FRIENDS ACTION NORTH EAST

England & Wales · Charity number 1182364

Details

Status	Registered
Legal form	CIO
Registered	2019-03-07
Register	View on the Charity Commission register

Contact

Address	C/O Ouseburn Farm Ouseburn Road Newcastle upon Tyne NE1 2PA
Phone	01912314327
Email	INFO@FRIENDSACTION.CO.UK
Website	www.friendsaction.co.uk

Activities

Objects: (I) TO ASSIST PEOPLE WITH LEARNING DISABILITIES AND AUTISM TO DEVELOP AND MAINTAIN FRIENDSHIPS AND FRIENDSHIP GROUPS TO ENABLE THEM TO ACHIEVE THEIR FULL POTENTIAL AS MEMBERS OF THE LOCAL COMMUNITY(II) TO ADVANCE THE EDUCATION OF THE PUBLIC AND SUPPORTERS OF PEOPLE WITH LEARNING DISABILITIES AND AUTISM IN ALL ISSUES RELATED TO LEARNING DISABILITIES AND AUTISM PARTICULARLY FRIENDSHIP AND SOCIALISATION

Activities: To provide a broad spectrum of projects to enable sustainable friendships/connections to reduce social isolation in the community.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

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Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£179,775	£154,097	-	-
2024-03-31	£101,475	£149,443	-	-
2023-03-31	£152,526	£126,746	-	-
2022-03-31	£117,884	£108,310	-	-
2021-03-31	£161,325	£122,960	-	-

Trustees

Name	Role	Appointed
BARBARA CREED		2019-03-07
GRAHAM NEWTON		2019-03-07
Glenn Howe		2019-03-07
Louise Tebble		2023-09-15

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FRIENDS ACTION NORTH EAST

England & Wales - Charity number 1182364

Accounts

ANNUAL REPORT 2024/25

Friends Action North East



Friends Action North East

CIO 1182364



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CHARITY OBJECTS

1. To assist people with learning disabilities and autism to develop and maintain friendships and friendship groups to enable them to achieve their full potential as members of the local community

2. To advance the education of the public and supporters of people with learning disabilities and autism in all issues related to learning disabilities and autism particularly friendship and socialisation





ABOUT FANE

Friends Action North East began in 2004 when a group of people with learning disabilities mapped out a grand plan about what it would take for them to have ordinary and equal friendships in their lives.

They wanted to improve people's well being and confidence, celebrate skills and abilities and enable people to have real and meaningful friendships.

They thought about how they wanted to be supported to overcome personal barriers and have an ordinary social life and the friendship mentoring project was created from this plan.



TEAM MESSAGE

The FANE Team would like to say a BIG THANK YOU for all the support and dedication of everyone that has been involved in our projects this year.
The amazing support you provide FANE has enabled us to carry out the work we do.
At the heart of our organisation are the people that join the FANE projects. They continue to prove to us that with the right support everyone can achieve their goals, make friends, be part of their community, manage the complexities of online and face to face relationships, be in control of the choices they make and the lives they lead, while continuing to overcome barriers to friendship.

After an incredibily challenging time we have been successful in gaining financial support from funders and partners as well as support in kind from friends of FANE who have collaborated with us to help us to continue our work.
As ever the need for funding continues to be our priority and in the current climate we can only operate on a twelve month plan. We hope that with your continued support we will continue to provide the projects and services of FANE.

OUR TEAM

FANE employs four part time permanent staff and four part time sessional staff to carry out the day to day running and management of the charity. FANE also works with several volunteers each year in various support roles across the programme.

The staff team are employed and managed by the FANE board of Trustees.

Team Members



Sally Evans
Charity manager



Sara Gibbeson
Project Manger



Keelie Garrard
Operations Manager



Lynn O'Brien
Volunteer Coordinator



Toby Heaps
Lead Sessional Worker



Sacha Samms
Sessional Worker & Kapow



Ana Trebacz
Sessional Worker



Graeme Pattison
Sessional Worker



Tracy Hearn
Volunteer



Marc McAndrew
Volunteer

Trustees



Barbara Creed
Treasurer



Graham Newton
Co-Chair



Glenn Howe
Trustee



Louise Tebble
Trustee



40

New referrals to the mentoring project and groups so far in 2025

74

People attending regular social group activities

CHARITY PROJECTS

MENTORING PROGRAMME

The Mentoring Programme builds on the foundation of FANE's long-standing work supporting people with a learning disability and autistic people to develop and sustain safe, meaningful friendships. Through this work, we've learned that making and keeping friends remains one of the most challenging – yet vital aspects of life for many of the people we support. It is a need that is often overlooked and underestimated.

In response, the Mentoring Programme offers a personalised, community-based model of support that places the individual at the heart of its design. Participants referred to the programme help shape how their mentoring is delivered, ensuring it reflects their unique strengths, goals, and the barriers they face.

Each year, the programme provides intensive, one-to-one support for a minimum of 20 adults with a learning disability or autism. With the support of a dedicated mentor, participants set realistic, personal goals around friendship, learn the skills needed to achieve them, and are supported to build and maintain social connections within their own communities.

In addition, around 70 individuals take part in our regular health and wellbeing socials each year, which offer welcoming, inclusive spaces to connect with others, build confidence, and strengthen social networks.



TRAINING AND OUTREACH

At Friends Action North East, we believe that friendship is a fundamental part of a fulfilling life. Yet for many people with a learning disability or autism, social connection remains one of the most significant challenges they face. That's why our mentoring programme doesn't just provide individual support – it has evolved into a broader community model of support that empowers individuals and communities alike.

A Model Rooted in Community

Our community support model is a value driven approach. It raises awareness in local communities about individual access and support needs, while also highlighting people's goals, strengths, and aspirations around friendship.

This model also acts as a first point of connection, helping individuals find opportunities to get involved in their local area. By creating pathways to community participation, we reduce social isolation and foster environments where people feel valued, included, and visible.

Through this work, we're not just supporting individuals – we're helping build more inclusive, understanding communities that recognise the importance of friendship in everyone's lives.

Friendkit: A toolkit for Friendship Skills

One of the key outcomes of our mentoring work has been the development of Friendkit – a practical toolkit informed directly by the experiences and voices of the people we support.

Friendkit is used in our training workshops to explore a wide range of topics relating to building and maintaining healthy friendships. It offers flexible, person-centred resources that can be adapted to support people with a wide range of abilities.

These tools go beyond conversation starters or icebreakers. They provide structured frameworks to help embed, monitor, and reflect on friendship-building skills in a meaningful, measurable way. Whether someone is working on confidence, communication, understanding social cues, or building trust – Friendkit gives them a way to track progress and celebrate success.



Happy at Work

This year we received funding from Newcastle Building Society to deliver workshops around employment rights. Happy at Work Sessions cover a number of topics to inform and support people in their current job, or when looking for work.

The sessions cover:

- What makes a happy workplace
- How to feel happy at work
- Workplace interactions & professional boundaries
- Reasonable adjustments
- Asking for help and managing tasks
- And more – shaped by what you tell us!

The workshops have been designed with real experiences in mind – helping people feel confident, comfortable, and happy in the workplace.

We have delivered 12 workshops at various community and charity venues and have received positive feedback from participants.
The people people that have taken part so far have shared lots of great tips and ideas about what to do if you have a problem at work and the reasonable adjustments that work for them.
The next step is to apply for further funding to continue these sessions and also use our findings to design a workshop to support employers and organisations meet the needs of their employees with additional needs.





GROUP SUPPORT

Health & Wellbeing Socials: Creating Space for Connection

Our Health & Wellbeing Socials are a vital part of Friends Action North East's commitment to reducing social isolation and building lasting, meaningful connections within local communities.
These regular group sessions offer safe, inclusive spaces where people with a learning disability and autistic people can make and maintain friendships, develop confidence, and strengthen their independence. They provide opportunities to practise social skills in real-world settings, through enjoyable activities that also promote physical and mental wellbeing.
Promoting Inclusion Through Activity
Sessions are shaped around participants' interests and needs, and include a wide range of accessible and engaging activities such as:

- **Walking groups and fitness sessions**
- **Yoga and mindfulness**
- **Arts and crafts**
- **Healthy eating workshops**
- **Seasonal events and social outings**

Each group is supported by a lead activity worker and a trained volunteer friendship supporter, who assist with planning, delivery, travel, safeguarding, and emotional support.
While participants enrolled in our 1:1 Mentoring Programme automatically have access to the groups, they are also open to individuals referred independently via an application process.
Although we do not provide 1:1 support within these groups, people with higher support needs are welcome to attend with a Personal Assistant or home-based support, ensuring no one is excluded due to their individual care requirements.

A Person-Centred Approach
Every group follows a shared plan, co-designed with its members, to ensure it reflects what participants want and need from the sessions. These plans include goals for increased self-sufficiency, regular review sessions, and open discussions about how the group evolves over time.
Our trained staff and volunteers actively observe and support the social dynamics within the groups identifying any barriers to communication or inclusion and working to address them in a respectful, supportive way. Many independent friendships have developed as a result of these connections, often continuing well beyond the group setting.

Regional Reach
FANE's social groups currently run across multiple locations throughout the North East, making it easier for people to attend sessions close to home, reduce transport barriers, and engage with peers from their local area.
By combining creativity, structure, and support, our Health & Wellbeing Socials continue to be a cornerstone of inclusive community engagement offering friendship, fun, and a chance to thrive.





Groups

Walking to Wellness

The FANE walking group is a great way to keep fit and keep in touch with friends. The group meet twice a month with FANE staff member Bev and some of our lovely volunteers. They plan varied routes and meeting places and support eachother throughout.

Meet and Mooch

The Meet and Mooch group members have been meeting for several years, once a month on Saturday mornings. They catch up for a chat over a cup of coffee and sometimes have a mooch around town afterwards. It's a friendly group, supported by our brilliant volunteer Tracy, who has supported the group since the very beginning.

Saturday Social

The Saturday Social is a new group set up by a FANE member who wanted to meet people and make new friends. The group plan together to decide on the activities they would like to do, including going for walks, taking part in local events and visiting local venues such as Beamish and South Shields Ampitheatre.

Games Group

This groups runs every fortnight at a local venue. As well as playing pool, darts and other games, it’s a great place to meet friends with the support of FANE volunteers and the friendly staff at the venue that know our group members well.

Social Meet Ups

We have regular social meet ups that take place in a variety of settings.
These groups have been running for a number of years and are well attended. Many long lasting friendships have developed from these groups and staff and volunteers attend to support with social interaction and building connections.

Art Group

We have a regular art group run by practicing artist Toby and supported by volunteers. This year we plan to have additional sessions delivered by illustration and design students from the University of Sunderland.



Volunteers

We have worked with over 280 volunteers in various capacities over the last several years. The essential work provided by volunteers has enabled FANE to support people on a one to one basis providing over 31,600 hours of support to people involved since the project began. This is the equivalent to 1 full time and 1 part time staff posts per year.
We have held regular volunteer team building events, including paddle boarding, climbing, bowling, board games and pizza nights- which have proven to be a great way to share good practice and enable volunteers to learn from one another's experiences.

Many of our volunteers are students from Sunderland, Northumbria and Newcastle Universities which we continue to work in partnership with.
The students commit to working with FANE for 70 hours during their placement period, with regular contact taking place between FANE and the course leaders. The social return of this to the North East region is immense and the impact is valuable and long lasting.



Roles include:

1:1 Friendship Mentor
Meeting up with people on a regular basis to support them with friendship goals and engaging in community activities. You will need to commit to a minimum of 2 hours per week.

Group Support
Supporting people in a group setting to develop confidence and independence skills. Groups can be during the day, evenings or weekends.

Digital Volunteers
Supporting FANE with tasks such as data input and social media content, including film making and photography. You could work either from home or the office.

Fundraising
We are a small grassroots charity and always need help fundraising so if you would like to get involved please get in touch!
Our talented volunteers have raised money in all sorts of ways including bake sales, bingo nights and art auctions.

Peer Volunteer

Meet Marc, a FANE member and Peer Volunteer.
Marc has been an enthusiastic and committed member of the team for several years.
He has volunteered to do talks with agencies and professionals, helped other FANE members and hosts the FANE online photography group.

FANE

2024-2025

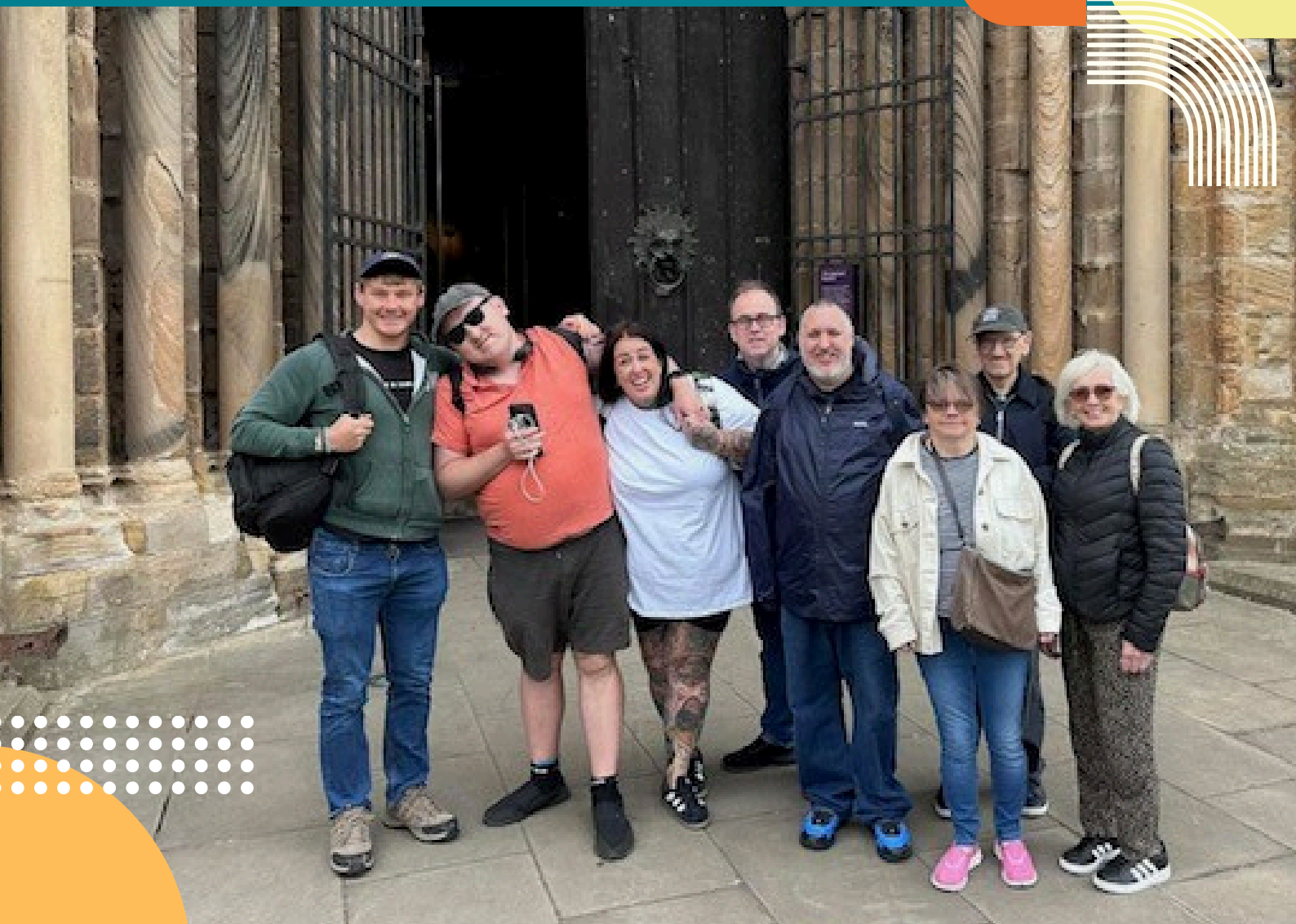
Steering Group

The FANE Steering Group members meet four times a year to discuss the project work and charity activities.

They discuss what is working well, what could be done to improve things, changing needs and wants of the people being supported and any other issues affecting the people supported by FANE.

They have organised events and activities, supported members with travel and access and shared some great tips about keeping safe online and managing issues on social media.

The FANE team would like to thank our steering group members for their valuable input and ongoing commitment.



Team Message

The FANE Team would like to say a very big thank you for all the support and dedication of everyone that has been involved in our projects this year. The amazing support you provide FANE has enabled us to carry out the work we do.

At the heart of our organisation are the people that join the FANE projects. They continue to prove to us that with the right support everyone can achieve their goals, make real, lasting friendships, feel valued in their communities and be in control of the choices they make in life.



Partnership Work

FANE has 20 years of established partnership working in the North East to champion our aims around friendship and to promote safeguarding.
We constantly adapt our support methods to meet the changing wants and needs of the people we support. We work in partnership with several local organisations, parent/carer groups and community venues where, we share skills and resources which help us to support vulnerable people in the area.

This year we have continued to collaborate and work with local partner organisations.
Following the success of our Woodland Wellbeing groups we have been planning further work with Scotswood Garden this year. We aim to continue this positive work and provide opportunities for more FANE members to get support and access to the wonderful facilities at Scotswood Garden through a new project in2026. This is not only an amazing setting to learn new skills, and make friends but it also brings lots of health and wellbeing benefits from being surrounded by nature and active in the outdoors.



Volunteer Co-ordinator Lynn has worked in partnership with Connected voice to deliver some wellbeing workshops with other Volunteer Co-ordinators. The aim of this work is to share good practice and tecniques that can be delivered withing other charities and organisations.

We continue to work closely with Northumbria, universities recruiting volounteer friendship mentors for the project. We have a long running relationship with both institutions and this year is no exception. We have recruited some brillant placement volunteers this year that have supported many of our members in both one to one and group settings.

This year we have also connected with a Finnish PhD student currently living in the Uk and have started a collaborative project with her while she studies remotely with XAMK South Eastern University of Scince in Finland. Maria Paavela is writig a thesis on the role of a facilitator and the practices of digital inclusion for people with learning disabilities and/ or autism. Maria has had approval on her prosposal and we will meet with her and her tutors remotely in the new year to agree how we can work togeher effectively and set up an ethically approved contract.

FANE

2024-2025

Impact



40 new applications for 1:1 mentoring



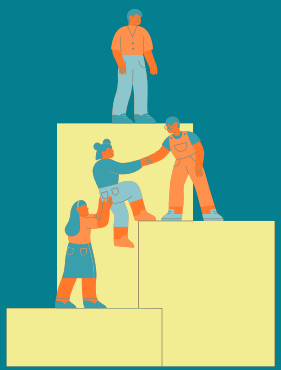
116 people attended training



74 people supported through social groups



28 social wellbeing sessions running each month



20 people receiving ongoing 1:1 support



16 people aged under 25 referred to FANE this year

FANE

2024-2025

Finances

Balance Sheet

FRIENDS ACTION NORTH EAST CIO

Charity Number 1182364

BALANCE SHEET

As at 31 March 2025

	Notes	£	Total 2025 £	£	Total 2024 £
Fixed assets					
Tangible assets	16		45		254
Total fixed assets			**45**		**254**
Current assets					
Debtors	17	700		1,095	
Cash at bank and in hand	18	106,404		80,260	
Total current assets		**107,104**		**81,355**	
Creditors: amounts falling due within one year	19	**(2,652)**		**(2,831)**	
Net current assets			**104,452**		**78,524**
Total assets less current liabilities			**104,497**		**78,778**
Total net assets or liabilities			**104,497**		**78,778**
Funds of the charity					
Unrestricted income funds			39,939		23,551
Restricted income funds			64,557		55,227
Total funds			**104,497**		**78,778**

Finances

Statement of Financal Activities

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Income from:					
Donations and legacies	6	8,532	400	**8,932**	1,817
Charitable activities					
Grants and contracts	7	59,000	105,582	**164,582**	82,843
Other trading activities	8	6,261	-	**6,261**	16,815
Total income		73,793	105,982	**179,775**	101,475
Expenditure on:					
Charitable activities					
Operation of the charity	9	57,405	96,652	**154,057**	149,443
Total expenditure		57,405	96,652	**154,057**	149,443
Net income/(expenditure) and net movement of funds		16,388	9,330	**25,719**	(47,968)
Reconciliation of funds					
Total funds brought forward		23,551	55,227	**78,778**	126,746
Total funds carried forward		39,939	64,557	**104,497**	78,778

FANE

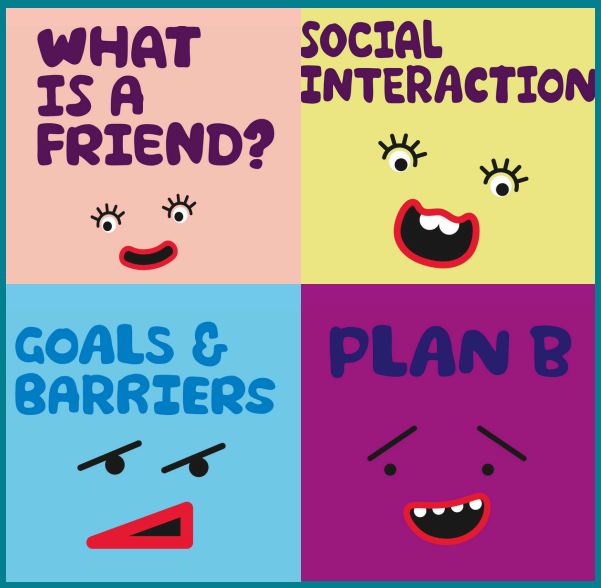
2024-2025

Friendkit

Friendkit is a collection of tools and resources developed by FANE to support people to make and keep friends. Get in touch to find out how you or someone you know can get access to Friendkit training and resources. Friendkit consists of individual training programmes and resources that will help you to build your own personalised friendship journey.

Each workshop focuses on a different part of friendship and takes you through fun activities, conversations, games, videos and other cool stuff. They provide you with the tools and resources needed to build a picture of your friendship goals and plans so you can work towards making and keeping friends.

What is a Friend? is about understanding the difference between equal friendships and other types of relationships in our lives.



Social Interaction is about feeling more confident in new situations and getting guidance about social situations and making conversation.

Goals and barriers is about setting personal friendship goals and breaking them down into practical, achievable steps towards building meaningful friendships.



Plan B is about planning ahead and being prepared when going out with friends, whether you can do this independently or with support.

A word of thanks

We would like to thank the Greggs Foundation, The Community Foundation, the National Lottery Community Fund, Baily Thomas Charitable Fund, Tudor Trust, the Ballinger Charitable Trust, the Postcode Neighbourhood Lottery, Sir James Knott Trust and William Leach for the continued grants supporting core costs and income for specific projects from The 1989 Willan Charitable Trust.

We would also like to thank the Joseph Strong Frazer Trust, for ongoing support and funding.
We would like to thank the Sir James Knott Trust and the L.G.A Foundation for grants towards the mentoring project moving forward into 2024/2025.

Without the support from our funders, community organisations and the wider community FANE would not be able to continue working for the people we support on a day to day basis.
The impact of having opportunities to make meaningful friendships, learn new skills and feel valued can be life changing. Without access to these grants and funding our project would cease to exist.



FANE would also like to say a 'BIG thank you' to all the volunteers for all their time and hard work they give to support the people on our projects to achieve their friendship goals, attend our social groups and support our digital project work. Without our amazing volunteers our project would not be possible.

The staff team would like to thank the Board of Trustees for all their hard work and support throughout the project to date.

We would also like to thank all the supporters and the people who join in with FANE activities, who send us messages of thanks and encouragement, tell us stories of how the project has helped them and remind us regularly why the work we do continues to be important and relevant to people now more than ever.



FANE

2024-2025

Get Involved



Volunteer

Do you have a spare couple of hours a week to help out your community? Or are you a student studying locally and are keen to develop your skills? From friendship mentors to digital volunteers we have lots of roles available at FANE.
We can promise that volunteering with our friendly team is rewarding and fulfilling work.

Interested in finding out more? There are lots of ways to get in touch with us and don't worry we're a friendly bunch!





Get in Touch

Phone: 0191 231 43 27

Email: info@friendsaction.co.uk

Drop us a message on one of our social media channels, or visit our website and find out more on our About page

www .friendsaction.co.uk



Friends Action North East

CIO 1182364











POSTCODE COMMUNITY TRUST

GREGGS FOUNDATION

Community Foundation

the Tudor trust

Hospital of God
Here for Everyone

SIR JAMES KNOTT TRUST

HADRIAN TRUST

L.G.A. Foundation

BALLINGER
CHARITABLE TRUST

1. Reference and administrative details of the charity, its trustees and advisors

Charity Name	Friends Action North East CIO	
Registered Charity Number	1182364	
Trustees	Graham Newton Barbara Creed Glenn Howe Kate Gibson Louise Tebble	 Resigned 01 May 2025
Registered Office	c/o Ouseburn Farm Ouseburn Road Newcastle NE1 2PA	
Independent Examiner	Michelle Wright MW Accounting Services Woodgate House 5c Wood Street Gateshead NE11 9NP	
Bankers	The Co-operative Bank PLC Customer Service, PO Box 250 Skelmersdale WN8 6WT	

2. Structure, governance and management

Governing documents

The organisation is a charitable incorporated organisation the constitution was adopted 7th March 2019. The financial statements comply with current statutory requirements, the organisations memorandum and articles of association and the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in January 2015 (SORP 2016)'.

Appointment of Trustees

Trustees are elected by members of the organisation at the Annual General Meeting (AGM) and are eligible to stand for re-election each year. There is a minimum of three and maximum of 10 trustees at any given time. The trustees have the power to co-opt up to three other members and agree to meet at least four times a year. Newly appointed trustees are provided with a Trustee pack giving an overview of the work of the charity, including its constitution and its finances. Should trustee training be required, this is arranged and along with any specific training needed for a particular role.

Organisation

The trustees administer the charity and the Project Managers are responsible for managing the work of the charity on a day-to-day basis. 25 The trustees are aware that the major risk to the organisation is lack of funding. Each quarter the risk is assessed when budgets are compared to actual spend and reserves are reviewed on a yearly basis to ensure that there are sufficient funds available to cover three months running costs and any possible redundancy costs.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

3. **Trustees responsibilities in relation to the financial statement**

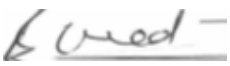
The trustees are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on …17 October 2025….. and signed on their behalf by:



Barbara Creed
Treasurer

FRIENDS ACTION NORTH EAST CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2025

I report on the financial statements of Friends Action North East CIO for the year ended 31 March 2025, which are set out on pages 28 to 40.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Michelle Wright

Michelle Wright
MW Accounting Services
Woodgate House
5c Wood Street
Gateshead
NE11 9NP
Date: 17 October 2025

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

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Operation of the charity	9	57,405	96,652	**154,057**	149,443
Total expenditure		57,405	96,652	**154,057**	149,443
Net income/(expenditure) and net movement of funds		16,388	9,330	**25,719**	(47,968)
Reconciliation of funds					
Total funds brought forward		23,551	55,227	**78,778**	126,746
Total funds carried forward		39,939	64,557	**104,497**	78,778

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 30 to 40 form an integral part of these accounts.

BALANCE SHEET

As at 31 March 2025

	Notes	£	Total 2025 £	£	Total 2024 £
Fixed assets					
Tangible assets	16		45		254
Total fixed assets			**45**		**254**
Current assets					
Debtors	17	700		1,095	
Cash at bank and in hand	18	106,404		80,260	
Total current assets		**107,104**		**81,355**	
Creditors: amounts falling due within one year	19	**(2,652)**		**(2,831)**	
Net current assets			**104,452**		**78,524**
Total assets less current liabilities			**104,497**		**78,778**
Total net assets or liabilities			**104,497**		**78,778**
Funds of the charity					
Unrestricted income funds			39,939		23,551
Restricted income funds			64,557		55,227
Total funds			**104,497**		**78,778**

The notes on pages 30 to 40 form an integral part of these accounts.

These financial statements were approved by the Board on: 17 October 2025

and are signed on its behalf by: Barbara Creed
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friends Action North East CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £39,939 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.4 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.6 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of training and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, the charity does not currently have any tangible fixed assets:

Equipment	25%	Straight line over four years

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
6	**Donations and legacies**				
	Donations and gifts	8,532	400	**8,932**	1,624
	Gift Aid	-	-	**-**	194
		8,532	400	**8,932**	1,817
7	**Charitable activities**				
	Income from grants				
	The National Lottery Community Fund	-	20,000	**20,000**	-
	Kapow	-	11,796	**11,796**	-
	Barbour Foundation	10,000	-	**10,000**	-
	Sir James Knott	-	5,000	**5,000**	10,000
	Postcode Neighbourhood Lottery	25,000	-	**25,000**	-
	Greggs Foundation	-	20,000	**20,000**	20,000
	Community Fund Health Wellbeing	-	5,000	**5,000**	-
	William Leech	3,000	-	**3,000**	-
	The Ballinger Charitable Trust	15,000	-	**15,000**	-
	Tudor Trust	-	30,000	**30,000**	30,000
	Tudor Trust Development	-	6,578	**6,578**	-
	Community Fund Woodland Wellbeing	-	-	**-**	10,260
	Marks Sat Social		3,875	**3,875**	7,750
	LGA Foundation	-	3,333	**3,333**	3,333
	Bernicia Foundation	5,000	-	**5,000**	-
	Other small grants	1,000	-	**1,000**	1,500
		59,000	105,582	**164,582**	82,843
8	**Other trading activities**				
	Fundraising events	501	-	**501**	-
	Other	5,760	-	**5,760**	16,815
		6,261	-	**6,261**	16,815

Income was £179,775 (2024: £101,475) of which £73,793 was unrestricted or designated (2024: £20,132) and £105,982 was restricted (2024: £81,343)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
9 ***Charitable activities***				
Direct costs				
Salary costs	47,620	61,978	**109,598**	98,875
Accommodation	160	2,498	**2,658**	1,597
Travel and volunteer expenses	380	2,568	**2,949**	2,573
Training, conference and events	-	117	**117**	1,284
Sessional costs	2,251	11,682	**13,933**	18,745
Project resources	391	3,392	**3,782**	2,720
Support costs				
Rent and rates	3,020	6,039	**9,059**	10,848
Payroll fees	44	479	**524**	728
Insurance	1,059	-	**1,059**	867
Technical support website	137	-	**137**	398
General running costs	1,635	5,798	**7,433**	9,702
Depreciation	209	-	**209**	606
Professional fees	-	2,100	**2,100**	-
Governance costs				
Independent examiner's fees for reporting on the accounts	500	-	**500**	500
	57,405	96,652	**154,057**	149,443

Expenditure on charitable activities was £154,057 (2024: £149,443) of which £57,405 was unrestricted or designated (2024: £53,441) and £96,652 was restricted (2024: £96,002)

10 **Fees for examination of the accounts**

	2025 £	2024 £
Independent examiner's fees for reporting on the accounts	**500**	500
Other accountancy services paid to the examiner	**244**	-
	744	500

11 **Analysis of staff costs and the cost of key management personnel**

	2025 £	2024 £
Salaries and wages	**100,445**	89,968
Social security costs	**7,101**	6,851
Pension costs (defined contribution pension plan)	**1,884**	1,793
	109,430	98,612

No employee received remuneration above £60,000 (2024: nil)

The key management personnel of the charity, comprise the trustees and the joint Project Managers. The total employee benefits of the key management personnel of the charity were £53,715 (2024: £53,715).

12 Staff numbers

The average monthly head count was 5 staff (2024: 5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employee's work	**2025 Number**	2024 Number
Charitable activities	**4.0**	5.0
	4.0	5.0

13 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 Defined contribution pension scheme

The charitable company contributes to individual private staff pension schemes. The employer's pension costs represent contributions payable by the charity.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £1,884 (2024: £1,793). There was £367 outstanding as at (2024: £333)

15 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

16 Tangible fixed assets

	Computer & camera equipment	Office furniture	Total
	£	£	£
Cost			
Balance brought forward	14,191	683	**14,874**
Additions	-	-	**-**
Disposals	-	-	**-**
Balance carried forward	14,191	683	**14,874**
Depreciation			
Basis	SL	SL	
Rate	25%	25%	
Balance brought forward	13,937	683	**14,620**
Depreciation charge for year	209	-	**209**
Disposals	-	-	**-**
Balance carried forward	14,146	683	**14,829**
Net book value			
Brought forward	254	-	**254**
Carried forward	45	-	**45**

17 Debtors and prepayments (receivable within 1 year)

	2025	2024
	£	£
Prepayments	**700**	765
Other debtors	**-**	330
	700	1,095

18 Cash at bank and in hand

	2025	2024
	£	£
Bank current account	**106,273**	80,155
Short term deposits	**131**	105
	106,404	80,260

19 Creditors and accruals (payable within 1 year)

	2025	2024
	£	£
PAYE & NI	**1,584**	1,841
Pension	**367**	333
Accruals		
Independent examination of accounts	**500**	500
Other accruals	**200**	156
	2,652	2,831

20 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

21 **Analysis of charitable funds**

Analysis of movements in unrestricted funds

For the year ending 31 March 2025

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	7,291	73,793	(57,405)	-	**23,679**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Emse Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
Totals	23,551	73,793	(57,405)	-	**39,939**

For the year ending 31 March 2024

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	40,600	20,132	(53,441)	-	**7,291**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Emse Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
Totals	56,860	20,132	(53,441)	-	**23,551**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' of the charity
Designated funds	
HSBC	Funds set aside to cover costs in the event the charity closes down

21 **Analysis of charitable funds *(continued)***

Analysis of movement in restricted funds

For the year ending 31 March 2025

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
Tudor Trust	27,710	30,000	(30,000)	-	**27,710**
Tudor Trust Development	-	6,578	(6,406)	-	**172**
Greggs Foundation	20,000	20,000	(19,999)	-	**20,001**
Community Foundation Newcastle	-	5,000	(728)	-	**4,272**
The National Lottery Community Fund	-	20,000	(9,992)	-	**10,008**
Kapow Grant	-	12,196	(12,108)	-	**88**
Sir James Knott	-	5,000	(5,000)	-	**-**
Community Fund Woodland Wellbeing	3,760	-	(3,759)	-	**1**
Marks Sat Social	3,758	3,875	(6,779)	-	**854**
LGA Foundation	-	3,333	(1,882)	-	**1,451**
Totals	55,228	105,982	(96,652)	-	**64,558**

21 **Analysis of charitable funds *(continued)***

Analysis of movement in restricted funds

For the year ending 31 March 2024

Restricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Durham Community Foundation	553	-	(553)	-	**-**
Tudor Trust	27,663	30,000	(29,953)	-	**27,710**
Tudor Trust Wellbeing	1,999	-	(1,999)	-	**-**
Greggs Foundation	9,821	20,000	(9,821)	-	**20,000**
Community Fund Health & Wellbeing	7,974	-	(7,974)	-	**-**
Mencap Groups	1,876	-	(1,876)	-	**-**
Bailey Thomas Charitable Foundation	20,000	-	(20,000)	-	**-**
Sir James Knott	-	10,000	(10,000)	-	**-**
Community Fund Woodland Wellbeing	-	10,260	(6,500)	-	**3,760**
Marks Sat Social	-	7,750	(3,992)	-	**3,758**
LGA Foundation	-	3,333	(3,333)	-	**-**
Totals	69,886	81,343	(96,002)	-	**55,227**

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Durham Community Foundation	Funding for friend kit training, digital inclusion and tech support workshops
Tudor Trust	The grant from the Tudor Trust over 3 years is towards core salaries of the CIO working in the North East to help support people with additional needs to reduce social isolation and establish independent friendships using digital inclusion.
Tudor Trust Development	This is a one off grant towards the health and wellbeing of all staff, volunteers and trustees to help mental health and wellbeing recovery post COVID-19
Greggs Foundation	Core funding for the project
Community Foundation Newcastle	This grant was awarded for social health and wellbeing groups and sessional workers to lead them
The National Lottery Community Fund	Grant towards 3 health and wellbeing social groups for 1 year
Kapow Grant	Towards the core costs of the mentoring project and group for people with
Sir James Knott	Grant towards the core costs of the 1:1 mentoring programme and social groups
Community Fund Woodland Wellbeing	Funding to provide 20 woodland wellbeing sessions
Marks Sat Social	Funding to provide 2 social sessions per month for 12 months
LGA Foundation	Funding towards the mentoring project

22 **Capital commitments**

As at 31 March 2025, the charity had no capital commitments (2024 -£nil)

23 **Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Tangible fixed assets	45	-	**45**	254
Cash at bank and in hand	41,845	64,558	**106,404**	80,260
Other net current assets/(liabilities)	(1,952)	-	**(1,952)**	(1,736)
	39,939	64,558	**104,497**	78,778

24 **Guarantee**

There have been no guarantees given by the charity at 31 March 2025.

25 **Debt**

There is no debt outstanding which is owed by the charity and which is secured by an excess charge on any of the assets of the charity at 31 March 2025.

26 **Governing document**

The organisation is a Charitable Incorporated Organisation - Foundation registered on 07 March 2019 as a body corporate under part 11 of the Charities Act 2011.

FRIENDS ACTION NORTH EAST

England & Wales - Charity number 1182364

Accounts



Friends Action North East

CIO 1182364

FRIENDS ACTION NORTH EAST

ANNUAL REPORT

FANE champions friendship raising expectations and creating opportunities to do ordinary things

2023-2024



www.friendsaction.co.uk

info@friendsaction.co.uk

0191 231 4327

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ABOUT FANE

Friends Action North East began in 2004 when a group of people with learning disabilities got together and mapped out a grand plan about what it would take for them to have ordinary and equal friendships in their lives.

They wanted to improve people's wellbeing and confidence, celebrate skills and abilities and enable people to have real and meaningful friendships.

They thought about how they wanted to be supported to overcome personal barriers to having an ordinary social life and the friendship mentoring project was created from this plan.





Structure and Governance

FANE is managed and run by the Board of Trustees. The Trustees have control of the Charity and its property and funds.
There are five Trustees in office in 2023/24.

The Trustees have the responsibility to ensure the activities of FANE are conducted in compliance with the rules of the Charity Commission and the Articles of the Memorandum.

They ensure the work programme is met and the finances are managed appropriately.

The Trustees complete accredited training about the roles and responsibilities of being a trustee including safeguarding.
The election of new Trustees is usually held at the Annual General Meeting, and all Trustees are required to complete an enhanced disclosure and barring check before being accepted as a Trustee.

CHARITY OBJECTS

1. To assist people with learning disabilities and autism to develop and maintain friendships and friendship groups to enable them to achieve their full potential as members of the local community

2. To advance the education of the public and supporters of people with learning disabilities and autism in all issues related to learning disabilities and autism particularly friendship and socialisation



OUR TEAM

FANE employs 5 staff team members, 4 sessional staff and volunteers to carry out the day to day running and management of the charity.

The staff team are employed and managed by the FANE board of Trustees.

Team Members



Sally Evans
Charity manager



Sara Gibbeson
Project Manger



Keelie Garrard
Operations Manager



Vicky Tate
Digital & Creative Coordinator



Lynn O'Brien
Volunteer Coordinator



Toby Heaps
Lead Sessional Worker



Sacha Simms
Sessional Worker & Kapow



Sacha Trebacz
Sessional Worker & Kapow



Graham Patterson
Sessional Worker



Tracy Hearn
Volunteer

Trustees



Barbara Creed
Treasurer



Graham Newton
Co-Chair



Kate Gibson
Chair



Glenn Howe
Trustee



Louise Tebble
Trustee

Steering Group

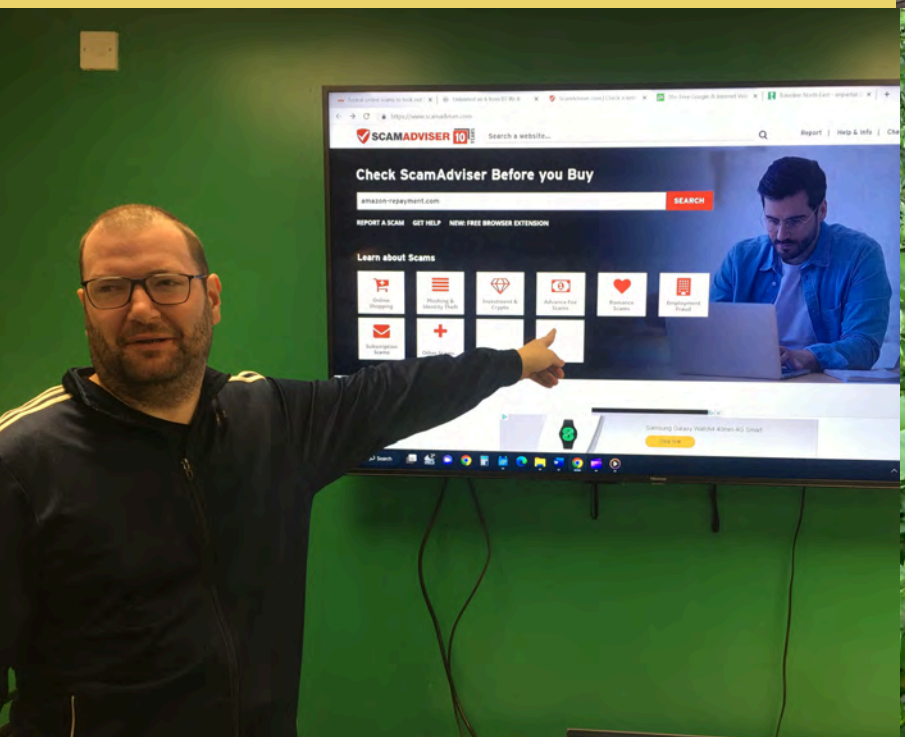
The FANE Steering Group members meet four times a year to discuss the project work and charity activities.

They discuss what is working well, what could be done to improve things, changing needs and wants of the people being supported and any other issues affecting the people supported by FANE.

They have organised events and activities, supported members with travel and access and shared some great tips about keeping safe online and managing issues on social media. The FANE team would like to thank our steering group members for their valuable input and ongoing commitment.









Volunteers

We have worked with over 280 volunteers in various capacities over the last several years. The essential work provided by volunteers has enabled FANE to support people on a one to one basis providing over 31,600 hours of support to people involved since the project began. This is equivalent to 1 full time and 1 part time staff posts per year.
We have held regular volunteer events, including paddle boarding, climbing, bowling, board games and pizza nights- which have proven to be a great way to share good practice and enabling volunteers to learn from one another's experiences.

Many of our volunteers are students from Sunderland, Northumbria and Newcastle Universities which we continue to work in partnership with. The students commit to working with FANE for 70 hours during their placement period, with regular contact taking place between FANE and the course leaders. The social return of this to the North East region is immense and the impact is valuable and long lasting.

Volunteer Roles Include:

1:1 Friendship Mentor
You will meet up on a regular basis to work on friendship goals and help to engage in community activities. You will need to commit to a minimum of 2 hours per week.

Group Support
Supporting people in a group setting to develop confidence and independence skills. Groups can be during the day, evenings or weekends.

Digital Volunteers
Supporting us with tasks such as data input and social media content, including film making and photography. You could work either from home or the office.

Fundraising
We are a small grassroots charity and always need help fundraising so if you would like to get involved please get in touch!
Our talented volunteers have raised money in all sorts of ways including bake sales, bingo nights and art auctions.

https://www.friendsaction.co.uk/volunteering







Team Message

The FANE Team would like to say a very big thank you for all the support and dedication of everyone that has been involved in our projects this year.
The amazing support you provide FANE has enabled us to carry out the work we do.

At the heart of our organisation are the people that join the FANE projects. They continue to prove to us that with the right support everyone can achieve their goals, make real, lasting friendships, feel valued in their communities and be in control of the choices they make in life.



Charity Projects

1:1 Mentoring

The Mentoring programme is a community model of support that is based on the outcomes of FANE's prior work supporting people with a learning disability and autistic people to make and keep safe, positive friendships. One of the lessons learned by FANE is that developing friendships is often still the most difficult, skilled, time intensive, and overlooked part of people's lives.

The mentoring programme is designed to address this need and enable the people who are referred onto it to directly inform and shape its' content and methods of delivery around their individual needs and barriers.

It enables a minimum of 20 adults with a learning disability or autism per year to receive intensive, personalised, 1:1 support to make realistic friendship goals according to their individual needs.

They gain the skills required to put those goals into practice and make new friendships in their own communities, whilst getting the specialised 1:1 support to sustain them. Over 80 people per year get access to our regular health and wellbeing socials.

Through the mentoring programme work FANE has developed a series of training workshops to support friendship-a toolkit called Friendkit. This has been informed by the people we have worked with.

Training and Outreach

The Friendkit training workshops, cover several topics relating to making and keeping healthy friendships and provide resources, tools and frameworks to embed, track, monitor and record friendships skills for people with a wide range of abilities in a holistic, person-centred way.

The workshops address topics such as exploring how friendships are different from other types of relationships, what makes a good friend, what barriers people encounter when making and keeping friends and ways to overcome them.

We have also developed workshops that address hate crime and discrimination, staying safe when out and about in the community, what to do when relationships break down and using social media tools/apps and devices to maintain friendships and connect with others.

This training works alongside the FANE community support model which informs people in local communities about support and access needs including people's goals, needs and aspirations around friendship. It also provides a first contact for securing lasting community connections helping to make people feel more valued and included- which helps to reduce the impact of social isolation







Group Support

The aim of the health & wellbeing social groups is to provide opportunities for people in their local communities to make and maintain friendships and connections in safe inclusive spaces.

As well as practicing social and independence skills using a range of social activities that support and promote physical and mental well being. For example, sport/fitness/ walking/yoga/arts & crafts /healthy eating /creative writing/book club etc.

We provide a lead activity worker and a volunteer friendship supporter for each group, to help with organisation, travel, safeguarding and the delivery of activities including support for people's mental wellbeing.

People enrolled on the mentoring programme have full access to these groups, however people can also be referred directly to group support via an application form if they do not require the 1:1 mentoring element of the programme.

Whilst we do not provide 1:1 support for these groups, people with additional support needs are not excluded from them but are required to bring their own support from home or a Personal Assistant. Our social groups currently run in Gateshead and Newcastle.

All groups have a shared plan based on what people want and need, and how the group could become more self-sufficient. This is regularly reviewed during sessions.

Sessional staff and volunteers are trained through FANE and support friendships, communication and communication.
Many independent, long term friendships have developed between individuals from these groups.
This year we have ten regular groups running including a midweek online meet up, socials in the Tilley Stone and Five Swans pubs, walking groups and art among others.
We also run special off off events like the Consett Forest school day which took place in the summer.







Walking to Wellness

The FANE walking group is a great way to keep fit and keep in touch with friends.
The group meet twice a month with a FANE staff member and some of our volunteers. They plan varied routes and meeting places and support each other throughout.

Games Group

The FANE Games Group runs every fortnight at a local venue. As well as playing pool, darts and other games, it's a great place to meet friends with the support of FANE volunteers and the friendly staff at the venue that know our group members well.





Saturday Social

Saturday Social is a group that has been set up by a FANE member who wanted to meet people and make new friends.
The group plan activities together to decide on the they would like to do, including going for walks, taking part in local events and visiting local venues such as Beamish and South Shields.

Meet and Mooch

The Meet and Mooch group members have been meeting for several years, once a month on Saturday mornings. They catch up for a chat over a cup of coffee and sometimes have a mooch around town afterwards.
It's a friendly group, supported by our brilliant volunteer Tracy, who has supported the group since the very beginning.

Woodland Wellbeing

In partnership with North East Wilds CIC and Scotswood Garden we began a health and well being social group. Our woodland well being sessions started as a pilot project that allowed 10 people to be part of a Forest school/nature community model, which has been proven to improve people's mental health and anxiety. It has proven to be a fantastic way to connect people to nature and become part of a supportive community.

Social Groups

We have two regular social meet ups that take place in local pubs on Friday evenings.
These groups have been running for a number of years and are well attended. Many long lasting friendships have developed from these groups and staff and volunteers attend to support with social interaction and building connections.





Photography Group

The photography group continues to run, facilitated by Peer Mentor Marc and volunteers.
The group meet online to share photos they have taken and set different themes and ideas for future projects.

Art Group

We have a regular art group run by practicing artist Toby and supported by volunteers. This year we were lucky enough to have Caitlin, a student studying BA (Hons) Illustration and Design at the University of Sunderland supporting the group as well. Caitlin supported the practical activities as well as facilitating her own workshops which the members loved!

Highlights-2023/24

Welcome Lynn!





We're pleased to welcome Lynn to the FANE team this year. Lynn joined us in the role of Volunteer Co-ordinator and has been working hard to support our our volunteers. She has lots of experience working with different groups of learners in a variety of settings and is a qualified teacher. Lynn has set up a book club for FANE members and will be running creative writing workshops soon.

Welcome KAPOW!





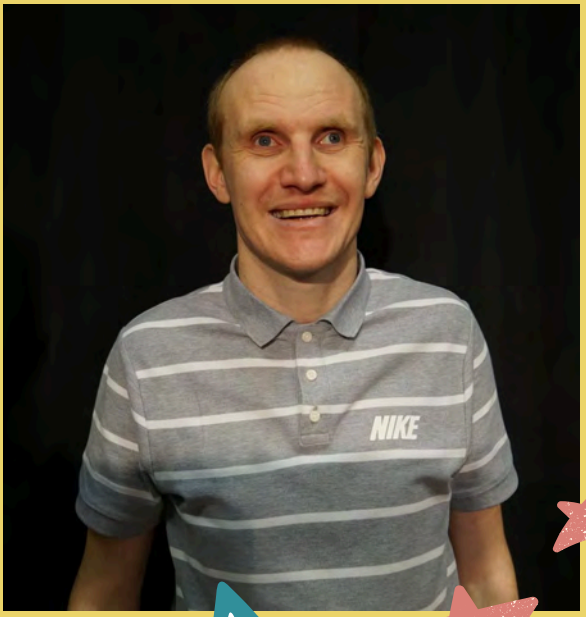
We're pleased to welcome Sacha and the Kapow group to the FANE team as well.
Sacha joined forces with FANE to continue the amazing work of Kapow as well as supporting other FANE activities.
The Kapow group members plan lots of exciting trips and social events together with Sacha's support.
Sacha has lots of experience supporting people with learning disabilities and autistic people in a variety of settings and will be setting up lots of new opportunities for FANE members over the coming months.
A big thank you to the funders that made both of these roles possible.



Peer Volunteer

Meet Marc, a FANE member and Peer Volunteer.
Marc has been an enthusiastic and committed member of the team for several years.
He has volunteered to do talks with agencies and professionals, helped other FANE members and hosts the FANE online photography group.

Marc is also a talented and experienced actor who has performed many times with the Twisting Ducks Theatre Company to entertain and inform audiences and help amplify the voices of people who are not always listened to or acknowledged.
We thank you Marc for all your hard work and dedication over the years and look forward to continuing the good work with you.



Safety Works Newcastle

We spent a brilliant afternoon at Safety Works in Newcastle. We learned so much about fire safety, everyday hazards in the home, and some great tips on how to stay safe. Tyne and Wear Fire brigade and Northumbria police made us all feel very welcome. We also had a sneak peak of the new Tyne and Wear Metro!









Printing Workshops

We teamed up with local print studio Northern Print, who facilitated several group sessions for us using their. This was an exciting opportunity for everyone involved to explore the creative process from start to finish. Exploring ways to take an idea or through to a finished physical print.

The members learned new skills and had a brilliant time working with staff in the studio using the professional equipment and facilities.







Giving Network Event

We had a great time at Community Foundation's Giving Network event this summer.

It was wonderful to share some of the work we do, and tell the stories of the people we support. It was also very inspiring to hear from the other charities, and make some new FANE friends!

Thank you to everyone involved with the event including Community Foundation Tyne & Wear and Northumberland, Northumberland Domestic Abuse Services, Recyke y' Bike and The Oswin Project.

A huge thank you to those that donated funds to all the charities including FANE.

Your support will enable us to continue or work around the region.



FANE turns 20!

It's hard to believe that it's 20 years since the FANE founders first got together to create the big friendship grand plan.
How far the charity has come since then. It's due to the continued hard work, commitment, passion and support of the FANE team, supporters and friends that we are able to continue our good work.
A special thank you to Sally Evans who has been with FANE since the very beginning, steering the FANE ship through choppy waters and calm seas alike with her unique humour, grit, determination and vision. What a star!
Look out for news of celebrations coming soon.

Partnership Work

FANE has 20 years of established partnership working in the North East to champion our aims around friendship and to promote safeguarding.
We constantly adapt our support methods to meet the changing wants and needs of the people we support. We work in partnership with several local organisations, parent/carer groups and community venues where, we share skills and resources which help us to support vulnerable people in the area.

This year we have been involved in some exciting projects with some long standing partners.

Following the success of our Woodland Wellbeing groups we have been planning further partnership work with Scotswood Garden this year.
We will apply for joint funding so that we can continue this positive work and provide opportunities for more FANE members to get support and access to the wonderful facilities at Scotswood Garden. This is not only an amazing setting to learn new skills, and make friends but it also brings lots of health and wellbeing benefits from being surrounded by nature and active in the outdoors.

The FANE team has been working with Your Voice Counts, Know Your Neighbourhood groups this year to deliver some of our Friendkit workshops. We delivered activities ranging from the Plan B board game to Goal Setting and What is a Friend. It's great to share our knowledge and skills around supporting friendship with partners and see the brilliant resources developed by FANE members being put into practice.

Thanks to receiving a business development grant From the Tudor Trust we have been working with a local business developer Lauren Patterson. Lauren has been researching into potential funding streams and opportunities for further partnership working. We have already started planning work based on the findings from her report.

We are looking forward to working with local schools and colleges over the coming months to deliver new workshops around employment skills. Thanks to our successful application for funding through the Newcastle Building Society Community Grant. These fun and interactive workshops will enable us to work with younger autistic people and people with learning disabilities to develop skills and confidence in the work place.

Newcastle Building Society

the Tudor trust

Your voice counts





Impact



39 new applications for 1:1 mentoring



23 people receiving ongoing 1:1 support



55 people attended Friendkit training



78 people supported through social groups



10 social wellbeing groups running



12 people aged under 25 joined FANE this year



Finances

Balance Sheet

FRIENDS ACTION NORTH EAST CIO Charity Number 1182364

BALANCE SHEET
As at 31 March 2024

	Notes	£	Total 2024 £	£	Total 2023 £
Fixed assets					
Tangible assets	16		254		860
Total fixed assets			**254**		**860**
Current assets					
Debtors	17	1,095		803	
Cash at bank and in hand	18	80,260		126,780	
Total current assets		**81,355**		**127,583**	
Creditors: amounts falling due within one year	19	**(2,831)**		**(1,697)**	
Net current assets			**78,524**		**125,886**
Total assets less current liabilities			**78,778**		**126,746**
Total net assets or liabilities			**78,778**		**126,746**
Funds of the charity					
Unrestricted income funds			23,551		56,860
Restricted income funds			55,227		69,886
Total funds			**78,778**		**126,746**

The notes on pages 18 to 26 form an integral part of these accounts.

These financial statements were approved by the Board on: _____

and are signed on its behalf by: Barbara Creed _____
Treasurer

Finances

Statement of Financial Activities

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 March 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Income from:					
Donations and legacies	6	1,817	-	**1,817**	2,624
Charitable activities					
Grants and contracts	7	1,500	81,343	**82,843**	134,420
Other trading activities	8	16,815	-	**16,815**	15,482
Total income		20,132	81,343	**101,475**	152,526
Expenditure on:					
Charitable activities					
Operation of the charity	9	53,441	96,002	**149,443**	115,090
Total expenditure		53,441	96,002	**149,443**	115,090
Net income/(expenditure) and net movement of funds		(33,309)	(14,659)	**(47,968)**	37,436
Reconciliation of funds					
Total funds brought forward		56,860	69,886	**126,746**	89,310
Total funds carried forward		23,551	55,227	**78,778**	126,746

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 18 to 26 form an integral part of these accounts.

Friendkit

Friendkit is a collection of tools and resources developed by FANE to support people to make and keep friends. Get in touch to find out how you or someone you know can get access to Friendkit training and resources. Friendkit consists of individual training programmes and resources that will help you to build your own personalised friendship journey.

Each workshop focuses on a different part of friendship and takes you through fun activities, conversations, games, videos and other cool stuff. They provide you with the tools and resources needed to build a picture of your friendship goals and plans so you can work towards making and keeping friends.

What is a Friend is about understanding the difference between equal friendships and other types of relationships in our lives.



Social Interaction is about feeling more confident in new situations and getting guidance about social situations and making conversation.



Goals and barriers is about setting personal friendship goals and breaking them down into practical, achievable steps towards building meaningful friendships.





Plan B is about planning ahead and being prepared when going out with friends, whether you can do this independently or with support.



A word of thanks

We would like to thank the Greggs Foundation, The Community Foundation, the National Lottery Community Fund, Baily Thomas Charitable Fund, Tudor Trust, the Ballinger Charitable Trust, the Postcode Neighbourhood Lottery, Sir James Knott Trust and William Leach for the continued grants supporting core costs and income for specific projects from The 1989 Willan Charitable Trust.

We would also like to thank the Joseph Strong Frazer Trust, for ongoing support and funding.
We would like to thank the Sir James Knott Trust and the L.G.A Foundation for grants towards the mentoring project moving forward into 2024/2025.

Without the support from our funders, community organisations and the wider community FANE would not be able to continue working for the people we support on a day to day basis.
The impact of having opportunities to make meaningful friendships, learn new skills and feel valued can be life changing. Without access to these grants and funding our project would cease to exist.



FANE would also like to say a 'BIG thank you' to all the volunteers for all their time and hard work they give to support the people on our projects to achieve their friendship goals, attend our social groups and support our digital project work. Without our amazing volunteers our project would not be possible.

The staff team would like to thank the Board of Trustees for all their hard work and support throughout the project to date.

We would also like to thank all the supporters and the people who join in with FANE activities, who send us messages of thanks and encouragement, tell us stories of how the project has helped them and remind us regularly why the work we do continues to be important and relevant to people now more than ever.



JOIN NOW

Get Involved



Volunteer

Do you have a spare couple of hours a week to help out your community? Or are you a student returning or coming to Newcastle soon, and are keen to develop your skills?
From friendship mentors to digital volunteers we have lots of roles available at FANE.
We can promise that volunteering with our friendly team is rewarding and fulfilling work.

Interested in finding out more? There are lots of ways to get in touch with us and don't worry we're a friendly bunch!





Get in Touch

Phone: 0191 231 43 27

Email:
info@friendsaction.co.uk

Drop us a message on one of our social media channels,
or visit our website and find out more on our About page

www .friendsaction.co.uk

Friends Action North East

CIO 1182364







GREGGS FOUNDATION

the Tudor trust

Community Foundation

POSTCODE COMMUNITY TRUST

HOSPITAL OF GOD
Here for Everyone

SIR JAMES KNOTT TRUST

HADRIAN TRUST

L.G.A. Foundation

BALLINGER

FRIENDS ACTION NORTH EAST CIO

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2024

Charity Number 1182364

FRIENDS ACTION NORTH EAST CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2024

I report on the financial statements of Friends Action North East CIO for the year ended 31 March 2024, which are set out on pages 16 to 26.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Michelle Wright
MW Accounting Services
Woodgate House
5c Wood Street
Gateshead
NE11 9NP
Date:

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 March 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Income from:					
Donations and legacies	6	1,817	-	**1,817**	2,624
Charitable activities					
Grants and contracts	7	1,500	81,343	**82,843**	134,420
Other trading activities	8	16,815	-	**16,815**	15,482
Total income		20,132	81,343	**101,475**	152,526
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Charitable activities					
Operation of the charity	9	53,441	96,002	**149,443**	115,090
Total expenditure		53,441	96,002	**149,443**	115,090
Net income/(expenditure) and net movement of funds		(33,309)	(14,659)	**(47,968)**	37,436
Reconciliation of funds					
Total funds brought forward		56,860	69,886	**126,746**	89,310
Total funds carried forward		23,551	55,227	**78,778**	126,746

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 18 to 26 form an integral part of these accounts.

FRIENDS ACTION NORTH EAST CIO Charity Number 1182364

BALANCE SHEET

As at 31 March 2024

	Notes	£	Total 2024 £	£	Total 2023 £
Fixed assets					
Tangible assets	16		254		860
Total fixed assets			**254**		**860**
Current assets					
Debtors	17	1,095		803	
Cash at bank and in hand	18	80,260		126,780	
Total current assets		**81,355**		**127,583**	
Creditors: amounts falling due within one year	19	**(2,831)**		**(1,697)**	
Net current assets			**78,524**		**125,886**
Total assets less current liabilities			**78,778**		**126,746**
Total net assets or liabilities			**78,778**		**126,746**
Funds of the charity					
Unrestricted income funds			23,551		56,860
Restricted income funds			55,227		69,886
Total funds			**78,778**		**126,746**

The notes on pages 18 to 26 form an integral part of these accounts.

These financial statements were approved by the Board on: _____

and are signed on its behalf by: Barbara Creed _____
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friends Action North East CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £23,551 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.4 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 **Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.6 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

Expenditure on charitable activities includes the costs of training and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable

activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 **Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, the charity does not currently have any tangible fixed assets:

Equipment	25%	Straight line over four years

Analysis of income

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
6 **Donations and legacies**				
Donations and gifts	1,624	-	**1,624**	2,624
Gift Aid	194	-	**194**	-
	1,817	-	**1,817**	2,624
7 **Charitable activities**				
Income from grants				
Queen's Jubilee Grant	-	-	**-**	2,000
WM Leech	-	-	**-**	5,000
Willan Charitable Trust		-	**-**	10,000
Sir James Knott	-	10,000	**10,000**	15,000
Postcode Neighbourhood Lottery	-	-	**-**	25,000
Greggs Foundation	-	20,000	**20,000**	10,000
Community Fund Health Wellbeing	-	-	**-**	10,000
Mencap Groups	-	-	**-**	5,420
Bailey Thomas Charitable Foundation	-	-	**-**	20,000
Tudor Trust	-	30,000	**30,000**	30,000
Tudor Trust Wellbeing	-	-	**-**	2,000
Community Fund Woodland Wellbeing	-	10,260	**10,260**	-
Marks Sat Social		7,750	**7,750**	-
LGA Foundation	-	3,333	**3,333**	-
Other small grants	1,500	-	**1,500**	-
	1,500	81,343	**82,843**	134,420
8 **Other trading activities**				
Fundraising events	-	-	**-**	407
Other	16,815	-	**16,815**	15,075
	16,815	-	**16,815**	15,482

Income was £101,475 (2023: £152,526) of which £20,132 was unrestricted or designated (2023: £18,106) and £81,343 was restricted (2023: £134,420)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
9 ***Charitable activities***				
Direct costs				
Salary costs	42,797	56,078	**98,875**	79,218
Accommodation	85	1,512	**1,597**	1,564
Travel and volunteer expenses	779	1,793	**2,573**	1,129
Training, conference and events	-	1,284	**1,284**	179
Sessional costs	2,300	16,445	**18,745**	9,658
Project resources	696	2,024	**2,720**	4,431
Support costs				
Rent and rates	3,020	7,828	**10,848**	8,172
Payroll fees	150	578	**728**	801
Insurance	867	-	**867**	847
Technical support website	-	398	**398**	374
General running costs	1,642	8,061	**9,702**	6,987
Depreciation	606	-	**606**	840
Governance costs				
Independent examiner's fees for reporting on the accounts	500	-	**500**	890
	53,441	96,002	**149,443**	115,090

Expenditure on charitable activities was £149,443 (2023: £115,090) of which £53,441 was unrestricted or designated (2023: £23,184) and £96,002 was restricted (2023: £91,906)

10 **Fees for examination of the accounts**

	2024 £	2023 £
Independent examiner's fees for reporting on the accounts	**500**	890
Other accountancy services paid to the examiner	**-**	801
	500	1,691

11 **Analysis of staff costs and the cost of key management personnel**

	2024 £	2023 £
Salaries and wages	**89,968**	72,897
Social security costs	**6,851**	5,008
Pension costs (defined contribution pension plan)	**1,793**	1,313
	98,612	79,218

No employee received remuneration above £60,000 (2023: nil)

The key management personnel of the charity, comprise the trustees and the joint Project Managers. The total employee benefits of the key management personnel of the charity were £53,715 (2023: £56,241).

12 **Staff numbers**

The average monthly head count was 5 staff (2023: 5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employee's work	**2024 Number**	2023 Number
Charitable activities	**4.0**	5.0
	4.0	5.0

13 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 **Defined contribution pension scheme**

The charitable company contributes to individual private staff pension schemes. The employer's pension costs represent contributions payable by the charity.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £1,793 (2023: £3,063). There was £333 outstanding as at (2023: £298)

15 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

16 **Tangible fixed assets**

	Computer & camera equipment	Office furniture	Total
	£	£	£
Cost			
Balance brought forward	14,191	683	**14,874**
Additions	-	-	**-**
Disposals	-	-	**-**
Balance carried forward	14,191	683	**14,874**
Depreciation			
Basis	SL	SL	
Rate	25%	25%	
Balance brought forward	13,331	683	**14,014**
Depreciation charge for year	606	-	**606**
Disposals	-	-	**-**
Balance carried forward	13,937	683	**14,620**
Net book value			
Brought forward	860	-	**860**
Carried forward	254	-	**254**

17 **Debtors and prepayments (receivable within 1 year)**

	2024	2023
	£	£
Prepayments	**765**	666
Other debtors	**330**	137
	1,095	803

18 **Cash at bank and in hand**

	2024	2023
	£	£
Bank current account	**80,155**	126,443
Short term deposits	**105**	337
	80,260	126,780

19 **Creditors and accruals (payable within 1 year)**

	2024	2023
	£	£
PAYE & NI	**1,841**	-
Pension	**333**	-
Accruals		
Independent examination of accounts	**500**	890
Other accruals	**156**	509
Other creditors	**-**	298
	2,831	1,697

20 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

21 **Analysis of charitable funds**

Analysis of movements in unrestricted funds

For the year ending 31 March 2024

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	40,600	20,132	(53,441)	-	**7,291**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Emse Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
Totals	56,860	20,132	(53,441)	-	**23,551**

For the year ending 31 March 2023

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	45,678	18,106	(23,184)	-	**40,600**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Emse Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
Totals	61,938	18,106	(23,184)	-	**56,860**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' of the charity
Designated funds	
HSBC	Funds set aside to cover costs in the event the charity closes down

21 **Analysis of charitable funds *(continued)***

Analysis of movement in restricted funds

For the year ending 31 March 2024

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
Durham Community Foundation	553	-	(553)	-	**-**
Tudor Trust	27,663	30,000	(29,953)	-	**27,710**
Tudor Trust Wellbeing	1,999	-	(1,999)	-	**-**
Greggs Foundation	9,821	20,000	(9,821)	-	**20,000**
Community Fund Health & Wellbeing	7,974	-	(7,974)	-	**-**
Mencap Groups	1,876	-	(1,876)	-	**-**
Bailey Thomas Charitable Foundation	20,000	-	(20,000)	-	**-**
Sir James Knott	-	10,000	(10,000)	-	**-**
Community Fund Woodland Wellbeing	-	10,260	(6,500)	-	**3,760**
Marks Sat Social	-	7,750	(3,992)	-	**3,758**
LGA Foundation	-	3,333	(3,333)	-	**-**
Totals	69,886	81,343	(96,002)	-	**55,227**

21 **Analysis of charitable funds *(continued)***

Analysis of movement in restricted funds

For the year ending 31 March 2023

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Awards for All	12,245	-	(12,245)	-	**-**
Durham Community Foundation	2,718	-	(2,165)	-	**553**
Tudor Trust	6,493	30,000	(8,830)	-	**27,663**
Tudor Trust Wellbeing	415	2,000	(416)	-	**1,999**
Well Newcastle Gateshead	855	-	(855)	-	**-**
Rise North east	1,246	-	(1,246)	-	**-**
The Joicey Trust	3,400	-	(3,400)	-	**-**
Queen's Jubilee Grant	-	2,000	(2,000)	-	**-**
WM Leech	-	5,000	(5,000)	-	**-**
Willan Charitable Trust	-	10,000	(10,000)	-	**-**
Postcode Neighbourhood Lottery	-	25,000	(25,000)	-	**-**
Greggs Foundation	-	10,000	(179)	-	**9,821**
Community Fund Health & Wellbeing	-	10,000	(2,026)	-	**7,974**
Mencap Groups	-	5,420	(3,544)	-	**1,876**
Bailey Thomas Charitable Foundation	-	20,000	-	-	**20,000**
Sir James Knott	-	15,000	(15,000)	-	**-**
Totals	27,372	134,420	(91,906)	-	**69,886**

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Durham Community Foundation	Funding for friend kit training, digital inclusion and tech support workshops
Tudor Trust	The grant from the Tudor Trust over 3 years is towards core salaries of the CIO working in the North East to help support people with additional needs to reduce social isolation and establish independent friendships using digital inclusion.
Tudor Trust Wellbeing	This is a one off grant towards the health and wellbeing of all staff, volunteers and trustees to help mental health and wellbeing recovery post COVID-19
Greggs Foundation	Core funding for the project
Community Fund Health & Wellbeing	This grant was awarded for social health and wellbeing groups and sessional workers to lead them
Mencap Groups	Grant towards 3 health and wellbeing social groups for 1 year
Bailey Thomas Charitable Foundation	Towards the core costs of the mentoring project and group for people with a learning disability.
Sir James Knott	Grant towards the core costs of the 1:1 mentoring programme and social groups

21 **Analysis of charitable funds *(continued)***

Purpose of restricted funds

Community Fund Woodland Wellbeing	Funding to provide 20 woodland wellbeing sessions
Marks Sat Social	Funding to provide 2 social sessions per month for 12 months
LGA Foundation	Funding towards the mentoring project

22 **Capital commitments**

As at 31 March 2024, the charity had no capital commitments (2023 -£nil)

23 **Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Tangible fixed assets	254	-	**254**	860
Cash at bank and in hand	25,033	55,227	**80,260**	126,780
Other net current assets/(liabilities)	(1,736)	-	**(1,736)**	(894)
	23,551	55,227	**78,778**	126,746

24 **Guarantee**

There have been no guarantees given by the charity at 31 March 2024.

25 **Debt**

There is no debt outstanding which is owed by the charity and which is secured by an excess charge on any of the assets of the charity at 31 March 2024.

26 **Governing document**

The organisation is a Charitable Incorporated Organisation - Foundation registered on 07 March 2019 as a body corporate under part 11 of the Charities Act 2011.

1. Reference and administrative details of the charity, its trustees and advisors

Charity Name	Friends Action North East CIO	
Registered Charity Number	1182364	
Trustees	Graham Newton	
	Barbara Creed	
	Glenn Howe	
	Kate Gibson	Chair
	Louise Tebble	Appointed 15 Sept 2023
Registered Office	c/o Ouseburn Farm Ouseburn Road Newcastle NE1 2PA	
Independent Examiner	Michelle Wright MW Accounting Services Woodgate House 5c Wood Street Gateshead NE11 9NP	
Bankers	The Co-operative Bank PLC Customer Service, PO Box 250 Skelmersdale WN8 6WT	

2. Structure, governance and management

Governing documents

The organisation is a charitable incorporated organisation the constitution was adopted 7th March 2019. The financial statements comply with current statutory requirements, the organisations memorandum and articles of association and the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in January 2015 (SORP 2016)'.

Appointment of Trustees

Trustees are elected by members of the organisation at the Annual General Meeting (AGM) and are eligible to stand for re-election each year. There is a minimum of three and maximum of 10 trustees at any given time. The trustees have the power to co-opt up to three other members and agree to meet at least four times a year. Newly appointed trustees are provided with a Trustee pack giving an overview of the work of the charity, including its constitution and its finances. Should trustee training be required, this is arranged and along with any specific training needed for a particular role.

Organisation

The trustees administer the charity and the Project Managers are responsible for managing the work of the charity on a day-to-day basis. 25 The trustees are aware that the major risk to the organisation is lack of funding. Each quarter the risk is assessed when budgets are compared to actual spend and reserves are reviewed on a yearly basis to ensure that there are sufficient funds available to cover three months running costs and any possible redundancy costs.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

3. Trustees responsibilities in relation to the financial statement

The trustees are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 13/12/2024 and signed on their behalf by:

BCreed

Barbara Creed
Treasurer

FRIENDS ACTION NORTH EAST

England & Wales - Charity number 1182364

Accounts

Friends Action North East (FANE)





Annual Report

2022-2023

Friends Action North East

CIO 1182364

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3 Team Message

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5 Highlights 2022/23

6 Partnership Work

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10 Get Involved





About FANE

Friends Action North East began in 2004 when a group of people with learning disabilities mapped out a grand plan about what it would take for them to have an ordinary and equal friendships in their lives.

They wanted to improve people's well being and confidence, celebrate skills and abilities and enable people to have real and meaningful friendships. They thought about how they wanted to be supported to overcome personal barriers and have an ordinary social life and the friendship mentoring project was created from this plan.





Structure and Governance

FANE is managed and run by the Board of Trustees. The Trustees have control of the Charity and its property and funds. There are four Trustees in a named role in office in 2022/23.

The Trustees have the responsibility to ensure the activities of FANE are conducted in compliance with the rules of the Charity Commission and the Articles of the Memorandum and ensure the work programme is met and the finances are managed appropriately.

The Trustees complete accredited training about the roles and responsibilities of being a trustee including safeguarding. Election of new Trustees is usually held at the Annual General Meeting, and all Trustees are required to complete an enhanced disclosure and barring check before being accepted as a Trustee.

In 2007 FANE was Registered as a Charity Unincorporated Association, however in 2019 the trustees voted to change the charity's status to that of Charitable Incorporated Organisation (CIO), as this would better suit the charity's needs and objects, whilst providing protection of trustees and members. The original constitution of FANE was agreed on 26th November 2008. The constitution was amended on 1st February 2019 as part of the status change to Charitable Incorporated Organisation and who's only voting members are its charity trustees using the 'Foundation' model.





(Objects)

1. To assist people with learning disabilities and autism to develop and maintain friendships and friendship groups to enable them to achieve their full potential as members of the local community

2. To advance the education of the public and supporters of people with learning disabilities and autism in all issues related to learning disabilities and autism particularly friendship and socialisation



Our Team



















01. Sally Evans
02. Keelie Garrard
03. Vicky Tate
04. Sara Gibbeson
05. Toby Heaps
06. Beth O' Sullivan
07. Kirstey Tilley
07. Bev Bryson-Smith
09. Louise Brown

FANE currently employs three part time and one full time post. This includes the roles of Project Manager, Volunteer Coordinator, Mentoring Officer and Project Administrator. We also have four sessional workers that run the groups and outreach work.

The staff team are employed and managed by the FANE board of Trustees.

Team Message

The FANE Team would like to say a BIG THANK YOU for all the support and dedication of everyone that has been involved in our projects this year.
The amazing support you provide FANE has enabled us to carry out the work we do.
At the heart of our organisation are the people that join the FANE projects. They continue to prove to us that with the right support everyone can achieve their goals, make friends, be part of their community, manage the complexities of online and face to face relationships, be in control of the choices they make and the lives they lead, while continuing to overcome barriers to friendship.

After an incredibily challenging time we have been successful in gaining financial support from funders and partners as well as support in kind from friends of FANE who have collaborated with us to help us to continue our work.
As ever the need for funding continues to be our priority and in the current climate we can only operate on a twelve month plan. We hope that with your continued support we will continue to provide the projects and services of FANE.



Charity Projects

1:1 Mentoring

The Mentoring programme is a community model of support that is based on the outcomes of FANE's prior work of supporting people with a learning disability and autistic people to make and keep safe, positive friendships. One of the lessons learned by FANE is that developing friendships is often still the most difficult, skilled, intensive, and overlooked part of people's lives. The mentoring programme is designed to address this need and allow the people who are referred onto the programme to directly inform and shape its content and methods of delivery around their individual needs and barriers.

It enables a minimum of 20 adults with a learning disability or autism per year to receive intensive, personalised, 1:1 support to make realistic friendship goals according to their individual needs. They gain the skills required to put those goals into practice and make new friendships in their own communities, whilst getting the specialised 1:1 support to sustain them. 70 people per year get access to our regular health and wellbeing socials.



Training and Outreach

Through our mentoring programme work FANE has developed a community model of support around friendship and a toolkit (Friendkit), that has been informed by the people we have worked with. Through training workshops, we cover several topics relating to making and keeping healthy friendships and our model of support offer resources, tools and frameworks to embed, track, monitor and record friendships skills for a wide range of skills and abilities in a holistic, person-centred way. The FANE community support model helps inform people in local communities about a person's support and access needs including their goals, needs and aspirations around friendship. It also provides a first contact for securing lasting community connections helping to make people feel more valued and included- which helps to reduce the impact of social isolation.

The training workshops includes topics such as exploring how friendships are different from other types of relationships, what makes a good friend, what barriers people encounter when making and keeping friends and ways to overcome them.

We have also developed workshops that address mate/hate crime and discrimination, staying safe when out and about in the community, when relationships break down and using social media tools/apps devices and mobiles to maintain friendships and connect.



Group Support

The aim of the health & wellbeing socials is to provide opportunities for people in their local communities to make and maintain friendships and connections in safe inclusive spaces. As well as practicing social and independence skills using a range of social activities that support and promote physical and mental well-being. For example, sport/fitness/ walking/yoga/arts & crafts /healthy eating etc.

We provide a lead activity worker and a volunteer friendship supporter for each group, to help with organisation, travel, safeguarding and the delivery of activities- including support for people's mental wellbeing. People enrolled on the mentoring programme have full access to these groups, however people can also be referred directly to group support via an application form if they do not require or meet the criteria of the 1:1 mentoring programme.



Whilst we do not provide 1:1 support for these groups, people with additional support needs are not excluded from them but are required to bring their own support from home or a Personal Assistant. Our social groups currently run all over the North East.

All groups have a shared plan based on what people want/need from the group, how it will become more self-sufficient and review sessions. Sessional staff and volunteers are all trained through FANE and monitor potential friendships, support, communication and other social interaction barriers that people encounter. Many independent friendships have developed between individuals from these groups.

Highlights In 2022/23



Woodland Wellbeing Group

In partnership with North East Wilds CIC and Scotswood Garden we began a health and well being social group. Our woodland well being sessions started as a pilot project that allowed 10 people to be part of a Forest school/nature community model, which has been proven to improve people's mental health and anxiety.

It has proven to be a fantastic way to connect people to nature and become part of a supportive community.

The group enjoyed lots of bushcraft experiences including whittling, making a fire, woodland crafts, and cooking on a campfire. As well as playing team building games and learning about wildlife, bee keeping and looking after chickens!

We sucessfully submitted a joint funding application with Scotswood Garden for a further 12 months and have secured funds for another 20 sessions thanks to **Community Foundation Tyne & Wear and Northumberland!**







Walking to Wellness

The FANE walking group is a great way to keep fit and keep in touch with friends.
The group meet twice a month with FANE staff member Bev and some of our lovely volunteers. They plan varied routes and meeting places and support eachother throughout.

Games Group

The FANE Games Group runs every fortnight at a local venue. As well as playing pool, darts and other games, it's a great place to meet friends with the support of FANE volunteers and the friendly staff at the venue that know our group members well.







Saturday Social

The Saturday Social is a new group set up by a FANE member who wanted to meet people and make new friends.

The group plan together to decide on the activities they would like to do, including going for walks, taking part in local events and visiting local venues such as Beamish and South Shields Ampitheatre.

Meet and Mooch

The Meet and Mooch group members have been meeting for several years, once a month on a Saturday morning. They catch up for a chat over a cup of coffee and sometimes have a mooch around town afterwards. It's a friendly group, supported by our brilliant volunteer Tracy, who has supported the group since the very beginning.







Steering Group

The FANE Steering Group meet four times a year to discuss the project work and charity activities.

They discuss what is working well, what could be done to improve things, changing needs and wants of the people being supported and any other issues affecting the people supported by FANE.

The group are always keen to share thoughts and ideas around fund rasing and ways to support new ventures.
They have organised events and activities, supported members with travel and access and shared some great tips about keeping safe online and managing issues on social media.
The FANE team would like to thank our steering group members for their valuable input and ongoing committment.



Partnership Work

FANE has over 19 years of established partnership working in the North East to champion our aims and promote safeguarding. We constantly adapt our support methods to meet the changing wants and needs of the people we support. We work in partnership with several local organisations, parent/carer groups and community venues where, we share skills and resources which help us to support vulnerable people in the area. This year we have been involved in some interesting projects with some long standing partners.

FANE took part in a friendship conference run by Skills For People delivered for North East and Cumbria NHS learning disability sub-committee at the Civic Centre in Newcastle upon Tyne. We shared information about the FANE projects and carried out an interactive workshop with the audience to find out about people's thoughts and concerns when making friends, meeting people online and the type of support that would help them to do these things safely. Thank you for inviting us to take part!

FANE was also commissioned by Inclusion North to deliver workshops within the North East to have 'A big conversation about friendship' and find out what was important for people with a learning disability and autistic people.

The FANE team met with people across the region to talk about what matters to them when it comes to love and friendship. We recorded everyones' thoughts through workshops activities and presented them in a video that Inclusion North will include at an up coming conference. Thank you for the opportunity to take part!

We would also like to thank New Prospects for commissioning FANE to carry out a unique project with their residents and supporters. We shared information and training and delivered workshops with staff and friendship champions in the organisation who will use our Friendkit toolkit to teach friendship skills to other people supported by New Prospects. We are also working 1:1 with a group of people who are looking to make new and lasting connections through the FANE model of support.

thank you!

Impact

FANE has been in a very vulnerable financial position over the past twelve months. After being awarded various grants, we have been successful in meeting the near total running costs for year 1 and are in a much more secure position for years 2 and 3. This is with many thanks to the trusts and foundations that continue to fund us and share our vision of supporting people to have meaningful and lasting friendships. In addition the funding from commissioned projects and donations from Friends of FANE also enable us to continue our work. We haven't yet secured the full total we need for salaries to replace the staff members we lost due to funding shortfalls, but we have replaced two part time posts and we are still fundraising to secure the additional staff hours/posts to get back to full capacity.



To date we have received 19 new applications to the 1:1 mentoring. programme, in addition to the 20 people we were supporting in November 2022.

Four new people have been matched with a volunteer mentor and the remainder are waiting for a mentor to become available when other people have been signed off the programme.

We are seeing an increase in referrals from younger people aged 16-18 on the mentoring programme, and we are looking at a health and wellbeing social to begin for this age group. As well as the woodland wellbeing socials and weekends groups.

Currently we have 9 social wellbeing sessions running with volunteers and sessional workers. These take place throughout the week, evenings, and weekends, and range from weekly to monthly. Group themes range from art to walking, photography, Forest school, cafe socials, dance, and general social meet ups .

We also have plans for collaborative art activities in and around the Ouseburn and Byker.

We have exciting future plans for a young person's social for autistic/neurodiverse people, a menopause wellbeing social (in partnership with Skills for people and the NHS Tyne & Wear trust) and a podcast/digital tech social in partnership with the Newcastle Recovery College, (Re-Co-Co).

We have trained 72 staff and supporters during 2022/23 through training workshops on how to track, monitor and support friendship using the FANE model of support.

We are currently piloting our Friendkit workshops to 7 friendship ambassadors with a learning disability and autism as a 'train the trainer' model. We are working alongside them so they can deliver Friendkit workshops within their support organisation (New Prospects).
We are continuing to deliver further training and workshop sessions throughout the remainder of the year.
We have our Friendkit/digital training workshops booked in November 2023 for our new referrals and our group social members. We will also be delivering them to learning disabled volunteers at Scotswood Garden. We don't yet have an estimate on these numbers.

FANE team member Vicky will be delivering social media workshop training, requested by our project members so they can create and make resources how to use forums like Tic-Tock/Instagram and snapchat safely and effectively for other people to access and use as friendship support and training tools.
These workshops will be very much user-led and created by people based on their experiences and needs around their learning disability and autism to support friendship building and keeping safe.





There are currently 44,150 people aged over-65 with a learning disability in Newcastle.

On average 15% of referrals to our project are from older people (55+)

Over 3000 people are less socially isolated in the North East since FANE began

132 people learned how to be safer on social media through Tech Smart training

Over 170 people were supported with friendship skills in the last year

19 people are ready to start a new friendship journey this year

Over 1000 hours of support provided by voluneteers every year



A word of thanks...

We would like to thank the Greggs Foundation, The Community Foundation, the National Lottery Community Fund, Baily Thomas Charitable Fund, Tudor Trust, the Postcode Neighbourhood Lottery, Sir James Knott Trust and William Leach for the continued grants supporting core costs. and income for specific projects from The 1989 Willan Charitable Trust, Queens Jubilee Fund, National Lottery Health and Wellbeing Hub and Mencap.

We would also like to thank the Joseph Strong Frazer Trust, for ongoing support and funding.
We would like to thank the Sir James Knott Trust and the L.G.A Foundation for grants towards the mentoring project moving forward into 2024/2025.

Without the support from our funders, community organisations and the wider community FANE would not be able to continue working for the people we support on a day to day basis.
The impact on people's lives can be small, but is always meaningful and can be life changing. Without access to these grants and funding our project would cease to exist.

FANE would also like to say a 'BIG thank you' to all the volunteers for all their time and hard work they give to support the people on our projects to achieve their friendship goals, attend our social groups and support our digital project work. Without our amazing volunteers our project would not be possible.

The staff team would like to thank the Board of Trustees for all their hard work and support throughout the project to date.

We would also like to thank all the supporters and the people who join in with FANE activities, who send us messages of thanks and encouragement, tell us stories of how the project has helped them and remind us regularly why the work we do continues to be important and relevant to people now more than ever.



Balance Sheets

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ending 31 March 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Income from:					
Donations and legacies	6	2,624	-	**2,624**	**880**
Charitable activities		-			
Grants and contracts	7	-	134,420	**134,420**	**112,682**
Other trading activities	8	15,482	-	**15,482**	**4,282**
Total income		18,106	134,420	**152,526**	**117,844**
Expenditure on:					
Charitable activities					
Operation of the charity	9	23,184	91,906	**115,090**	**137,279**
Total expenditure		23,184	91,906	**115,090**	**137,279**
Net income/(expenditure)		(5,078)	42,514	**37,436**	(19,435)
Transfers between funds		-	-	**-**	**-**
Net income/(expenditure) and net movement of funds		(5,078)	42,514	**37,436**	**(19,435)**
Reconciliation of funds					
Total funds brought forward		61,938	27,372	**89,310**	**108,745**
Total funds carried forward		56,860	69,886	**126,746**	**89,310**

Balance Sheets

FRIENDS ACTION NORTH EAST CIO Charity Number 1182364

BALANCE SHEET
As at 31 March 2023

	Notes	£	Total 2023 £	£	Total 2022 £
Fixed assets					
Tangible assets	16		860		1,700
Total fixed assets			**860**		**1,700**
Current assets					
Debtors	17	803		905	
Cash at bank and in hand	18	126,780		88,523	
Total current assets		**127,583**		**89,428**	
Creditors: amounts falling due within one year	19	**(1,697)**		**(1,818)**	
Net current assets			**125,886**		**87,610**
Total assets less current liabilities			**126,746**		**89,310**
Total net assets or liabilities			**126,746**		**89,310**
Funds of the charity					
Unrestricted income funds			56,860		61,938
Restricted income funds			69,886		27,372
Total funds			**126,746**		**89,310**

Friendkit

Friendkit is a collection of tools and resources to support people to make and keep friends.
People with learning disabilities and autistic people have told us they can find making friends and keeping friends very difficult.
So we asked them what would help and that is what Friendkit is all about.

Friendkit consists of individual training programmes and resources that will help you to build your own personalised friendship journey. Each one focuses on a different part of friendship and takes you through fun activities, conversations, games, videos and other cool stuff. They provide you with the tools and resources needed to build a picture of your friendship goals and plans so you can work towards making and keeping friends.
The training programmes are:

- What is a Friend?
- Goals and Barriers
- Plan B
- Social Interaction

To find out more please get in touch with us or go to the training page on the FANE website:
https://friendsaction.co.uk/training
.



Get Invloved



Volunteering

Do you have a couple of hours a week to spare to help out your community?
Or are you a student returning or coming to Newcastle soon, and are keen to develop your skills?
From friendship mentors to digital volunteers we have lots of roles available at FANE.
We can promise that volunteering with our friendly team is rewarding and fulfilling work.

Interested in finding out more? There are lots of ways to get in touch with us and dont worry we're a friendly bunch!

Get in Touch

Phone: 0191 231 4327

Email:
info@friendsaction.co.uk

Drop us a message on one of our social media channels, or visit our website and find out more on our *About* page.
www.friendsaction.co.uk





Friends Action North East
CIO 1182364

Community Foundation

SIR JAMES KNOTT TRUST

POSTCODE NEIGHBOURHOOD TRUST

the Tudor trust

GREGGS FOUNDATION

L.G.A. Foundation

COMMUNITY FUND

William The Leech Charity

11 Reference and administrative details of the charity, its trustees and advisors

Charity Name and number	Friends Action North East CIO	1182364
Trustees	Graham Newton Barbara Creed Glenn Howe Kate Gibson	Chair Appointed 28/04/2022
Registered Office	C/O Ouseburn Farm Ouseburn Road Newcastle upon Tyne, NE1 2PA	
Independent Examiner	Lilian Hetherington Connected Voice Business Services One Strawberry Lane Newcastle upon Tyne NE1 4BX	
Bankers	The Co-Operative Bank Plc Customer Service P O Box 250, Skelmersdale WN8 6WT	

1. Structure, governance and management

Governing documents

Friends Action North East CIO is a charitable incorporated organisation, governed by its constitution, adopted on 7th March 2019.

Appointment of Trustees

Trustees are elected by members of the organisation at the Annual General Meeting (AGM) and are eligible to stand for re-election each year. There is a minimum of three and maximum of 10 trustees at any given time. The trustees have the power to co-opt up to three other members and agree to meet at least four times a year.

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Risk management

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- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 9 November 2023 and signed on their behalf by:

Barbara Creed
Treasurer

FRIENDS ACTION NORTH EAST CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ending 31 March 2023

I report on the financial statements of Friends Action North East CIO for the year ending 31 March 2023, which are set out on pages 28 to 40.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Lilian Hetherington FCA
Fellow of the Institute of Chartered Accountants in England & Wales
Connected Voice Business Services
One Strawberry Lane
Newcastle upon Tyne
Ne1 4BX

Date: 30 November 2023

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ending 31 March 2023

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	**Total 2022 £**
Income from:					
Donations and legacies	6	2,624	-	**2,624**	**880**
Charitable activities		-			
Grants and contracts	7	-	134,420	**134,420**	**112,682**
Other trading activities	8	15,482	-	**15,482**	**4,282**
Total income		18,106	134,420	**152,526**	**117,844**
Expenditure on:					
Charitable activities					
Operation of the charity	9	23,184	91,906	**115,090**	**137,279**
Total expenditure		23,184	91,906	**115,090**	**137,279**
Net income/(expenditure)		(5,078)	42,514	**37,436**	(19,435)
Transfers between funds		-	-	**-**	**-**
Net income/(expenditure) and net movement of funds		(5,078)	42,514	**37,436**	**(19,435)**
Reconciliation of funds					
Total funds brought forward		61,938	27,372	**89,310**	**108,745**
Total funds carried forward		56,860	69,886	**126,746**	**89,310**

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 30 to 40 form an integral part of these financial statements.

FRIENDS ACTION NORTH EAST CIO Charity Number 1182364

BALANCE SHEET

As at 31 March 2023

	Notes	£	Total 2023 £	£	Total 2022 £
Fixed assets					
Tangible assets	16		860		1,700
Total fixed assets			**860**		**1,700**
Current assets					
Debtors	17	803		905	
Cash at bank and in hand	18	126,780		88,523	
Total current assets		**127,583**		**89,428**	
Creditors: amounts falling due within one year	19	**(1,697)**		**(1,818)**	
Net current assets			**125,886**		**87,610**
Total assets less current liabilities			**126,746**		**89,310**
Total net assets or liabilities			**126,746**		**89,310**
Funds of the charity					
Unrestricted income funds			56,860		61,938
Restricted income funds			69,886		27,372
Total funds			**126,746**		**89,310**

The notes on pages 30 to 40 form an integral part of these financial statements.

These financial statements were approved by the Board on: 9 November 2023

and are signed on its behalf by: Mrs Barbara Creed
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friends Action North East CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £56,860 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.4 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.6 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of training and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 **Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Computer and camera equipment	Straight line over four years
Office furniture	Straight line over four years

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	**Total 2022 £**
6	**Donations and legacies**				
	Donations and gifts	2,624	-	**2,624**	**736**
	Gift Aid	-	-	**-**	**144**
		2,624	-	**2,624**	**880**
7	**Charitable activities**				
	Income from grants				
	Queen's Jubilee Grant	-	2,000	**2,000**	**-**
	Wm Leech	-	5,000	**5,000**	**-**
	Willan Charitable Trust	-	10,000	**10,000**	**-**
	Sir James Knott	-	15,000	**15,000**	**-**
	Postcode Neighbourhood Lottery	-	25,000	**25,000**	**-**
	Greggs Foundation	-	10,000	**10,000**	**-**
	Community Fund Health Wellbeing	-	10,000	**10,000**	**-**
	Mencap Groups	-	5,420	**5,420**	**-**
	Baily Thomas Charitable Foundation	-	20,000	**20,000**	**-**
	Tudor Trust	-	30,000	**30,000**	**25,000**
	Tudor Trust Wellbeing	-	2,000	**2,000**	**-**
	Henry Smith Charity	-	-	**-**	**30,000**
	Joicey Trust	-	-	**-**	**3,400**
	Awards for All	-	-	**-**	**10,000**
	Rise North East	-	-	**-**	**2,870**
	Hadrian Trust	-	-	**-**	**1,000**
	Newcastle City Council	-	-	**-**	**1,200**
	HMRC CJRS	-	-	**-**	**21,231**
	RMS	-	-	**-**	**5,998**
	Well Newcastle Gateshead	-	-	**-**	**10,283**
	Other Small Grants	-	-	**-**	**1,700**
		-	134,420	**134,420**	**112,682**
8	**Other trading activities**				
	Fundraising events	407	-	**407**	**282**
	Other	15,075	-	**15,075**	**4,000**
		15,482	-	**15,482**	**4,282**

Income was £152,526 (2022: £117,844) of which £18,106 (2022: £36,291) was unrestricted or designated and £134,420 (2022: £81,553) was restricted

Analysis of expenditure on charitable activities

		Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	**Total 2022 £**
9	***Charitable activities***				
	Direct costs				
	Salary costs	10,108	69,110	**79,218**	**96,238**
	Accommodation	-	1,564	**1,564**	**2,151**
	Travel and volunteer expenses	57	1,072	**1,129**	**2,724**
	Training, conference and events	44	135	**179**	**1,220**
	Sessional Costs	611	9,047	**9,658**	**10,832**
	Project Resources	1,378	3,053	**4,431**	**5,992**
	Support costs				
	Rent and rates	4,058	4,114	**8,172**	**7,980**
	Payroll fees	-	801	**801**	**920**
	Insurance	-	847	**847**	**793**
	Technical support website	374	-	**374**	**14**
	General running costs	4,824	2,163	**6,987**	**6,898**
	Depreciation	840	-	**840**	**713**
	Governance costs				
	Independent examiner's fees for reporting on the accounts	890	-	**890**	**804**
		23,184	91,906	**115,090**	**137,279**

Expenditure on charitable activities was £115,090 (2022: £137,281) of which £23,184 (2022: £25,728) was unrestricted or designated and £91,906 (2022: £111,552) was restricted

10 **Fees for examination of the accounts**

	2023 £	**2022 £**
Independent examiner's fees for reporting on the accounts	**890**	**804**
Other accountancy services paid to the examiner	**801**	**920**
	1,691	**1,724**

11 **Analysis of staff costs and the cost of key management personnel**

	2023 £	**2022 £**
Gross wages including employer's NI	**79,218**	**96,238**
	79,218	**96,238**

No employee received remuneration above £60,000

The key management personnel of the charity, comprise the trustees and joint Project Managers. The total employee benefits of the key management personnel of the charity were £56,241 (2022: £52,698).

12 **Staff numbers**

The average monthly head count was 5 staff and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employee's work	2023 Number	2022 Number
Charitable activities	**5.0**	**4.0**
	5.0	**4.0**

13 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme.The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £3,063 (2022: £3,601) . There was £298 outstanding as at 31 March 2023 (2022: £280)

15 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

16 **Tangible fixed assets**

	Computer & camera equipment	Office furniture	Total
	£	£	£
Cost			
Balance brought forward	14,191	683	**14,874**
Additions	-	-	**-**
Disposals	-	-	**-**
Balance carried forward	14,191	683	**14,874**
Depreciation			
Basis	SL	SL	
Rate	25%	25%	
Balance brought forward	12,491	683	**13,174**
Depreciation charge for year	840	-	**840**
Disposals	-	-	**-**
Balance carried forward	13,331	683	**14,014**
Net book value			
Brought forward	1,700	-	**1,700**
Carried forward	860	-	**860**

17 **Debtors and prepayments (receivable within 1 year)**

	2023	2022
	£	£
Prepayments	**666**	**625**
Other debtors	**137**	**280**
	803	**905**

18 **Cash at bank and in hand**

	2023	2022
	£	£
Cash at bank and in hand	**126,443**	**88,508**
Cash in hand	**337**	**15**
	126,780	**88,523**

19 **Creditors and accruals (payable within 1 year)**

	2023	2022
	£	£
Other creditors	**298**	**280**
Accruals	**1,399**	**1,538**
	1,697	**1,818**

20 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

21 **Analysis of charitable funds**

Analysis of movements in unrestricted funds

For the year ending 31 March 2023

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	45,678	18,106	(23,184)	-	**40,600**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Esme Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
Totals	61,938	18,106	(23,184)	-	**56,860**

For the year ending 31 March 2022

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	35,114	15,060	(4,496)		**45,678**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Esme Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
HMRC CJRS	-	21,231	(21,231)	-	**-**
Totals	51,374	36,291	(25,727)	-	**61,938**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	
HSBC	Funds set aside to cover costs in the event the charity closes down.

21 **Analysis of charitable funds** *(continued)*

Analysis of movement in restricted funds

For the year ending 31 March 2023

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
Awards for All	12,245	-	(12,245)	-	**-**
Durham Community Foundation	2,718	-	(2,165)	-	**553**
Tudor Trust	6,493	30,000	(8,830)	-	**27,663**
Tudor Trust Wellbeing	415	2,000	(416)	-	**1,999**
Well Newcastle Gateshead	855	-	(855)	-	**-**
Rise North East	1,246	-	(1,246)	-	**-**
The Joicey Trust	3,400	-	(3,400)	-	**-**
Queen's Jubilee Grant	-	2,000	(2,000)	-	**-**
Wm Leech	-	5,000	(5,000)	-	**-**
Willan Charitable Trust	-	10,000	(10,000)	-	**-**
Sir James Knott	-	15,000	(15,000)	-	**-**
Postcode Neighbourhood Lottery	-	25,000	(25,000)	-	**-**
Greggs Foundation	-	10,000	(179)	-	**9,821**
Wellbeing	-	10,000	(2,026)	-	**7,974**
Mencap Groups	-	5,420	(3,544)	-	**1,876**
Baily Thomas Charitable Foundation	-	20,000	-	-	**20,000**
Totals	27,372	134,420	(91,906)	-	**69,886**

For the year ending 31 March 2022

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
Awards for All	4,004	10,000	(1,759)	-	**12,245**
Henry Smith Charity	34,791	30,000	(64,791)	-	**-**
Durham Community Foundation	4,822	-	(2,104)	-	**2,718**
Shears Foundation	2,000	-	(2,000)	-	**-**
Tudor Trust	9,754	25,000	(28,261)	-	**6,493**
Tudor Trust Wellbeing	2,000	-	(1,585)	-	**415**
Well Newcastle Gateshead	-	10,283	(9,428)	-	**855**
Rise North East	-	2,870	(1,624)	-	**1,246**
The Joicey Trust	-	3,400	-	-	**3,400**
Totals	57,371	81,553	(111,552)	-	**27,372**

21 **Analysis of charitable funds** *(continued)*

Analysis of movement in restricted funds

Purpose of restricted funds
Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Willan Charitable Trust	To support people with a learning disability and autism through 1:1 and group support.
Wm Leech	Grant towards our 1:1 mentoring programme; people are referred if they are vulnerable, at risk or socially isolated. We will support 40 people per year on a 1:1 basis to take part in the mentoring programme.
Sir James Knott	Grant towards the core costs of the 1:1 mentoring programme and social groups.
Postcode Neighbourhood lottery	Grants towrards the core costs of the 1:1 mentoring programme and social groups.
Tudor Trust	The grant from Tudor Trust over 3 years is towards core salaries of the CIO working in the North East to help support people with additional needs to reduce social isolation and establish independent friendships using digital inclusion.
Tudor Trust Wellbeing	This is a one off grant towards the health and wellbeing of all staff, volunteers and trustees to help mental health and wellbeing recovery post COVID-19
Community Fund Health and Wellness	This grant was awarded for social health and well being groups and sessional workers to lead them.
Mencap	Grant towards 3 health and wellbeing social groups for 1 year.
Baily Thomas Charitable Foundation	Towards the core costs of the mentoring project and group for people with a learning disability.

22 **Capital commitments**

As at 31 March 2023, the charity had no capital commitments (2022 -£nil)

23 **Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**
Tangible fixed assets	860	-	**860**
Cash at bank and in hand	57,001	69,779	**126,780**
Other net current assets/(liabilities)	(1,001)	107	**(894)**
	56,860	69,886	**126,746**

	Unrestricted Funds £	Restricted Funds £	**Total 2022 £**
Tangible fixed assets	1,700	-	**1,700**
Cash at bank and in hand	61,151	27,372	**88,523**
Other net current assets/(liabilities)	(913)	-	**(913)**
	61,938	27,372	**89,310**

24 **Guarantee**

There have been no guarantees given by the charity at 31 March 2023.

25 **Debt**

There is no debt outstanding which is owed by the charity and which is secured by an excess charge on any of the assets of the charity at 31 March 2023.

26 **Governing document**

The organisation is a Charitable Incorporated Organisation - Foundation registered on 07 March 2019 as a body corporate under part 11 of the Charities Act 2011.

FRIENDS ACTION NORTH EAST

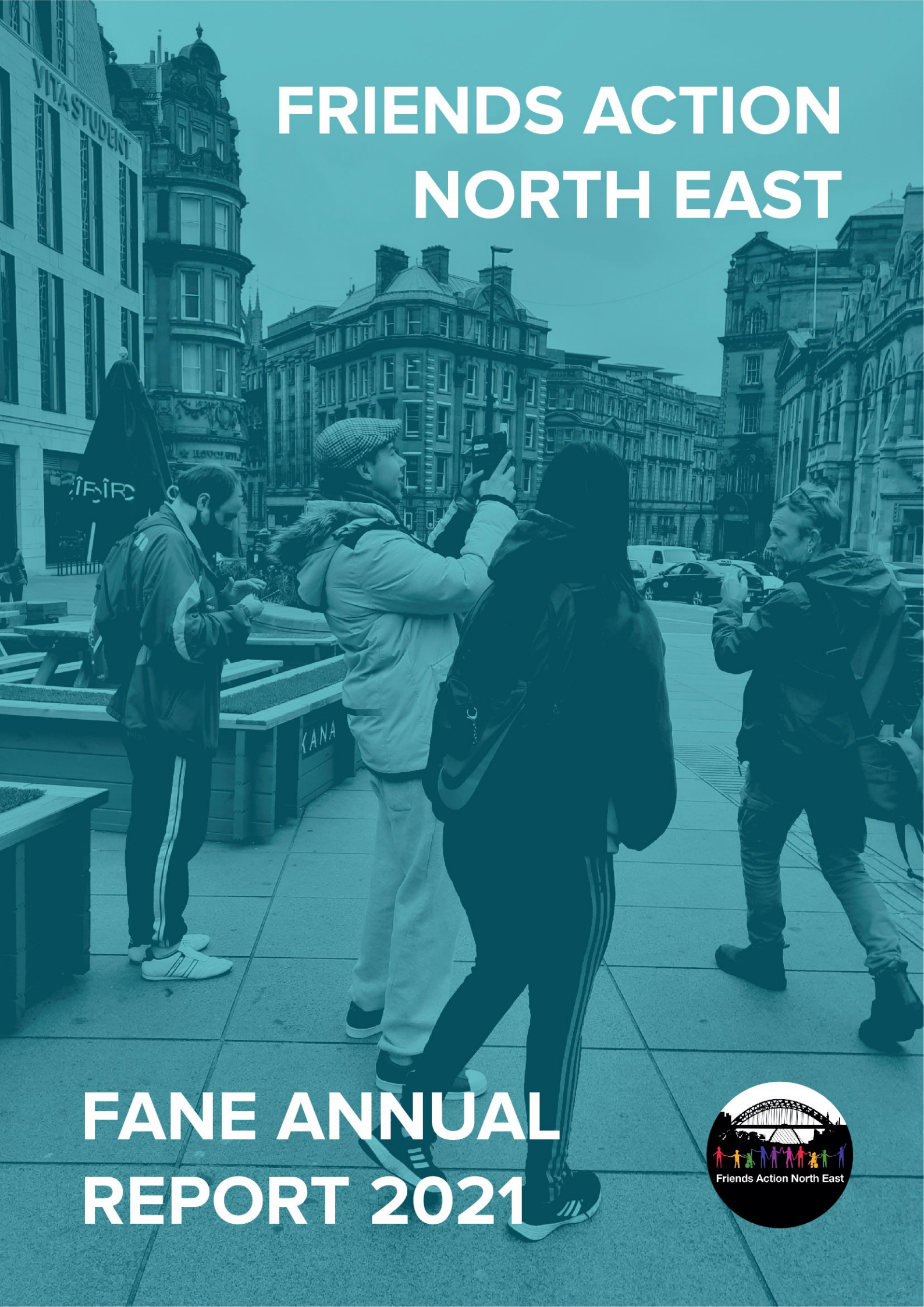
England & Wales - Charity number 1182364

Accounts

FRIENDS ACTION NORTH EAST CIO

REPORT AND FINANCIAL STATEMENTS
For the year ending 31 March 2022

Charity Number 1182364



FRIENDS ACTION NORTH EAST

FANE ANNUAL REPORT 2021

Friends Action North East





Contents

FANE's structure, Governance and Objects

The FANE projects

What we have achieved this year

Team message

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A word of Thanks





FANE Structure and Governance

FANE is managed and run by the Board of Trustees.

The Trustees have control of the Charity and its property and funds. There are four Trustees in a named role in office in 2021/22.

The Trustees have the responsibility to ensure the activities of FANE are conducted in compliance with the rules of the Charity Commission and the Articles of the Memorandum.

The Trustees ensure the work programme is met and the finances are managed appropriately.

All the accounts are audited annually by an independent examiner.

The Trustees hold a Trustee meeting quarterly and hold their Annual General Meeting every year. The minutes of all meetings are held at the office and are also circulated to members of FANE and anyone who wishes to access them.

The Trustees complete accredited training about their roles and responsibilities as a trustee including safeguarding and update this accordingly.

Election of new Trustees is usually held at the Annual General Meeting, and all Trustees are required to complete an enhanced disclosure and barring check before being accepted as a Trustee.

In 2008 FANE was a Registered Charity Unincorporated Association, however in 2019 the trustees voted to change the charity's status to that of a Charitable Incorporated Organisation (CIO), as this would better suit the charity's needs and objects, whilst providing protection of trustees and members.

The original constitution of FANE was agreed on 26th November 2008. The constitution was amended on 1st February 2019 as part of the status change to Charitable Incorporated Organisation and who's only voting members are its charity trustees using the 'Foundation' model.

CIO Transfer 2019/20

In March 2019 FANE successfully applied to become a charitable incorporated organisation (CIO). This does not affect the FANE aims or objects, it just means that our trustees are safeguarded better for the future, and it supports FANE to move forwards with our future plans.

We transferred all our assets over from FANE registered charity 1127153 from March 2021.

Our CIO number is 1182364 and we are registered with the charity commission.

All FANE projects and activities remain the same.

Objectives

To assist people with learning disabilities and autism to develop and maintain friendships and friendship groups to enable them to achieve their full potential as members of the local community

To advance the education of the public and supporters of people with learning disabilities and autism in all issues related to learning disabilities and autism particularly friendship and socialisation



Our Core project work

FANE was set up in 2004 when a group of people with a learning disability got together with a mixture of community and statutory sector staff volunteers to map out what it would take for them to have ordinary, equal friendships.

Their aims were to raise people's expectations and celebrate their skills and abilities as well as finding ways to overcome the things they found difficult around making and keeping friendships.

They explored ways they could be supported to overcome personal barriers to having an ordinary social life and this work formed the basis of friendship mentoring programme.

Since then, FANE has grown and developed organically, always keeping the people using the project in the driving seat to inform the way want to be supported to achieve their personal friendship goals.

In 2008 FANE became a registered charity and since then with the support of grants from many trusts and foundations it has evolved to support many people through the mentoring programme and social groups. FANE has continuously developed its activities and services to meet the ever-changing needs of the individuals and their supporters using the project, and to adapt to the wider changing social and economic climates.

FANE now supports people with all aspects of friendship through 1:1 support and mentoring, peer support, training, digital inclusion work, well-being social groups, community connections, co-production with other organisations and collaborative projects across the North East.

Our aims are to empower, inform, and support people to keep safe, feel valued, combat loneliness and self-advocate for equality to benefit from the improved health, wellbeing and quality of life that results from having healthy friendships and connections in their lives.



Our business plan includes getting our community model of support to be commissioned with local authorities and the selling of our Friendkit training. However, we are impacted by capacity to deliver these plans due to lack of staff and our commitments to deliver our current funded project outcomes

In these recent post Covid and extremely challenging times, FANE has faced the most demanding challenges yet, endeavouring to maintain all elements of the project. We have faced a crisis and shortfall in maintain project funding, whilst an increase of referrals and demands on our service.

We have lost staff members due to not securing funding and all staff team members are now operating on significantly reduced hours.

This financial year (2021/22) Has seen the end of our core Funding from The Henry Smith foundation and the Covid 19 funding period from the Tudor Trust.

The County Durham Community Foundation funding has ended that extended our work into County Durham.

We set up a Crowdfunder to help us raise emergency money to bridge a funding gap and stop the charity from closing, which raised £1,380.

This current year's project work began in March 2022 and although we have been running on our remaining funds up until September 2022, we have since secured funding from the People's Post Code Trust of £25,000, £10,000 from the Community Foundation, £1000 from The Joseph Strong Frazer Trust, £30,000 over 3 years from Sir James Knot Trust and £5,000 from the William Leech Charity.

These amounts will keep FANE continuing until March 2023 at current reduced capacity until we hear from our other funding applications that have been submitted. The total number of Funding bids that have been submitted over this financial year is 27.

PROJECTS

Our projects

Research shows that having friendships and being involved in community activities is beneficial to a person's health and wellbeing and can reduce feelings of isolation and loneliness.

The Mentoring programme

The Mentoring programme is a community model of support that is based on the outcomes of FANE's prior work of supporting people with a learning disability and autism to make and maintain safe, positive friendships.

One of the lessons learned by FANE is that developing friendships is often still the most difficult, skilled, intensive, and overlooked part of people's lives. The mentoring programme is designed to address this need and allow the people who are referred onto the programme to directly inform and shape its content and methods of delivery around their individual needs and barriers.

It enables a minimum of 20 adults with a learning disability or autism per year to receive intensive, personalised, 1:1 support to make realistic friendship goals according to their individual needs. They gain the skills required to put those goals into practice and make new friendships in their own communities, whilst getting the specialised 1:1 support to sustain them. 20+ people per year get access to our regular health and wellbeing socials.

All people referred to us have access to our full induction programme ‘Friendkit’ and supported to:

- Explore realistic friendship goals and set individual targets
- explore social opportunities to make friends and support networks
- practice social interaction with 1:1 support
- practice budgeting and money skills
- attend our ‘Friendkit’ training programme, what is a Friend, Plan B, Social interaction and Goal Setting
- attend Tech Smart workshops, which includes staying smart and safe on social media, reporting, and recognising hate/mate crime abuse and exploitation.
- digital support -including a tablet to have access to email, remote access and training to use zoom and other useful apps via tech smart workshops and ‘The good things foundation’ digital training courses
- travel train/travel buddying to attend our wellbeing socials
- overcome personal barriers to friendship in a holistic and personalised way
- inform community venues and business how to be more inclusive and accessible around their specific needs
- 1:1 support to attend social groups, activities, and meet-ups with friends.
- Be signposted to other projects and support services
- Access the local safe spaces scheme
- become a volunteer peer mentor







It is very much a holistic programme that people are referred to if they are vulnerable, socially isolated or at risk from abusive relationships. We teach friendship skills through our training workshops and together build a profile of each person to identify realistic goals and starting points, look at current friendships and new opportunities to meet people and offer 1:1 support throughout their friendship journey.

The programme includes meeting with the staff team to identify needs, setting personal goals and creating an individualised friendship plan. Each person is matched with a volunteer friendship mentor for a minimum of 2 hours per week, who supports them to work towards their goals help plan social activities and opportunities to build friendships. They are supported to attend events and community groups at the beginning of the programme and that volunteer support is withdrawn when they feel ready and confident to do this independently.

Reviews are undertaken regularly with FANE staff, volunteer mentors and supporters and only when all goals have been reached, people are signed off the programme with a celebration of achievement event.



Pilot and partnerships

Through our mentoring programme work FANE has developed a community model of support around friendship and a toolkit that has been informed by the people we have worked with.

Through training workshops, we cover several topics relating to making and keeping healthy friendships and our model of support offer resources, tools and frameworks to embed, track, monitor and record friendships skills for a wide range of skills and abilities in a holistic, person-centred way.

The training workshops include topics such as exploring how friendships are different from other types of relationships, what makes a good friend, what barriers people encounter when making and keeping friends and ways to overcome them. We have also developed workshops that address mate/hate crime and discrimination, staying safe when out and about in the community, when relationships break down and using social media tools/apps devices and mobiles to maintain friendships and connect.

The FANE community support model helps inform people in local communities about a person's support and access needs including their goals, needs and aspirations around friendship. It also provides a first contact for securing lasting community connections helping to make people feel more valued and included- which helps to reduce the impact of social isolation.

We have worked in partnership with projects in the region such as Sunderland people first, Your Voice Counts, Skills for people, Bullion Hall, Liberdade project, Mencap, Espa and North Tyneside special education youth forum to pilot Friendkit and tech smart workshops.







Feedback we got from the Plan B training sessions:

"I really liked the session as it was very helpful and taught good values to have in friendships and shows reliability and understanding"

"Really useful to build new skills and think about a Plan B"

"I liked the interaction"

"It got the group talking and interacting with one another to discuss the safe ways to travel"

"The game is fun and clever"

"Happy playing the Plan B game and all the chatting"

"Helped me to choose different questions and situations"

"Excellent resource for learning about friendships and relationships"

"Team discussions about how we all react and interact differently to the same situations"

"Different options to the questions and make you think"

"Helping us to think about how to react to Mate crime and where to get help"

"The game was a fun and inventive way to look at and discuss life scenarios, friendships and how we react to situations"

"I thought the game was particularly great for J! Although she was initially sceptical about joining in once she saw how it worked it really appealed to her (perhaps because it was clear that the situations were fictional). I've known her for some time and never seen her engage with a game it gave a really good insight into her understanding that you wouldn't get if you tried to 'talk with her' about the same situations."

Elizabeth, NT SEND Youth Forum

"The group were very engaged with the game in the afternoon which was perfect when their attention had started to flag at the end of the day. There was lots of serious debate about the cards and actually highlighted areas to be aware of with their answers to know how best to support. So, from that perspective it was also a useful assessment tool as well as a support mechanism.

There were also lots of fun and laughter too and really helped group interaction. They LOVED the social media scenarios on the cards."

To find out more information about 'Friendkit' training packages visit the FANE website www.friendsaction.co.uk or email: info@friendsaction.co.uk.

ACHIEVEMENTS













The last eight years has seen FANE support over 3,600 people with a learning disability and autism in a 1:1, group support and training capacity.

The last 2 of those years have been throughout and post covid-19 pandemic.

People have been supported to attend training workshops around positive and equal friendships including keeping safe and mate/hate crime awareness and a digital inclusion programme, which includes using a device or smart phone and training around staying safe online and on social media and video platforms.

We have also provided training/information/guidance to 3877 supporters of people with a learning disability and autism (including staff, parents, carers and professionals), through training workshops, presentations at open days, conferences and through meetings with partner organisations.

We train both student and community volunteers as well as people's supporters to learn the skills needed to positively support friendship and provide online tracking and monitoring systems to record skills attained and friendships developed.

We have trained over 200 volunteers in the last seven years using both our in-house induction training and external training such as safeguarding/first aid etc. Our volunteers include Health & Social care/psychology university placement students, community volunteers, graduate interns, research graduates and supporters.

We place a strong emphasis on building and maintaining meaningful friendships that last beyond the 1:1 period and enabling each person to achieve their own level of autonomy and interdependence when working towards their long-term friendship goals.

The FANE website provides accessible information, resources, and guidance around supporting positive friendships, news from the community sector, a 'what's on' and planning tools including community mapping. An average of 4,000 people use our website per month.



Health and wellbeing socials and Friendship support groups

The aim of the group support model is to provide opportunities for people in their local communities to make and maintain friendships and connections in a safe inclusive space, as well as practice their learned social and independence skills using a range of social activities that support and promote physical and mental well-being; for example, sport/fitness/ walking/yoga/arts & crafts /healthy eating etc.

We provide a lead activity worker and a volunteer friendship supporter for each group, who helps with organisation, travel, safeguarding and the delivery of activities- including support for people's mental wellbeing.

Everyone enrolled on the mentoring programme has full access to these groups, however people can also be referred via a guest application referral if they do not require or meet the criteria of the 1:1 mentoring programme. Whilst we do not provide 1:1 support for these groups, people with additional support needs are not excluded from them but are required to bring their own support from home or a Personal Assistant. Our face-to-face social groups currently take place in Newcastle, Chester-Le-ST and the Gateshead area, but our remote set up during the pandemic groups are accessed by people all over the North East.

All groups have a shared plan based on what people want/need from the group, how it will become more self-sufficient and review sessions. Sessional staff and volunteers are all trained through FANE and monitor potential friendships, support communication and other social interaction barriers that people encounter. Many independent friendships have developed between individuals from these groups.

Post-pandemic our steering group members have recently developed a model of supporting younger people with their friendship and well-being needs and also a women's menopause support group. Which we hope to begin the youth element in 2023 in collaboration with children's North East and the women's group by the end of 2022

The queens Jubilee project:

This summer were successful in securing a small amount of funding to celebrate Queen Elizabeth's platinum jubilee. Our art group and mentoring group members created some amazing print artwork in tribute to the queen and had a lovely tea party as part of those celebration in partnership with the Ouseburn farm.







Tech smart and Techy Tea parties:

Our tech smart course was designed to deliver workshops to people to keep them confident, smart, and safe on social media platforms.

These workshops were to directly address some of the barriers and issues people were having with their friendships when interacting on social media forums.

We had been delivering these in schools and colleges pre-covid but have adapted them to be deliverable over zoom since Lockdown. This is a Northumbria crime commissioner funded project and we are working in partnership with the community engagement teams to publicise and shape this project.

We have delivered remote sessions to people in Newcastle, Northumberland, and County Durham during the lock down. Topics included were staying safe online, how to access groups via zoom and how to use a tablet and the internet to connect with family and friends, and how to shop online etc

FANE members wanted to create a social event around some of their digital needs, so we delivered a series of workshop socials called 'Techy tea parties'. The workshop content was user-led and based around some of their current online needs and barriers' e.g., online banking/Tic Tock/bus timetable Apps/safety promo on social media (particularly Tic Tock).

Woodland Wellbeing

In partnership with North East Wilds CIC, we began our new health & wellbeing Social to help people who were struggling with their mental health post-covid. Our woodland well being sessions were a pilot project that allowed 10 people to be part of a Forest school/nature community model, which has been proven to improve people's mental health and anxiety to connect them to nature and become part of a community to support each other.

The group got to experience whitling, making a fire, woodland crafts, and cooking on a handmade campfire.

We have just submitted a joint funding application to collaborate together for a further 12 months and we will keep you posted as to the outcomes!

Friendkit training/outreach model of support

mission statement:

'A model of support with social value that invests resources back into the community to reduce loneliness and isolation'

Our community model of supporting friendship, includes training and support via a tried and tested model that enables sustainable, safe friendships for people with a learning disability and autism. It gives supporters tools to track, monitor and support friendships enabling them to become a 'friendship champion' within their own organisations and homes.

FANE has mapped out a plan to share our support model and resources in a cost-effective way, without incurring the full costs of the mentoring programme, Friendkit and our group models of support.

FANE's founding objects as a charity have always been to share our model of support and resources for all abilities and to ensure every member of our community can have safe equal friendships, have the right to an ordinary life and do ordinary things.

We have written a 2-day workshop that shares our model of support to use within an outreach capacity and use our resources to track, record and impact people's friendships, skills learnt and community connections.

Delivering this outreach model ensures that many more people can have access to our training, knowledge and methods that support sustainable friendships and lasting community connections. It is also a solution to expand our model beyond our current beneficiaries and current project capacities.

We will need an outreach worker post to deliver this service and a training officer to undertake the Friendkit elements.

Volunteers

Over the last several years we have worked with over 260 volunteers in various capacities: including training, telephone befriending and friendship mentoring. The essential work provided by volunteers has enabled Friendship Finders to be supported on a 1:1 basis, training and groups throughout the project providing over 31,585 hours of support to the people involved since the project began. This is equivalent to 1 full time and 1 part time staff posts per year.

We have held regular volunteer events, including paddleboarding, Climbing, bowling, board games and pizza nights- which have proven to be a real success in sharing good practice and allowing volunteers to learn from one another's experiences, support strategies, community mapping and diverse backgrounds.

In addition, this financial year FANE has worked with 10 placement students from Newcastle University as part of their Psychology/Health and Social Care degree programmes. This financial year has been difficult to plan and recruit volunteers due to our current funding issues, however, due to an eleventh-hour funding reprieve we have 4 new placements and 2 new community volunteers to begin in September 2022.

This has proven to be a successful partnership way of working which we hope to keep will continuing in the future should we be successful in our funding efforts. The students commit to working with FANE for 70 hours during their placement period, with regular contact taking place between FANE and the course leaders. The social return of this to the NE region is immense and the impact measurement invaluable.

We continue to recruit people to our peer mentoring training. In addition to the 6 trained and mentoring we have 2 new people that are hosting both an online photography and film review social group.

We continue to work with our digital volunteers whose role is to update and maintain the FANE website and social media accounts. We hope to recruit new volunteers into this role ASAP

FANE Website

Our website has been successful as a community planning tool and has seen consistently increasing traffic throughout the past 10 years.

It has been used and developed by the people we support on our projects, as well as volunteers and professionals seeking resources and information about friendship, accessibility and using the 'what's on section' for people to access events in their local communities.

We have manged to secure the funds to improve and update our website as it is now over 12 years old. We will be updating it onto a more current, user-friendly platform and be more relevant to people's current needs, exciting new project work, and inclusive of a young person's wellbeing forum- reflecting the work we are now delivering/supporting.

After analysing our survey and feedback from people the who regularly use it, we are looking to reduce some content not being used, add other features including a training area to reflect our digital work. We want to make it much easier for volunteers to access training/information and remote evaluation forms etc

We also want to include a private space for friendship finders to access and connect with each other and reduce our community map to reflect venues that our members use in the region to meet, connect, and socialise.

Now we are more secure with our funding situation, this planned work will now go ahead in November/December 2022.t

www.friendsaction.co.uk

Events

We have resumed our face to face groups and facilitated 2 groups via zoom

Art and connect
Get Out There! Group
(a regular friendly social)
Gateshead Social
Movement and Dance
Walking to wellness
Health & wellbeing socials
Techy tea parties
Photography
Woodland well being
film review group
pop up Xmas choir
Jubilee tea party

Fundraising:

We have hosted an online art auction this year to raise funds for our project work.

We have set up a crowd-funder campaign to help us bridge our funding gap. Two of our Friendship Finders Marc and Neil went onto the Gilly Hope Breakfast show on BBC Radio Newcastle to talk about their experiences of loneliness and how FANE has helped to support them. They also told everyone about the crowdfunding campaign and how they could support the charity to help us survive the difficult times ahead.

Thank you to everyone who has supported and donated to us! It means such a lot to so many people we support and has helped us to keep going a bit longer!

OUR IMPACT

IN THE LAST THREE YEARS

70
people supported with friendship skills on a 1:1 basis

70
people involved in group activities both face to face and remotely

20
new people ready to start a new friendship journey this year

132
more people confident and happier with their social connections

132
people learned new friendship skills

132
people feel more confident using digital technology

132
people learned how to be safer on social media

132
people are now less vulnerable to abuse and 'Mate crime'

35,294
people know what they can access in their local area

35,294
know about a safe place in their communities

35,294
people know what they can access in their local area

35,294
supporters have access to training, resources around supporting safe friendships opportunities

35,294
people are reviewing accessibility where they live

OVER 2,500
people less socially isolated in the North East

Supported and trained over
263
volunteers and supporters to date

Overall
31,914 HOURS
of Volunteer support

06
new university placement students recruited

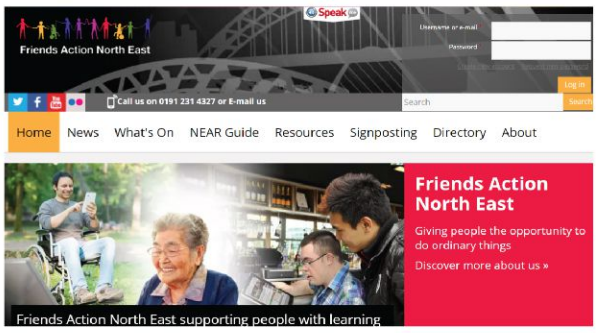
03
3 new student volunteers

How you can support FANE:

Here are some of the ways you can support us to achieve our fundraising goals and help connect people together in the North East:

Donating via our website:

Go to: www.friendsaction.co.uk



FUNDRAISING

Join our fundraising team

If you would like to help us raise money for our charity, are good at organising teams of people and have great ideas for inclusive fundraising events- then you may be a great person to help our fund-raising team. Please get in touch with Keelie at: Keelie@friendsaction.co.uk if you're interested and we would love to have a conversation with you!

Team message

A BIG THANK YOU for all the support and dedication of everyone that has been involved in our projects this year.

At the heart of our project are the Friendship Finders that we support. They continue to prove to us that with the right support everyone can achieve their goals, stay connected to their community lives in a digital way, and continue to create ordinary social networks, overcome barriers to friendship and take control of their lives.

This year has been a very challenging time for all the staff team and project this year. Sadly, due to not securing core funding we've had to see staff member Becky Helliar leave post and both Keelie and Lucie our project and volunteer coordinator having to reduce their hours to 2 days and move onto other jobs. Sara Gibbeson our project manager has reduced her hours to 1 day and Sally; the other project manager has absorbed some aspects of these staff losses temporarily until we are successful in some of our funding applications to recruit more.

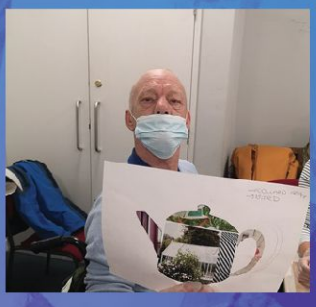
We are using our small reserves to keep the charity afloat, and we remain positive that we will secure funding for FANE to continue in some capacity. We know that these are extremely challenging times for many people and securing funding is proving to be a very difficult thing to do for any long-term projects. This makes us more determined than ever to continue our funding strategy for the future of FANE.

The cost-of-living crisis is having a major impact on people's health and wellbeing and people with a learning disability are some of the most financially vulnerable people. We know more than ever the importance of supporting people to stay warm with food and connected with their friends and communities will be pivotal in our forthcoming year.

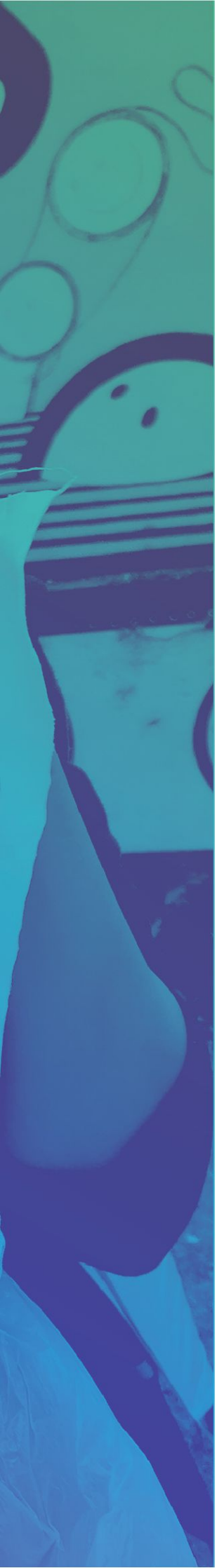
The Covid-19 pandemic has proven to us that what FANE does, is vital to people's mental health and wellbeing and that charities and community groups like ours are a lifeline in a crisis and must continue into the long-term future.

Post-Pandemic we face a very uncertain future with Core cost funding becoming so much more difficult to secure, putting our support, services, and charity at risk.









FRIENDS ACTION NORTH EAST CIO
STATEMENT OF FINANCIAL ACTIVITIES

Charity Number 1182364

For the year ending 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Income from:					
Donations and legacies	7	880	-	880	930
Charitable activities					
Grants and contracts	8	31,129	81,553	112,682	155,068
Other trading activities	9	4,282	-	4,282	5,327
Total income		36,291	81,553	117,844	161,325
Expenditure on:					
Charitable activities					
Operation of the charity	10	25,727	111,552	137,280	122,960
Total expenditure		25,727	111,552	137,280	122,960
Net income/(expenditure)		10,564	(29,999)	(19,435)	38,364
Transfers between funds		-	-	-	-
Net income/(expenditure) and net movement of funds		10,564	(29,999)	(19,435)	38,364
Reconciliation of funds					
Total funds brought forward		51,374	57,371	108,745	-
Exceptional item brought forward	6	-	-	-	70,381
Total funds carried forward		61,938	27,372	89,310	108,745

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

As at 31 March 2022

	Notes	£	Total 2022 £	£	Total 2021 £
Fixed assets					
Tangible assets	17		1,700		2,413
Total fixed assets			1,700		2,413
Current assets					
Debtors	18	905		721	
Cash at bank and in hand	19	88,523		107,744	
Total current assets		89,428		108,466	
Creditors: amounts falling due within one year	20	(1,818)		(2,133)	
Net current assets			87,610		106,332
Total assets less current liabilities			89,310		108,745
Total net assets or liabilities			89,310		108,745
Funds of the charity					
Unrestricted income funds			61,938		51,374
Restricted income funds			27,372		57,371
Total funds			89,310		108,745

Feedback from our friendship finders in lockdown

A lovely message from our friendship finders in lock down

"Hi guys, Thanks for putting the workshop together on how to make clay elephants. We had great fun with it! Great to have you guys on board during such tricky times. eternally grateful for all your efforts.

Many thanks and stay creative
Richard, Ed and Debra xx

.....

"Hi Becky and Toby et al

Hope you're all well and keeping bright. Here's some photos from our little pottery session today with Ed and Richard! Could you post them on the page as Ed would like this. We enjoyed drawing dogs with Toby too!"

Thanks guys these are great, good to see you keeping well and creative!

.....

"It was an interesting visit to Northern Print" Andrew (Friendship Finder)

"Ed has really loved it (printing project) and has mentioned it a lot during lockdown"

"That was brilliant that" Jayne (Friendship Finder).

AR contacted the telephone befriending service during lockdown. She had been referred us by her mental health team, as her and her family were having difficulties during lockdown due to isolation and deteriorating mental health, which was impacting family life and relationships.

After regular telephone contact with FANE and then going onto access our face to face social groups we have had some really positive feedback from her family.

They have told us they feel very positive about all the groups AR has attended, and they have noticed a positive difference in her. Her confidence has grown, and she is travelling independently to places. They also said the respite is giving them a welcome break to relax as she is out and about much more now with improving mental health.

*When we first did a zoom meet with AR, both her and her family said she wouldn't be able to travel independently, so it's great that she is doing this now!















A word of Thanks and reflection...

Friends Action NE would like to thank The Henry Smith Charity for our grant funding for the last 3 years. Sadly, our funding came to an end in March 2022 but they have supported us to achieve many great things within our project.

We would also like to thank the national lottery Community fund and Newcastle community health fund for grants to support our health and wellbeing groups and our website post-covid.

We would like to extend thank you the Joseph Strong Frazer and Hadrian Trusts and Quayside Frozen foods for all its support and donations.

We would like to thank all the lovely people that donated to our crowd-funder campaign and supported our art auctions. Parents and carers who donated amazing crafts and artwork to auction and supported us you are amazing!

Without the support from our funders and community organisations and the wider community FANE would not be able to carry out our project work for the people we support on a day to day basis. Our impact on people's lives can be small, meaningful- but life changing and without access to these grants and funding our project would cease to exist.

We would also like to extend such a 'BIG thank you' to all the volunteers for all their time and hard work they have given to support the people on our projects this year.

The staff team would like to thank the Board of Trustees for their hard work and support throughout the project to date and would like to welcome a new member to our board Kate Gibson.

Getting involved....

There are many ways you can get involved with Friends Action North East.

If you would like to donate or raise funds for FANE please contact us on 0191 231 4327 or email: info@friendsaction.co.uk

Becoming a volunteer or being a trustee....

We strive to be an inclusive project and we welcome people of all abilities, ages, and backgrounds to support FANE. If you would like to volunteer and can offer at least 2 hours per week of your time for the 1:1 mentoring programme, health and wellbeing groups, social media officer, fundraiser or be a Trustee please get in touch.

1. Reference and administrative details of the charity, its trustees and advisors

Charity Name	Friends Action North East CIO	
Registered Charity Number	1182364	
Trustees	Graham Newton	Chair
	Barbara Creed	
	Jason Hare	
	Glenn Howe	
	Kate Gibson	Appointed 28/04/2022
Registered Office	C/O Ouseburn Farm Ouseburn Road Newcastle upon Tyne, NE1 2PA	
Independent Examiner	Michelle Wright Connected Voice Business Services Higham House Higham Place Newcastle upon Tyne NE1 8AF	
Bankers	The Co-Operative Bank Plc Customer Service P O Box 250, Skelmersdale WN8 6WT	

2. Structure, governance and management

Governing documents

Friends Action North East CIO is a charitable incorporated organisation, governed by its constitution, adopted on 07th March 2019.

Appointment of Trustees

Trustees are elected by members of the organisation at the Annual General Meeting (AGM) and are eligible to stand for re-election each year. There is a minimum of three

and maximum of 10 trustees at any given time. The trustees have the power to co-opt up to three other members and agree to meet at least four times a year.

Newly appointed trustees are provided with a Trustee pack giving an overview of the work of the charity, including its constitution and its finances. Should trustee training be required, this is arranged and along with any specific training needed for a particular role.

Organisation

The trustees administer the charity and the Project Managers are responsible for managing the work of the charity on a day-to-day basis.

The trustees are aware that the major risk to the organisation is lack of funding. Each quarter the risk is assessed when budgets are compared to actual spend and reserves are reviewed on a yearly basis to ensure that there are sufficient funds available to cover three months running costs and any possible redundancy costs.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

3. Trustees responsibilities in relation to the financial statement

The trustees are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 01/25/2023 and signed on their behalf by:

BCreed
BCreed (Jan 25, 2023 09:18 GMT)

Barbara Creed
Treasurer

FRIENDS ACTION NORTH EAST CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ending 31 March 2022

I report on the financial statements of Friends Action North East CIO for the year ending 31 March 2022, which are set out on pages 25 to 37.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M Wright (Jan 25, 2023 13:21 GMT)

Michelle Wright
Connected Voice Business Services
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 01/20/2023

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ending 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	**Total 2021 £**
Income from:					
Donations and legacies	7	880	-	**880**	**930**
Charitable activities					
Grants and contracts	8	31,129	81,553	**112,682**	**155,068**
Other trading activities	9	4,282	-	**4,282**	**5,327**
Total income		36,291	81,553	**117,844**	**161,325**
Expenditure on:					
Charitable activities					
Operation of the charity	10	25,727	111,552	**137,280**	**122,960**
Total expenditure		25,727	111,552	**137,280**	**122,960**
Net income/(expenditure)		10,564	(29,999)	**(19,435)**	38,364
Transfers between funds		-	-	**-**	**-**
Net income/(expenditure) and net movement of funds		10,564	(29,999)	**(19,435)**	**38,364**
Reconciliation of funds					
Total funds brought forward		51,374	57,371	**108,745**	**-**
Exceptional item brought forward	6	-	-	**-**	**70,381**
Total funds carried forward		61,938	27,372	**89,310**	**108,745**

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 27 to 37 form an integral part of these accounts.

FRIENDS ACTION NORTH EAST CIO Charity Number 1182364

BALANCE SHEET

As at 31 March 2022

	Notes	£	Total 2022 £	£	Total 2021 £
Fixed assets					
Tangible assets	17		1,700		2,413
Total fixed assets			**1,700**		**2,413**
Current assets					
Debtors	18	905		721	
Cash at bank and in hand	19	88,523		107,744	
Total current assets		**89,428**		**108,466**	
Creditors: amounts falling due within one year	20	**(1,818)**		**(2,133)**	
Net current assets			**87,610**		**106,332**
Total assets less current liabilities			**89,310**		**108,745**
Total net assets or liabilities			**89,310**		**108,745**
Funds of the charity					
Unrestricted income funds			61,938		51,374
Restricted income funds			27,372		57,371
Total funds			**89,310**		**108,745**

The notes on pages 27 to 37 form an integral part of these accounts.

These financial statements were approved by the Board on: 01/25/2023

and are signed on its behalf by: Mrs Barbara
Treasurer

BCreed
BCreed (Jan 25, 2023 09:18 GMT)

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2022

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friends Action North East CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £61,938 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.4 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 **Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.6 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

Expenditure on charitable activities includes the costs of training and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable

activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 **Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Computer and camera equipment	Straight line over four years
Office furniture	Straight line over four years

Exceptional Transfer

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**
6	**Transfer**	63,661	6,720	**70,381**
		63,661	6,720	**70,381**

As at 1 April 2020 the assets of Friends Action North East (charity number 1127153) were transferred to Friends Action North East CIO.

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	**Total 2021 £**
7	**Donations and legacies**				
	Donations and gifts	737	-	**737**	**889**
	Gift Aid	144	-	**144**	**41**
		880	-	**880**	**930**
8	**Charitable activities**				
	Income from grants				
	Henry Smith Charity	-	30,000	**30,000**	**90,000**
	Joicey Trust	-	3,400	**3,400**	**-**
	Awards for All	-	10,000	**10,000**	**-**
	Rise North East	-	2,870	**2,870**	**-**
	Hadrain Trust	1,000	-	**1,000**	**-**
	Newcastle City Council	1,200	-	**1,200**	**-**
	County Durham Community Foundation	-	-	**-**	**5,000**
	Shears Foundation	-	-	**-**	**6,000**
	Tudor Trust	-	25,000	**25,000**	**25,000**
	Tudor Trust Wellbeing	-	-	**-**	**2,000**
	Northumbria Police	-	-	**-**	**5,000**
	HMRC CJRS	21,231	-	**21,231**	**18,179**
	RMS	5,998	-	**5,998**	**2,000**
	Well Newcastle Gateshead	-	10,283	**10,283**	**889**
	Other Small Grants	1,700	-	**1,700**	**1,000**
		31,129	81,553	**112,682**	**155,068**
9	**Other trading activities**				
	Fundraising events	282	-	**282**	**1,327**
	Other	4,000	-	**4,000**	**4,000**
		4,282	-	**4,282**	**5,327**

Income was £117,844 of which £36,291 was unrestricted or designated and £81,553 was restricted

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	**Total 2021 £**
10 ***Charitable activities***				
Direct costs				
Salary costs	21,231	75,007	**96,238**	**94,052**
Accommodation	412	1,739	**2,151**	**7,763**
Travel and volunteer expenses	-	2,724	**2,724**	**248**
Training, conference and events	30	1,190	**1,220**	**30**
Sessional Costs	2,207	8,625	**10,832**	**3,729**
Project Resources	199	5,794	**5,992**	**10,430**
Support costs				
Rent and rates	-	7,980	**7,980**	**-**
Payroll fees	-	920	**920**	**972**
Insurance	-	793	**793**	**815**
Technical support website	-	14	**14**	**374**
General running costs	845	6,053	**6,898**	**3,031**
Depreciation / loss on disposal	-	713	**713**	**713**
Governance costs				
Independent examiner's fees for reporting on the accounts	804	-	**804**	**804**
	25,727	111,552	**137,280**	**122,960**

Expenditure on charitable activities was £137,280 of which £25,727 was unrestricted or designated and £111,552 was restricted

11 **Fees for examination of the accounts**

	2022 £	**2021 £**
Independent examiner's fees for reporting on the accounts	**804**	**804**
Other accountancy services paid to the examiner	**920**	**972**
	1,724	**1,776**

12 **Analysis of staff costs and the cost of key management personnel**

	2022 £	**2021 £**
Gross wages including employers NI	**96,238**	**94,052**
	96,238	**94,052**

No employee received remuneration above £60,000

The key management personnel of the charity, comprise the trustees and joint Project Managers. The total employee benefits of the key management personnel of the charity were £52,698.

13 **Staff numbers**

The average monthly head count was 5 staff and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employee's work	2022 Number	2021 Number
Charitable activities	**4.0**	**3.0**
	4.0	**3.0**

14 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme.The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £3,851. There was £280 outstanding as at 31 March 2022

16 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 **Tangible fixed assets**	Computer & camera equipment	Office furniture	Total
	£	£	£
Cost			
Balance brought forward	14,191	683	**14,874**
Additions	-	-	**-**
Disposals	-	-	**-**
Balance carried forward	14,191	683	**14,874**
Depreciation			
Basis	SL	SL	
Rate	25%	25%	
Balance brought forward	11,778	683	**12,461**
Depreciation charge for year	713	-	**713**
Disposals	-	-	**-**
Balance carried forward	12,491	683	**13,174**
Net book value			
Brought forward	2,413	-	**2,413**
Carried forward	1,700	-	**1,700**

18 **Debtors and prepayments (receivable within 1 year)**

	2022	2021
	£	£
Prepayments	**625**	**585**
Other debtors	**280**	**137**
	905	**721**

19 **Cash at bank and in hand**

	2022	2021
	£	£
Cash at bank and in hand	**88,508**	**107,523**
Cash in hand	**15**	**221**
	88,523	**107,744**

20 **Creditors and accruals (payable within 1 year)**

	2022	2021
	£	£
Other creditors	**280**	**439**
Accruals	**1,538**	**1,695**
	1,818	**2,133**

21 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 **Analysis of charitable funds**

Analysis of movements in unrestricted funds

For the year ending 31 March 2022

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	35,114	15,060	(4,496)	-	**45,678**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Esme Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
HMRC CJRS	-	21,231	(21,231)	-	**-**
Totals	51,374	36,291	(25,727)	-	**61,938**

For the year ending 31 March 2021

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	47,401	10,146	(22,782)	349	**35,114**
Designated funds					
HSBC	13,251	-	-	-	**13,251**
The Esme Fairbairn Foundation	709	-	-	-	**709**
Big Lottery Fund Assets	2,300	-	-	-	**2,300**
HMRC CJRS	-	18,179	(18,179)	-	**-**
Totals	63,661	28,325	(40,961)	349	**51,374**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	
HSBC	Provided resources in earlier years for the development of the mentoring project and was used in year 5 of the project to take forward lessons learned from the practice of the project, to the development of the toolkit.
HMRC CJRS	Funding provided to enable businesses to continue to employ their staff during the Coronavirus Pandemic.

22 **Analysis of charitable funds** *(continued)*

Analysis of movement in restricted funds

For the year ending 31 March 2022

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Awards for All	4,004	10,000	(1,759)	-	**12,245**
Henry Smith Charity	34,791	30,000	(64,791)	-	**-**
Durham Community Foundation	4,822	-	(2,104)	-	**2,718**
Shears Foundation	2,000	-	(2,000)	-	**-**
Tudor Trust	9,754	25,000	(28,261)	-	**6,493**
Tudor Trust Wellbeing	2,000	-	(1,585)	-	**415**
Well Newcastle Gateshead	-	10,283	(9,428)	-	**855**
Rise North East	-	2,870	(1,624)	-	**1,246**
The Joicey Trust	-	3,400	-	-	**3,400**
Totals	57,371	81,553	(111,552)	-	**27,372**

For the year ending 31 March 2021

Restricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Awards for All	4,004	-	-	-	**4,004**
Henry Smith Charity	2,716	90,000	(57,925)	-	**34,791**
Durham Community Foundation	-	5,000	(178)	-	**4,822**
Shears Foundation	-	6,000	(4,000)	-	**2,000**
Tudor Trust	-	25,000	(15,246)	-	**9,754**
Tudor Trust Wellbeing	-	2,000	-	-	**2,000**
Northumbria Police	-	5,000	(4,651)	(349)	**-**
Totals	6,720	133,000	(82,000)	(349)	**57,371**

22 **Analysis of charitable funds** *(continued)*

Analysis of movement in restricted funds

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

National Lottery Community Fund 'COVID Recovery'	To provide fully accessible group activities and support, to include people who aren't yet confident to access face to face activities.
Henry Smith Charity	The running costs of the project including salaries, utilities, rent etc. and general overheads
Durham Community Foundation	This was awarded to deliver friend kit training and digital inclusion and Tech smart workshops as an outreach project into the County Durham areas
Shears Foundation	This grant is towards the 1:1 mentoring programme and digital outreach projects
Tudor Trust	The grant from Tudor Trust over 2 years was towards core salaries of the CIO working in the North East to help support people with additional needs to reduce social isolation and establish independent friendships using digital inclusion in this time of covid 19
Tudor Trust Wellbeing	This is a one off grant towards the health and wellbeing of all staff, volunteers and trustees to help mental health and wellbeing recovery post COVID-19
Northumbria Police COVID-19	This emergency covid-19 grant was awarded to support people with digital connections, internet access, devices and training to keep them connected and safe around the covid-19 emergency lockdown period.

23 **Capital commitments**

As at 31 March 2022, the charity had no capital commitments (2021 -£nil)

24 **Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	**Total 2022 £**
Tangible fixed assets	1,700	-	**1,700**
Cash at bank and in hand	60,496	28,027	**88,523**
Other net current assets/(liabilities)	(258)	(655)	**(913)**
	61,938	27,372	**89,310**

	Unrestricted Funds £	Restricted Funds £	**Total 2021 £**
Tangible fixed assets	2,413	-	**2,413**
Cash at bank and in hand	50,373	57,371	**107,744**
Other net current assets/(liabilities)	(1,412)	-	**(1,412)**
	51,374	57,371	**108,745**

25 **Guarantee**

There have been no guarantees given by the charity at 31 March 2022.

26 **Debt**

There is no debt outstanding which is owed by the charity and which is secured by an excess charge on any of the assets of the charity at 31 March 2022.

27 **Governing document**

The organisation is a Charitable Incorporated Organisation - Foundation registered on 07 March 2019 as a body corporate under part 11 of the Charities Act 2011.

FANE Cover page YE 2022

Final Audit Report 2023-01-25

Created:	2023-01-24
By:	Michelle Wright (michelle-wright@hotmail.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAPZAVGKtdZLUvmoHAiut7dFqjLTWZ1yQf

"FANE Cover page YE 2022" History

Document created by Michelle Wright (michelle-wright@hotmail.com)
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Document emailed to barbara.creed@blueyonder.co.uk for signature
2023-01-24 - 11:10:30 PM GMT

Email viewed by barbara.creed@blueyonder.co.uk
2023-01-25 - 9:10:44 AM GMT

Signer barbara.creed@blueyonder.co.uk entered name at signing as BCreed
2023-01-25 - 9:18:36 AM GMT

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Signer michelle.wright@connectedvoice.org.uk entered name at signing as M Wright
2023-01-25 - 1:21:05 PM GMT

Document e-signed by M Wright (michelle.wright@connectedvoice.org.uk)
Signature Date: 2023-01-25 - 1:21:07 PM GMT - Time Source: server

Agreement completed.
2023-01-25 - 1:21:07 PM GMT

FRIENDS ACTION NORTH EAST

England & Wales - Charity number 1182364

Accounts

FRIENDS ACTION NORTH EAST



FANE ANNUAL REPORT 2021

Friends Action North East
1182364





Contents

FANE's structure, Governance & Objects

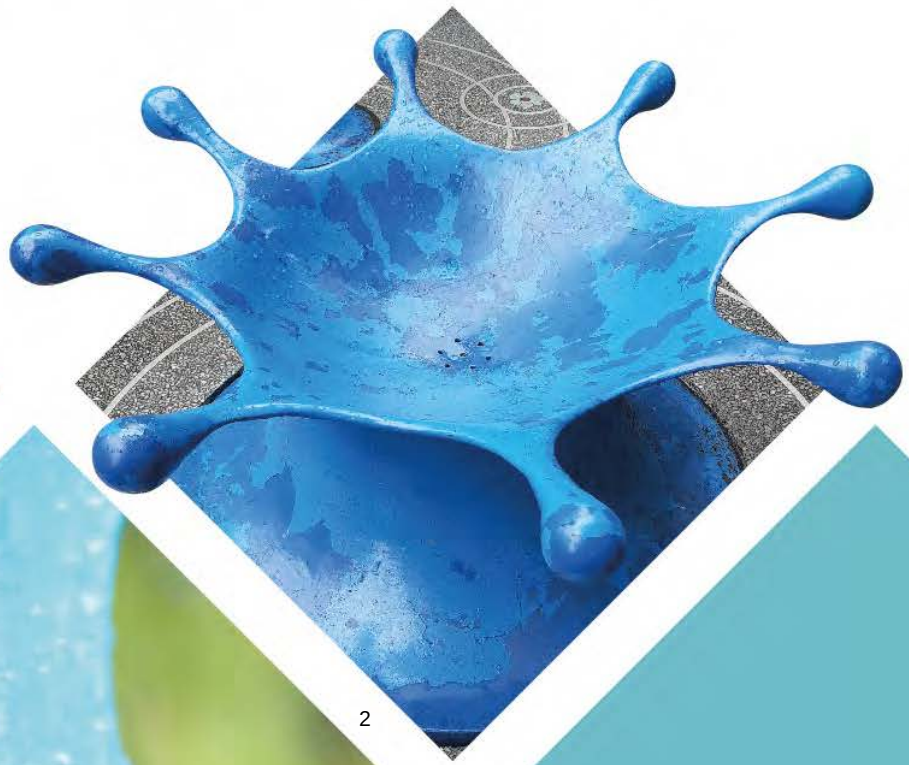
The FANE projects

What we have achieved this year

Team message

Balance sheets

A word of Thanks



FANE Structure and Governance

FANE is managed and run by the Board of Trustees.

The Trustees have control of the Charity and its property and funds. There are four Trustees in a named role in office in 2020/21.

The Trustees have the responsibility to ensure the activities of FANE are conducted in compliance with the rules of the Charity Commission and the Articles of the Memorandum.

The Trustees ensure the work programme is met and the finances are managed appropriately. All the accounts are audited annually by an independent examiner.

The Trustees hold a Trustee meeting quarterly and hold their Annual General Meeting every year. The minutes of all meetings are held at the office and are also circulated to members of FANE and anyone who wishes to access them.

The Trustees complete accredited training about their roles and responsibilities as a trustee including safeguarding and update this accordingly.

Election of new Trustees is usually held at the Annual General Meeting, and all Trustees are required to complete an enhanced disclosure and barring check before being accepted as a Trustee.

In 2008 FANE was a Registered Charity Unincorporated Association, however in 2019 the trustees voted to change the charity's status to that of a Charitable Incorporated Organisation (CIO), as this would better suit the charity's needs and objects, whilst providing protection of trustees and members.

The original constitution of FANE was agreed on 26th November 2008. The constitution was amended on 1st February 2019 as part of the status change to Charitable Incorporated Organisation and who's only voting members are its charity trustees using the 'Foundation' model.

CIO Transfer 2019/20

In March 2019 FANE successfully applied to become a charitable incorporated organisation (CIO). This does not affect the FANE aims or objects, it just means that our trustees are safeguarded better for the future, and it supports FANE to move forwards with our future plans.

We transferred all our assets over from FANE registered charity 1127153 from March 2021.

Our CIO number is 1182364 and we are registered with the charity commission.

All FANE projects and activities remain the same.

Objectives

To assist people with learning disabilities and autism to develop and maintain friendships and friendship groups to enable them to achieve their full potential as members of the local community

To advance the education of the public and supporters of people with learning disabilities and autism in all issues related to learning disabilities and autism particularly friendship & socialisation.





Our Core project work

FANE was set up in 2004 when a group of people with a learning disability got together with a mixture of community and statutory sector staff volunteers to map out what it would take for them to have ordinary, equal friendships.

Their aims were to raise people's expectations and celebrate their skills and abilities as well as finding ways to overcome the things they found difficult around making and keeping friendships.

They explored ways they could be supported to overcome personal barriers to having an ordinary social life and this work formed the basis of friendship mentoring programme.

Since then, FANE has grown and developed organically, always keeping the people using the project in the driving seat to inform the way want to be supported to achieve their personal friendship goals.

In 2008 FANE became a registered charity and since then with the support of grants from many trusts and foundations it has evolved to support many people through the mentoring programme and social groups. FANE has continuously developed its activities and services to meet the ever-changing needs of the individuals and their supporters using the project, and to adapt to the wider changing social and economic climates.

FANE now supports people with all aspects of friendship through 1:1 support and mentoring, peer support, training, digital inclusion work, social groups, community connections, close partnerships with other organisations and collaborative projects across the sector.



This current year's project work began in March 2021. Due to the pandemic the core work for the 2020 - 2021 period mainly took place via remote digital settings and has since adapted to face to face support according to Covid official guidelines.

Our aims are to empower, inform, and support people to keep safe, feel valued, combat loneliness and self-advocate for equality to benefit from the improved health, wellbeing and quality of life that results from having healthy friendships and connections in their lives.

In these recent and difficult times, FANE faced the most demanding challenges yet, endeavouring to maintain all elements of the project during the pandemic and ensuring that the people we support felt connected, and as safe as possible amidst the changing circumstances.

This financial year (2020/21) we are in year 2 of our grant for our mentoring programme from the Henry Smith Foundation. We also received a two-year grant from the Tudor Trust to continue to our core work remotely, across the region during the Covid-19 pandemic.

We secured a grant from the Northumbria Police Crime Commissioner emergency Covid-19 fund and completing a twelve-month digital project jointly funded by Hadrian and The Joicey Trusts. As well as this we received support from The Joseph Strong Fraser Trust, The Garfield Weston Foundation the Hospital of God, Greatham and a grant from The Shears Foundation towards the mentoring programme, training, and groups.

The County Durham Community Foundation provided us with a grant to extend our work into County Durham.

We also received a donation from Quayside Frozen Foods, Newcastle that we allocated to the support of our mentoring programme and groups.



PROJECTS

Our projects

Research shows that having friendships and being involved in community activities is beneficial to a person's health and wellbeing and can reduce feelings of isolation and loneliness.

The Mentoring programme

The Mentoring programme is a community model of support that is based on the outcomes of FANE's prior work of supporting people with a learning disability and autism to make and maintain safe, positive friendships.

One of the lessons learned by FANE is that developing friendships is often still the most difficult, skilled, intensive, and overlooked part of people's lives. The mentoring programme is designed to address this need and allow the people who are referred onto the programme to directly inform and shape its content and methods of delivery around their individual needs and barriers.

It enables a minimum of 20 people with a learning disability or autism per year to receive intensive, personalised, 1:1 support to make realistic friendship goals according to their individual needs. They gain the skills required to put those goals into practice and make new friendships in their own communities, whilst getting the specialised 1:1 support to sustain them. A further minimum of 20 people per year access friendship support through our group meet up circles.

All people referred to us have access to our full induction training programme 'Friendkit' and ongoing support to

- Explore realistic friendship goals and set individual targets
- Explore social opportunities that facilitate lasting friendships and support networks
- Access community information digitally with accessible software
- Practice social interaction with 1:1 support
- Practice budgeting and money skills
- Attend our 'Friendkit' training programme, What is a Friend, Plan B, Social interaction and Goal Setting
- Attend our Tech Smart workshops, which includes staying smart and safe on social media, reporting, and recognising hate/mate crime and abuse and exploitation.
- Access digital support to use devices, email, zoom and google classroom and support to get onto the internet
- Access to 1:1 supported travel training and access to travel buddying
- 1:1 and group support to overcome personal barriers to friendship
- Inform community venues and business how to be more inclusive and accessible around their specific needs
- 1:1 support to access social groups, activities, and meet-ups with friends.
- Receive sign posting information and support to access other services
- Access the local safe spaces scheme
- Explore opportunities to become a volunteer peer mentor





It is very much a holistic programme that people are referred to if they are vulnerable, socially isolated or at risk from abusive relationships. We teach friendship skills through our training workshops and together build a profile of each person to identify realistic goals and starting points, look at current friendships and new opportunities to meet people and offer 1:1 support throughout their friendship journey.

The programme includes meeting with the staff team to identify needs, setting personal goals and creating an individualised friendship plan. Each person is matched with a volunteer friendship mentor who supports them to work towards their goals and help plan social activities and opportunities to build friendships. They are supported to attend events and community groups at the beginning of the programme and that volunteer support is withdrawn when they feel ready and confident to do this independently.

Reviews are undertaken regularly with FANE staff, volunteer mentors and supporters and only when all goals have been reached, people are signed off the programme with a celebration of achievement event.



Pilot and partnerships

Through our mentoring programme work FANE has developed a friendship model of support and toolkit that has been informed by the people we support.

Through training workshops, we cover a number of topics relating to making and keeping healthy friendships and our model of support offers, support and resources to embed, track, monitor and record friendships skills for a wide range of skills and abilities in a holistic, person-centred way.

The training workshops include topics such as exploring how friendships are different from other types of relationships, what makes a good friend, what barriers people encounter when making and keeping friends and ways to overcome them. We have also developed workshops that address mate/hate crime and discrimination, staying safe when out and about in the community, when relationships break down and using social media tools/apps devices and mobiles to maintain friendships and connect.

The FANE community model of support also helps inform people in local communities about a person's support and access needs and their goals and aspirations around friendship. It also provides a first contact for securing lasting community connections helping to make people feel more valued and included- which helps to reduce the impact of social isolation.

We have worked in partnership with Sunderland people first, Your Voice Counts, Skills for People, Bullion Hall, Liberdade, Mencap and Espa and North Tyneside Special Education Youth Forum to pilot Friendkit and Tech Smart workshops.







Feedback we got from the Plan B training sessions:

I really liked the session as it was very helpful and taught good values to have in friendships and shows reliability and understanding"

"Really useful to build new skills and think about a Plan B"

"I liked the interaction"

"It got the group talking and interacting with one another to discuss the safe ways to travel"

"The game is fun and clever"

"Happy playing the Plan B game and all the chatting"

"Helped me to choose different questions and situations"

"Excellent resource for learning about friendships and relationships"

"Team discussions about how we all react and interact differently to the same situations"

"Different options to the questions and make you think"

"Helping us to think about how to react to Mate crime and where to get help"

"The game was a fun and inventive way to look at and discuss life scenarios, friendships and how we react to situations"

"I thought the game was particularly great for J! Although she was initially sceptical about joining in once she saw how it worked it really appealed to her (perhaps because it was clear that the situations were fictional). I've known her for some time and never seen her engage with a game it gave a really good insight into her understanding that you wouldn't get if you tried to 'talk with her' about the same situations."

Elizabeth, NT SEND Youth Forum

"The group were very engaged with the game in the afternoon which was perfect when their attention had started to flag at the end of the day. There was lots of serious debate about the cards and actually highlighted areas to be aware of with their answers to know how best to support. So, from that perspective it was also a useful assessment tool as well as a support mechanism. There were also lots of fun and laughter too and really helped group interaction. They LOVED the social media scenarios on the cards."

To find out more information about 'Friendkit' training packages visit the FANE website www.friendsaction.co.uk or email: info@friendsaction.co.uk.

The training workshops and community model of support can be purchased by external organisations and supporters and will continued to be offered free of charge to people accessing the mentoring programme whilst our funding from grants and foundations continues.

ACHIEVEMENTS









The last five-years has seen FANE support over 3577 adults with a learning disability/autism in a 1:1, group support and training capacity.

They have been supported to attend training workshops around positive and equal friendships including keeping safe and mate/hate crime awareness and a digital inclusion programme; which includes using a device or smart phone and training around staying safe online and on social media and video platforms.

We have also provided training/information/guidance to 3877 supporters of people with a learning disability and autism (including staff, parents, carers and professionals), through training workshops, presentations at open days, conferences and through meetings with partner organisations.

We train both student and community volunteers as well as people's supporters to learn the skills needed to positively support friendship and provide online tracking and monitoring systems to record skills attained and friendships developed.

We have trained over 177 volunteers in the last five years using both our in-house induction training and external training such as safeguarding/first aid etc. Our volunteers include Health & Social care university placement students, community volunteers, graduate interns, research graduates and paid/family supporters.

We place a strong emphasis on building and maintaining meaningful friendships that last beyond the 1:1 period and enabling each person to achieve their own level of autonomy and interdependence when working towards their long-term friendship goals.

The FANE website provides accessible information, resources, and guidance around supporting positive friendships, news from the community sector, a 'what's on' and planning tools including community mapping. An average of 4,000 people use our website per month.

Friendship support groups

The aim of the group support model is to provide opportunities for people in their local communities to make and maintain friendships in a safe space, as well as practice their learned social and independence skills using a range of social activities that support and promote physical and mental well-being; for example, sport/fitness/ arts & crafts /food etc.

Everyone enrolled on the mentoring programme has full access to these groups, however people can also be referred via a guest application referral if they do not require or meet the criteria the 1:1 mentoring programme. Whilst we do not provide 1:1 support for these groups, people with additional support needs are not excluded from them but are required to bring their own support from home or a Personal Assistant. Our face to face social groups currently take place over Newcastle, North Tyneside and the Gateshead area, but our remote groups are accessed by people all over the North East.

All groups have a shared plan based on what people want/need from the group, how it will become more self-sufficient and review sessions. Sessional staff and volunteers are all trained through FANE and monitor potential friendships, support communication and other social interaction barriers that people encounter. Many independent friendships have developed between individuals from these groups.

Covid recovery work 2020/21

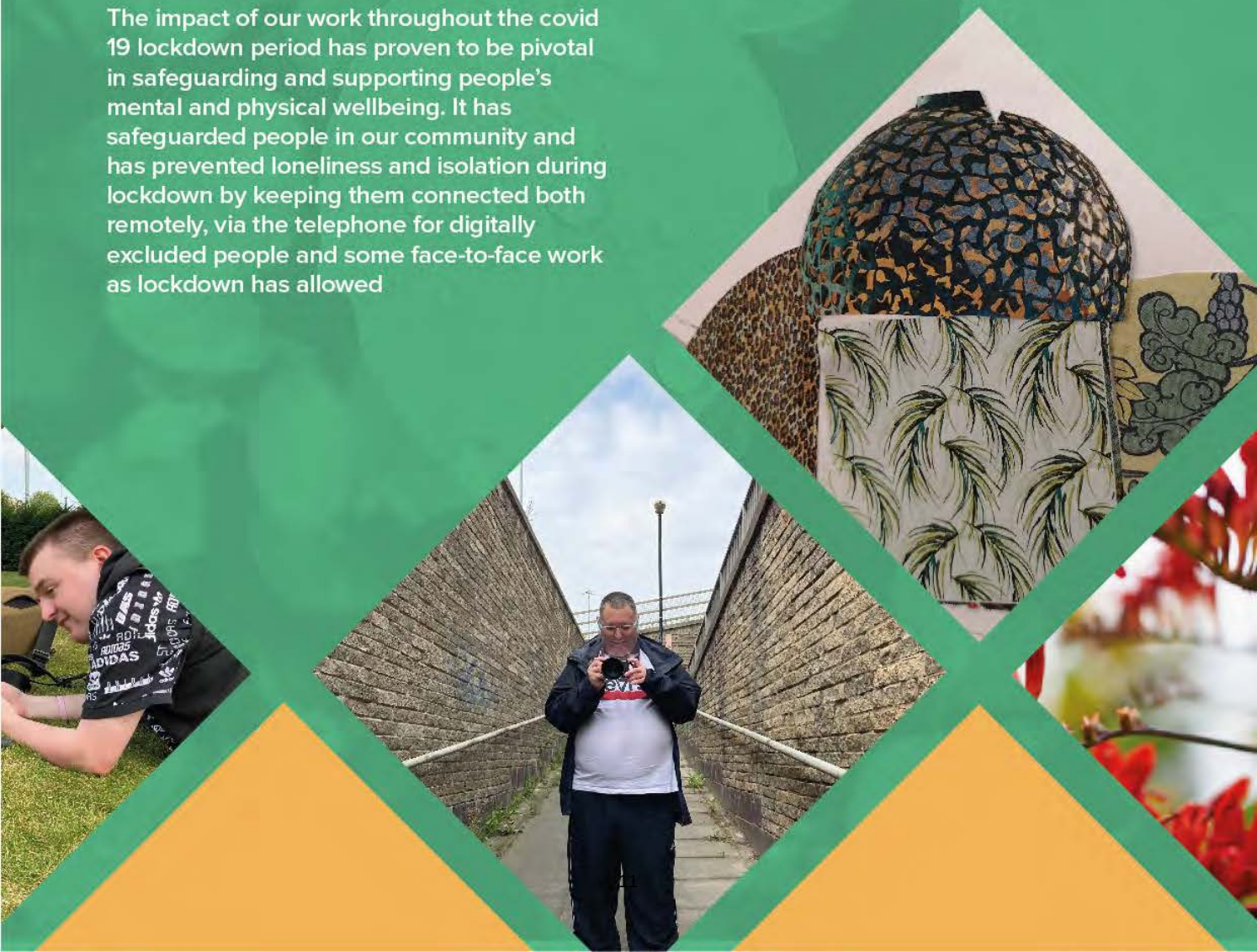
The work that we have delivered as part of our Covid-19 response work has ranged from a telephone befriending service to weekly zoom socials- (including art, health & wellbeing, photography, dance, and gaming socials), to online tech support and training workshops and regular 1:1 support with people via zoom and over the telephone. We have delivered five weekly online groups since March 2020

We are also working in partnership with local artists and community businesses including a professional photographer, a CIC yoga centre- (Shanti Bee community yoga and well-being studio) and cooking and horticulture in partnership with the Ouseburn farm where our office is based, all of which combine important themes around recovery, physical and mental health activities, to build back confidence and well-being.

The impact of our work throughout the covid 19 lockdown period has proven to be pivotal in safeguarding and supporting people's mental and physical wellbeing. It has safeguarded people in our community and has prevented loneliness and isolation during lockdown by keeping them connected both remotely, via the telephone for digitally excluded people and some face-to-face work as lockdown has allowed

By working in partnership with health and social care/safeguarding, community police teams and over 34 community organisations across the North East, we reduce safeguarding risks, and have a recognised positive impact on people's mental/physical health and wellbeing. Our group model of support has proven to be very successful and has helped people to make and maintain friendships in their communities with minimal support.

By providing these social opportunities for like-minded people to come together, whilst creating a personal support network we can enable close friendships to re-connect and help people recover back to independence in their communities.



ROOTS & SHOOTS

(COVID RECOVERY)

The 'Roots and Shoots' project aims to address a need for learning new creative skills, supporting participants to maintain a healthy body and mind, in a safe, supportive, and friendly environment. To enable this to happen we aim to work in partnership with local community and creative organisations.

As well as building on the success of the art and the dance groups(roots) we are including simple cookery, gardening, yoga, ceramics, and photography/walking (shoots) as part of the creative sessions offered for this project.

Tech smart training:

Our tech smart course was designed to deliver workshops to people to keep them confident, smart, and safe on social media platforms.

These workshops were to directly address some of the barriers and issues people were having with their friendships when interacting on social media forums.

We had been delivering these in schools and colleges pre-covid but have adapted them to be deliverable over zoom since Lockdown. This is a Northumbria Crime Commissioner funded project and we are working in partnership with the community engagement teams to publicise and shape this project.

We have delivered remote sessions to people in Newcastle, Northumberland, and County Durham during the lock down. Topics included were staying safe online, how to access groups via zoom and also how to use a tablet and the internet to connect with family and friends, and how to shop online etc

Friendkit training outreach model of support

MISSION STATEMENT:

'A model of support with social value that invests resources back into the community to reduce loneliness and isolation'

Our model of supporting friendship, our training and outreach model is a tried and tested model of support that both enables sustainable, safe friendships for people with a learning disability, and enables supporters to track, monitor and support friendships and become a trained 'friendship champion' within their own organisations and homes.

FANE has mapped out a plan to share our support model and resources in a cost-effective way, without incurring the full costs of the mentoring programme, Friendkit and our group models of support.

FANE's founding objects as a charity have always been to share our model of support and resources for all abilities and to ensure every member of our community can have safe equal friendships, have the right to an ordinary life and do ordinary things.

We have written a 2-day workshop that shares our model of support to use within an outreach capacity and use our resources to track, record and impact people's friendships, skills learnt and community connections.

Delivering this outreach model ensures that many more people can have access to our training, knowledge and methods that support sustainable friendships and lasting community connections. It is also a solution to expand our model beyond our current beneficiaries and current project capacities.

We are undertaking funding applications to deliver this outreach model into County Durham and South Tyneside.

We will need an outreach worker post to deliver this service and a training officer to undertake the Friendkit elements.

Volunteers

Over the last several years we have worked with over 250 volunteers in various capacities: including training, telephone befriending and friendship mentoring. The essential work provided by volunteers has enabled Friendship Finders to be supported on a 1:1 basis, training and groups throughout the project providing over 31,585 hours of support to the people involved since the project began. This is equivalent to 1 full time and 1 part time staff posts per year.

We have held regular volunteer events- which have proven to be a real success in sharing good practice and allowing volunteers to learn from one another's experiences, support strategies, community mapping and diverse backgrounds.

In addition, this year FANE has worked with 13 placement students from Newcastle University as part of their psychology / health and social with the Good Things Foundation - care degree course and have 10 new placements to begin in September 2021. This has proven to be a successful way of working which will continue next year. The students commit to working with FANE for 70 hours during their placement period, with regular contact taking place between FANE and the course leaders.

We have 2 peer mentors who have successfully completed the volunteer training programme to mentor people on a 1:1 basis and support social meet-up groups. One of our peer volunteers has become a digital champion 'The good things foundation' which is our new partnership with Mencap. They have just completed a digital training programme to support and train other people on the mentoring project This takes the number of peer volunteers to 6.

We continue to work with our digital volunteers whose role is to update and maintain the FANE website and social media accounts. This year there has been 1 continuing and 1 new digital volunteer working remotely.

FANE Website

Our website has been successful as a community planning tool and has seen consistently increasing traffic throughout the past 10 years.

It has been used and developed by the people we support on our projects, as well as volunteers and professionals seeking resources and information about friendship, accessibility and using the 'what's on section' for people to access events in their local communities.

We are currently seeking funding to improve and update our website as it is now over 10 years old. It needs to be updated onto a more current, user friendly platform and be more relevant to people's current post covid needs reflecting the work we are now delivering/supporting.

After analysing our survey and feedback from people the who regularly use it, we are looking to reduce some content not being used, add other features including a training area to reflect our digital work. We want to make it much easier for volunteers to access for training/information and remote evaluation forms etc

We also want to include our quarterly digital newsletter and have a private space for friendship finders to access and connect with each other.

www.friendsaction.co.uk

Events

This year we have continued to facilitate groups via zoom and some covid secure face to face groups where lockdown rules have allowed

These include:

Art socials

Get Out There Group
(a regular friendly social)

Gateshead Social

Street Dance social

Walking Group

Yoga

Health & wellbeing sessions

Quiz group

Xmas zoom karaoke and mince pies!

Fundraising:

Our staff have undertaken online art auction events this year to raise funds for our project work.

These 2 auctions have included our art groups artwork and some donations from local artists in the region

Thank you to everyone who has supported and donated to us this -it means a lot to so many people we support!

OUR IMPACT 2020/21

21 people supported with friendship skills on a 1:1 basis

54 people involved in group activities both face to face & remotely

06 new people ready to start a new friendship journey

127 more people confident and happier with their social connections over lockdown

15 people now have a device and internet connection and have been supported to use them

100 people learned new friendship skills

127 people have undertaken online Friendkit training workshops

127 people feel more confident using digital technology

127 people learned how to be safer on social media

127 people are now less vulnerable to abuse and 'Mate crime'

35,294 people know what they can access in their local area

35,294 know about a safe place in their communities

35,294 supporters have access to training, resources around supporting safe friendships opportunities

35,294 people are reviewing accessibility where they live

OVER 2,500 people less socially isolated in the North East

Supported and trained over **248** volunteers and supporters to date

Overall **31,130 HOURS** of Volunteer support

13 new university placement students recruited

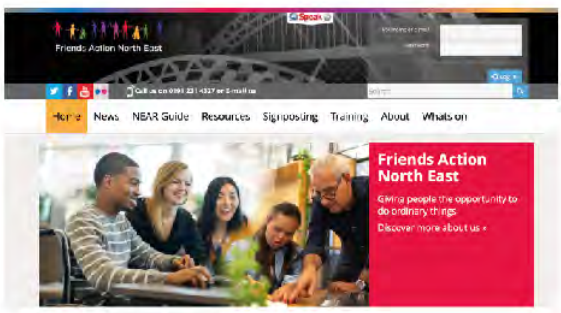
01 new digital volunteer

How you can support FANE:

Here are some of the ways you can support us to achieve our fundraising goals and help connect people together in the North East:

Donating via our website:

Go to: www.friendsaction.co.uk



FUNDRAISING

Join our fundraising team

If you would like to help us raise money for our charity, are good at organising teams of people and have great ideas for inclusive fundraising events- then you may be a great person to help our fund-raising team. Please get in touch with Keelie at: Keelie@friendsaction.co.uk if you're interested and we would love to have a conversation with you!

Team message

A **BIG THANK YOU** for all the support and dedication of everyone that has been involved in our projects this year.

It has been an extremely challenging and stressful year for the staff team, in more ways than one, due to the continuing covid lockdown constraints and ever-changing government guidelines and rules. We have dealt with additional challenges of switching our support and services to a remote platform, whilst staff have been working from home, with some team members furloughed.

We applied for emergency funding to get people connected with devices to keep them safe and connected, which has come with additional challenges of trying to set them up digitally and train family members and supporters over the telephone so we could continue our groups and support.

At the heart of our project are the Friendship Finders that we support. They continue to prove to us that with the right support everyone can achieve their goals, stay connected to their community lives in a digital way, and continue to create ordinary social networks, overcome barriers to friendship and take control of their lives.

We look forward to continuing and developing the work of the charity over the coming year alongside people with a learning disability and autism in the driving seat informing how they wish to be supported to make and keep friendships.

We remain positive that we will secure funding to keep all projects continuing however, we know that these are extremely challenging times and securing funding is proving to be a very difficult thing to do for any long-term projects. This makes us more determined than ever to continue our funding strategy for the future of FANE. We know more than ever the importance of supporting people to stay connected with their friends and communities.

The Covid-19 pandemic has proven to us that what FANE does, is vital to people's mental health and wellbeing and that charities and community groups like ours are a lifeline in a crisis and must continue into the long term future.







FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ending 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Income from:					
Donations and legacies	7	930	-	**930**	-
Charitable activities					
Grants and contracts	8	22,068	133,000	**155,068**	-
Other trading activities	9	5,327	-	**5,327**	-
Total income		28,325	133,000	**161,325**	-
Expenditure on:					
Charitable activities					
Operation of the charity	10	42,090	80,870	**122,960**	-
Total expenditure		42,090	80,870	**122,960**	-
Net income/(expenditure) and net movement of funds		(13,766)	52,130	**38,364**	-
Reconciliation of funds					
Total funds brought forward					
Exceptional item brought forward		63,661	6,720	**70,381**	-
Total funds carried forward		49,895	58,850	**108,745**	-

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

FRIENDS ACTION NORTH EAST CIO

Charity Number 1182364

BALANCE SHEET

As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
Fixed assets					
Tangible assets	17		2,413		-
Total fixed assets			**2,413**		-
Current assets					
Debtors	18	721		-	
Cash at bank and in hand	19	107,744		-	
Total current assets		**108,466**		-	
Creditors: amounts falling due within one year	20	**(2,133)**		-	
Net current assets			**106,332**		-
Total assets less current liabilities			**108,745**		-
Total net assets or liabilities			**108,745**		-
Funds of the charity					
Unrestricted income funds			49,895		-
Restricted income funds			58,850		-
Total funds			**108,745**		-

Feedback from our friendship finders in lockdown

A lovely message from our friendship finders in lock down

"Hi guys, Thanks for putting the workshop together on how to make clay elephants. We had great fun with it! Great to have you guys on board during such tricky times. eternally grateful for all your efforts.

Many thanks and stay creative
Richard, Ed and Debra xx

.....

"Hi Becky and Toby et al

Hope you're all well and keeping bright. Here's some photos from our little pottery session today with Ed and Richard! Could you post them on the page as Ed would like this. We enjoyed drawing dogs with Toby too!"

Thanks guys these are great, good to see you keeping well and creative!

.....

"It was an interesting visit to Northern Print" Andrew (Friendship Finder)

"Ed has really loved it (printing project) and has mentioned it a lot during lockdown"

"That was brilliant that" Jayne (Friendship Finder).

AR contacted the telephone befriending service during lockdown. She had been referred us by her mental health team, as her and her family were having difficulties during lockdown due to isolation and deteriorating mental health, which was impacting family life and relationships.

After regular telephone contact with FANE and then going onto access our face to face social groups we have had some really positive feedback from her family.

They have told us they feel very positive about all the groups AR has attended, and they have noticed a positive difference in her. Her confidence has grown, and she is travelling independently to places. They also said the respite is giving them a welcome break to relax as she is out and about much more now with improving mental health.

*When we first did a zoom meet with AR, both her and her family said she wouldn't be able to travel independently, so it's great that she is doing this now!



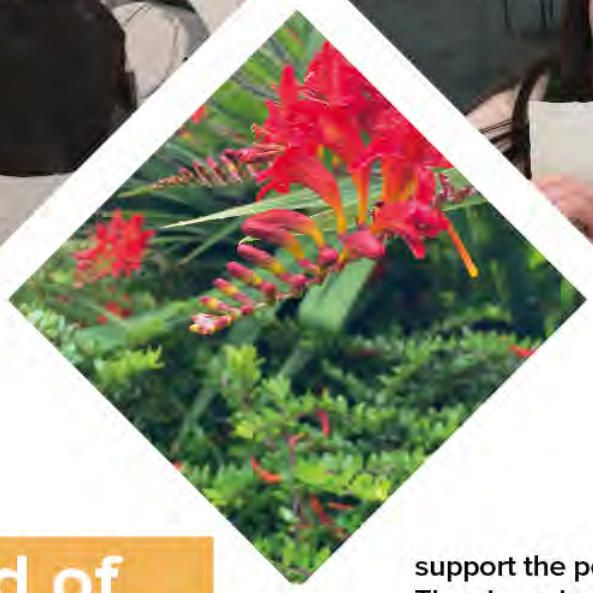












A word of Thanks and reflection...

Friends Action NE would like to thank The Henry Smith Charity the Tudor trust and the Shears foundation for our grant funding for the mentoring programme.

We would also like to thank the Hospital of God Greatham, The Joicey Trust Northumbria PCC fund and Durham Community Foundation for our digital work and support for the Covid 19 period.

We would like to extend our thank you the Joseph Strong Frazer and Hadrian Trusts and Quayside Frozen Foods for all its support and donations.

Without the support from our funders and community organisations and the wider community FANE would not be able to carry out our project work for the people we support on a day to day basis. Our impact on people's lives can be small, meaningful- but life changing and without access to these grants and funding our project would cease to exist.

We would also like to extend such a 'BIG thank you' to all the volunteers for all their time and hard work they have given to support the people on our projects this year. They have been a lifeline for people throughout the Covid lockdown period, and truly have gone above and beyond to support people, keep them safe and in good mental health.

The staff team would like to thank the Board of Trustees for all their hard work and support throughout the project to date, in particular our treasurer Barbara, who has supported us throughout the Covid 19 period-she truly is a lifeline and a credit to the staff team and project -she works so hard for the FANE charity and the people who are supported on the project.

Getting involved....

There are many ways you can get involved with Friends Action North East.

If you would like to donate or raise funds for FANE please contact us on 0191 231 4327 or email: info@friendsaction.co.uk

Becoming a volunteer and being a trustee....

We welcome people of all abilities and backgrounds to FANE. If you would like to volunteer and can offer at least 2 hours per week of your time for the FANE mentoring programme or groups, support or be a new Trustee or are interested in volunteering in other areas of the project please get in touch.



Friends Action North East

0191 231 4327
info@friendsaction.co.uk
www.friendsaction.co.uk

Registered charity 1182364
C/O Ouseburn Farm, Ouseburn road
(off lime St)

Newcastle-Upon-Tyne, NE1 2PA

1. Reference and administrative details of the charity, its trustees and advisors

Charity Name	Friends Action North East CIO	
Registered Charity Number	1182364	
Trustees	Graham Newton Barbara Creed Jason Hare Glenn Howe	Chair
Registered Office	C/O Ouseburn Farm Ouseburn Road Newcastle upon Tyne, NE1 2PA	
Independent Examiner	Michelle Wright Connected Voice Business Services Higham House Higham Place Newcastle upon Tyne NE1 8AF	
Bankers	The Co-Operative Bank Plc Customer Service P O Box 250, Skelmersdale WN8 6WT	

2. Structure, governance and management

Governing documents

Friends Action North East CIO is a charitable incorporated organisation, governed by its constitution, adopted on 07th March 2019.

Appointment of Trustees

Trustees are elected by members of the organisation at the Annual General Meeting (AGM) and are eligible to stand for re-election each year. There is a minimum of three and maximum of 10 trustees at any given time. The trustees have the power to co-opt up to three other members and agree to meet at least four times a year.

Newly appointed trustees are provided with a Trustee pack giving an overview of the work of the charity, including its constitution and its finances. Should trustee training be required, this is arranged and along with any specific training needed for a particular role.

Organisation

The trustees administer the charity and the Project Managers are responsible for managing the work of the charity on a day-to-day basis.

The trustees are aware that the major risk to the organisation is lack of funding. Each quarter the risk is assessed when budgets are compared to actual spend and reserves are reviewed on a yearly basis to ensure that there are sufficient funds available to cover three months running costs and any possible redundancy costs.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

3. Trustees responsibilities in relation to the financial statement

The trustees are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on ….17/12/2021….. and signed on their behalf by:



Barbara Creed
Treasurer

FRIENDS ACTION NORTH EAST CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ending 31 March 2021

I report on the financial statements of Friends Action North East CIO for the year ending 31 March 2021, which are set out on pages 24 to 35.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Michelle Wright
Connected Voice Business Services
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 17/12/2021

FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

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Charitable activities					
Grants and contracts	8	22,068	133,000	**155,068**	**-**
Other trading activities	9	5,327	-	**5,327**	**-**
Total income		28,325	133,000	**161,325**	**-**
Expenditure on:					
Charitable activities					
Operation of the charity	10	40,960	82,000	**122,960**	**-**
Total expenditure		40,960	82,000	**122,960**	**-**
Net income/(expenditure)		(12,636)	51,000	**38,364**	**-**
Transfers between funds		349	(349)	**-**	**-**
Net income/(expenditure) and net movement of funds		(12,287)	50,651	**38,364**	**-**
Reconciliation of funds					
Total funds brought forward					
Exceptional item brought forward	6	63,661	6,720	**70,381**	**-**
Total funds carried forward		51,374	57,371	**108,745**	**-**

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 26 to 35 form an integral part of these accounts.

FRIENDS ACTION NORTH EAST CIO Charity Number 1182364

BALANCE SHEET

As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
Fixed assets					
Tangible assets	17		2,413		-
Total fixed assets			**2,413**		**-**
Current assets					
Debtors	18	721		-	
Cash at bank and in hand	19	107,744		-	
Total current assets		**108,466**		**-**	
Creditors: amounts falling due within one year	20	**(2,133)**		**-**	
Net current assets			**106,332**		**-**
Total assets less current liabilities			**108,745**		**-**
Total net assets or liabilities			**108,745**		**-**
Funds of the charity					
Unrestricted income funds			51,374		-
Restricted income funds			57,371		-
Total funds			**108,745**		**-**

The notes on pages 26 to 35 form an integral part of these accounts.

These financial statements were approved by the Board on: 17/12/2021

and are signed on its behalf by: Mrs Barbara
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friends Action North East CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £51,374 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.4 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.6 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of training and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 **Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Computer and camera equipment	Straight line over four years
Office furniture	Straight line over four years

Exceptional Transfer

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**
6	**Transfer**	63,661	6,720	**70,381**
		63,661	6,720	**70,381**

As at 1 April 2020 the assets of Friends Action North East (charity number 1127153) were transferred to Friends Action North East CIO.

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	**Total 2020 £**
7	**Donations and legacies**				
	Donations and gifts	889	-	**889**	**-**
	Gift Aid	41	-	**41**	**-**
		930	-	**930**	**-**
8	**Charitable activities**				
	Income from grants				
	Henry Smith Charity	-	90,000	**90,000**	**-**
	County Durham Community Foundation	-	5,000	**5,000**	**-**
	Shears Foundation	-	6,000	**6,000**	**-**
	Tudor Trust	-	25,000	**25,000**	**-**
	Tudor Trust Wellbeing	-	2,000	**2,000**	**-**
	Northumbria Police	-	5,000	**5,000**	**-**
	HMRC CJRS	18,179	-	**18,179**	**-**
	RMS	2,000	-	**2,000**	**-**
	Well Newcastle Gateshead	889	-	**889**	**-**
	Other Small Grants	1,000	-	**1,000**	**-**
		22,068	133,000	**155,068**	**-**
9	**Other trading activities**				
	Fundraising events	1,327	-	**1,327**	**-**
	Other	4,000	-	**4,000**	**-**
		5,327	-	**5,327**	**-**

Income was £161,325 of which £28,325 was unrestricted or designated and £133,000 was restricted

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	**Total 2020 £**
10 ***Charitable activities***				
Direct costs				
Salary costs	37,688	56,364	**94,052**	**-**
Accommodation	-	7,763	**7,763**	**-**
Travel and volunteer expenses	16	232	**248**	**-**
Training, conference and events	-	30	**30**	**-**
Sessional Costs	1,990	1,739	**3,729**	**-**
Project Resources	1,123	9,307	**10,430**	**-**
Support costs				
Payroll fees	-	972	**972**	**-**
Insurance	-	815	**815**	**-**
Technical support website	-	374	**374**	**-**
General running costs	7	3,024	**3,031**	**-**
Depreciation / loss on disposal	136	577	**713**	**-**
Governance costs				
Independent examiner's fees for reporting on the accounts	-	804	**804**	**-**
	40,960	82,000	**122,960**	**-**

Expenditure on charitable activities was £122,960 of which £40,960 was unrestricted or designated and £82,000 was restricted

11 **Fees for examination of the accounts**

	2021 £	**2020 £**
Independent examiner's fees for reporting on the accounts	**804**	**-**
Other accountancy services paid to the examiner	**972**	**-**
	1,776	**-**

12 **Analysis of staff costs and the cost of key management personnel**

	2021 £	**2020 £**
Gross wages including employers NI	**94,052**	**-**
	94,052	**-**

No employee received remuneration above £60,000

The key management personnel of the charity, comprise the trustees and joint Project Managers. The total employee benefits of the key management personnel of the charity were £52,698.

13 **Staff numbers**

The average monthly head count was 3 staff and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employee's work	2021 Number	2020 Number
Charitable activities	**3.0**	**0.0**
	3.0	**0.0**

14 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme.The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £3,601. There was £325 outstanding as at 31 March 2021

16 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 **Tangible fixed assets**

	Computer & camera equipment	Office furniture	Total
	£	£	£
Cost			
Balance brought forward	-	-	**-**
Transfer from unincorporated entity	13,243	683	**13,926**
Additions	948	-	**948**
Disposals	-	-	**-**
Balance carried forward	14,191	683	**14,874**
Depreciation			
Basis	SL	SL	
Rate	25%	25%	
Balance brought forward	-	-	**-**
Transfer from unincorporated entity	11,065	683	**11,748**
Depreciation charge for year	713	-	**713**
Disposals	-	-	**-**
Balance carried forward	11,778	683	**12,461**
Net book value			
Brought forward	-	-	**-**
Carried forward	2,413	-	**2,413**

18 **Debtors and prepayments (receivable within 1 year)**

	2021	2020
	£	£
Prepayments	**585**	**-**
Other debtors	**137**	**-**
	721	**-**

19 **Cash at bank and in hand**

	2021	2020
	£	£
Cash at bank and in hand	**107,523**	**-**
Cash in hand	**221**	**-**
	107,744	**-**

20 **Creditors and accruals (payable within 1 year)**

	2021	2020
	£	£
Other creditors	**439**	**-**
Accruals	**1,695**	**-**
	2,133	**-**

21 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 **Analysis of charitable funds**

Analysis of movements in unrestricted funds

Unrestricted funds	**Transfer unincorporated Entity** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	47,402	10,146	(22,782)	349	**35,115**
Designated funds					
HSBC	13,251	-		-	**13,251**
The Esme Fairbairn Foundation	709	-		-	**709**
Big Lottery Fund Assets	2,300	-		-	**2,300**
HMRC CJRS	-	18,179	(18,179)	-	**-**
Totals	63,662	28,325	(40,960)	349	**51,375**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	
HSBC	Provided resources in earlier years for the development of the mentoring project and was used in year 5 of the project to take forward lessons learned from the practice of the project, to the development of the toolkit.

Analysis of movement in restricted funds

Restricted funds	Transfer Unincorporated Entity £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Big Lottery Awards for All	4,004	-	-	-	**4,004**
Henry Smith Charity	2,716	90,000	(57,925)	-	**34,791**
Durham Community Foundation	-	5,000	(178)	-	**4,822**
Shears Foundation	-	6,000	(4,000)	-	**2,000**
Tudor Trust	-	25,000	(15,246)	-	**9,754**
Tudor Trust Wellbeing	-	2,000	-	-	**2,000**
Northumbria Police	-	5,000	(4,651)	(349)	**-**
Totals	6,720	133,000	(82,000)	(349)	**57,371**

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Big Lottery Awards for All project 'Moving on Together'	To work with young people of transition age and their supporters to give them access to friend kit training and understand their needs and barriers around friendship. The findings will enable us to shape our training, resources and 1:1 mentoring to be more in-line around younger people's friendship needs and tackle some of the barriers around isolation, tech and digital safeguarding.
Henry Smith Charity	The running costs of the project including salaries, utilities, rent etc. and general overheads
Durham Community Foundation	This was awarded to deliver friend kit training and digital inclusion and Tech smart workshops as an outreach project into the County Durham areas
Shears Foundation	This grant is towards the 1:1 mentoring programme and digital outreach projects
Tudor Trust	The grant from Tudor Trust over 2 years was towards core salaries of the CIO working in the North East to help support people with additional needs to reduce social isolation and establish independent friendships using digital inclusion in this time of covid 19
Tudor Trust Wellbeing	This is a one off grant towards the health and wellbeing of all staff, volunteers and trustees to help mental health and wellbeing recovery post COVID-19
Northumbria Police COVID-19	This emergency covid-19 grant was awarded to support people with digital connections, internet access, devices and training to keep them connected and safe around the covid-19 emergency lockdown period.

Transfers between funds

	Reason for transfer	Amount £
Between unrestricted and restricted funds	Asset purchased from capital funds to be depreciated over 4 years	**349**

23 **Capital commitments**

As at 31 March 2021, the charity had no capital commitments (2020 -£nil)

24 **Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	**Total 2021 £**
Tangible fixed assets	491	1,922	**2,413**
Cash at bank and in hand	50,747	56,997	**107,744**
Other net current assets/(liabilities)	136	(1,548)	**(1,412)**
	51,375	57,371	**108,745**

25 **Guarantee**

There have been no guarantees given by the charity at 31 March 2021.

26 **Debt**

There is no debt outstanding which is owed by the charity and which is secured by an excess charge on any of the assets of the charity at 31 March 2021.

27 **Governing document**

The organisation is a Charitable Incorporated Organisation - Foundation registered on 07 March 2019 as a body corporate under part 11 of the Charities Act 2011.

FANE CIO full document YE 2021 - Signed

Final Audit Report 2021-12-20

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