



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 |

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| 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

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| 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:

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| 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

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| 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:

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| 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 |

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| 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

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| 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. |
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Additional information (optional)

You may choose to include further statements where relevant about:

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| 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 |

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| 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

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| 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 | |
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Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year |
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Funds held as custodian trustees on behalf of others

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| 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 |
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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)

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

29/01/2025