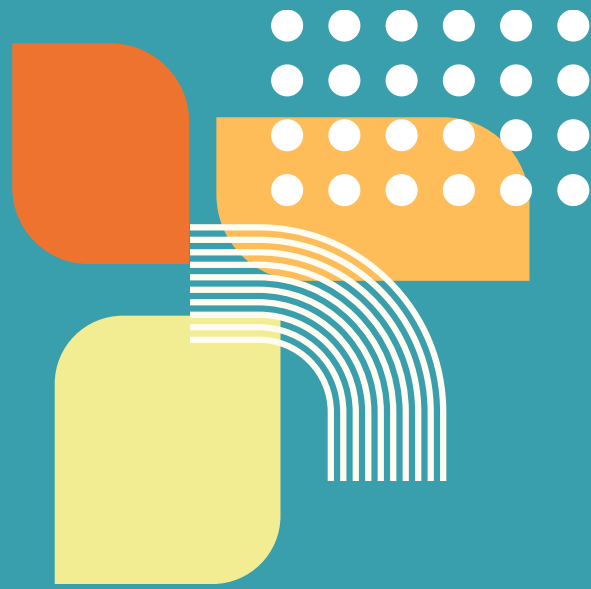


ANNUAL REPORT 2024/25

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.



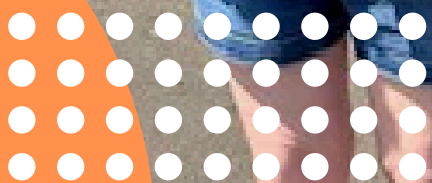
TEAM MESSAGE

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 incredibly 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



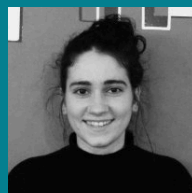
Lynn O'Brien
Volunteer
Coordinator



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

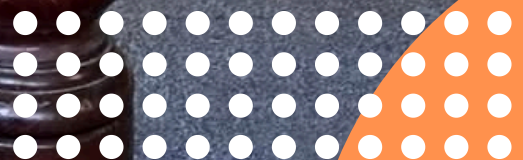


40

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.



Happy at Work
FREE EMPLOYMENT WORKSHOPS
for people with autism and learning difficulties.

If you're in paid work or volunteering these workshops are designed to provide you with the information you need to feel **CONFIDENT, COMFORTABLE and HAPPY** at work.

In these workshops we'll cover:

- What makes a happy workplace
- How to feel happy at work
- DOs and DON'Ts
- Professional boundaries
- Reasonable adjustments
- Asking for help

To book a **FREE** workshop, contact Keelie
keelie@friendsaction.co.uk
0191 231 4327 / 07932 959645

Community Foundation Friends Action North East Newcastle Building Society



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 each other 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.

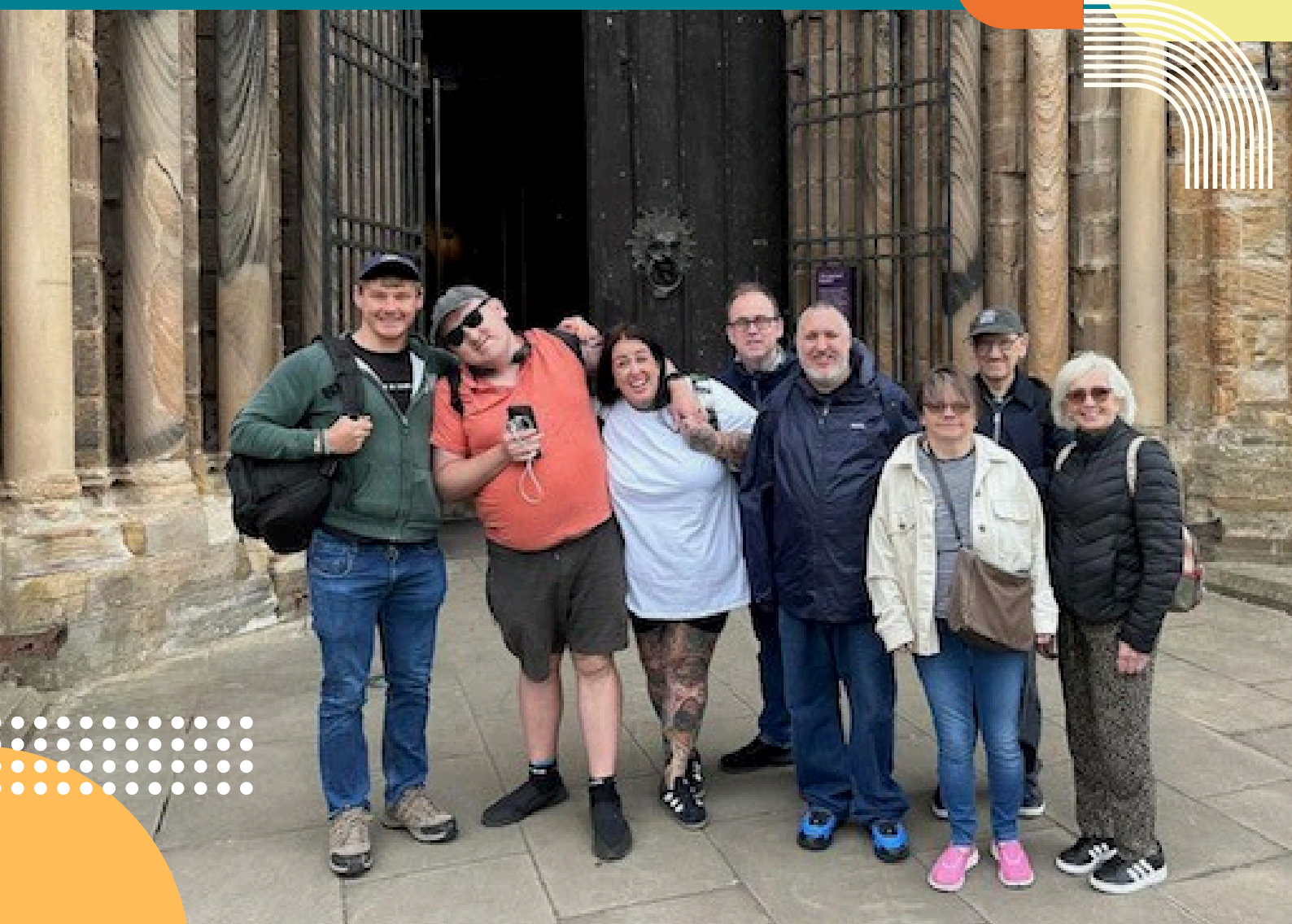
Steering Group

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 in 2026. 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 techniques that can be delivered with other charities and organisations.

We continue to work closely with Northumbria, universities recruiting volunteer friendship mentors for the project. We have a long running relationship with both institutions and this year is no exception. We have recruited some brilliant 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 Science in Finland. Maria Paavola is writing 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 proposal and we will meet with her and her tutors remotely in the new year to agree how we can work together effectively and set up an ethically approved contract.



Impact



**40 new applications
for 1:1 mentoring**



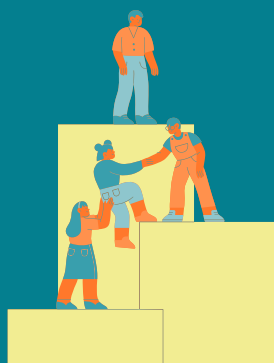
**116 people attended
training**



**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**

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 Financial 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 |



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.

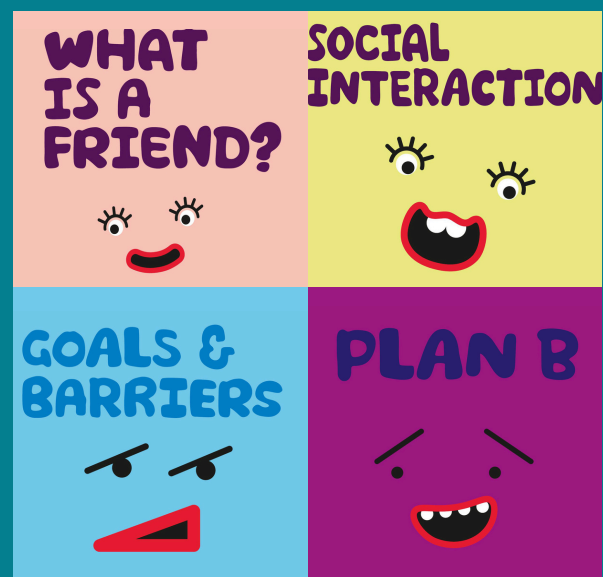
Each workshop focuses on a different part of friendship and takes you through fun activities, conversations, games, videos and other cool stuff. They provide you with the tools and resources needed to build a picture of your friendship goals and plans so you can work towards making and keeping friends.

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.

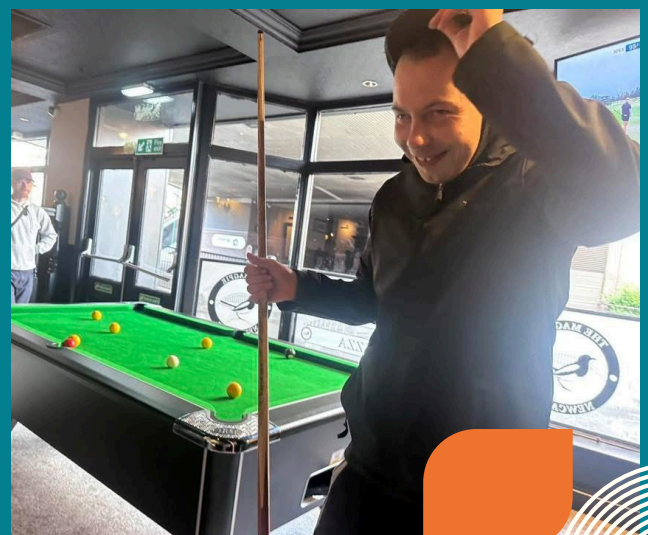
Without the support from our funders, community organisations and the wider community FANE would not be able to continue working for the people we support on a day to day basis. The impact of having opportunities to make meaningful friendships, learn new skills and feel valued can be life changing. Without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

Big
Thanks



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

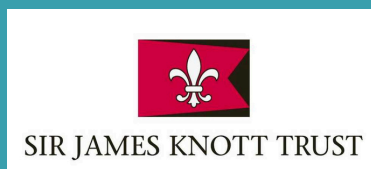
Phone: 0191 231 43 27

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





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

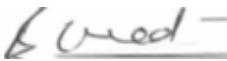
The trustees are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

For the year ended 31 March 2025

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| 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

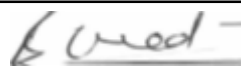
As at 31 March 2025

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



FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 |
|-----------|-----------------------------------|

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 |
| | <u>8,532</u> | <u>400</u> | <u>8,932</u> | <u>1,817</u> |
| 7 Charitable activities | | | | |
| <u>Income from grants</u> | | | | |
| 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 |
| | <u>59,000</u> | <u>105,582</u> | <u>164,582</u> | <u>82,843</u> |
| 8 Other trading activities | | | | |
| Fundraising events | 501 | - | 501 | - |
| Other | 5,760 | - | 5,760 | 16,815 |
| | <u>6,261</u> | <u>-</u> | <u>6,261</u> | <u>16,815</u> |

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)

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Analysis of expenditure on charitable activities

| | Unrestricted Funds £ | Restricted Funds £ | Total 2025 £ | Total 2024 £ |
|---|----------------------------|--------------------------|-----------------------|--------------------|
| 9 Charitable activities | | | | |
| <u>Direct costs</u> | | | | |
| 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 |
| <u>Support costs</u> | | | | |
| 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 | - |
| <u>Governance costs</u> | | | | |
| Independent examiner's fees for reporting on the accounts | 500 | - | 500 | 500 |
| | <u>57,405</u> | <u>96,652</u> | <u>154,057</u> | <u>149,443</u> |

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 | - |
| | <u>744</u> | <u>500</u> |

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 |
| | <u>109,430</u> | <u>98,612</u> |

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).

FRIENDS ACTION NORTH EAST CIO
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

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:

| | 2025 Number | 2024 Number |
|---|----------------|----------------|
| The parts of the charity in which the employee's work | | |
| 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.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 |

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

| | Fund balances brought forward £ | Incoming resources £ | Resources expended £ | Transfers £ | Fund balances carried forward £ |
|-------------------------------|---|----------------------------|----------------------------|----------------|---|
| Unrestricted funds | | | | | |
| 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

| | Fund balances brought forward £ | Incoming resources £ | Resources expended £ | Transfers £ | Fund balances carried forward £ |
|-------------------------------|---|----------------------------|----------------------------|----------------|---|
| Unrestricted funds | | | | | |
| 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

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

21 Analysis of charitable funds (*continued*)

Analysis of movement in restricted funds

For the year ending 31 March 2025

| | Fund balances brought forward £ | Incoming resources £ | Resources expended £ | Transfers £ | Fund balances carried forward £ |
|--|---|----------------------------|----------------------------|----------------|---|
| Restricted funds | | | | | |
| 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 |

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 |

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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) |
| | <u>39,939</u> | <u>64,558</u> | <u>104,497</u> | <u>78,778</u> |

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.