

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2022
for
Parenting Mental Health

Amherst Accountancy
Room 2
1st Floor
7 Bligh's Walk
Sevenoaks
Kent
TN13 1DB

Contents of the Financial Statements
for the Year Ended 30 September 2022

	Page
Report of the Trustees	1 to 10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13 to 14
Notes to the Financial Statements	15 to 22

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

The trustees present their report with the financial statements of the charity for the year ended 30 September 2022. The trustees have adopted the provisions of 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).

ACHIEVEMENT AND PERFORMANCE
WELCOME FROM THE CHAIR AND CEO

Over the last 12 - 18 months, events continue to have a deeply negative impact on mental health; the ongoing affects of the pandemic, the cost-of-living crisis and global uncertainty have all played a significant part. The statistics produced by the NHS highlight the scale of the problem, with 1 in 6 young people aged 7-16 having a diagnosable mental health condition, yet 2/3rds are not receiving treatment from the NHS. When there is no NHS, care is left to parents.

As Parenting Mental Health (PMH) is one of the few charities in the UK that specifically helps parents of children with poor mental health, we feel the scale of the problem very keenly, not just through government statistics, but from the growth in our own numbers. At the heart of PMH is a closed Facebook community which has grown by 40% to 35,000 members (against an average social media growth of 1.5%) over the last 12 months.

With services so in demand, we recognised the importance of establishing solid foundations for growth in 2022. We continued to develop our Trustees and appointed our first Chief Executive Officer (FTC) to ensure we built an effective operational strategy. Our first consistent fundraising strategy via Grants and Trusts was implemented and it enabled us to consider the development of more services and ways to reach parents.

We are extremely grateful to those who funded us for a variety of projects, from the large-scale development of the 'Partnering not Parenting' Approach into bite-sized films that were shared in a variety of formats including digital parent packs, to the smaller, but no less important, development of guides on a range of issues parents face.

We continued to learn more about the needs of our beneficiaries during this period. Our understanding of what impact our digital community has in providing social connection, a sense of belonging and the ability to share experiences during an isolating and incredibly challenging time of a parent's life continues to be the cornerstone of our service and a key focus. Our community is a safe, non-judgemental space thanks to the commitment and care of our volunteer team, whose unwavering support means no parent experiences this journey alone.

Moving into our new financial year and beyond, we are excited to build on these foundations, leaning into the core objects of the charity, which are now organised under 3 operational pillars - Support, Skill, Inform. We will continue to rely heavily on volunteers and aim to support them to develop their confidence and skills in order to reach their personal potential and provide positive, consistent succession planning within the charity - harnessing the knowledge that comes with 'lived experience' is crucial.

Above all we will continue to be there for parents 24 hours a day, 7 days a week, with a hug, with advice and with the tools to keep going.

Suzanne Alderson
Chair

Nikki Neale
Interim Chief Executive

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

OUR VISION

To support and skill 1 million parents through their child's poor mental health by 2026

OUR MISSION

To improve the experience of parenting a child with poor mental health

OUR GOALS

The objects of the charity - 'to provide education, support and empowerment of parents and carers of young people with mental illness', 'to provide advice, assistance and promotion of best practice in the field of mental health, illness and wellbeing' and 'to provide associated education of peer mentors and professionals' - have been developed into 3 strategic pillars for delivery:

- o Support - provide 24/7 support and empowerment to parents based on lived-experience
- o Skill - develop best in practice training and coaching programmes for parents and volunteers
- o Inform - develop proprietary content to support parents throughout the mental health curve and provide referrals and access to other charitable organisations and/or support services

In addition, we add 'reach' as a key area of focus to ensure that we are communicating the works of the charity effectively and to ensure parents in need can both find and access what we do. We recognise that although our private Facebook community continues to be a cornerstone of the service we provide, social media is not something everyone wishes to engage with and we have to ensure we have the widest reach possible to meet our self imposed target of supporting 1 million parents by 2026.

OUR ACTIONS | ACHIEVEMENTS AND PERFORMANCE

COMMUNITY

Parenting a child through poor mental health can be both lonely and isolating. There are countless examples within PMH of parents who have lost jobs and connections with friends and even family due to the demands of caring for their young person. All humans need community, particularly when experiencing an environment which is so challenging.

This social isolation is tackled head on by our Facebook Community which operates 24 hours a day, 7 days a week, 365 days a year, unlike many of the much larger charities and organisations operating in the mental health space.

When parents initially join the PMH Community it is likely that they seek solace or knowledge from other parents, wanting to find solutions, expertise and shared experience. Our skilled Volunteer team support their onboarding via welcome posts, signposting and engagement. It's essential that we take parents on a journey which can help support them as far as possible.

In addition to the main group our sub-groups strategy supports parents on a number of deeper levels:

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

o Experience based sub-groups connect parents facing similar challenges/experiences such as the LGBTQIA+ or Inpatient for example. The goal here is share very specific knowledge, understanding and experience. It is particularly important that the moderation of these groups is high, as they can be areas where emotional reactions are heightened and judgment is easily passed.

o Interests based sub-groups connect parents via self-care programmes or by encouraging creativity including PMH Crafts, Hobbies and Creations, PMH Wellbeing or PMH Small Acts of Kindness, for example. The goal here is to provide community, respite and the opportunity for self-care to reduce a parent's own anxiety and stress levels, which in turn will impact positively on their child, as well as remind parents that they are people too beyond this extraordinary experience.

As parents become more engaged in the widest reaches of the community, there is also opportunity to volunteer and develop skills and build confidence, with the long term view of them returning to work or into active volunteering roles within Parenting Mental Health.

The engagement with our community has been exceptionally high over the last 12 months, with more than 75% highly engaged, posting, sharing, liking, and commenting.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

MAINTAINING THE COMMUNITY

The training and support we offer our admin and moderator team within the community is key to maintain the high standards in our online spaces. All moderators and admins complete a 4-week live training program delivered remotely and have to complete a 4 week probation. Each team member is mentored by another admin through regular check-ins and calls, and there is a scheduled supervision session with a qualified supervisor to reflect on and process the stories and experiences our volunteers see in the community, to help mitigate the risk of vicarious and secondary trauma that our volunteers can be exposed to, and reinforce the messages around self-care, self-responsibility, and positive emotional wellbeing.

OTHER CHANNELS

It's important to note that during 2022 we also began to make inroads into other channels where parents may wish to seek our support. This was undertaken for several reasons:

- o The Facebook channel provides challenges around algorithms and its own business model (despite continuing to support PMH and offering opportunities to trial new products ahead of other communities, for example)
- o Our current audience is dominated by mums/women (93%) - we wanted to access more dads/men both as an important role model and due to the challenges around men's mental health
- o The opportunity to grow our own database to ensure we could connect parents more quickly and easily with our services

Our initial developments in this area have proved positive. Thanks to grant funding we have been able to:

- o Fully redevelop our website, including access to analytics and better data capture
- o Build a parenting database with initial data collection of 2,400 contacts and growing
- o Build out our YouTube channel which since its inception has had over 6,000 views of our video content (with an 69% male audience)
- o Develop our non-private social media channels with a following on Instagram of 5,130 (with a 12% male audience) and Facebook (non-group) of 14,816

SUPPORT

Throughout 2022 we have continued to develop and run our support programmes; Chat and Connect (an informal drop-in group where parents can share their experience) which was attended by approximately 1500 parents; and Listening Circles, a more formalised 6-week programme managed by trained facilitators, with lived experience (and devised alongside Creative Counsellors,) where we support parents to explore and understand their challenges and build their emotional resources and self-esteem.

More than 100 parents completed Listening Circles in the last year, and being fully measurable, we know participants use words such as 'exhausted, over-whelmed, lost, tired and anxious' to describe themselves before attending a 6-week programme. At the end of the 6 weeks, they use words such as 'hopeful, supported and heard'. In addition, we saw the following impact:

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

- o 60% had better control of their life
- o 75% saw an improvement in mental health
- o 69% had better control of their emotions
- o 77% had more confidence dealing with professionals

We have continued to fund a limited number of one-to-one counselling sessions for parents with qualified counsellors where there is exceptional need. We received grant funding to implement a weekend respite care programme for a group of parents, which has been planned but will not be implemented until our new financial year.

In addition, next year, alongside Creative Counsellors, we plan to develop Listening Circles into an even more comprehensive programme of guided sessions to build empowerment and self-esteem.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

SKILL

During 2022, our skills programme has focused on rolling out the 'Partnering not Parenting' approach developed by our Founder, Suzanne, in her best-selling book 'Never Let Go - How to Parent Your Child Through Mental Illness'. As well as funding copies of the book direct to parents in need, the approach has been delivered via training courses and materials.

The full 'Partnering not Parenting' Course has been accessed by 371 parents in this financial year. This includes all training sessions and access to course materials for up to 12 months. Measurement to date from this activity has been qualitative, with us asking parents for confidential feedback after they have completed the programme. Moving into our new financial year, we're also implementing a quantitative element to the measurement. The course feedback to date is best summed up by this parent "My teenage son started self-harming and having suicidal thoughts. Unable to attend school and no support. This group and Partnering not Parenting has literally saved my family."

In 2021 we identified that a bigger reach for the practices of 'Partnering not Parenting' would be beneficial. We received grant funding with huge thanks to the Stephen Lloyd Awards to develop the programme into 11 short films, called 'Partnering not Parenting' Bite-Sized, which could be distributed to parents via a 'digital parent pack', be built into our website and accessed via our YouTube channel in the first instance.

In addition, the plan has been to spread the word more widely on PMH's services by offering these resources to CAMHS and other organisations supporting children and parents such as Barnado's. Roll out is now in full swing, with some key CAMHS areas trialling the approach alongside their own initiatives, in Lincolnshire for example.

In an effort to capture feedback on the 'Partnering not Parenting' Bite-Sized programme, parents are offered a before and after survey via QR code in the films (as well as in a specific sub-group in the Facebook community). To date in the before survey, parents described their own mental health as 'fragile' and after the course the majority of parents used the word 'good' to describe their mental health, with a Net Promoter Score (NPS) for the bite-sized course of +70, a highly positive score recommending the materials to others.

During our new financial year, we hope to continue to grow the impact of the 'Partnering not Parenting' by investing in CRM and data which will connect us directly with parents in schools and GP practices.

INFORM

We continue to offer access to information and resources via our 'guides' programme including guidance on specific challenges parents may be facing, both at the beginning of a journey into poor mental health, at crisis point and into recovery. We provide information on specific needs, such as eating disorders, lack of attendance at school, or gaming/online addiction, through to more informal support and information around key moments in the life of a young person like exam stress or puberty. We have also developed a weekly blog programme which is released into the community and online, based on common issues faced by parents, reflecting on our experiences within the community over the last 6 years. Topics have included worry, busyness and self-care.

REACH

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

Finally, during 2022 we redeveloped the Parenting Mental Health brand, to improve the consistency of our look and feel across all communications. We implemented a new website which would allow parents to access our information and services more easily and we implemented an extensive PR programme which has enabled us to share our message on large influential platforms such as Heart FM, BBC Radio, and The Daily Telegraph amongst others.

FINANCIAL REVIEW

2022 RESULTS

During 2022 the charity has made an overall surplus of £72,301 (2021: £36,287) split between an unrestricted funds surplus of £44,232 (2021: £36,287) and restricted funds surplus of £28,069 (2021: £0). This surplus was driven by substantial increase in Grant fundraising which contributed to overall income of £197,710 (2021: £108,156).

In terms of expenditure, this totalled £125,409 (2021: £71,869) with increases year on year driven by targeted spend to Skill (e.g. running Partnering Not Parenting courses) and Support (predominantly counselling sessions and Listening Circles) totalling £36,745 (2021: £0) and Salaries of £28,106 (2021: £962) reflecting full time communications manager and appointment of interim CEO, as well as increase in fundraising costs and volunteer training, offset by reduction in Advertising and specific projects completed in prior financial year.

RESERVES POLICY

The charity sets a Minimum Reserve of 3 months of Administration/Overhead costs plus wind down costs of £2,000. Unrestricted Funds at year end was £80,519 (2021: £36,287).

RISK MANAGEMENT

The Trustees, with input from the interim Chief Executive have conducted a review of the risks to which the charity is exposed in its ongoing activities, and have put in place or plan to put in place key risk policies.

The Trustees identified the following principal risks facing the charity:

- o sustainability and diversification of income to deliver the Trust's charitable objectives, including people costs relating to employees and support for volunteers
- o reliance on volunteers and loss of key personnel, including the Chair and founder, impacting on its ability to fulfil its charitable objectives and activities

To mitigate these risks the charity:

- o has developed its first fundraising strategy and plan to increase and diversify its sources of income in 2022 and beyond
- o onboarded interim CEO on a Fixed Term Contract and agreed cost budget to support build out of operational team

Parenting Mental Health

Report of the Trustees

for the Year Ended 30 September 2022

OUR THANKS | TO CHARITABLE TRUSTS AND FUNDERS

We would particularly like to thank the Stephen Lloyd Awards for their funding of 'Partnering not Parenting' Bite-Sized. We'd also like to thank Direct Line Group for their generous donation and the implementation of a workplace programme alongside PMH.

We are also very grateful for funding secured from the following Grants and Trusts for such generous support.

Souter Charitable Trust James Frederick and Ethel Anne Measures Charity
HDH Wills Charitable Trust Grey Court Trust
Archer Trust Park Foundation Charitable Trust
PF Charitable Trust Michael Marsh Charitable Trust
Mrs Yvonne Flux Charitable Trust Denman Charitable Trust
Irving Memorial Trust William A Cadbury Charitable Trust
Matthews Wrightson Louis Nicholas Residuary Charitable Trust
R S Brownless Charitable Trust Awards for All
MBILI Charitable Trust Roger and Douglas Turner Charitable Trust
Christadelphian Samaritan Fund Albert Hunt Trust
Lillie C Johnson Charitable Trust Grace Trust
Truemark Trust Edward Cadbury Charitable Trust
N Smith Charitable Society Fineman Trust
Culra Charitable Trust Belaqua Charitable Trust
Broughton Foundation Charitable Trust Chapman Charitable Trust
Sir Cliff Richard Charitable Trust Helianthus Charitable Trust
Edward and Dorothy Cadbury Trust Basil Samuel Charitable Trust
WED Charitable Trust Lillie Johnson Charitable Trust
Anthony and Elizabeth Mellows Charitable Trust Ennismore Foundation
Gledswood Charitable Trust Archer Trust
DR Fine Charitable Trust Brian Shaw Memorial Trust
Thomas Sivewright Catto Charitable Society Lord Austin Trust
Edgar E Lawley Trust Tilehouse Trust
David F Foundation James Frederick and Ethel Anne Measures C
Newby Trust Ltd Grey Court Trust
Helen Hamlyn Trust Park Foundation Charitable Trust
Cecil Pilkington Charitable Trust Michael Marsh Charitable Trust

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188036

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2022

Principal address

Ground Floor
174 Great Hampton Row
Birmingham
West Midlands
B19 3JP

Trustees

S M Flesher
R N Alderson (resigned 1.2.22)
S Alderson - Chair
J W Donovan
S E Glennie (appointed 4.11.21)
N C Neale (resigned 31.7.22)
A J L Hazan
E W J Davie (appointed 18.5.22)
S England (appointed 24.1.23)
E Herridge (appointed 18.5.22)

Independent Examiner

Amherst Accountancy
Room 2
1st Floor
7 Bligh's Walk
Sevenoaks
Kent
TN13 1DB

Approved by order of the board of trustees on 18 April 2023 and signed on its behalf by:

S Alderson - Chair - Trustee

Independent examiner's report to the trustees of Parenting Mental Health

I report to the charity trustees on my examination of the accounts of Parenting Mental Health (the Trust) for the year ended 30 September 2022.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 Trust 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.

Helen Lester

Amherst Accountancy
Room 2
1st Floor
7 Bligh's Walk
Sevenoaks
Kent
TN13 1DB

18 April 2023

Parenting Mental Health

Statement of Financial Activities
for the Year Ended 30 September 2022

	Notes	Unrestricted fund £	Restricted funds £	30.9.22 Total funds £	30.9.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	169,529	28,069	197,598	108,071
Other trading activities	3	110	-	110	85
Investment income	4	2	-	2	-
Total		<u>169,641</u>	<u>28,069</u>	<u>197,710</u>	<u>108,156</u>
EXPENDITURE ON					
Raising funds		2,512	-	2,512	571
Charitable activities					
Cost of charitable activities		52,236	-	52,236	12,463
Other resources expended		56,043	-	56,043	52,525
Raising donations and legacies		14,618	-	14,618	6,310
Total		<u>125,409</u>	<u>-</u>	<u>125,409</u>	<u>71,869</u>
NET INCOME		44,232	28,069	72,301	36,287
RECONCILIATION OF FUNDS					
Total funds brought forward		36,287	-	36,287	-
TOTAL FUNDS CARRIED FORWARD		<u><u>80,519</u></u>	<u><u>28,069</u></u>	<u><u>108,588</u></u>	<u><u>36,287</u></u>

The notes form part of these financial statements

Parenting Mental Health

Balance Sheet

30 September 2022

	Notes	Unrestricted fund £	Restricted funds £	30.9.22 Total funds £	30.9.21 Total funds £
FIXED ASSETS					
Tangible assets	7	527	-	527	791
CURRENT ASSETS					
Stocks	8	2,932	-	2,932	4,097
Debtors	9	4,842	-	4,842	1,728
Cash at bank		85,839	28,069	113,908	36,772
		<hr/>	<hr/>	<hr/>	<hr/>
		93,613	28,069	121,682	42,597
CREDITORS					
Amounts falling due within one year	10	(13,621)	-	(13,621)	(7,101)
		<hr/>	<hr/>	<hr/>	<hr/>
NET CURRENT ASSETS		79,992	28,069	108,061	35,496
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		80,519	28,069	108,588	36,287
		<hr/>	<hr/>	<hr/>	<hr/>
NET ASSETS		<hr/>	<hr/>	<hr/>	<hr/>
		80,519	28,069	108,588	36,287
		<hr/>	<hr/>	<hr/>	<hr/>

The notes form part of these financial statements

Parenting Mental Health

Balance Sheet - continued
30 September 2022

FUNDS	11		
Unrestricted funds		80,519	36,287
Restricted funds		28,069	-
TOTAL FUNDS		<u>108,588</u>	<u>36,287</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 18 April 2023 and were signed on its behalf by:

S Alderson - Chair - Trustee

E W J Davie - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	30.9.22	30.9.21
	£	£
Corporate donations	344	-
General fundraising	94,105	97,722
Gift aid	5,580	3,349
Grant funding	97,569	7,000
	<u>197,598</u>	<u>108,071</u>

Grants received, included in the above, are as follows:

	30.9.22	30.9.21
	£	£
Other grants	<u>97,569</u>	<u>7,000</u>

3. OTHER TRADING ACTIVITIES

	30.9.22	30.9.21
	£	£
Other income	<u>110</u>	<u>85</u>

4. INVESTMENT INCOME

	30.9.22	30.9.21
	£	£
Deposit account interest	<u>2</u>	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 nor for the year ended 30 September 2021.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	92,730	15,341	108,071
Other trading activities	85	-	85
Total	<u>92,815</u>	<u>15,341</u>	<u>108,156</u>
EXPENDITURE ON			
Raising funds	571	-	571
Charitable activities			
Cost of charitable activities	12,463	-	12,463
Other resources expended	37,184	15,341	52,525
Raising donations and legacies	6,310	-	6,310
Total	<u>56,528</u>	<u>15,341</u>	<u>71,869</u>
NET INCOME	<u>36,287</u>	<u>-</u>	<u>36,287</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>36,287</u></u>	<u><u>-</u></u>	<u><u>36,287</u></u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

7. TANGIBLE FIXED ASSETS

		Computer equipment £
COST		
At 1 October 2021 and 30 September 2022		791
DEPRECIATION		
Charge for year		264
NET BOOK VALUE		
At 30 September 2022		527
At 30 September 2021		791

8. STOCKS

	30.9.22	30.9.21
	£	£
Finished goods	2,932	4,097

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.22	30.9.21
	£	£
Trade debtors	2,510	451
VAT	2,332	656
Prepayments and accrued income	-	621
	4,842	1,728

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.22	30.9.21
	£	£
Trade creditors	10,745	81
Taxation and social security	(206)	20
Other creditors	3,082	7,000
	<u>13,621</u>	<u>7,101</u>

11. MOVEMENT IN FUNDS

	At 1.10.21 £	Net movement in funds £	At 30.9.22 £
Unrestricted funds			
General fund	36,287	44,232	80,519
Restricted funds			
Counselling Sessions	-	1,670	1,670
SL Awards	-	10,000	10,000
Spa Retreat	-	7,500	7,500
Lottery Listening Circles	-	8,899	8,899
	<u>-</u>	<u>28,069</u>	<u>28,069</u>
TOTAL FUNDS	<u>36,287</u>	<u>72,301</u>	<u>108,588</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	169,641	(125,409)	44,232
Restricted funds			
Counselling Sessions	1,670	-	1,670
SL Awards	10,000	-	10,000
Spa Retreat	7,500	-	7,500
Lottery Listening Circles	8,899	-	8,899
	<u>28,069</u>	<u>-</u>	<u>28,069</u>
TOTAL FUNDS	<u>197,710</u>	<u>(125,409)</u>	<u>72,301</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement in funds £	At 30.9.21 £
Unrestricted funds		
General fund	36,287	36,287
	<hr/>	<hr/>
TOTAL FUNDS	<u>36,287</u>	<u>36,287</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	92,815	(56,528)	36,287
Restricted funds			
Global Giving	15,341	(15,341)	-
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>108,156</u>	<u>(71,869)</u>	<u>36,287</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.20 £	Net movement in funds £	At 30.9.22 £
Unrestricted funds			
General fund	-	80,519	80,519
Restricted funds			
Counselling Sessions	-	1,670	1,670
SL Awards	-	10,000	10,000
Spa Retreat	-	7,500	7,500
Lottery Listening Circles	-	8,899	8,899
	-	28,069	28,069
TOTAL FUNDS	-	108,588	108,588

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	262,456	(181,937)	80,519
Restricted funds			
Global Giving	15,341	(15,341)	-
Counselling Sessions	1,670	-	1,670
SL Awards	10,000	-	10,000
Spa Retreat	7,500	-	7,500
Lottery Listening Circles	8,899	-	8,899
	43,410	(15,341)	28,069
TOTAL FUNDS	305,866	(197,278)	108,588

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2022.