



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## 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	<b>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.</b>
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	<b>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.</b>  <b>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.</b>  <b>We also work in collaboration with external organisations, such as Red Rose Recovery (alcohol and substance) and The Liberty Centre (Domestic Violence).</b>
Statement confirming whether the trustees have had regard to the guidance issued by the	Para 1.18	<b>All trustees have a copy of the guidance, which is regularly reviewed, and undertake training with the setting to enable them to</b>

Charity Commission on public benefit		<p><b>be aware of their responsibilities and the legislations and guidance that cover the role.</b></p> <p><b>Furthermore, our new Trustee D Latham has agreed to take responsibility for compliance and governance.</b></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	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<b>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.</b>
Other		<b>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.</b>

## **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><b>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.</b></p> <p><b>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.</b></p> <p><b>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.</b></p> <p><b>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.</b></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	<b>N/A</b>
Performance of fundraising activities against objectives set	Para 1.41	<b>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.</b>
Investment performance against objectives	Para 1.41	<b>N/A</b>

Other		N/A

## Financial review

Review of the charity's financial position at the end of the period	Para 1.21	<b>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.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>Reserves are held in a TSB Bank Account. All financial decisions are subject to multiple checks and are decided at Board level.</b>
Amount of reserves held	Para 1.22	<b>£37,129.20</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Trustees work hard to mitigate any risk to The Charity, and finances and project progress are reviewed bi-weekly.</b>

## 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	<b>The Charity's principal source of funds throughout the period detailed on this report has been through grants, both statutory and applied for.</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	<b>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.</b>

Other		

## Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, <a href="#">trust deed</a> , <a href="#">memorandum and articles of association</a> etc	Para 1.25	<b>Memorandum and articles of association</b>
How is the charity constituted? <a href="#">for example, limited company, unincorporated association, CIO</a>	Para 1.25	<b>CIO</b>
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	<b>Voted on via the board of trustees with a view to diversity and a wide range of experience to enable effective Governance.</b>

### 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	<b>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.</b>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<b>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.</b>
Relationship with any related parties	Para 1.51	<b>We maintain an excellent working partnership with the local authority, CCG and many support networks that our clients and the wider community can access.</b>

Other		
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### Reference and administrative details

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

### 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	
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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)**

**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

**Other optional information**

**Declarations**

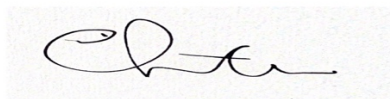
**The company has taken advantage of the small companies' exemption in preparing the report above.**

**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)**

A handwritten signature in black ink, appearing to read 'C. Latham', is centered within a rectangular box. The signature is fluid and cursive.

**Full name(s)**

Cameron Latham

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

Chair

**Date**

25/01/2022