

**THE CAMBRIDGE FRIENDSHIP TRUST
OPERATING AS: LYN'S HOUSE CAMBRIDGE**

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023**

**REGISTERED CHARITY No 1187876
REGISTERED COMPANY No CE020646**

**THE CAMBRIDGE FRIENDSHIP TRUST
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2023**

The Trustees' Report

The Trustees present their report with the financial statements of the Charitable Incorporated Organisation for the year ended 31 August 2022. The financial statements have been prepared in accordance with the accounting policies set out in the notes to the financial statements and comply with the charity's trust deed, applicable law and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities 2019 and the Companies Act 2006.

Registration as a Charity

The Cambridge Friendship Trust was incorporated as a Charitable Incorporated Organisation and registered with the Charity Commission for England and Wales on 11 February 2020 with the registration number 1187876. The registration with Companies House has the reference CE020468.

Charitable Objects

The Cambridge Friendship Trust works to relieve the needs of those with learning disabilities by supporting a community in Cambridge inspired by the ethos of the International Federation of L'Arche Communities offering friendship and hospitality to people with learning disabilities and fostering and supporting academic research and disseminating all useful results.

Who We Are

The Cambridge Friendship Trust (operating as Lyn's House) is a community of people with and without intellectual disabilities. We seek to build mutually transforming relationships within an atmosphere of friendship and acceptance. Christian faith shapes our ethos and our life together, and we are committed to finding ways to articulate and express what that means for all of us, as people of widely differing intellectual abilities. While we celebrate our Christian identity, we are open to people of all faiths and none. We recognise and value the gifts and presence of each person.

Structure, Governance and Management

The operation of the Charitable Incorporated Organisation is governed by its Foundation Document. As a charity registered with the Charity Commission for England and Wales, HM Revenue Customs have recognised the charity for tax purposes. Since the charity only uses its funds for charitable purposes no taxation is then payable on the income or gains. The overall responsibility for the operations of the Charitable Incorporated Organisation and its finances is with the Trustees.

Trustees

The Trustees who have served during the year and subsequently are:

Professor David Ford

Mrs Barbara Bennett

Miss Anna Caffell - appointed 1 September 2023

Revd Deborah Ford

Mrs Judith Gardom

Revd Anna Jones - appointed 1 September 2023

Mr William McVey

Mr Jonathan Young

Appointment and Training of Trustees

The power to appoint and remove Trustees is vested with the Trustees. Under the terms of the Foundation Document there shall not be less than three, and not more than twelve, Trustees. Trustees are each appointed for a period of three years. On appointment each Trustee receives copies of the principal constitutional and policy documents of the Trust, with current and forward financial planning information. Trustees are provided with regular updates of relevant information from the Charity Commission and other relevant sources.

Achievements and Performance

The reporting period covers the continuing emergence from the period of global Covid 19 pandemic (30 January 2020 – 5 May 2023) and increasing return to in person meetings, which has involved careful monitoring and oversight in relation to the activities and work of Lyn's House.

Mindful of the additional risks to people with forms of intellectual disabilities, and (in consultation with our members with intellectual disabilities, their families, carers, and other similar charitable organisations), have taken a cautious approach, balancing benefits with risks. We have also provided clear and accessible information about risks, mitigation, and safe practice. Since online life can be particularly challenging for people with learning disabilities, we have gradually returned to in person meetings whenever possible.

The severe strain the pandemic placed on members has continued to emerge – especially for those already suffering with anxiety and feeling social isolated.

Trustees continue to monitor and make decisions about the safety and need for in person meetings. The Trustees have developed their membership and elected two new trustees to start their terms in Oct 2023.

During this reporting period, the Trustees have also been responsible for navigating and managing arrangements and anxiety in relation to the transfer of ownership of our rental accommodation.

Aims and Objectives

Lyn's House is the operating name of the Cambridge Friendship Trust. Lyn's House was founded in consultation with people with intellectual disabilities and their families in the Cambridge area. It gained charitable status (as the Cambridge Friendship Trust) in 2020.

Social isolation and stigma persist for people with intellectual disabilities. Mencap documents their impact, despite a shift to community-based care models. 2019 research by the charity 'WAVE for Change' shows the importance of contact in reducing negative attitudes and isolation but demonstrates that people with and without intellectual disabilities rarely meet outside a social-care or family setting.

Lyn's House was founded in 2013 not as a care provider but as a community of friendship for people with and without intellectual disabilities, with a focus on people in their 20s and 30s. It has links with the University of Cambridge and many of its members are also members of the university.

Lyn's House seeks to counter the social isolation and stigmatisation of people with intellectual disabilities. But perhaps more importantly, it fosters *mutual* enrichment and benefit in friendship among people of differing abilities. The experience of being valued for who they are in Lyn's House has been important for people with intellectual disabilities, but equally meaningful for staff and students living and working in the success-driven environment of a modern university.

A small, residential community of young adults without intellectual disabilities forms part of the wider Lyn's House community. Each year, three individuals commit themselves to intentional Christian community, and to participation in the life and community of Lyn's House - particularly in developing mutually enriching relationships with young people of their own generation who have intellectual disabilities.

The core events of Lyn's House are designed to fulfil our aims by enabling young people to meet and spend time with each other in a safe and supported space, and to grow in mutual understanding and appreciation. We have sought to develop the kinds of activities which are natural ways that groups of friends would spend time together. These events are planned and monitored in detail by a Steering Group.

Core events

- **Fortnightly meals for small groups of young people**
Small groups of people in their 20s and 30s meet to cook and eat together, to pray and to socialise in a relaxed atmosphere of friendship and mutual hospitality. The groups remain consistent across a whole year - and longer when possible - to allow relationships to grow and develop.
- **Monthly tea parties**
All members of the Lyn's House community are invited to share food and socialise in an informal atmosphere. Family members are also welcomed to these larger gatherings, which have become an important point of support and connection for the families and friends of those members of Lyn's House with intellectual disabilities.
- **Prayer**
We continue to develop forms of praying which support faith and Christian life in ways meaningful and accessible to people of all intellectual abilities.
- **Additional *ad hoc* events**
In the current reporting period, these included outings, film nights, craft sessions, Christmas parties etc, and take place throughout the year. Also the annual visit at the invitation of Pembroke College, Cambridge to their Advent Carole service and formal meal with the college community in December 2021.
- **Induction, support and training**
We provide these for young adults without intellectual disabilities who participate in the Lyn's House community in a variety of ways.
In so doing, we help non-disabled young adults to engage with their peers who have intellectual disabilities in ways which are respectful, mutual and safe. We also foster reflection and learning, helping them to value the presence and contribution of people with intellectual disabilities and to communicate this in other settings.
- **Outreach**
Lyn's House seeks opportunities to communicate our work, and the value and gifts of people with intellectual disabilities, across a growing network of churches, colleges, student groups and supporters around Cambridge and beyond.

Developing the academic dimension of our charitable purposes

The Trustees plan a feasibility study for a funded project to research how people experience belonging to the community and its impact on their lives and faith, and to build on and share the findings with other potential beneficiaries. A core commitment is that the community of Lyn's House will be participants in, rather than objects of this research, which will mean developing research tools and methods appropriate for people of differing intellectual abilities.

We have also identified potential collaborative partners for this work: the Von Hügel Institute in St Edmund's College, Cambridge; The University of Notre Dame Global Gateway, Rome; The L'Arche Community, Rome; and The University of Aberdeen's Centre for Spirituality, health and Disability.

Public Benefit

The Trustees, in setting the objectives, have had due regard to the public benefit guidance issued by the Charity Commission.

The key public benefit Lyn's House provides is the relatively unique opportunity for young adults with intellectual disabilities to meet and form friendship groups with others of their own age - who are not members of their family or carers, nor exclusively other young adults with intellectual disabilities.

During the period of this report, the activities of Lyn's House have provided a benefit to 14 individuals with an intellectual disability as well as to their families and friends.

Lyn's House provides additional benefits to members of our community who do not have an intellectual disability, and to wider society within Cambridge and beyond (during this period, at least 15 volunteers were involved on a regular basis – many of them students at Cambridge University or young professionals living and working within Cambridge).

People with intellectual disabilities, and their contribution, are often not visible. The work, activities and outreach of Lyn's House aim to increase the visibility of people with intellectual disabilities and the understanding and valuing of their gifts.

The ongoing promotion and circulation of our publication *A Kind of Upside-Downness* (Jessica Kingsley, 2019) continues to contribute to this wider dimension of public benefit.

Financial review

Much effort was devoted to further fundraising during this year. Generous donations totalling £33,985 (2022:£17,569) were received from institutions and personal supporters within and beyond Cambridge. As a result, a greater range and number of social activities and events were held in this year, at a cost of £5,349 (2022:£3,300).

Property costs, including rent and depreciation, together with Governance costs, totalled £12,377 for the year (2022:£12,455).

The result in the Unrestricted Fund was a surplus for the year of £16,260 (2022:£1,814).

Unrestricted Fund reserves carried forward at 31 August 2023 thus increased to £19,316 (2022:£3,056).

In August 2023 a most generous donation of £67,689 was received towards the initial funding of the 'Growing in Friendship' academic project (described above). No costs were incurred before the 31 August 2023, and the entire balance of £67,689 has been carried forward as a Designated Fund.

The contractual arrangement with the University of Aberdeen requires the first instalment payment of a proportion of fees for the academic year 2023-24, to be made in the early part of 2024.

Further funding is being sought by the Trustees to support the work beyond the academic year 2023-24.

Free reserves at 31 August 2023 were £18,567.

Post-Balance sheet events

As noted above, fundraising activity by the trustees has been increased with a markedly positive effect.

The 'Growing in Friendship' academic project has been started in conjunction with the University of Aberdeen.

During 2023 The Margaret Beaufort Institute of Theology sold their site, including the accommodation occupied by Lyn's House. Negotiations with the new owners – Queens' College Cambridge – resulted in their generous renewal of security of tenure for Lyn's House for the academical year 2023-24 and beyond.

**THE CAMBRIDGE FRIENDSHIP TRUST
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2023**

Risk Management

The Trustees have examined the major strategic, business and operational risks which the organisation faces and confirm that systems have been established to identify the appropriate action to be taken to manage those risks. Continuing care is being exercised in relation to the COVID 19 pandemic and the Trustees have been guided by advice and assistance from public sources. The Trustees are conscious of the requirements of compliance with legislation and best practice in respect of working with vulnerable adults and have taken detailed steps to ensure this is appropriately covered.

Reserves Policy

It is the intention of the Trustees to create a reserve sufficient to cover the annual standing costs of the organisation. With the increase in donations received during this period the Trustees are steadily moving towards achieving the £30,000 of unrestricted reserves that they consider to be prudent. In addition the Trustees continue to seek further funds to maintain the future work of the academic project that started in the Autumn of 2023.

Registered Office

The Lodge, 12-14 Grange Road, Cambridge, CB3 9DU

Bankers

Barclays Bank plc, Cambridge, Cambridgeshire

Responsibilities of the Trustees

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

Charity law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable incorporated organisation and of its incoming resources and application of resources, including income and expenditure, for the accounting 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 Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- and prepare the financial statements on the going concern basis unless it is not appropriate to assume that the company will continue on that basis.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable incorporated organisation and enable them to ensure that the financial statements comply with the relevant legislation. The Trustees are also responsible for safeguarding the assets of the charitable incorporated organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:


Professor David Ford

30 April 2024
Date

THE CAMBRIDGE FRIENDSHIP TRUST
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the financial statements of the charity for the year ended 31 August 2023 which are set out on pages 6 to 11.

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.

Chater Allan LLP

Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quay
Cambridge
CB25 9AU

Independent Examiner: Stuart Graham Berriman BFP, FCA, FCCA

Date: 24 May 2024

THE CAMBRIDGE FRIENDSHIP TRUST
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 AUGUST 2023

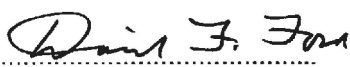
		Unrestricted Funds General Fund	Designated Fund	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Income from:					
Donations and legacies		33,985	67,689	101,674	17,569
Other income					
Rents		20,943	-	20,943	20,078
Total Income		54,928	67,689	122,617	37,647
Expenditure on:					
Charitable activity					
Promotion of social inclusion	2	38,667	-	38,667	35,833
Total Expenditure		38,667	-	38,667	35,833
Transfer between funds		-			-
Net Income/(Expenditure) and net movement in funds for the year		16,260	67,689	83,950	1,814
Reconciliation of funds					
Total funds brought forward		3,056	-	3,056	1,242
Total funds carried forward		19,316	67,689	87,006	3,056

All income and expenditure derive from continuing activities.

THE CAMBRIDGE FRIENDSHIP TRUST
BALANCE SHEET
AS AT 31 AUGUST 2023

		2023		2022	
	Note	£	£	£	£
FIXED ASSETS					
Tangible fixed assets	4		749		1,208
CURRENT ASSETS					
Debtors	5	-		3,232	
Cash at bank and in hand		87,486		46	
		<u>87,486</u>		<u>3,278</u>	
CREDITORS					
Creditors due within one year	6	<u>1,229</u>		<u>1,430</u>	
NET CURRENT ASSETS			<u>86,257</u>		<u>1,848</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			87,006		3,056
NET ASSETS			<u>87,006</u>		<u>3,056</u>
FUNDS OF THE CHARITY:					
Unrestricted funds	8		19,316		3,056
Designated fund	7		67,689		-
TOTAL FUNDS			<u>87,006</u>		<u>3,056</u>

Approved by the Board of Trustees and signed on their behalf by:



 Professor David Ford

30 April 2024

 Date

1 ACCOUNTING POLICIES

1.1 Basis of preparation

The financial statements have been prepared under the historical cost convention. 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, the Companies Act 2006, and UK Generally Accepted Accounting Practice.

Description of Fund Types

Unrestricted Funds may be used for any purpose permitted by the Charitable Deed.

Restricted Funds are funds under the control of the Trustees, the assets and net income of

1.2 Going concern basis

The Trustees consider that the going concern basis is appropriate as additional funds were pledged and received in the subsequent year. Consequently they consider the ongoing reserves levels and expected investment income to be at sufficient levels to ensure that the Trustees can meet their financial obligations for the next 12 to 18 months and on that basis the Charity is a going concern.

1.3 Financial Reporting Standard 102 - Reduced Disclosure Exemptions

The Trustees have taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102:

- the requirement of Section 7 Statement of Cash Flows.

1.4 Income

Income is 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 reasonably measured reliably and it is probable that the income will be received.

Donations and grants are treated as income when any conditions imposed by the donor concerning the transfer of funds have been met.

Income from activities to generate funds is treated as income in the period the event took place.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under the 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 reliably measured.

Costs in relation to the administration of the charity are allocated to governance costs.

1.6 Tangible fixed assets

Assets transferred into the charity and those acquired subsequently are all furniture, fittings and equipment. Depreciation is prudently applied at 50% of their acquisition cost as there is an indeterminate life of each asset.

The Lease between The Cambridge Friendship Trust and The Margaret Beaufort Institute of Theology is for one year at a time and therefore has no residual asset value.

1.7 Taxation

The charity is an exempt charity within the meaning of Schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK Corporation Tax purposes.

THE CAMBRIDGE FRIENDSHIP TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

5 DEBTORS

	2023	2022
	£	£
Tax recoverable	-	654
Other debtors	-	2,578
	<u>-</u>	<u>3,232</u>

6 CREDITORS: Due within one year

	2023	2022
	£	£
Creditors and accruals	1,229	480
Loan	-	950
	<u>1,229</u>	<u>480</u>

7 ANALYSIS OF DESIGNATED FUND

	Fund b/fwd	Income	Fund c/fwd
	£	£	£
Growing in Friendship	-	67,689	67,689
	<u>-</u>	<u>67,689</u>	<u>67,689</u>

Growing in Friendship - Growing in Friendship is a participative research project designed by and based in the Lyn's House community. It began in November 2023. The project seeks to investigate, better understand, and articulate the nature of Lyn's House as a Christian community of people with and without intellectual disabilities, and to share findings in a variety of ways both academic and non-academic.

The project is a partnership between Lyn's House and the University of Aberdeen's Centre for Spirituality, Intellectual Disability and Health. The project's output is envisaged as a series of academic and non-academic articles and presentations of its findings, and practical resources to assist the founding of similar communities in other settings.

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds General Fund	Designated Fund	Total Funds 2023
	£	£	£
Tangible fixed assets	749	-	749
Net assets/(liabilities)	18,567	67,689	86,257
Total net assets	<u>19,316</u>	<u>67,689</u>	<u>87,006</u>

THE CAMBRIDGE FRIENDSHIP TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

9 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds General Fund	Total Funds 2022
	£	£
Income from:		
Donations and legacies	17,569	17,569
Other income		
Rents	20,078	20,078
Total Income	37,647	37,647
Expenditure on:		
Charitable activity		
Promotion of social inclusion	35,833	35,833
Total Expenditure	35,833	35,833
Transfer between funds	-	-
Net Income/(Expenditure) and net movement in funds for the year	1,814	1,814