



MY BLACK DOG

Trustees' Report
and Unaudited Financial Statements
for the year ended 31 March 2023

Registered Charity Number 1182690

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

CHARITY INFORMATION

Name of the charity

My Black Dog

Patron

Eddy Temple-Morris

Trustees

Harry Owen, <i>Chairman</i>	(appointed October 2022)
Iain Bremner, <i>Treasurer</i>	
Emily Cherry, <i>Safeguarding</i>	
Leon Douch	(resigned October 2022)
Anita Guru, <i>Learning & Development and Wellbeing</i>	
James Mackeddie, <i>Volunteering & Fundraising</i>	
Alice Scutchey, <i>Events & Relationship Building</i>	(resigned August 2023)

Key management personnel

Niki Clarke	Chief Executive Officer	
Mark Glenister	Operations Associate	(resigned February 2023)
Lauren Rainer	Volunteer Manager	(appointed March 2023)

Principal office

My Black Dog
88/90 Baker Street
London
W1U 6TQ

Registered charity number

1182690

Bankers

CAF Bank Limited
25 Kings Hill Avenue
West Malling
Kent, ME19 4JQ

Accountants

Dales Evans & Co Limited
88/90 Baker Street
London, W1U 6TQ

Independent examiner

Geoffrey Frost
Blue Spire Limited
Cawley Priory
South Pallant
Chichester
West Sussex, PO19 1SY

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TRUSTEES' REPORT

The trustees have pleasure in presenting their annual report for the purposes of the Charities Act 2011, together with the accounts for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

STRUCTURE GOVERNANCE AND MANAGEMENT

My Black Dog is a registered charity constituted as a charitable incorporated organisation and registered as a charity 29 March 2019.

The power to appoint and remove Trustees is vested in the Trustees and exercised by resolution at a meeting of the trustees. The number of Trustees shall be not less than three nor more than seven. If the number of Trustees falls below the minimum the remaining Trustee or Trustees may only act to call a meeting of the Trustees, or appoint a further Trustee or Trustees.

On agreeing to become a trustee of the charity, the trustees are provided with copies of the latest constitution of the Trust and the latest annual report and accounts.

The Trustees are responsible for identifying and reviewing the major risks to which the Trust is exposed and confirm that, as far as is possible given the nature of the grant payments and locations to which they are made, arrangements have been established to mitigate those risks.

A list of Trustees is provided on Page 1, and on our website: <https://www.myblackdog.co/whos-in>.

Trustees serve for a term of three years from the date of appointment.

Each Trustee's term of office may be renewed for two further 3 years terms; subsequently the Trustee in question is required to resign but may apply for re-appointment after at least one year.

Trustee induction and training

Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

OBJECTIVES AND ACTIVITIES

The objective of the charity is:

To promote and protect the mental health of people suffering from enduring mental illness living in England and Wales, in particular, but exclusively by the provision of a supportive, online community platform to ease the suffering of mental illness and improve the lives of people suffering from enduring mental illness.

In determining the charity's activities, the trustees have had regard to the Charity Commission's guidance on public benefit.

Strategies for achieving objectives

The charity is focussed on:

Economy:

- of its own operations, to ensure that costs are appropriate for the charity to achieve its objectives
- of the funding for delivery of its volunteer online community platform to ensure that as many people as possible suffering mental illness in England And Wales can be supported

Efficiency:

- of the entire My Black Dog delivery chain as well as its own operations
-

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UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

ACHIEVEMENTS AND PERFORMANCE

Review of activities to-date

This is the fourth Annual Report of the Board of Trustees.

Background

Since 2019, the mission of My Black Dog has been to provide relief from suffering, improve the lives and aid the recovery of people suffering with mental health issues in England and Wales- to give support to those who need it most. My Black Dog, based in London, achieves this by providing an online peer-to-peer chat service for adults over 18, staffed by volunteers, that supports people with their mental health concerns via a supportive community platform. This service is unique as the only peer-to-peer mental health online chat function in the UK.

The uniqueness of this solution lies in the provision of instant messaging support by volunteers who themselves have suffered from mental health concerns. The service has great potential to be replicated at scale, as My Black Dog provides a volunteer mental health service that does not require an office, call centre or many other overhead costs to run. My Black Dog treats access to mental health support as an irrevocable right, not a privilege, and pursues greater equity in healthcare outcomes.

My Black Dog supported over 5,000 people in 2022.

It is not a crisis service and does not seek to replace mental health professionals and counselling, but rather to complement the services they offer. My Black Dog aims to reach those who are struggling with their mental health but who are not yet at crisis point, and do not have access to support from qualified professional: a huge number of people.

Achievements of My Black Dog

The Board of Trustees assesses staff (principally CEO and Volunteer Manager) against delivery of the Charity's objectives on a quarterly basis.

The Annual Review 2022-23 provides a summary of achievements

The main achievements in 2022/23 were:

Promotion and Communications

- Organic Instagram growth to over 5,000 followers.
- Regularly talked about on Virgin Radio by both Chris Evans and Eddy Temple-Morris.
- The Big Bash, a fundraiser held in March 2023 raised £85k for My Black Dog with the attendance of Sir Rod Stewart, Sir Jeffrey Archer, Chris Evans, Ricky Wilson and Gaby Roslin among others. We were featured twice in The Daily Mail and it raised the profile of My Black Dog significantly.
- Our third year at Car Fest as one of their charity partners. Their continued support of our organisation not only allows us annual guaranteed funds but also helps raise our profile through their marketing and media as Car Fest and as promoted on Virgin radio.

Operations

- Strengthening the staff base by hiring two more members of staff whose dual roles allow them to oversee the guest chats and assist with DBS checks, volunteer pastoral care and administration.
- Appointment of a new Chair of the Board, Harry Owen.

Development

Areas requiring further focus

We have secured some excellent fundraisers over this last year, however we need to do more to drive our own fundraising and specifically, events that can both raise funds and awareness.

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TRUSTEES' REPORT

Plans for April 2023 – March 2024

My Black Dog is now developing out of grass roots and into a known and respected organisation with proven results. We continue to develop and have the structure to support this.

Fundraising needs to be at the forefront of MBD's success. We have a two-fold challenge ahead in the cost of living crisis; one, we anticipate that fund will become more limited as people are unable to part with much needed living costs and two, we will be in further demand as this crisis will surely effect people's mental health. We need to capacitate growth in uncertain times with financial limits, and will need all of our resources to progress.

Development

- Volunteer meet-ups to encourage supportive peep relationships
- In person staff meetings to promote productivity and collegiality
- Appointing new members of the Board to bring expertise and guidance to the organisation
- Trustee induction and training needs to be developed with the Board taking a more active role within the organisation
- Ambassador relationships need to be considered along with Ambassador representation.

Key financial performance indicators

Our financial results are carefully reviewed by the Trustees, led by the Treasurer, at quarterly Trustee meetings. The key areas the Trustees focuses on are cash balances and profit from our trading activities.

Factors relevant to achieve objectives

- Cost control, in particular the margins on our trading activities, salary costs and sub-contractor costs
- Ability to identify and source new fundraising opportunities and to be able to deliver within operational capabilities of the charity.
- Annual partnerships for reliable funding streams

FINANCIAL REVIEW

Results for the period

During the year the charity received donations amounting to £198,053 (2022: £269,801), and bank interest of £228 (2022: £nil) giving total income £198,281 (2022: £269,801). Expenditure totalled £236,426 (2022: £169,973), giving an overall net deficit for the period was £38,145 (2022 surplus: £99,828).

The key sources of funds for the Charity are the receipt of funds from various fundraising events held throughout the year which the charity participates in, including and most materially, CarFest. Participation in CarFest in 2022 provided a significant proportion of the charity's income for the period.

The Charity currently has unrestricted reserves, being unrestricted funds not represented by fixed assets, of £149,170 as at balance sheet date.

The Trustees are satisfied that the charity's assets are available and adequate to fulfil its obligations in relation to those funds.

The Trustees have put in place a Reserves policy for 2023/24 period (see below) to reflect the growth of the charity and its obligations to its staff.

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Reserves policy

The Trustees have the objective of maintaining sufficient reserves to offset any liabilities that should be incurred in the event that the charity would need to be wound up; redundancy costs of staff, rental costs of office space during the closure of the Charity and other on-going liabilities such as pension contributions and supplier costs. The Trustees believe that funds (unrestricted and restricted) of £162,255 will be sufficient to cover our current commitments and to meet all costs associated with a downturn in our activities and a potential winding up of the charity.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Volunteers

The Charity is comprised of a volunteer base that drives the organisation as a peer to peer service. The volunteers operate the daily function of the Charity goals. The Charity uses the Board of Trustees as advisors in voluntary role.

Management remuneration

Management remuneration is reviewed by the Trustees on at least an annual basis and decisions taken are ratified accordingly.

Fundraising

Although we do not actively fundraise from the public and we have not used any professional fundraisers in the year, the public can donate via our website and via Amazon Smile and we are registered with the Fundraising Regulator.

Risk management

The Trustees have assessed the financial risk management objectives and policies of the Trust. The exposure of the Trust to price risk, credit risk, liquidity risk, and cash flow is considered not material for the assessment of the assets, liabilities, financial position and surplus of the Trust.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

The law applicable to charities in England & Wales requires the trustees 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 of the charity for that period. In preparing these 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 and estimates 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.

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

APPOINTMENT OF AN INDEPENDENT EXAMINER

The charity fell below the threshold for audit in respect of the year under review and appointed Geoffrey Frost of Blue Spire Limited as examiner of the charity.

Approved by the trustees and signed on their behalf.

Emily Cherry

Trustee

Date 23 January 2024

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

INDEPENDENT EXAMINER'S REPORT

Independent Examiner's Report to the Trustees of My Black Dog

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 8 to 16.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 no concerns and 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



Geoffrey Frost BSc(Hons) FCA
Blue Spire Limited, Statutory Auditor
Cawley Priory
South Pallant
Chichester
West Sussex
PO19 1SY

Date 23 January 2024

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	2022 Total Funds £
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	1	167,753	30,300	198,053	269,801
Investment Income	2	228	-	228	-
Total		<u>167,981</u>	<u>30,300</u>	<u>198,281</u>	<u>269,801</u>
EXPENDITURE ON:					
Raising funds	3	5,283	-	5,283	2,186
Charitable activities	4	211,979	19,164	231,143	167,787
Total		<u>217,262</u>	<u>19,164</u>	<u>236,426</u>	<u>169,973</u>
Net income/expenditure)		(49,281)	11,136	(38,145)	99,828
Transfers between funds	10	-	-	-	-
Net movement in funds		<u>(49,281)</u>	<u>11,136</u>	<u>(38,145)</u>	<u>99,828</u>
RECONCILIATION OF FUNDS					
Total funds brought forward (restated)	9,10	199,420	980	200,400	100,572
Total funds carried forward	9, 10	<u>150,139</u>	<u>12,116</u>	<u>162,255</u>	<u>200,400</u>

None of the charity's activities were acquired or discontinued during the above two financial years.

The charity has no recognised gains or losses other than those dealt with in the statement of financial activities.

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

BALANCE SHEET AS AT 31 MARCH 2023

		2023		2022	
	Note	£	£	£	£
FIXED ASSETS					
Tangible fixed assets	7	<u>969</u>	969	<u>-</u>	-
CURRENT ASSETS					
Cash at hand and in bank		<u>174,072</u>		<u>204,254</u>	
Total current assets		<u>174,072</u>		<u>204,254</u>	
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	8	<u>12,786</u>		<u>3,854</u>	
Net current assets/(liabilities)			161,286		200,400
Net assets/(liabilities)			<u>162,255</u>		<u>200,400</u>
THE FUNDS OF THE CHARITY					
Restricted funds	9, 10		12,116		980
Unrestricted funds	9, 10		150,139		199,420
Total charity funds			<u>162,255</u>		<u>200,400</u>

The accompanying notes form part of the financial statements

Approved by the trustees and signed on their behalf

Emily Cherry

Trustee

Date 23 January 2024

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTING POLICIES

General information, scope and basis of the financial statements

My Black Dog is an charity constituted as a Charitable Incorporated Organisation. The address of the principal office is given in the reference and administrative details section and the nature of the charity's operations and principal activities are given in the trustees' report.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following expenditure headings:

- Raising funds; these include costs of fundraising and events.
- Charitable activities; these include grants to third parties and the costs of administering the charity inclusive of governance costs.

Grants payable to third parties are within the charitable objectives. Where unconditional grants are offered, this is accrued as soon as the recipient is notified of the grant, as this gives rise to a reasonable expectation that the recipient will receive the grants. Where grants are conditional relating to performance then the grant is only accrued when any unfulfilled conditions are outside of the control of the charity.

Support and governance costs are those that assist the work of the charity but do not directly represent charitable activities. They are incurred directly in support of expenditure on the objects of the charity. Governance costs are those incurred in the governance of the charity and primarily associated with the constitution and statutory requirements.

VAT

The charity is not registered for VAT and is unable to recover VAT incurred. On this basis costs are recorded inclusive of VAT within the SOFA.

Taxation

The charity is considered to pass the tests set out in sections 521 to 536 Income Tax Act 2007 (ITA 2007), as such no income tax is payable on the charity's activities.

Fixed Assets Policy Notes

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Fixtures, fittings & equipment	- 25% per annum on cost.
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MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTING POLICIES

Debtors receivable and creditors payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalents

Cash and cash equivalents includes cash at bank and in hand.

Fund accounting

Unrestricted general funds are incoming resources receivable or generated for use in furtherance of the general objects of the charity without restriction.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in note 8 of these financial statements.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

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UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE FINANCIAL STATEMENTS

1. Donations and legacies

	Income Funds £	Restricted Funds £	2023 Total Funds £	Income Funds £	Restricted Funds £	2022 Total Funds £
Donations	162,541	30,300	192,841	268,301	1,500	269,801
Gift Aid	5,212	-	5,212	-	-	-
	<u>167,753</u>	<u>30,300</u>	<u>198,053</u>	<u>268,301</u>	<u>1,500</u>	<u>269,801</u>

2. Investment Income

	Income Funds £	Restricted Funds £	2023 Total Funds £	Income Funds £	Restricted Funds £	2022 Total Funds £
Interest Income	228	-	228	-	-	-
	<u>228</u>	<u>-</u>	<u>228</u>	<u>-</u>	<u>-</u>	<u>-</u>

3. Fundraising

	Income Funds £	Restricted Funds £	2023 Total Funds £	Income Funds £	Restricted Funds £	2022 Total Funds £
Fundraising costs	5,283	-	5,283	2,186	-	2,186
	<u>5,283</u>	<u>-</u>	<u>5,283</u>	<u>2,186</u>	<u>-</u>	<u>2,186</u>

MY BLACK DOG

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE FINANCIAL STATEMENTS

4. Charitable activities

	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £
Charitable content	1,730	-	1,730	2,500	-	2,500
Merchandise and advertising	56,118	-	56,118	22,231	520	22,751
Printing, postage and stationery	403	-	403	361	-	361
Telephone, internet and website	-	-	-	2,156	-	2,156
Accountancy fees	8,774	-	8,774	5,360	-	5,360
Wages and salaries	111,635	19,164	130,799	101,678	-	101,678
Travel and subsistence	3,523	-	3,523	1,528	-	1,528
Training costs	1,000	-	1,000	-	-	-
Subscriptions	2,550	-	2,550	2,105	-	2,105
Bank and other similar charges	1,092	-	1,092	399	-	399
Consultancy	12,120	-	12,120	1,362	-	1,362
Other expenses	827	-	827	30	-	30
Equipment costs	-	-	-	503	-	503
Website and platform costs	1,626	-	1,626	23,175	-	23,175
Office space	1,756	-	1,756	2,199	-	2,199
Depreciation for computer equipment	323	-	323	-	-	-
Storage	46	-	46	-	-	-
Insurance	5,696	-	5,696	-	-	-
IT software and consumables	1,080	-	1,080	-	-	-
Governance costs:						
Independent examiner's fees	1,680	-	1,680	1,680	-	1,680
	<u>211,979</u>	<u>19,164</u>	<u>231,143</u>	<u>167,267</u>	<u>520</u>	<u>167,787</u>

5. Independent auditor's and examiner's fees

	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £
Examiner's fees - examination	<u>1,680</u>	<u>-</u>	<u>1,680</u>	<u>1,680</u>	<u>-</u>	<u>1,680</u>

6. Staff costs and related party transactions

	2023 Total Funds £	2022 Total Funds £
Gross wages	121,704	94,475
Employer's national insurance costs (net of employment allowance)	6,825	5,230
Pension costs	<u>2,270</u>	<u>1,973</u>
	<u>130,799</u>	<u>101,678</u>
	2023	2022
Staff numbers:		
Average head count	<u>4.92</u>	<u>3.25</u>

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UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE FINANCIAL STATEMENTS

6. Staff costs and related party transactions (continued)

There were no employees who received employee benefits (excluding employer pension contributions) of more than £60,000 during the year under review or the comparative year.

The charity's key management personnel, detailed on page 1 of these financial statements, received employee benefits amounting to £94,458 (2022: £84,135) consisting of salaries and employer pension contributions.

Travel and subsistence expenses amounting to £837 were reimbursed to and paid on behalf of the charity's key management personnel during the year (2022: £1,315).

None of the charity's trustees were remunerated nor received any other benefits from an employment with the charity or a related entity during the year under review or the comparative year.

None of the charity's trustees received nor had any expenses paid on their behalf during the year under review or the comparative year.

No donations were received from the charity's trustees with or without conditions attached.

There are no other related party transactions which require disclosure in these financial statements.

7. Tangible fixed assets

	Computer equipment £	Total £
<i>Cost</i>		
At 1 April 2022	-	-
Additions	1,292	1,292
Disposals	-	-
At 31 March 2023	<u>1,292</u>	<u>1,292</u>
<i>Depreciation</i>		
Accumulated at 1 April 2022	-	-
Charge for the year	323	323
On disposals	-	-
At 31 March 2023	<u>323</u>	<u>323</u>
Net book value at 31 March 2023	<u>969</u>	<u>969</u>
Net book value at 31 March 2022	<u>-</u>	<u>-</u>

8. Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	7,823	2,174
Accruals	4,963	1,680
	<u>12,786</u>	<u>3,854</u>

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UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE FINANCIAL STATEMENTS

9. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £
Non-current assets	969	-	969	-	-	-
Current assets	161,956	12,116	174,072	203,274	980	204,254
Current liabilities	(12,786)	-	(12,786)	(3,854)	-	(3,854)
	<u>150,139</u>	<u>12,116</u>	<u>162,255</u>	<u>199,420</u>	<u>980</u>	<u>200,400</u>

10. Net movement in funds

Year ended 31 March 2023					
	Total funds brought forward £	Total incoming resources £	Total resources expended £	Transfers between funds £	Total funds carried forward £
Restricted funds - Marketing	980	-	-	-	980
Restricted funds - Operations Manager	-	5,000	(5,000)	-	-
Restricted funds - Chat line and management	-	10,000	(8,298)	-	1,702
Restricted funds - Shift Manager	-	10,000	(5,866)	-	4,134
Restricted funds - Training of Volunteers	-	5,300	-	-	5,300
	<u>980</u>	<u>30,300</u>	<u>(19,164)</u>	<u>-</u>	<u>12,116</u>
Unrestricted funds	199,420	167,981	(217,262)	-	150,139
	<u>200,400</u>	<u>198,281</u>	<u>(236,426)</u>	<u>-</u>	<u>162,255</u>

Year ended 31 March 2022					
	Total funds brought forward £	Total incoming resources £	Total resources expended £	Transfers between funds £	Total funds carried forward £
Restricted funds - Marketing	-	1,500	(520)	-	980
Unrestricted funds	100,572	268,301	(169,453)	-	199,420
	<u>100,572</u>	<u>269,801</u>	<u>(169,973)</u>	<u>-</u>	<u>200,400</u>

Description of funds

Restricted funds - Marketing
 Restricted funds - Operations Manager
 Restricted funds - Chat line and management
 Restricted funds - Shift Manager
 Restricted funds - Training of Volunteers

Funds received to support advertising of the charity on social media.
 Funds received to support paying salary and costs of Operations Manager.
 Funds received to support the management of the Chat Line.
 Funds received to support paying salary and costs of Shift Manager.
 Funds received to support training of volunteers.

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UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE FINANCIAL STATEMENTS

11. Comparative statement of financial activities

	Note	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	1	268,301	1,500	269,801
Total		<u>268,301</u>	<u>1,500</u>	<u>269,801</u>
EXPENDITURE ON:				
Raising funds	3	2,186	-	2,186
Charitable activities	4	167,267	520	167,787
Total		<u>169,453</u>	<u>520</u>	<u>169,973</u>
Net income/expenditure)		98,848	980	99,828
Transfers between funds	10	-	-	-
Net movement in funds		<u>98,848</u>	<u>980</u>	<u>99,828</u>
RECONCILIATION OF FUNDS				
Total funds brought forward (restated)	9,10	100,572	-	100,572
Total funds carried forward	9, 10	<u>199,420</u>	<u>980</u>	<u>200,400</u>