance	192.46
Data Protection Renewal	35.00
Mod Thank You Gifts (Christmas)	391.56
Total Expenditure	4741.79
Closing Balance as @ 5th April 2023	3972.90

Grum Eurovision Sweepstake

**Detailed Statement of Financial Activities
for period 6th April 2022 to 5th April 2023**

Incoming Resources

Capital Introduced (11th February 2019)

Fundraising - Donations

Fundraising - Poetry Book Royalties

HMRC Reimbursement (Gift Aid)

Merchandise Sales

National Lottery Grant

Adjustment

Total Incoming Resources

Resources Expended

Disclosure Service DBS checks

Mod Thank You Gifts

Website Maintenance

Safeguarding Training

Bank fees for overseas transaction

Insurance Costs

Purchase of Poetry Book

Fundraising Fees

Counselling/Self Care - (Lottery funded)

Data Protection fee

Postage

Stationery

Adjustment error when paying expenses

Total Resources Expended

Net Income(Expenditure)

Apr 22-Apr23

Apr 21-Apr22

NIL

NIL

£2,447.86

£1,953.25

£10.87

£251.87

NIL

NIL

NIL

£10.00

NIL

£7,350.00

NIL

£0.11

£2,458.73

£9,565.23

£196.56

£659.20

£391.56

£184.99

£192.46

£495.98

£749.70

£726.40

£5.27

£6.66

£212.80

£212.80

£0.00

£14.96

£216.00

£280.56

£2,640.00

£2,640.00

£35.00

£35.00

£100.44

£117.57

£2.00

£40.95

£0.00

£0.18

£4,741.79

£5,415.25

-£2,283.06

£4,149.98

Unrestricted Funds

General Funds

Restricted Funds

General Funds

Total Funds

Net movement in funds included in the above are as follows

Unrestricted Funds

General Funds inc Debtors cleared

Restricted Funds

General Funds

Total Funds

As @ 5th April 2023

Net Movement

£1,902.90

£356.94

£2,070.00

-£2,640.00

£3,972.90

-£2,283.06

Incoming

Outgoing

£2,458.73

£2,101.79

£0.00

£2,640.00

£2,458.73

£4,741.79

As @ 6th April 2022

£1,545.96

£4,710.00

£6,255.96

Movement in Funds

£356.94

-£2,640.00

-£2,283.06

TIME TO TALK MENTAL HEALTH UK

England & Wales - Charity number 1180701

Accounts

Time to Talk Mental Health UK

Year in Review to 5th April 2022

We have now completed our third full year as a registered charity and continue to see growth, both in new members and also with regards to collaborations with other charities. It's hoped that this will continue going forward.

The past twelve months has seen us raise £2,215.23 to help with running costs. This has been largely due to online donations through charity giving websites such as Give as You Live and Just Giving (£1,651.32). We have also received Personal donations of £125 and a bequest which raised £118.35. Finally we also raised £58.58 from the sale of blanket made by a member and donated to us.

The total value of donations received was £1,953.25

We also continued to receive royalties from the sale of our poetry book created by the members, a further £251.87 was raised through these sales. There was also a purchase of some merchandise by a member raising a further £10.

We also received a grant of £7,350 from the National Lottery. This is to be used for supporting our volunteers with counselling sessions and workshops. This money is ring-fenced for this purpose and will not be used for day to day costs.

Fundraising remains a problem for us. Whilst we are covering running costs. We are not yet able to develop what we do to offer greater support to our members. Bids have been submitted for grants from various organisations but, with the exception of the grant from the National Lottery, we have not had much success. This has been very disappointing but somewhat understandable as the Covid pandemic has had an impact on the funding available.

Moderators are continuing to oversee the Facebook group between 09:00 and 22:30 but difficulties in ensuring all shifts are covered on an ongoing basis remain. One of the selling points of the group is that all members have or at some point, have had mental health issues. Our moderators have to become members and as a result we have people step down regularly, both due to other demands on their time or to protect their own wellbeing. Shifts are being covered by existing members taking on additional shifts but this is not ideal. We are looking at ways to try and improve the situation. It's still our hope that we can offer a small payment for the time our volunteers give us but finances have not allowed us to do this at present.

Group management do understand when people decide to leave us and we always leave the door open for them to return. It can't be overstated just how important it is for us to try and keep existing moderators as they do develop a good rapport with members.

Our programme of events is still running. However, we are starting to see a decline in the number of members participating which is a shame. We will look to revamp these due the course of the next few months to see if we can re-establish greater interest. As there is no cost to running these, we can persevere but we need to be mindful of over working volunteers, especially if the number of participants continues to decline.

Plans for 2022-23

We are once again looking for a new dedicated bid writer in order to increase our chances of securing funds. It was a great shame that the previous volunteer had to step down due to increased commitments with their paid job.

The idea of extending the hours that the group is moderated is still being explored. The difficulties in retaining enough volunteers has meant that we haven't yet been able to progress this. We are seeing an increase in members posting to the group after midnight as this can be a particularly difficult time for those who are vulnerable so this is something we need to look into as soon as is feasible.

We hope to see an increase in the number of sponsorship events that members hold to raise money for us. Unfortunately, whilst we have had people interested they haven't yet resulted in any actual events. We plan to offer support to those who do hold events. Promotional material will be provided to ensure that the events have the greatest chance of success.

Given the improvement in the situation with regards to the pandemic, we can look forward to the New Year with increasing optimism. That said we must continue to be aware that Covid restrictions could return at any time. This will have an impact on the group, especially as we have members struggling with the current situation.

Iain Hay

Finance Manager

Time To Talk Mental Health UK

3rd May 2022

Time to Talk Mental Health UK

Financial Summary for year ended 5th April 2022

Income:

Income for the year totalled £2,215.23 a 12% drop on the previous year. We also received a grant from the National Lottery of £7,350 but as this has been ring-fenced for a specific purpose this hasn't been added to the main total.

Total Donations came to £1,953.12, a drop of 7.3% on last year. This is of some concern as we're looking to increase our reserves. However, the donations we received can naturally be a bit up and down. Any further fall will need to be carefully monitored.

Poetry Book Royalties raised a further £251.87 which is disappointing. We had high hopes for the sales of the poetry book but sadly our expectations haven't been met. Most sales have come from members of the group. Sales to non-members have been disappointing.

Merchandise sales raised £10. This was due to experimenting with the idea of merchandise. The mugs we were trying to sell were donated so we had no financial risk. We need to be mindful not to tie too much capital up in purchasing items for resale. As a result, this is something that, if pursued will need to be a longer term aim, once finances allow.

Expenditure:

Total expenditure for the year was £2,775.25, an increase of 86.1% on last year. This isn't entirely surprising as expenses were very low for the previous year and as the group grows, more expenses are likely to be incurred.

We spent £659.20 on DBS checks and £726.40 on online training units for Safeguarding training. These were up from £177.40 and £544.70 respectively. The increases were due to more checks and training being carried out due to the number of new people introduced to the moderating team.

Fundraising fees accounted for £280.56. This was money spent on fees associated with working with fundraising companies. This expenditure needs to be kept under review as we would expect the amount of funds raised through these companies to more than cover any expenses.

Postage and Stationery costs were £158.92. This is higher than the previous year but was to be expected as the figure for the previous year was exceptionally low. The comparison with next year will be more meaningful.

Website maintenance costs were £495.98 which is an increase on last year of 24%. The website is very important for generating traffic to our Facebook page so can't be cut too far. We will need to monitor costs though.

Data Protection and Insurance costs remained the same at £35 and £212.80 respectively. This is good news but is unlikely to be repeated next years as we must expect costs to rise.

In addition to the above, a further £2,640 was spent on counselling and support for our volunteers. This was paid for out of the National Lottery grant and is therefore being recorded separately so we can evidence that the money we received has been spent on the purpose for which it was given.

There is concern that we aren't in a position to grow our reserves, due to the difficulties in obtaining funding. The current level of reserves is enough if there are no sudden hefty costs incurred. It's also proving to be a barrier to growing our group and this is disappointing.

Iain Hay

Finance Manager

Time To Talk Mental Health UK

3rd May 2022

Income and Expenditure Statement
6th April 2021 to 5th April 2022

	£
Opening Balance as @ 6th April 2021	2,105.98
Income	
Donations - (Total from all sources £1,953.25)	
Personal	125.00
Bequest	118.35
Online Shopping (Amazon Smile Easy Fundraising)	341.16
Facebook Fundraising	70.00
Blanket Sale - Made by member and sold on eBay	58.58
Give As You Live	35
The Giving Machine	93.21
Just Giving	464.50
PayPal Giving	647.45
Poetry Book Royalties	251.87
Merchandise Sales	10.00
National Lottery Grant	7350.00
Adjustment	0.11
Total Income	9565.23
Expenditure	
Counselling/Self Care	2640.00
DBS Checks	659.20
Postage	117.57
Stationery	40.95
Insurance Renewal	212.80
Fundraising Fees	280.56
Bank Fees for Overseas Transactions	6.66
Poetry Book Purchase	14.96
Training - Safeguarding Units	726.40
Website Maintenance	495.98
Data Protection Renewal	35.00
Gifts for Volunteers for Christmas	184.99
Adjustment	0.18
Total Expenditure	5415.25
Closing Balance as @ 5th April 2022	6255.96

PayPal Set Up Test Refunded

error when inputting number for expenses 21.97 claim

red but input as 21.97

Balance Sheet for period 6th April 2021 to 5th April 2022

Notes

Assets

Cash In Hand and at Bank

Debtors

Liabilities

Creditors-Amounts falling due within one year

Total Assets

Total Funds

Notes:

balance as @ 5th April 2021

£6,255.96
NIL

£6,255.96

NIL

£6,255.96

£6,255.96

balance as @ 6th April 2020

£2,105.98

NIL

£2,105.98

NIL

£2,105.98

£2,105.98

**Detailed Statement of Financial Activities
for period 6th April 2020 to 5th April 2021**

Incoming Resources

Capital Introduced (11th February 2019)

Fundraising - Donations
Fundraising - Poetry Book Royalties
HMRC Reimbursement (Gift Aid)
Merchandise Sales
National Lottery Grant

Adjustment

Total Incoming Resources

Resources Expended

Miscellaneous Costs - Katie
Disclosure Service DBS checks
Mod Thank You Gifts
Amazon Vouchers - Newsletter comp
Website Maintenance
Safeguarding Training
Brochure Printing
Bank fees for overseas transaction
Advertising
Insurance Costs
Purchase of Poetry Book
Fundraising Fees
Counselling/Self Care - (Lottery funded)
Data Protection fee
Postage
Stationery
Miscellaneous Printing
Training - Trustee Guides
Training - Bid Writing Course

Adjustment error when paying expenses

Total Resources Expended

Net Income(Expenditure)

Apr 21-Apr22

Apr 20-Apr21

NIL

NIL

£1,953.25

£2,106.89

£251.87

£420.53

NIL

NIL

£10.00

NIL

£7,350.00

NIL

£0.11

NIL

£9,565.23

£2,527.42

£0.00

£50.00

£659.20

£177.40

£184.99

NIL

NIL

NIL

£495.98

£377.05

£726.40

£544.70

NIL

NIL

£6.66

£6.23

£0.00

£20.00

£212.80

£212.80

£14.96

NIL

£280.56

NIL

£2,640.00

NIL

£35.00

£35.00

£117.57

£10.97

£40.95

£2.00

NIL

NIL

NIL

NIL

NIL

£55.00

£0.18

NIL

£5,415.25

£1,436.15

£4,149.98

£1,091.27

Unrestricted Funds

General Funds

Restricted Funds

General Funds

Total Funds

Net movement in funds included in the above are as follows

Unrestricted Funds

General Funds inc Debtors cleared

Restricted Funds

General Funds

Total Funds

As @ 5th April 2022

Net Movement

£1,545.96

-£560.02

£4,710.00

£4,710.00

£6,255.96

£4,149.98

Incoming

Outgoing

£2,215.23

£2,775.25

£7,350.00

£2,640.00

£9,565.23

£5,415.25

As @ 6th April 2021

£2,105.98

£0.00

£2,105.98

Movement in Funds

-£560.02

£4,710.00

£4,149.98

TIME TO TALK MENTAL HEALTH UK

England & Wales - Charity number 1180701

Accounts

Time to Talk Mental Health UK

Year in Review to 5th April 2021

Our second full year has continued to see the charity grow, albeit it at a slower pace than last year, somewhat understandably given how new the charity was this time last year.

The past twelve months has seen us raise £2,527.42 to help fund the continuation of the group. Donations from various sources have contributed the majority of this but £420.53 was raised through sales of our poetry book Creative Expressions. Along with various poems contributed by members, there was several pieces of artwork which have highlighted how talented our members are. It's hoped that we will see further sales in the new financial year and all being well, consideration will be given to producing a second volume.

Fundraising has continued to be a problem and has had an effect on the charity's ability to grow at a faster pace. As the charity is still relatively unknown it has been difficult to gain access to funds made available to support charities through the Covid-19 pandemic. In our experience it would seem that the focus for the funds has been on larger, longer established charities. It is hoped that this is a trend that isn't continued in the future

Moderators continue to oversee the Facebook between 09:00 and 22:30 seven days a week. This remains a vital aspect of the work we do to help support those with mental health issues. Whilst it's perfectly okay for people to just post messages allowing them to get things off their chest, it has become increasingly apparent just how much a kind word or a chat is appreciated by those who are struggling. It's also heart-warming to see the amount of interaction between members. Sharing experiences can be mutually beneficial and the empathy shown really makes a difference.

The ongoing Covid pandemic has understandably caused some of our members to worry more than perhaps they might have done so. In order to help with supporting them we have started a separate daily post on the group dedicated to all things related to the pandemic. This has had two benefits, allowing the members to access information that can help and also prevent any triggering episodes for members who would rather not see any discussions on all things to do with the virus.

Membership had risen to 2,318 as at March 31st 2021, an increase of 271 on the number 12 months previously. Whilst not all members are active this is still a welcome increase. We are looking to increase the scope of where our members join us from. We hope to develop further partnerships as with other charities and groups to make more people aware of what we can offer.

Recruitment and retention of moderators and other volunteers is a challenge. As we are run entirely by people who don't receive payment we do suffer at times from a shortage of available people. Losing anyone from the team can have quite an impact although the management understand when people have to move on. It's hoped that in the future we can offer a small payment to our moderators but at present finances don't allow for this.

The events that we offer have expanded and continue to be popular with members. We are looking into the idea of members who aren't already volunteers running some of these events going forward. This will hopefully benefit those who run the events and they can take their experiences forward.

Sadly our founder, Katie Prentice made, what must have been a very difficult decision to step down from the day to day running of the charity in May 2020. Katie has done so much for everyone involved with the group from fellow volunteers to members. She has been very much missed and her decision to remain as a trustee and Honorary President was one that we were very grateful for.

Plans for 2021-22

We have lodged a bid for funding with the National Lottery and, if successful, we plan to offer our members the opportunity to interact with life coaches and learn how to deal with various aspects of everyday life that can cause us to struggle. We also hope to offer our volunteers some additional support to ensure that they aren't negatively impacted by their decision to volunteer with us.

There are still plans to expand the moderating team but at present we are concentrating on supporting the volunteers we have. We have struggled to maintain a full complement of people in recent times and it's of concern that some volunteers are doubling up on shifts. We are always mindful of asking too much of our volunteers so will only expand the hours the group is moderated when we are confident it's feasible. Should things improve significantly, consideration will be given to extending the hours of moderation until after the current 22:30 finishing time.

A dedicated bid writer has now joined us and it is hoped that this will bear fruit. Previous bids that have been submitted may have lacked the detail and finesse that would turn them into winning bids. Further sponsorship events from members are to be encouraged although this is dependent on any restrictions that may be in place in the summer months when events are more likely to be organised. The success, or otherwise of the fundraising will have a major bearing on how much we can do in the new year.

Overall 2020-21 has been a tough year, not least due to the Covid pandemic and all that it has entailed. That said we look forward to 2021-22 with optimism for both the charity and as a whole.

Time to Talk Mental Health UK

Financial Summary for year ended 5th April 2021

It should be noted that any comparisons are not entirely accurate as the previous accounts were the first and as such covered the period between November 2018 and April 2020

Income:

Income for the year totalled £2,527.42, a drop of 41.2% on the previous year. This is due in part to not being able to repeat some funding that was received to start the charity

Total Donations came to £2,106.89 (down from £3,416.86) a drop of 38.3%. This is something we need to be working on as donations are our lifeline. The recruitment of a dedicated bid writer will hopefully help with this.

Poetry Book Royalties came to £420.53 and is a welcome boost to funds and has also been fun to produce. It's hoped that further sales will raise more funds.

Expenditure:

Total expenditure was £1,491.15, considerably lower than the £3,228.79 from the previous year (down 53.8%)

DBS Checks cost £177.40 for the year down from £449.20 the year before (lower by 60.5%). This is no doubt due to the costs from the previous year being higher due to the whole team needing the checks done

Safeguarding Training cost £544.70 which is an increase of 16.4% from the previous year. These costs are mandatory and each member of the moderating team needs to do the training regularly and explains why the total cost has increased

Website maintenance costs were £377.05, down by 60% on last year. This is due to both the set up costs not being replicated and also the monthly maintenance being done by a new person on a voluntary basis.

Postage and Stationery costs were vastly lower at a combined £12.97. This is unlikely to be repeated next year so it would be prudent to compare the next figure with last year too (£123.97 and £246.99, £370.96 in total)

Advertising and Printing costs were also much lower at just £20 compared with £230.80 previously

Data Protection costs were slightly lower at £35 (previously £40 12.5% lower) due to a discount for direct debit payment. **Insurance Costs** were only slightly higher at £212.80 compared to £201.60 the year before and was due to an increase in Insurance premium tax and was therefore unavoidable,

Other expenses incurred through the year included £55 on a bid writing course which will hopefully prove to be a wise investment. £50 was used on a night out by our founder. This was originally donated to help pay for tickets to an awards festival but once it was decided that we couldn't be represented at the ceremony due to the costs, the donor kindly agreed for the money not to be refunded as long as it was used specifically to reward our founder.

The financial position of the charity whilst stable is of concern that we have not been able to build our reserves to a higher level. We have not been able to implement some of our plans as we need to ensure we the charity isn't overstretched financially. It's hoped that the recruitment of a bid writer will go some way to rectifying this issue. In the meantime our finances will continue to be carefully managed.

Iain Hay

Finance Manager

Time to Talk Mental Health UK

May 2021

Income and Expenditure Statement
6th April 2020 to 5th April 2021

	£	
Opening Balance as @ 6th April 2020		###
Income		
Donations - (Total from all sources £2,106.89)		
Personal	320.00	
Bequest	643.95	
Online Shopping (Amazon Smile Easy Fundraising)	163.63	
Payroll	25.00	
Charities Aid Foundation	29.75	
Give As You Live	894.76	
The Giving Machine	29.80	
Poetry Book Royalties	420.53	
Adjustment		
Total Income	2527.42	
Expenditure		
Advertising - Facebook Boosts	20.00	
DBS Checks	177.40	
Postage	10.97	
Stationery	2.00	
Insurance Renewal	212.80	
Miscellaneous	50.00	
Bank Fees for Overseas Transactions	6.23	
Training - Bid Writing Course	55.00	
Training - Safeguarding Units	544.70	
Website Maintenance	377.05	
Data Protection Renewal	35.00	
Adjustment		
Total Expenditure	1491.15	
Closing Balance as @ 5th April 2021	2105.98	

Note Donation for award

As attendance that didn't go ahead donor advised that it could be used by the founder for a night out rather than return

ed

Balance Sheet for period 6th April 2020 to 5th April 2021

	Notes	ba
Assets		
Cash In Hand and at Bank	1	
Debtors		

Liabilities

Creditors-Amounts falling due within one year

Total Assets

Total Funds

Notes:

balance as @ 5th April 2021

balance as @ 6th April 2020

£2,105.98
NIL

£1,069.71
NIL

£2,105.98

£1,069.71

NIL

NIL

£2,105.98

£1,069.71

£2,105.98

£1,069.71

**Detailed Statement of Financial Activities
for period 6th April 2020 to 5th April 2021**

	Apr 20-Apr21	2018/Apr 20
Incoming Resources		
Capital Introduced (11th February 2019)	NIL	£777.14
PayPal (Test Transaction for new account)	NIL	£0.01
Fundraising - Donations	£2,106.89	£3,900.60
Fundraising - Poetry Book Royalties	£420.53	NIL
HMRC Reimbursement (Gift Aid)	NIL	£88.75
Adjustment	NIL	-£468.00
Total Incoming Resources	£2,527.42	£4,298.50
Resources Expended		
Miscellaneous Costs - Katie	£50.00	£11.85
Disclosure Service DBS checks	£177.40	£449.20
Mod Thank You Gifts	NIL	£177.54
Amazon Vouchers - Newsletter comp	NIL	£40.00
Website Maintenance	£377.05	£941.30
Safeguarding Training	£544.70	£467.79
Brochure Printing	NIL	£50.00
Bank fees for overseas transaction	£6.23	£6.25
Advertising	£20.00	£104.76
Insurance Costs	£212.80	£201.60
Donation Refunds due to cancelled events	NIL	£50.00
Awards Ceremony Ticket	NIL	£150.00
Access for Members to Happiness Planner	NIL	£25.00
Data Protection fee	£35.00	£40.00
Postage	£10.97	£123.97
Stationery	£2.00	£246.99
Miscellaneous Printing	NIL	£48.54
Training - Trustee Guides	NIL	£94.00
Training - Bid Writing Course	£55.00	NIL
Adjustment - Returned Cambridge BS cheque	NIL	£468.00
Total Resources Expended	£1,491.15	£3,228.79
Net Income(Expenditure)	£1,036.27	£1,069.71

)

As @ 5th April 2021 |

Unrestricted Funds

General Funds

£2,105.98

Restricted Funds

General Funds

Total Funds

£2,105.98

Net movement in funds included in the above are as follows

Incoming

Unrestricted Funds

General Funds inc Debtors cleared

£2,527.42

Restricted Funds

General Funds

NIL

Total Funds

£2,527.42

Net Movement	As @ 6th April 2020
£1,036.27	£1,069.71
<u>£1,036.27</u>	<u>£1,069.71</u>
Outgoing	Movement in Funds
£1,491.15	£1,036.27
NIL	NIL
<u>£1,491.15</u>	<u>£1,036.27</u>