



CHARITY COMMISSION
FOR ENGLAND AND WALES

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.
--	--	---

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>
---	-----------	--

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.
--	-----------	---

		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		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

--

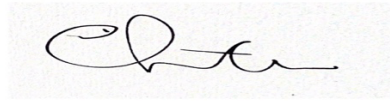
Declarations

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)



Full name(s) Cameron Latham

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

Chair

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