

REGISTERED CHARITY NUMBER: 1187761

REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st December 2023

FOR FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

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FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

REPORT OF THE TRUSTEES **FOR THE YEAR TO 31st DECEMBER 2023**

The trustees present their report with the financial statements of the charity for the year to 31st December 2023. The trustees have adopted the provisions of FRS 102 and the Charities SORP FRS 102 issues on 16 July 2014.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1187761

Principal address

Friends of the Anxiety Disorders Residential Unit
Bethlem Royal Hospital
Dower House
Monks Orchard Road
Beckenham
BR3 3BX

Trustees

Prof David Veale (Chair)
Ms Lisa Williams (Treasurer)
Dr Robert Medcalf
Mr Keith Clapson
Mr Joel Oliver
Lynda Bevan
Jeremy Lock
Elizabeth Hoogland
Helene Lomenech
Benjamin John Hicks

The following trustee resigned on 5th July 2023
George James Yianni

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a Charitable Incorporated Organisation with voting members other than its Charity Trustees, constituted under an "Association" Model Constitution and is a Registered Charity, number 118776.

Recruitment and appointment of new trustees

It may become necessary to look for individuals with an interest in the aims and objectives of the trust and approach them to become a trustee. A new trustee would be provided with a copy of the trust deed and have a meeting with the existing trustees to explain the aims and objectives of the trust.

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

REPORT OF THE TRUSTEES **FOR THE YEAR TO 31st DECEMBER 2023**

Organisational structure

The trustees meet at least three times a year, during which the trustees agree the broad strategy and areas of activity for the Trust, including consideration of fund-raising activities, investment, reserves and performance.

Risk management

The trustees have reviewed all major risks to which the charity is exposed, and systems have been established to mitigate these risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity has a specific purpose to benefit residents at the Anxiety Disorders Residential Unit at the Bethlem Royal Hospital, Beckenham, Kent. It may also assist in the training and education of staff at the unit. We raise funds by donations and from charitable trusts. The objectives are to utilise funds within the charity.

Grantmaking

The trustees regularly discuss projects and consider areas to support by way of grant payments.

FINANCIAL REVIEW

Reserves policy

The Charity currently has free reserves equal to the value of the Charity's unrestricted funds.

Investment policy and objectives

The Trust's current investment strategy is to hold all monetary assets with our bank, using short-term fiduciary placements to maximise interest received on deposits held.

During the year ended 31st December 2023 FADRU received voluntary unrestricted income of £6,912 and restricted income of £0. A loan of £1,000 and payments of £300 (Total £1,300) is outstanding from Professor Veale.

The charity expended £7,123 on charitable and governance activities for restricted projects and £ 3,290 on unrestricted projects which made a total of £10,413 resulting in an overall surplus of £7,328

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

REPORT OF THE TRUSTEES FOR THE YEAR TO 31st DECEMBER 2023

The Friends of ADRU has had a successful year opening the Guts Café for hospital staff and patients to purchase snacks and coffee. Our long-term goal is for the allotment and Bethlem walled garden to provide produce for the GUTS café and the unit.

TRUSTEES RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Report of 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 law applicable to charities in England and Wales requires 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 those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are responsible and prudent;
- state whether applicable accounting standards have been followed, subject to any 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 business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to 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.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of internal control across the entire organisation. The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

REPORT OF THE TRUSTEES FOR THE YEAR TO 31st DECEMBER 2022

A major part of FADRU has been the development of the GUTS café. This year has been a transformational one for the café. With innovation at the forefront of our strategy the cafe's mission to promote the link between gut healthy and mental health, to offer our patients a real life vocational experience and challenge their contamination fears is now fully in motion. There have been a number of developments in 2023 which has seen the project described as a 'gem' by Shorayi Nyamupanda, Service Director at SLAM NHS Trust.

Highlights in 2023 include:

- Creation of a Zettle payment system which has allowed the cafe to trade in earnest and begin to offer a wide range of gut healthy foods.
- The Guts CAfe staff team were trained in advanced barista skills by our roastery partners Extract Coffee, enabling them to offer high level training to patients
- ADRU patients who have engaged with the cafe now receive barista and baking certificates which can be used in job applications and CVs
- The cafe has catered for numerous SLAM events including the Long Service Awards, Commemorative services and staff away days
- Guts has built a reputation for serving the best coffee on the Bethlem site thus encouraging people to drink organic and gut healthy coffees
- There were a number of client visits to Extract Coffee's roastery in Bristol and their training centre in London Bridge
- Partnership developed with Fingals Sourdough Bakery

Most importantly, many patients have fed back that the cafe was a hugely significant part of their treatment and recovery in 2023. We have had a number of clients report that the confidence they have gained from working at Guts while a resident has enabled them to engage more successfully with the world of work on leaving us. The addition of certification has certainly helped with this. The customer service element has also been significant in helping those with social anxiety or those who have been isolated for a long time due to their condition.

2023 has been truly a year of launch and rapid expansion for this unique project. There is a strategic review in progress for 2024 which will see the café become mobile and enable the project to delve deeper and wider impact for our patients and all SLAM staff.

Vision statement:

Gut health is incorporated into every level of mental health provision across the NHS.

Objectives:

1. To give every resident the opportunity to learn new vocational and interpersonal skills they can utilise post-ADRU
2. To promote Gut health across the NHS as an essential part of mental health provision
3. To enable residents with anxiety disorders to challenge their fears, blocks and resistances through public facing roles, baking and barista training
4. To uphold a very high standard and affordable range of gut healthy products

In addition, FADRU also supports an allotment outside the unit for growing vegetables. This provides valuable occupational therapy for residents. The produce is then used to prepare food in the Guts café. We have plans to erect a fruit cage and hope to raise funds to build a greenhouse.

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

Statement as to Disclosure of Information to the Independent Examiner

The trustees of the charity who held office at the date of approval of this report confirm that, so far as they are each aware, there is no relevant information of which the Independent Examiner is unaware and each trustee has taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant information and to establish that the Independent Examiner is aware of that information.

No members have required the charity to obtain an audit of its accounts for the year in question in accordance with The Charities Act 2011 sec. 144(1)(audit). The trustees acknowledge their responsibility for:

- a) ensuring the charity keeps accounting records which comply with the Charities SORP (FRS 102); and
- b) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of its financial year and of its surplus or deficit for the financial year which comply with the requirements of the Charities SORP (FRS 102) relating to accounts, so far as applicable to the charity.

Related parties

The charity has no related parties, other than as disclosed in the notes to the financial statements. Approved by order of the board of trustees on 6th August 2024 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'David Veale', with a long horizontal flourish extending to the right.

Professor David Veale - Trustee

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR TO 30th DECEMBER 2023

	2023		
	Unrestricted fund	Restricted fund	TOTAL
INCOMING RESOURCES			
Voluntary income	£ 7,912	£ 9,829	£17,741
	<hr/>	<hr/>	<hr/>
RESOURCES EXPENDED			
Charitable Activities	£ 3,290	£ 7,123	£10,413
	<hr/>	<hr/>	<hr/>
NET INCOMING RESOURCES	£ 4,622	£ 2,706	£7,328
TOTAL FUNDS CARRIED FORWARD	£ 4,622	£ 2,706	£7,328
	<hr/>	<hr/>	<hr/>

Continuing operations

All income and expenditure has arisen from continuing operations.

FRIENDS OF THE ANXIETY DISORDERS RESIDENTIAL UNIT

BALANCE SHEET

AT 30th December 2023

2023

CURRENT ASSETS

Cash at bank	£ 7,328
Prepayments and Debtors	£ 1,300
	<hr/>
	£ 6,028

CREDITORS

Amounts falling within one year	£ 0
	<hr/>

NET CURRENT ASSETS	<hr/>
	£ 6,028
	<hr/>

TOTAL ASSETS LESS CURRENT LIABILITIES	£ 6,028
	<hr/>

NET ASSETS	<hr/>
	<u>£6,028</u>
	<hr/>

FUNDS

Restricted funds	£ 2,706
Unrestricted funds	£ 3,322
	<hr/>
TOTAL FUNDS	<u>£ 6,028</u>
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The financial statements were approved by the Board of Trustees on 16th July 2024 and were signed on its behalf by:



Prof David Veale - Trustee

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR TO 31st December 2022

ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to the financial statements. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Foundation constitutes a public benefit entity as defined by FRS 102.

Exemption from preparing a cash flow statement

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Incoming recognition Voluntary Donations

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Expenditure recognition

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Governance costs

These comprise the costs of running the charity.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed. There is a restricted fund in respect of Lottery Fund. This fund was to be used specifically on setting up a Guts café project.

Unrestricted funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects, which include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.