

THE PULSE

England & Wales · Charity number 1182149

Details

Status Registered

Legal form CIO

Registered 2019-02-20

Register [View on the Charity Commission register](#)

Contact

Address 145-147 The Concourse
Skelmersdale
Lancashire
WN8 6HB

Phone 01695556630

Email cam@imagotrainingltd.co.uk

Website www.pulseskem.co.uk

Activities

Objects: TO FURTHER OR BENEFIT THE RESIDENTS OF SKELMERSDALE AND SURROUNDING AREA, WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS BY ASSOCIATING TOGETHER THE SAID RESIDENTS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS IN A COMMON EFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND LEISURE TIME OCCUPATION WITH THE OBJECTIVE OF IMPROVING THE CONDITIONS OF LIFE FOR THE RESIDENTS

Activities: The Pulse is a community based Charity providing a venue for a range of groups and activities, with a view to improving the physical and mental well being in Skelmersdale.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,063	£14,999	-	-
2024-03-31	£31,498	£15,424	-	-
2023-03-31	£4,417	£9,938	-	-
2022-03-31	£400	£20,490	-	-
2021-03-31	£42,980	£12,829	-	-

Trustees

Name	Role	Appointed
Cameron Latham MSc.	Chair	2019-04-17
Christine Anne Barker		2020-01-17
David Latham		2021-05-02
Mark Grimes		2025-05-29
Sasha Joy Murphy		2019-04-17

THE PULSE

England & Wales - Charity number 1182149

Accounts



Trustees' annual report (including Directors' report) for the period

From: 1/4/2024 To: 31/3/2025

Charity name: The Pulse

Charity registration number: 1182149

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To further or benefit the residents of Skelmersdale and surrounding area, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Supporting people in the local area with early support, help and intervention and working closely with multi-agency partners approach to ensure that the setting remains a fully inclusive, productive and accessible space. The Pulse is still based in it's new high quality unit which occupies a premium position in the Concourse. The scope and variety of Pulse's activities will be greatly expanded in the future to secure it's future funding and location.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have a copy of the guidance, which is regularly reviewed, and undertake training with the setting to enable them to be aware of their responsibilities and the legislations and guidance that cover the role.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	All volunteers and Trustees contribute as much or as little time to the running of the setting as possible, and where they have a specific qualification in an area of professionalism that is reflective to the nature of the Charity.
Other		Our setting is at the heart of the community and is recognised locally for our responsiveness to need and the delivery of a friendly and effective service.

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The Pulse now has a much larger, more modern and brighter unit. A meeting area has been constructed in the rear of the unit to provide a private and confidential space.</p> <p>The range of groups and services continues to expand, along with the maintenance and support of existing projects, these include Chair Exercise, T'ai Chi, Sign Language, IT Courses, Sewing Group and men's groups and an Early Intervention for mental health drop in. There is a Paint and Chat group provided on a Saturday. Slimming World will now also be based at Pulse.</p> <p>Work is ongoing on securing further long-term funding by utilising the large space for more activities, improving the digital presence of The Pulse and continuing to demonstrate its relevance to the needs of the community.</p> <p>Footfall continues to increase on a monthly basis.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>The Pulse has never aimed to be a wealthy charity, with large reserves, instead preferring to use all non-reserved funds to fulfil our objectives. All Trustees and staff are purely volunteers.</p> <p>Work is ongoing to improve the income stream for Pulse with bake sales and other traditional charity activities.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Other</p>		<p>N/A</p>

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	Work is ongoing to secure further funding, although careful planning and management of funding has enabled The Pulse to continue through two difficult and expensive premises moves.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held in a TSB Bank Account. All financial decisions are subject to multiple checks and are decided at Board level.
Amount of reserves held	Para 1.22	£4138.91
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Trustees work hard to mitigate any risk to The Charity, and finances and project progress are reviewed monthly.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity's principal source of funds throughout the period detailed on this report has been through donations and groups.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The main risk to The Charity is being overwhelmed by demand from the community without adequate access to funding., The Trustees and Manager aim to utilise what funds we have to maximise our contribution to the well-being of the local area whilst ensuring continuity of service.
Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Memorandum and articles of association
How is the charity constituted? for example, limited company, unincorporated association, CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g., election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Voted on via the board of trustees with a view to diversity and a wide range of experience to enable effective Governance.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All trustees are made aware of the aims and objectives of the Charity and must confirm they have read the Charity Commission's guidance on Safeguarding, Trustees are briefed on their obligations, in addition to the Nolan principles. All Trustees review each policy and procedure used, and must be aware of the Charity's procedures in all areas.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity has built up a wider network of other settings within the community, working with other charities, local and national businesses (e.g., Asda) in addition to statutory bodies and services.
Relationship with any related parties	Para 1.51	We maintain an excellent working partnership with the local authority and many support networks and organisations that our clients and the wider community can access.
Other		

Reference and administrative details

Charity name	The Pulse
Other name the charity uses	
Registered charity number	1182149
Charity's principal address	Unit 145-147 The Concourse Skelmersdale WN86HB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Latham	Chair		
2	Joy Dyson	Manager		
3	Christine Barker	Treasurer		
4	David Latham			
5	Mark Grimes		29/05/2025	
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Corporate trustees – names of the directors at the date the report was approved

Director name	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser Name Address

Name of chief executive or names of senior staff members (optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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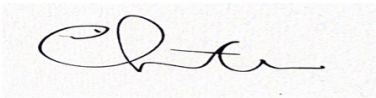
Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

	
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Full name(s) Cameron Latham

Cameron Latham	
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Position (for example Secretary, Chair, etc)

Chair	
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Date 26/01/2025

26/01/2025

Numbers Sheet Name

Numbers Table Name

Petty Cash

Table 1

Income

Table 1

Outgoings

Table 1

Excel Worksheet Name

[Petty Cash](#)

[Income](#)

[Outgoings](#)

Petty Cash

Groups
Months

	Income	Out	Balance
Apr-24	173	61.29	£111.71
May-24	231.5	72.32	£159.18
Jun-24	153	64.33	£88.67
Jul-24	365	68.07	£296.93
Aug-24	146	13.33	£132.67
Sep-24	156	57.39	£98.61
Oct-24	306	169.94	£136.06
Nov-24	186	47.63	£138.37
Dec-24	217	16.85	£200.15
Jan-25	109	25.99	£83.01
Feb-25	286	105.35	£180.65
Mar-25	159	31.25	£127.75
Totals	£2,487.50	£733.74	£1,753.76

Income 01/04/2024 - 31/03/2025

1/4/2024 Opening balance	£16,074.85
09/08/2025 CAB	£1,300
12/09/2025 VETS	£102.03
9/18/2025 ZURICH	£243.09
11/12/2025 RATES	£1,417.78
Year total	19,137.75

Outgoings 01/04/2024 - 31/03/2025

	Water	Phones	Electric	Rates	Cleaner	Amazon	Insurance	Zoom/wix	Lcp
April	£28.53	£42.17	£548.93	£0.00	£90.00	£541.40	£0.00	£35.99	£300.00
May	£84.90	£42.17	£238.86	£0.00	£0.00	£0.00	£0.00	£35.99	£141.93
June	£91.50	£42.17	£37.45	£0.00	£0.00	£0.00	£0.00	£35.99	£0.00
July	£86.76	£42.17	£710.13	£0.00	£0.00	£0.00	£0.00	£35.99	£0.00
July		£0.00	£161.71	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
August									
August	£107.07	£42.17	£6.17	£471.78	£0.00	£0.00	£486.06	£35.99	£200.00
Septembe	£106.95	£42.17	£0.00	£473.00	£240.00	£0.00	£0.00	£35.99	£0.00
October	£105.82	£165.14	£0.00	£473.00	£120.00	£64.26	£0.00	£35.99	£446.03
November	£85.01	£290.63	£0.00	£0.00	£150.00	£0.00	£0.00	£35.99	£200.00
December	£82.27	£66.02	£0.00	£0.00	£60.00	£0.00	£0.00	£35.99	£200.00
January	£82.27	£89.48	£1,017.05	£0.00	£0.00	£0.00	£0.00	£35.99	£200.00
February	£134.84	£0.00	£0.00	£0.00	£120.00	£0.00	£0.00	£35.99	£0.00
March	£80.70	£0.00	£0.00	£0.00	£120.00	£0.00	£0.00	£35.99	£200.00
Total	£1,076.62	£864.29	£2,720.30	£1,417.78	£900.00	£605.66	£486.06	£431.88	£1,887.96

Year Total

Internet Others

£23.99

£31.14 £45.00 Argos

£31.14 £227.00 Hope charity

£31.14 £0.00

£0.00 £0.00

£875.00 Sb services

£31.14 £2,562.50 James

£31.14 £0.00

£31.14 £79.99 Argos

£31.14 £0.00

£31.14 £0.00

£31.14 £352.27 Xmas

£31.14 £0.00

£31.14 £100.00 AAFire

£366.53 £4,241.76

£14,998.84

THE PULSE

England & Wales - Charity number 1182149

Accounts



Trustees' annual report (including Directors' report) for the period

From: 1/4/2023 To: 31/3/2024

Charity name: The Pulse

Charity registration number: 1182149

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To further benefit the residents of Skelmersdale and surrounding area, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Supporting people in the local area with early support, help and intervention and working closely with multi-agency partners approach to ensure that the setting remains a fully inclusive, productive and accessible space. The Pulse has now moved to a larger Unit allowing for the provision of a wider range of groups, support and activities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have a copy of the guidance, which is regularly reviewed, and undertake training with the setting to enable them to be aware of their responsibilities and the legislations and guidance that cover the role.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A

Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	All volunteers and Trustees contribute as much or as little time to the running of the setting as possible, and where they have a specific qualification in an area of professionalism that is reflective to the nature of the Charity.
Other		Our setting is at the heart of the community and is recognised locally for our responsiveness to need and the delivery of a friendly and effective service.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Pulse now has a much larger, more modern and brighter unit. A meeting area has been constructed in the rear of the unit to provide a private and confidential space.</p> <p>The range of groups and services continues to expand, along with the maintenance and support of existing projects, these include Chair Exercise, T'ai Chi, Sign Language, IT Courses, Sewing Group and men's groups and an Early Intervention for mental health drop in. There is a Paint and Chat group provided on a Saturday.</p> <p>Work is ongoing on securing further funding, improving the digital presence of The Pulse and continuing to demonstrate its relevance to the needs of the community.</p> <p>Footfall continues to increase on a monthly basis.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
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Performance of fundraising activities against objectives set	Para 1.41	The Pulse has never aimed to be a wealthy charity, with large reserves, instead preferring to use all non-reserved funds to fulfil our objectives. All Trustees and staff are purely volunteers.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	Work is ongoing to secure further funding, although careful planning and management of funding has enabled The Pulse to continue through to difficult and expensive premises moves.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held in a TSB Bank Account. All financial decisions are subject to multiple checks and are decided at Board level.
Amount of reserves held	Para 1.22	£17,827.23
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Trustees work hard to mitigate any risk to The Charity, and finances and project progress are reviewed monthly.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity's principal source of funds throughout the period detailed on this report has been through donations and groups.
Investment policy and objectives including any social investment policy	Para 1.46	N/A

adopted		
A description of the principal risks facing the charity	Para 1.46	The main risk to The Charity is being overwhelmed by demand from the community without adequate access to funding., The Trustees and Manager aim to utilise what funds we have to maximise our contribution to the well-being of the local area whilst ensuring continuity of service.
Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Memorandum and articles of association
How is the charity constituted? for example, limited company , unincorporated association , CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g., election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Voted on via the board of trustees with a view to diversity and a wide range of experience to enable effective Governance.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All trustees are made aware of the aims and objectives of the Charity and must confirm they have read the Charity Commission's guidance on Safeguarding, Trustees are briefed on their obligations, in addition to the Nolan principles. All Trustees review each policy and procedure used, and must be aware of the Charity's procedures in all areas.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity has built up a wider network of other settings within the community, working with other charities, local and national businesses (e.g., Asda) in addition to statutory bodies and services.
		We maintain an excellent working partnership with the local authority, CCG

Relationship with any related parties	Para 1.51	and many support networks that our clients and the wider community can access.
Other		

Reference and administrative details

Charity name	The Pulse
Other name the charity uses	
Registered charity number	1182149
Charity's principal address	Unit 145-147 The Concourse Skelmersdale WN86HB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Latham	Chair		
2	Joy Dyson	Manager		
3	Christine Barker	Treasurer		
4	David Latham			
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Corporate trustees – names of the directors at the date the report was approved

Director name	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information


Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

	
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Full name(s)

Cameron Latham	
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**Position (for example
Secretary, Chair, etc)**

Chair	
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Date

29/01/2025

THE PULSE

England & Wales - Charity number 1182149

Accounts



Trustees' annual report (including Directors' report) for the period

From: 1/4/2022 To: 31/3/2023

Charity name: The Pulse

Charity registration number: 1182149

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To further or benefit the residents of Skelmersdale and surrounding area, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The Pulse continues to provide a welcoming environment for any resident of Skelmersdale (and beyond) and endeavours to assist people at point-of-access or to refer onward as appropriate. The Pulse now occupies two units (137 and 139) both of which continue to be well-attended. New groups include Retro Yoga and a very successful T'ai Chi group. Existing groups continue to provide support, activities and friendship. The Pulse continues to provide support for mental health and domestic violence and all round advice, for example, iCan providing benefits and other advice. The Pulse aims to always provide a safe space during these uncertain times, where many in the community are struggling.
Statement confirming whether the trustees have had regard to the guidance	Para 1.18	All Trustees have a copy of the guidance, which is regularly reviewed, and undertake training with the setting to

issued by the Charity Commission on public benefit		enable them to be aware of their responsibilities and the legislations and guidance that cover the role.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	All volunteers contribute as much or as little time to the running of the setting as possible, and where they have a specific qualification in an area of professionalism that is reflective to the nature of the Charity.
Other		Our setting is at the heart of the community and is recognised within our local community for our high standards of care and delivery and in particular effectiveness.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Pulse has grown significantly in this period.</p> <p>The move to our unit is now complete and The Pulse has been able to provide most of the existing services it did in Unit 73. The use of Unit 139 has enabled a greater variety and size of group activity to take place.</p> <p>The Pulse continues to provide a safe, welcoming environment providing space for statutory services and community groups and will aim to assist anyone who comes to The Pulse for help.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	The Pulse has never aimed to be a wealthy charity, with large reserves, instead preferring to use all non-reserved funds to fulfil our objectives. All Trustees and staff are purely volunteers. Funding has also been provided by a Statutory body
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	<p>The Pulse is in an excellent financial position. The philanthropic approach taken by the Concourse has enabled us to maintain a secure financial position ensuring the future security of The Pulse's position and services.</p> <p>Applications for funding are ongoing, but we are careful to ensure that The Pulse retains it's independence.</p> <p>All financial policies and procedures are strictly adhered to.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held in a TSB Bank Account. All financial decisions are subject to multiple checks and are decided at Board level.
Amount of reserves held	Para 1.22	£ 18,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Trustees work hard to mitigate any risk to The Charity. Finances and project progress are reviewed bi-weekly with an ongoing emphasis on growing The Pulse in an ethical and sustainable way.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity's principal source of funds throughout the period detailed on this report has been through grants, both statutory and applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The main risk to The Charity is being overwhelmed by demand from the community. The Trustees and Manager aim to utilise what funds we have to maximise our contribution to the well-being of the local area.
Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Memorandum and articles of association
How is the charity constituted? for example, limited company , unincorporated association , CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g., election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Voted on via the board of trustees with a view to diversity and a wide range of experience to enable effective Governance.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All trustees are made aware of the aims and objectives of the Charity and must confirm they have read the Charity Commission's guidance on Safeguarding, Trustees are briefed on their obligations, in addition to the Nolan principles. All Trustees review each policy and procedure used, and must be aware of the Charity's procedures in all areas.
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		Trustees maintain an up-to-date awareness of the Charity Commission's guidance for the responsibilities of Trustees.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity has built up a wider network of other settings within the community, working with other charities, local and national businesses (e.g., Asda) in addition to statutory bodies and services.
Relationship with any related parties	Para 1.51	We maintain an excellent working partnership with the local authority, ICB and many support networks that our clients and the wider community can access.
Other		

Reference and administrative details

Charity name	The Pulse
Other name the charity uses	
Registered charity number	1182149
Charity's principal address	Unit 137 The Concourse Skelmersdale WN86HD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Latham	Chair		
2	Joy Dyson	Manager		
3	Christine Barker	Treasurer		
4	David Latham	Trustee		
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Corporate trustees – names of the directors at the date the report was approved

Director name	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	

Details of arrangements for safe custody and segregation of such assets from the charity's own assets	
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Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

	
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Full name(s)

Cameron Latham	
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**Position (for example
Secretary, Chair, etc)**

Chair	
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Date

5/03/2024

The Pulse

Financial Activities

April 2022 - March 2023

	TOTAL
Income	
Discounts/Refunds Given	672.20
Donations	1,000.00
Non-Profit Income	1,000.00
Sales	1,744.51
Total Income	£4,416.71
Cost of Sales	
Cost of Sales	997.36
Equipment rental - COS	303.97
Total Cost of Sales	£1,301.33
TOTAL	£3,115.38
Expenditures	
Insurance	317.17
Janitorial Expense	1,917.22
Legal and professional fees	649.63
Office/General Administrative Expenses	2,626.25
Supplies	267.22
Telephone	1,657.59
Utilities	2,502.87
Total Expenditures	£9,937.95
NET OPERATING INCOME	£ -6,822.57
NET INCOME/(EXPENDITURE)	£ -6,822.57

THE PULSE

England & Wales - Charity number 1182149

Accounts



Trustees' annual report (including Directors' report) for the period

From: 1/4/2021 To: 31/3/2022

Charity name: The Pulse

Charity registration number: 1182149

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To further or benefit the residents of Skelmersdale and surrounding area, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Supporting vulnerable families in the local area with early support, help and intervention and working closely as a multi-agency approach to ensure that the setting remains a fully inclusive space. The Pulse has now re-opened after the COVID lockdown and has moved to a new unit within the Concourse. The Pulse continues to provide support for mental health and domestic violence and also acts as a signposting service. A number of groups operate from centre, including art, music and other activities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on	Para 1.18	All trustees have a copy of the guidance, which is regularly reviewed, and undertake training with the setting to enable them to be aware of their responsibilities

public benefit		<p>and the legislations and guidance that cover the role.</p> <p>Furthermore, our new Trustee D Latham has agreed to take responsibility for compliance and governance.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	All volunteers contribute as much or as little time to the running of the setting as possible, and where they have a specific qualification in an area of professionalism that is reflective to the nature of the Charity.
Other		Our setting is at the heart of the community and is recognised within our local community for our high standards of care and delivery and in particular effectiveness.

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The Pulse has had a number of significant achievements during this period.</p> <p>The Manager supervised our move to a new unit upstairs in the Concourse to a new multi-room unit in an area which is much lighter and has better footfall.</p> <p>The Pulse continues to provide a safe, welcoming environment providing space for statutory services and community groups.</p> <p>Once the service is settled in the new unit plans are in place to significantly expand The Pulse and also to ensure it's long term continuity.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>The Pulse has never aimed to be a wealthy charity, with large reserves, instead preferring to use all non-reserved funds to fulfil our objectives. All Trustees and staff are purely volunteers.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Other</p>		<p>N/A</p>

Financial review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>The Pulse is in a good financial position, and work is ongoing for a future roadmap to great sustainability whilst still maximising our impact in the community. A number of new</p>
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		policies regarding financial management have been put into place, and a risk assessment has been undertaken to ensure continuity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held in a TSB Bank Account. All financial decisions are subject to multiple checks and are decided at Board level.
Amount of reserves held	Para 1.22	£37,129.20
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Trustees work hard to mitigate any risk to The Charity, and finances and project progress are reviewed bi-weekly.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity's principal source of funds throughout the period detailed on this report has been through grants, both statutory and applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The main risk to The Charity is being overwhelmed by demand from the community. The Trustees and Manager aim to utilise what funds we have to maximise our contribution to the well-being of the local area.
Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Memorandum and articles of association
How is the charity constituted?	Para 1.25	CIO

for example, limited company, unincorporated association, CIO		
Trustee selection methods including details of any constitutional provisions e.g., election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Voted on via the board of trustees with a view to diversity and a wide range of experience to enable effective Governance.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All trustees are made aware of the aims and objectives of the Charity and must confirm they have read the Charity Commission's guidance on Safeguarding, Trustees are briefed on their obligations, in addition to the Nolan principles. All Trustees review each policy and procedure used, and must be aware of the Charity's procedures in all areas.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity has built up a wider network of other settings within the community, working with other charities, local and national businesses (e.g., Asda) in addition to statutory bodies and services.
Relationship with any related parties	Para 1.51	We maintain an excellent working partnership with the local authority, CCG and many support networks that our clients and the wider community can access.
Other		

Reference and administrative details

Charity name	The Pulse
Other name the charity uses	
Registered charity number	1182149
Charity's principal address	Unit 137 The Concourse Skelmersdale WN86HD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Latham	Chair		
2	Joy Dyson	Manager		
3	Christine Barker	Treasurer		
4	Michelle Wade			
5	David Latham			
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Corporate trustees - names of the directors at the date the report was approved

Director name	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser Name Address

Name of chief executive or names of senior staff members (optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

	
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Full name(s) Cameron Latham

Cameron Latham	
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Position (for example Secretary, Chair, etc)

Chair

Chair	
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Date

31/01/2022

THE PULSE

England & Wales - Charity number 1182149

Accounts



Trustees' annual report (including Directors' report) for the period

From: 1/4/2020 To: 31/3/2021

Charity name: The Pulse

Charity registration number: 1182149

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To further or benefit the residents of Skelmersdale and surrounding area, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the residents.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Supporting vulnerable families in the local area with early support, help and intervention and working closely as a multi-agency approach to ensure that the setting remains a fully inclusive space. During the course of the pandemic lockdown we have maintained a robust online presence, including a sign-up newsletter, website and online Mental Health Café. We also work in collaboration with external organisations, such as Red Rose Recovery (alcohol and substance) and The Liberty Centre (Domestic Violence).
Statement confirming whether the trustees have had regard to the guidance issued by the	Para 1.18	All trustees have a copy of the guidance, which is regularly reviewed, and undertake training with the setting to enable them to

Charity Commission on public benefit		<p>be aware of their responsibilities and the legislations and guidance that cover the role.</p> <p>Furthermore, our new Trustee D Latham has agreed to take responsibility for compliance and governance.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	All volunteers contribute as much or as little time to the running of the setting as possible, and where they have a specific qualification in an area of professionalism that is reflective to the nature of the Charity.
Other		Our setting is at the heart of the community and is recognised within our local community for our high standards of care and delivery and in particular effectiveness.

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The Pulse has had a number of significant achievements during this period. These include the continuation of Mental Health support online and maintaining Pulse's community within the confines and restrictions of a pandemic.</p> <p>A large amount of work has taken place to ensure that when The Pulse formally re-opens the unit is as COVID safe as possible. Measures have included the installation of protective screens around desks, purchase of sanitiser dispensers, purchase of masks (both usable and disposable), purchase of a fogging system to disinfect the unit and ongoing development of policy and procedure prior to re-opening.</p> <p>The Trustees have taken a very cautious approach to considering re-opening of the unit, and will continue to do so, in order to protect our Volunteers and Clients.</p> <p>The Pulse continues to seek every opportunity to benefit the local community, and also to enable maximum use to be made of the unit by any group that benefits the community.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>The Pulse has never aimed to be a wealthy charity, with large reserves, instead preferring to use all non-reserved funds to fulfil our objectives. All Trustees and staff are purely volunteers. Also, a number of successful grant applications have been made throughout the pandemic period.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>N/A</p>

Other		N/A

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	The Pulse is in a good financial position, and work is ongoing for a future roadmap to great sustainability whilst still maximising our impact in the community. A number of new policies regarding financial management have been put into place, and a risk assessment has been undertaken to ensure continuity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held in a TSB Bank Account. All financial decisions are subject to multiple checks and are decided at Board level.
Amount of reserves held	Para 1.22	£37,129.20
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Trustees work hard to mitigate any risk to The Charity, and finances and project progress are reviewed bi-weekly.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity's principal source of funds throughout the period detailed on this report has been through grants, both statutory and applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The main risk to The Charity is the ongoing COVID pandemic. As Pulse is primarily a face-to-face service, we have moved the mental health support to an online platform.

Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed, memorandum and articles of association etc	Para 1.25	Memorandum and articles of association
How is the charity constituted? for example, limited company, unincorporated association, CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g., election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Voted on via the board of trustees with a view to diversity and a wide range of experience to enable effective Governance.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All trustees are made aware of the aims and objectives of the Charity and must confirm they have read the Charity Commission's guidance on Safeguarding, Trustees are briefed on their obligations, in addition to the Nolan principles. All Trustees review each policy and procedure used, and must be aware of the Charity's procedures in all areas.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity has built up a wider network of other settings within the community, working with other charities, local and national businesses (e.g., Asda) in addition to statutory bodies and services.
Relationship with any related parties	Para 1.51	We maintain an excellent working partnership with the local authority, CCG and many support networks that our clients and the wider community can access.

Other		
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Reference and administrative details

Charity name	The Pulse
Other name the charity uses	
Registered charity number	1182149
Charity's principal address	Unit 137 The Concourse Skelmersdale WN86HD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Latham	Chair		
2	Joy Dyson	Manager		
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4	Michelle Wade			
5	David Latham			
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Corporate trustees - names of the directors at the date the report was approved

Director name	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such	

assets from the charity's own assets	
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Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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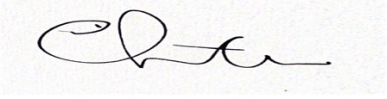
Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

	
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Full name(s)

Cameron Latham	
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**Position (for example
Secretary, Chair, etc)**

Chair	
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Date

25/01/2022
