

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2023
for
Parenting Mental Health

Amherst Accountancy
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Kent
TN13 1DB

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for the Year Ended 30 September 2023

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Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

The trustees present their report with the financial statements of the charity for the year ended 30 September 2023. 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 CEO AND CHAIR

A confluence of factors has significantly impacted the mental health of young people and families over the past 12 months. These include the continuing after-effects of the pandemic, economic instability, global conflicts, growing societal pressures and exposure to an always on media culture.

The statistics produced by the Office for National Statistics (ONS) and NHS continue to highlight the scale of the problem specifically in the UK, with 1-in-5 young people aged 7-16 and 1-in-4 aged 17 - 25 having a probable mental health condition.

Significant challenges prevail in the provision of timely and adequate mental health care. A lack of resources and expertise, stringent eligibility criteria which can exclude neurodivergent young people and those who are not deemed to be in crisis, gaps between child and adult services, a lack of continuity due to excessive pressures, and simply a postcode, can all influence access to treatment. At present only 1 in 3 young people who need care are receiving treatment in the NHS.

Parenting Mental Health (PMH) is one of the few charities in the UK that specifically supports parents of children with poor mental health and our growth in numbers over the last 12 months demonstrates the significant lack of resources for families, who find themselves bridging the gaps in professional services with always-on care, while dealing with other life pressures and responsibilities.

Our Peer Support Community, housed on Facebook's platform, which is at the heart of our support service has grown by 26% (against an average social media growth of 1.5%) and more than 40,000 parents now receive care and support from us every day. We've also seen a significant increase in access to our resources and materials with our website users growing by 42% and subscribers to our information packs growing by 45%.

This year, we've undertaken a parent survey to begin to examine the wider impact that young people's poor mental health has on parents, family, and society. Key findings include an 'invisible' impact on the NHS, with 80% of parents highlighting that their physical wellness has been affected by their child's poor mental health, including notable issues such as weight gain, dependence on alcohol, and long-term chronic pain.

There are also impacts on the economy with 70% of parents needing to take time off work due to their child's illness and 49% spending more than 24 hours a week caring for their child. We also noted the potential for future impacts on society; our survey found 94% of children had to take time off from school because of their poor mental health, yet only 17% of parents stated that schools have adapted well to the challenges associated with pupils' poor mental health.

With the scale of the impact growing in 2023, we continued to focus on building a robust infrastructure within the charity. This included the appointment of more paid members of staff, embedding a full volunteer development and recruitment strategy, and a robust test and learn approach for our services. We expanded our fundraising strategies to include corporate partnerships and increased community fundraising alongside our work with Grants and Trusts. Whilst our income grew in 2023, so did our overheads and the need for us to maintain a sensible reserves policy, meaning funding will require an even greater focus in 2024.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

We are extremely grateful to everyone who supported us in 2023 from small donations to Grant and Trust funders. We would particularly like to thank Global's Make Some Noise, who supported us with significant funding in 2023 which will continue into 2024. This has allowed us to appoint our Community Manager. Their media reach also allowed more parents to find our service via the exposure they provided via radio interviews and social media promotion.

We'd also like to thank Global Action Plan and Dove for their partnership and support. In 2023, we featured on Dove's 'Mary campaign' which highlighted the harsh realities of poor mental health in young people and called on social media companies and governments to review the impact social media is having. The exposure the campaign provided allowed more parents to find us and their kind donation enabled us to provide more of our critical services including scholarship places on the Partnering not Parenting programme.

The core objects of the charity continue to be developed via our operational pillars of Support, Skill and Inform. In 2023 we particularly focused on the measurable impact of each of the services we provide both in terms of breadth (our community) and depth (our services including Chat & Connect, the Partnering not Parenting course and our Parent Retreat). This will form the basis of our strategy for services implementation for maximum impact, a programme for continuous improvement and help us identify gaps where new programmes and services can be developed.

We continue to rely heavily on volunteers and during 2023 implemented new training and development for them so we can ensure 'lived experience' and 'peer-to-peer' support is at the heart of what we do. Volunteers will remain a critical part of PMH's infrastructure so we can cost effectively scale in line with need and maintain the connection to the deep and unique impacts of this experience.

Whilst we face new challenges in 2024, particularly in growing our fundraising during a recession to support the growing need of our beneficiaries, we do so with confidence that our service continues to positively impact parents and the young people they support, and the foundations of our organisation are strong



Suzanne Alderson
Chair



Nikki Neale
Interim Chief Executive

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

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' - were the focus of our four operational pillars in 2023.

- Support - to provide 24/7 support and empowerment to parents based on lived-experience
- Skill - develop best in practice training and coaching programmes for parents and volunteers
- 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
- Reach - reach as many parents who need our service as possible, through a diverse range of channels

OUR ACTIONS - ACHIEVEMENTS AND PERFORMANCE

SUPPORT

At the core of PMH's robust support program is our thriving Facebook community, now boasting over 40,000 actively engaged parents. On an average month, this dynamic hub sees over 1,000 original posts, garnering more than 25,000 comments and 70,000 reactions. Serving as a peer-to-peer support platform, our community has been a vital source of connection and understanding for parents facing the challenges of poor mental health in their children.

This year, recognising the need for professional moderation due to the volume of parents accessing our service, we welcomed a dedicated Community Manager. Their role includes ensuring parents adhere to community standards and codes of conduct, guiding conversations via our parent volunteers, and directing members to valuable resources. To enhance our support capabilities, we've developed an internal database, implemented best practice responses, safeguarding plans/policies and enriched our content offerings.

This collective 'hive-mind' enables parents to access a wealth of information, address diverse challenges and offer and obtain practical tips and advice no matter the illnesses or conditions their children might be facing. This collaborative knowledge-sharing reinforces the sense of solidarity within our community, enhancing our commitment to comprehensive and compassionate support.

In addition, our sub-groups strategy is designed to alleviate the isolation often experienced by parents navigating the complexities of a child's poor mental health. Initiatives like Crafts, Creations, and Hobbies, or Wellbeing, empowers parents to invest in their self-care, fostering resilience to confront the myriad challenges posed by their child's condition.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

For the first time, we've directly measured the impact that our community has on its members and the feedback has been extremely promising. Unlike many online platforms which can add to a parents' load and feel unsafe and judgemental, PMH's community receives very positive reviews. Our Net Promoter Score (NPS) for the community +81 and we have clear indicators of where we'd like to improve in 2024, mainly focused on delivering more content and information and guiding conversations more often. This will rely on the development of our volunteer team and the implementation of our recruitment and onboarding plan in 2024, which is already underway.

In our pursuit of comprehensive support, PMH acknowledges the importance of both breadth and depth in our services. Some additional highlights under our Support pillar in 2023 include:

Chat & Connect - Throughout 2023, our Chat and Connect program continued to provide a safe space for parents to engage in group Zoom sessions with trained volunteer facilitators. While the program received excellent feedback, participant engagement dwindled due to challenges in promotion, scheduling, evolving time constraints, as society returns to a post-pandemic 'normal', and the value that can be gained from a one-off, one hour session.

Consequently, recognising the need for an enhanced and more in-depth service, we initiated fundraising efforts for the Be Programme, scheduled to pilot in 2024. This eight-week program will delve into crucial topics such as confidence, burnout, anxiety, relationships, and self-care, addressing key support issues faced by parents. A successful pilot of this will pave the way for a full-scale implementation in 2025, contingent upon fundraising investment, particularly for volunteer training, to ensure a robust peer-to-peer element.

Parent Retreat - In 2023, we successfully organised our inaugural Parent Retreat, generously funded by the Helen Hamlyn Trust. The retreat garnered unanimous positive feedback, with 100% of participants expressing a recommendation to other parents. The impact on participants' mental health was profound; before the retreat, 100% rated their mental health negatively, post-retreat 67% felt positive, and 33% felt neutral. Words like "refreshed," "stronger," and "open" describing their mental health post-retreat.

One participant emphasised its transformative significance, stating, "it was the chance of a lifetime and at such an important part of my life, I feel more grounded, supported, and able to support my family better because of it." With plans to host two more retreats in 2024, contingent on securing adequate funding, we remain committed to delivering impactful and transformative experiences for parents.

SKILL

Under our skill pillar, our Partnering not Parenting initiative is our primary focus aiming to empower parents and caregivers in navigating the challenges of raising a child with poor mental health.

Partnering not Parenting Bite-Sized - Originating from the Stephen Lloyd award (highlighted in our 2022 report), our 'bite-sized' Partnering not Parenting program, a series of free video courses, was successfully rolled out during 2023 accumulating over 8000 views on our website and YouTube channel.

To enhance its impact, we conducted pre and post-surveys, resulting in a positive Net Promoter Score (NPS) of +75. The positive feedback, including sentiments like "it gave me hope" and "relief that others were experiencing what I was," has guided our plans for further development in our new financial year. Fundraising permitting, we have developed a strategy to build on these bite-sized courses to incorporate participant feedback which will include more prompts, examples, case studies, visual aids, and downloads.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

Partnering not Parenting Scholarships - In addition to the bite-sized course in 2023 we also funded more than 140 places on the full 8-week Partnering not Parenting program. This valuable 'bought-in' service has the most significant impact on parents of all those provided by PMH and receives a perfect +100 NPS. The Partnering course has proved life-changing for many - one parent from our March 2023 course commented 'I joined feeling utterly broken. Now I feel life is worth living, I'm in a good place and I've gained a lot of self-belief.' One parent from our January 2023 course commented 'it has empowered me and equipped me to be the parent my daughter needs me to be - not the parent others say I should be'.

During 2024 we hope to maintain our commitment to scholarship places, as we have witnessed a consistent rise in applications, particularly post-engagement with the free bite-sized course and as the cost-of-living crisis continues. Subject to funding, our goal for 2024 is to increase the availability of free places on Partnering not Parenting to over 200, recognising the continued importance of accessibility for participants facing financial constraints.

INFORM

We believe one of our strengths is a steadfast commitment to be a resource for all parents supporting children with poor mental health, no matter their age and encompassing a spectrum of conditions, from eating disorders to neurodivergence, anxiety, and depression. The core of our 'inform' pillar is dedicated to addressing the challenge of fragmented information prevalent in this space, particularly given the extended waiting lists for professional services. In 2023, our focus on becoming a comprehensive mental health aggregator saw notable successes, including the distribution of hundreds of copies of the book "Never Let Go - How To Parent Your Child Through Mental Illness," serving as an introduction to the principles of Partnering not Parenting.

Guides and information - Furthermore, we undertook the redevelopment of our online guides to address common challenges faced by parents, such as school non-attendance, issues with hygiene, sleep deprivation, and concerns related to digital and social media usage. Our commitment to efficiency and support was underscored by the development of a digital database for our volunteer team, facilitating quicker referrals to other services through searchable categories based on geography, condition, and support type.

Monthly content - To expand our information offerings, we introduced a series of monthly webinars and new content delving into core topics, including body image, school avoidance, self-care, and overall well-being. Looking ahead to 2024, our ambitious goal is to further enhance our 'Inform' pillar, responding to the expressed needs of parents by providing more extensive content, including FAQs, myth-busting resources, additional guides, and insightful case studies. Through these initiatives, we aim to fortify our position as a go-to hub for comprehensive and accessible mental health information for parents navigating the challenges associated with their children's mental well-being.

REACH

Under our Reach pillar with a focus on our vision of reaching 1 million parents with our message of support and hope by 2026, 2023 marked significant achievements.

Social Media - Our non-community-based social media channels experienced notable growth, with Instagram followers increasing by 14%, Youtube by 85%, LinkedIn by 60%, our website by 42%, and our database subscribers by 45%. This expansion aligns with our strategic aim to amplify our outreach and disseminate our crucial message across diverse platforms.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

Press Coverage - Our press presence remained robust, with over 75 mentions in national media, reaching an audience of approximately 10 million. Featured in renowned titles and channels like the BBC, The Guardian, The Mirror, and prominent commercial radio networks such as Capital, Heart, and LBC, Parenting Mental Health continued to assert its influence on a broad scale.

Podcasts - Our Founder, Suzanne, serving as a key brand ambassador, played a vital role in promoting the charity through various podcasts tailored to our target parent group, including appearances on platforms like Made by Mammias and Teenage Kicks. This active engagement extended to extensive coverage in local media titles, reinforcing our local and community ties.

Campaigns - The impactful collaboration with the Dove 'Mary campaign' significantly boosted our TV presence during the Summer of 2023, elevating our visibility as the campaign addressed issues surrounding eating disorders and challenges with social media. Our logo prominently featured in campaign commercials, leading to a noticeable surge in online interactions during this time.

Recognising the importance of breaking the stigma surrounding parents of children with poor mental health, our focus on marketing and media presence remains crucial. Our research indicates that 92% of parents in our community feel guilt or shame, emphasising the necessity of our online and media presence as a lifeline for parents seeking support.

Looking ahead to 2024, we aspire to further invest in our Reach pillar. This involves a strategic focus on both above and below-the-line campaigning. In terms of public relations, we aim to increase our presence on TV, leveraging its wide reach. In the digital space, heightened emphasis on SEO strategies will ensure that our vital resources and support reach those who need them most, aligning with our mission to be a beacon of support for parents facing the challenges of their children's mental health.

OPERATIONS

We hope this report highlights the substantial achievements of Parenting Mental Health in 2023 particularly noteworthy given a modest budget/fundraising increase. It is important that we acknowledge our reliance on dedicated volunteers and our resilient team, and we emphasise the need for sustained support.

The survey, involving 650 parents of children experiencing poor mental health, provides crucial insights. Parents express dissatisfaction with mental health services' effectiveness, encounter challenges in school adaptation, and note societal compassion deficits. Parenting stress is evident, necessitating significant caregiving time for children's mental health and significant change in the support levels offered.

Despite our commendable impact and reach, we recognise the imperative of continuing to invest in a paid team to ensure sustained and sustainable growth and the level of service parents deserve. Our ambitious 2024 growth plan hinges on meeting fundraising targets, as failure to do so may result in the contraction of charitable services. The strategic goal must be to properly resource the charity for long-term viability.

Parenting Mental Health stands out with a notable Net Promoter Score of +86 over-all, serving as a beacon that empowers and connects parents while enhancing their understanding of mental health. Our commitment persists in advocating for impactful change, fostering a more compassionate and supportive environment for parents and families grappling with significant mental health challenges.

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

OUR THANKS TO CHARITABLE TRUSTS, CORPORATE PARTNERS AND FUNDERS

We wish to extend our thanks to all of our supporters throughout 2023 who have helped us to make this impact.

Corporate/Business

We would like to extend our gratitude to The Direct Line Group as our collaboration enters its third successful year, providing tailored support to their parent staff and their generous funding.

The impactful campaign with Dove addressing mental health, social media, and eating disorders, aligned with their award-winning 'Mary' campaign, garnered a substantial contribution.

Additionally, partnerships with esteemed organisations such as GSK, Farrans Construction and BDO Accounting.

Schools

We would like to thank Bedes and St Catherines Independent Schools for their donations and fundraising efforts.

Special Projects

Thank you to Rollercoaster for your partnership and kind donations to transfer your digital community to Parenting Mental Health, now known as Parenting Mental Health North East.

Community Fundraising.

We would like to thank all of those who raised money independently and through our community with diverse events, including charity balls, participation in the London Landmarks Half Marathon, birthday fundraisers, regular monthly donations, and more.

Grants and Funds

We would particularly like to thank Global's Make Some Noise for their funding, unexpectedly granted over 2 years and their kind and sensitive understanding of project change and development over time.

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

- Fineman Trust
- Blueberry Wellbeing
- Belaqua Charitable Trust
- Chapman Charitable Trust
- Helianthus Charitable Trust
- Basil Samuel Charitable Trust
- Lillie Johnson Charitable Trust
- Ennismore Foundation
- Archer Trust
- Brian Shaw Memorial Trust
- Lord Austin Trust
- Tilehouse Trust
- Clare King Charitable Trust
- ME Sargeant Charitable Trust
- Pilkington Trust
- Marsland McAdoo
- Alfred Haines

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

- The Dalgleish Trust
- James Wise Charitable Trust
- Sir James Roll Foundation
- Owen Family Trust
- PF Charitable Trust
- Iron Bridge Trust
- Mindelsohn Charitable Trust
- Souter Charitable Trust
- D R Fine
- Belvedere Trust
- Stockwell Clifford Trust
- The David Family Trust
- Thomas Sivewright Catto Charity Trust
- Vera Outhwaite Charitable Trust
- Louis Nicholas Residual Charitable Trust
- Marsh Christian Trust
- Park Family Trust
- Mbili Charitable Trust
- GIL Trust

FINANCIAL REVIEW

Statement of financial activities

The Trustees are pleased to report a strong financial performance for 2023. Revenues increased by 7.5% to £212,503 driven by continued strong contribution from Grants (£106,547 vs. £97,569 in 2022) and substantial increase in Corporate Donations (£41,321 vs. £344 in 2022) including our partnership with Dove, with a drop in General Fundraising (£60,058 vs. £94,105 in 2022). Fundraising remains a key priority in 2024.

In terms of expenditure, this rose again significantly year on year to £217,451 (vs. £125,409 in 2022) reflecting focus on building core infrastructure to support growing our impact, including increasing paid members of staff.

During 2023 the charity has made a small surplus of £4,096 (down from £72,301 in 2022) split between an unrestricted funds surplus of £17,974 (down from £44,232 in 2022) and restricted funds deficit of £13,878 (down from £28,069 surplus in 2022) with all projects complete with the exception of Global Make Some Noise which is a multi-year project.

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 £98,493.

Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed. The Trustees identified the following principal risks facing the charity:

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

Parenting Mental Health

Report of the Trustees for the Year Ended 30 September 2023

To mitigate these risks the charity:

- has developed a fundraising strategy to increase and diversify its sources of income in 2024
- extended the fixed term of our CEO and secured key appointments across Community & Volunteer Manager and Finance Manager

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

Principal address

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

Trustees

S M Flesher (resigned 3.7.23)
S Alderson - Chair
J W Donovan
S E Glennie (resigned 30.11.23)
A J L Hazan
E W J Davie
S England (appointed 24.1.23)
E Herridge (resigned 30.11.23)

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 28 March 2024 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 2023.

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.

Stephen Brown FCCA

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

28 March 2024

Parenting Mental Health

Statement of Financial Activities for the Year Ended 30 September 2023

	Notes	Unrestricted fund £	Restricted funds £	30.9.23 Total funds £	30.9.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	188,753	23,750	212,503	197,598
Other trading activities	3	8,900	-	8,900	110
Investment income	4	144	-	144	2
Total		<u>197,797</u>	<u>23,750</u>	<u>221,547</u>	<u>197,710</u>
EXPENDITURE ON					
Raising funds		3,799	-	3,799	2,512
Charitable activities					
Cost of charitable activities		69,283	37,628	106,911	52,236
Other resources expended		100,028	-	100,028	56,043
Raising donations and legacies		6,713	-	6,713	14,618
Total		<u>179,823</u>	<u>37,628</u>	<u>217,451</u>	<u>125,409</u>
NET INCOME/(EXPENDITURE)		17,974	(13,878)	4,096	72,301
RECONCILIATION OF FUNDS					
Total funds brought forward		80,519	28,069	108,588	36,287
TOTAL FUNDS CARRIED FORWARD		<u>98,493</u>	<u>14,191</u>	<u>112,684</u>	<u>108,588</u>

The notes form part of these financial statements

Parenting Mental Health

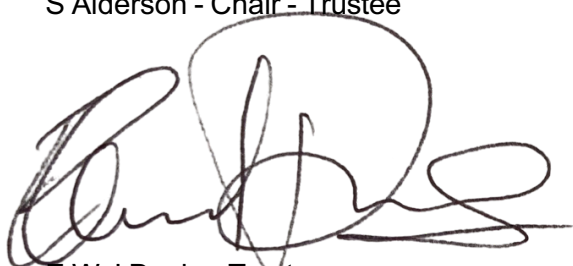
Balance Sheet
30 September 2023

	Notes	Unrestricted fund £	Restricted funds £	30.9.23 Total funds £	30.9.22 Total funds £
FIXED ASSETS					
Tangible assets	7	613	-	613	527
CURRENT ASSETS					
Stocks	8	215	-	215	2,932
Debtors	9	8,257	-	8,257	4,842
Cash at bank		101,476	14,191	115,667	113,908
		<u>109,948</u>	<u>14,191</u>	<u>124,139</u>	<u>121,682</u>
CREDITORS					
Amounts falling due within one year	10	(12,068)	-	(12,068)	(13,621)
NET CURRENT ASSETS		<u>97,880</u>	<u>14,191</u>	<u>112,071</u>	<u>108,061</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>98,493</u>	<u>14,191</u>	<u>112,684</u>	<u>108,588</u>
NET ASSETS		<u><u>98,493</u></u>	<u><u>14,191</u></u>	<u><u>112,684</u></u>	<u><u>108,588</u></u>
FUNDS	11				
Unrestricted funds				98,493	80,519
Restricted funds				14,191	28,069
TOTAL FUNDS				<u><u>112,684</u></u>	<u><u>108,588</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28 March 2024 and were signed on its behalf by:



S Alderson - Chair - Trustee



E W J Davie - Trustee

The notes form part of these financial statements

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 2023

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

	30.9.23	30.9.22
	£	£
Corporate donations	41,321	344
General fundraising	60,058	94,105
Gift aid	4,577	5,580
Grant funding	106,547	97,569
	<u>212,503</u>	<u>197,598</u>

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

	30.9.23	30.9.22
	£	£
Other grants	<u>106,547</u>	<u>97,569</u>

3. OTHER TRADING ACTIVITIES

	30.9.23	30.9.22
	£	£
Other income	-	110
Corporate service delivery	8,900	-
	<u>8,900</u>	<u>110</u>

4. INVESTMENT INCOME

	30.9.23	30.9.22
	£	£
Deposit account interest	<u>144</u>	<u>2</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2023 nor for the year ended 30 September 2022.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

7. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 October 2022	791
Additions	525
	<hr/>
At 30 September 2023	1,316
	<hr/>
DEPRECIATION	
At 1 October 2022	264
Charge for year	439
	<hr/>
At 30 September 2023	703
	<hr/>
NET BOOK VALUE	
At 30 September 2023	613
	<hr/>
At 30 September 2022	527
	<hr/>

8. STOCKS

	30.9.23	30.9.22
	£	£
Finished goods	215	2,932
	<hr/>	<hr/>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.23	30.9.22
	£	£
Trade debtors	360	2,510
VAT	6,759	2,332
Prepayments and accrued income	1,138	-
	<hr/>	<hr/>
	8,257	4,842
	<hr/>	<hr/>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.23	30.9.22
	£	£
Trade creditors	8,179	10,745
Taxation and social security	1,001	(206)
Other creditors	2,888	3,082
	<u>12,068</u>	<u>13,621</u>

11. MOVEMENT IN FUNDS

	At 1.10.22 £	Net movement in funds £	At 30.9.23 £
Unrestricted funds			
General fund	80,519	17,974	98,493
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)	-
Global Make Some Noise	-	14,191	14,191
	<u>28,069</u>	<u>(13,878)</u>	<u>14,191</u>
TOTAL FUNDS	<u>108,588</u>	<u>4,096</u>	<u>112,684</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	197,797	(179,823)	17,974
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)
Global Make Some Noise	23,750	(9,559)	14,191
	<u>23,750</u>	<u>(37,628)</u>	<u>(13,878)</u>
TOTAL FUNDS	<u>221,547</u>	<u>(217,451)</u>	<u>4,096</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

11. MOVEMENT IN FUNDS - continued

Comparatives for 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
	-	28,069	28,069
TOTAL FUNDS	36,287	72,301	108,588

Comparative 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
	28,069	-	28,069
TOTAL FUNDS	197,710	(125,409)	72,301

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

11. MOVEMENT IN FUNDS - continued

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

	At 1.10.21 £	Net movement in funds £	At 30.9.23 £
Unrestricted funds			
General fund	36,287	62,206	98,493
Restricted funds			
Global Make Some Noise	-	14,191	14,191
TOTAL FUNDS	<u>36,287</u>	<u>76,397</u>	<u>112,684</u>

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	367,438	(305,232)	62,206
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)	-
Global Make Some Noise	23,750	(9,559)	14,191
	<u>51,819</u>	<u>(37,628)</u>	<u>14,191</u>
TOTAL FUNDS	<u>419,257</u>	<u>(342,860)</u>	<u>76,397</u>

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2023.