

Charity registration number 1187913 (England and Wales)

**PEAK EMPOWER**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

# PEAK EMPOWER

## LEGAL AND ADMINISTRATIVE INFORMATION

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**Trustees**

Mr W Tuckfield  
Mrs S Tuckfield  
Mrs K Carey  
Miss C Ashby

**Charity number (England and Wales)**

1187913

**Principal address**

2 Walpole Way  
Boughton  
Northampton  
Northamptonshire  
NN2 8FN

**Independent examiner**

Cottons Accountants LLP  
1 Billing Road  
Northampton  
United Kingdom  
NN1 5AL

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# PEAK EMPOWER

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# PEAK EMPOWER

## TRUSTEES' REPORT

### FOR THE YEAR ENDED 30 SEPTEMBER 2024

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The trustees present their annual report and financial statements for the year ended 30 September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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).

#### **Objectives and activities**

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people).

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment, financial hardship; young or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

#### *Public benefit*

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

#### *Activities*

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee and management meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

**Our mission** is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

#### **Our aims** are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

In the Financial YE 23-24 Peak Empower and its management have been recognised with several awards, firstly as winner of the Mental Health Awards 2023 (SME News). We were also nominated in the Northampton Community Foundation Awards 2024 for Tackling Inequalities Award, Lady Juliet Townsend Annual Award for Volunteering and The Inspirational Woman Annual Award, for which we won the Tackling Inequalities Award for Peak Empower's Autism Swim programme.

# PEAK EMPOWER

## TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

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### **Financial review**

Last financial year Peak Empower started to work collaboratively with other charities, and this has continued to grow, in order to assist with keeping costs within the grant budgets, and to assist with continuing to rebuild the Charities reserves. From this Peak Empower will re-brand to incorporate the work it does with young people with disabilities.

As a Charity Peak Empower has had to manage the rise in administration and event costs, whilst seeing a heavy reduction in the number of grants that cover staff and administration/overhead costs. In some instances the Charity has had to start programs before the funding has arrived, to allow it to be completed within the contractual timescales, as well as receiving part grant payments through the project.

This has resulted in Peak Empower having to utilise Reserves to cover costs.

1. Due to the increase in event costs since the grant applications were made
2. New grants only covering core activity costs, not administration or staff costs
3. Grants taking up to 3 months for the funds to be received after being approved
4. Necessity to have a location to store projects items

This financial year (2023-24) Peak Empower has been continuing with its collaborative work with other charities and CIC's to hold sessions that are mutually beneficial, and assists with cost management. This has been invaluable to keep within budgets and minimise our additional overheads where possible. This is something we will be continuing with in the next financial year, with the Charity re-branding as a Charitable arm of a local CIC. This financial year, Peak Empower has had to continue to pay additional storage and insurance fees whilst vehicular access near our office has been prohibited. To assist with minimising this and other overhead increases, we have held a few fundraising events in 2023. We will continue these in 2024 and utilise places that will allow us to run a stall for free, where possible.

### *Reserves policy*

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

### **Structure, governance and management**

The charity is controlled by a governing document, a constitution and constitutes a charitable organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr W Tuckfield

Mrs S Tuckfield

Mr E Johnson

(Resigned 28 May 2024)

Mrs K Carey

Miss C Ashby

### *Recruitment and appointment of trustees*

New trustees are elected by another board member and then voted on by the board.

### *Induction and training of trustees*

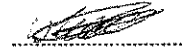
Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

## PEAK EMPOWER

### TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

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The trustees' report was approved by the Board of Trustees.



Mr W Tuckfield  
Trustee

Date: 28/02/2025

# PEAK EMPOWER

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEAK EMPOWER

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I report to the trustees on my examination of the financial statements of Peak Empower (the charity) for the year ended 30 September 2024.

### Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

### Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no 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 Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Mr D Roberts FCA  
**Cottons Accountants LLP**

1 Billing Road  
Northampton  
NN1 5AL  
United Kingdom

Dated: 13/3/2025

# PEAK EMPOWER

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
<b>Income from:</b>							
Donations and legacies	2	20,277	56,717	76,994	22,404	67,684	90,088
Investments	3	205	-	205	137	-	137
<b>Total income</b>		<b>20,482</b>	<b>56,717</b>	<b>77,199</b>	<b>22,541</b>	<b>67,684</b>	<b>90,225</b>
<b>Expenditure on:</b>							
Charitable activities	4	19,769	55,110	74,879	25,252	72,122	97,374
<b>Total expenditure</b>		<b>19,769</b>	<b>55,110</b>	<b>74,879</b>	<b>25,252</b>	<b>72,122</b>	<b>97,374</b>
<b>Net income/(expenditure)</b>		<b>713</b>	<b>1,607</b>	<b>2,320</b>	<b>(2,711)</b>	<b>(4,438)</b>	<b>(7,149)</b>
Transfers between funds		-	-	-	2,576	(2,576)	-
<b>Net movement in funds</b>	5	<b>713</b>	<b>1,607</b>	<b>2,320</b>	<b>(135)</b>	<b>(7,014)</b>	<b>(7,149)</b>
<b>Reconciliation of funds:</b>							
Fund balances at 1 October 2023		200	38,592	38,792	335	45,606	45,941
<b>Fund balances at 30 September 2024</b>		<b>913</b>	<b>40,199</b>	<b>41,112</b>	<b>200</b>	<b>38,592</b>	<b>38,792</b>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.


# PEAK EMPOWER

## BALANCE SHEET

AS AT 30 SEPTEMBER 2024

	Notes	2024 £	£	2023 £	£
<b>Fixed assets</b>					
Tangible assets	9		2,033		4,475
<b>Current assets</b>					
Debtors	10	16,462		11,574	
Cash at bank and in hand		24,428		25,271	
		40,890		36,845	
<b>Creditors: amounts falling due within one year</b>	11	(1,811)		(2,528)	
<b>Net current assets</b>			39,079		34,317
<b>Total assets less current liabilities</b>			41,112		38,792
<b>The funds of the charity</b>					
Restricted income funds	12		40,199		38,592
Unrestricted funds	13		913		200
			41,112		38,792

The financial statements were approved by the trustees on 28/02/25

  
Mr W Tuckfield  
Trustee

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

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### 1 Accounting policies

#### Charity information

Peak Empower is a unincorporated charity controlled by a governing document.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% on cost
Computers	25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

#### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

### 1 Accounting policies

(Continued)

#### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Taxation

The charity is exempt from tax on its charitable activities.

#### 1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### 2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	18,838	9,566	28,404	22,184	16,933	39,117
Grants	-	47,151	47,151	-	50,751	50,751
Other income	156	-	156	184	-	184
Events income	1,283	-	1,283	36	-	36
	<u>20,277</u>	<u>56,717</u>	<u>76,994</u>	<u>22,404</u>	<u>67,684</u>	<u>90,088</u>

### 3 Income from investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Interest receivable	<u>205</u>	<u>137</u>

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

### 4 Expenditure on charitable activities

	2024 £	2023 £
<b>Direct costs</b>		
Staff costs	10,171	13,777
Depreciation and impairment	2,541	2,562
Costs of charitable activity	43,253	52,218
Event costs	13,818	15,456
Subscriptions	334	671
Insurance	567	608
Computer and software	1,708	1,681
Repairs and renewals	36	-
Printing, postage and stationery	455	614
Travel	349	202
Sundries	226	233
Rent	-	7,200
Training costs	446	1,264
Bank charges and interest	135	120
	<u>74,039</u>	<u>96,606</u>
<b>Share of support and governance costs (see note )</b>		
Governance	840	768
	<u>74,879</u>	<u>97,374</u>
<b>Analysis by fund</b>		
Unrestricted funds	19,769	25,252
Restricted funds	55,110	72,122
	<u>74,879</u>	<u>97,374</u>

### 5 Net movement in funds

	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	-	-
Depreciation of owned tangible fixed assets	2,541	2,562
	<u>2,541</u>	<u>2,562</u>

### 6 Trustees

Expenses of £436.84 (2023 - £407.76) were paid to a trustee during the period in relation to reimbursed mileage and admin costs.

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

### 7 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	4	6

### Employment costs

	2024 £	2023 £
Wages and salaries	10,171	13,777

There were no employees whose annual remuneration was more than £60,000.

### Remuneration of key management personnel

The remuneration of key management personnel was as follows:

### 8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

### 9 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
<b>Cost</b>			
At 1 October 2023	8,472	1,812	10,284
Additions	-	99	99
At 30 September 2024	8,472	1,911	10,383
<b>Depreciation and impairment</b>			
At 1 October 2023	4,570	1,239	5,809
Depreciation charged in the year	2,118	423	2,541
At 30 September 2024	6,688	1,662	8,350
<b>Carrying amount</b>			
At 30 September 2024	1,784	249	2,033
At 30 September 2023	3,902	573	4,475

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

### 10 Debtors

	2024 £	2023 £
<b>Amounts falling due within one year:</b>		
Other debtors	16,043	11,100
Prepayments and accrued income	419	474
	<u>16,462</u>	<u>11,574</u>

### 11 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	(104)	(4)
Trade creditors	861	1,344
Other creditors	1,054	1,188
	<u>1,811</u>	<u>2,528</u>

### 12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2023 £	Incoming resources £	Resources expended £	Transfers £	At 30 September 2024 £
Sports	7,399	-	(5,007)	-	2,392
Wellness and Education	23,687	55,716	(41,596)	-	37,807
Events	7,506	1,001	(8,507)	-	-
	<u>38,592</u>	<u>56,717</u>	<u>(55,110)</u>	<u>-</u>	<u>40,199</u>

Previous year:	At 1 October 2022 £	Incoming resources £	Resources expended £	Transfers £	At 30 September 2023 £
Sports	10,022	5,787	(7,670)	(740)	7,399
Wellness and Education	35,519	52,612	(63,225)	(1,219)	23,687
Events	65	9,285	(1,227)	(617)	7,506
	<u>45,606</u>	<u>67,684</u>	<u>(72,122)</u>	<u>(2,576)</u>	<u>38,592</u>

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

### 12 Restricted funds

(Continued)

#### Restricted Funds

##### Sports

Peak Empower runs projects to enable access to sporting activities for those that may not normally be able to do so, and to assist people to take part in physical activities.

These include swimming lessons for autistic young people and tennis.

##### Wellness & Education

Peak Empower runs mentoring programs to assist those who have barriers by empowering them to assist with obtaining work and learning life skills.

With the Cost of Living crisis, we have been providing food parcels and wellness packs to reduce feelings of isolation. We have assisted with free gifts over Christmas, and free school uniform and food vouchers.

Peak Empower has been assisting young people to experience STEM activities, to enable them to increase their wellbeing and promote the benefits back into society. We are running classes that look into how to use computers and to keep safe online. This will assist with young people finding jobs in the future

##### Events

We have been running events over school half terms and holidays to assist with provision of free activities and lunches for children.

### 13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
General funds	200	20,482	(19,769)	-	913
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>Previous year:</b>	<b>At 1 October 2022</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>Transfers</b>	<b>At 30 September 2023</b>
	£	£	£	£	£
General funds	335	22,541	(25,252)	2,576	200
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

#### Unrestricted Funds

##### Clubs

This year we have been assisting the community with items of clothing, food and essentials, under HSF. Peak Empower have been utilising access to reduced or donated goods from businesses.

# PEAK EMPOWER

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

### 14 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>At 30 September 2024:</b>			
Tangible assets	43	1,990	2,033
Current assets/(liabilities)	870	38,209	39,079
	<u>913</u>	<u>40,199</u>	<u>41,112</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>At 30 September 2023:</b>			
Tangible assets	145	4,330	4,475
Current assets/(liabilities)	55	34,262	34,317
	<u>200</u>	<u>38,592</u>	<u>38,792</u>

### 15 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).