

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

England & Wales · Charity number 1188354

Details

Other names	Tinnitus Support Derbyshire
Status	Registered
Legal form	CIO
Registered	2020-03-05
Register	View on the Charity Commission register

Contact

Address	PO Box 833 Chesterfield Derbyshire S40 9RU
Phone	07821 132234
Email	mail@tinnitussupport.org.uk
Website	www.tinnitussupportderbyshire.co.uk

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE AFFECTED BY TINNITUS IN DERBYSHIRE, IN PARTICULAR, BUT NOT EXCLUSIVELY BY:• THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICE

Activities: Providing information and events for those suffering from Tinnitus.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Derbyshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,214	£5,082	-	-
2024-03-31	£2,983	£4,621	-	-
2023-03-31	£6,155	£4,463	-	-
2022-03-31	£4,433	£3,579	-	-
2021-03-31	£11,188	£3,019	-	-

Trustees

Name	Role	Appointed
JOANNE GORDON	Chair	2020-03-05
Audrey Lillian Carlin		2020-03-05
John Michael O'Brien		2025-04-30
Muriel Lascelles		2021-06-29
Sarah Elaine Walters		2020-03-05

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

England & Wales - Charity number 1188354

Accounts

Chesterfield & North Derbyshire Tinnitus Support Group
(Registered charity, number 1188354)
Financial statements
for the year ended 31 March 2025

Page	Contents
2 - 4	Trustees' annual report
5	Independent examiner's report
6	Receipts & payments account
7	Statement of assets & liabilities
8 - 9	Notes to the accounts

**Chesterfield & North Derbyshire Tinnitus Support Group
Trustees' annual report
for the year ended 31 March 2025**

Full name Chesterfield & North Derbyshire Tinnitus Support Group

Organisation type Charitable incorporated organisation

Registered charity number 1188354

Principal address

Chesterfield and North Derbyshire Tinnitus Support Group
PO Box 833, Chesterfield, S40 9RU

Trustees

Joanne Gordon, Chair
Audrey Carlin, Secretary
Sarah Walters, Treasurer

Muriel Lascelles
Sarah Richards
John Michael O'Brien from, 30/04/2025

Independent examiner

Eva Stevens, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 5 March 2020.

Anyone who experiences Tinnitus, interested in supporting others with the condition or who have a family member with the condition.

Objectives and activities

The relief of sickness and the preservation of health among people affected by Tinnitus in Derbyshire, in particular, but not exclusively, by the provision of support, education and practical advice.

To support anyone suffering from Tinnitus to manage the condition. We support people by offering one to one support by phone, access to meetings (peer support) both face to face and online. We send out information packs, magazines and resources. We also organise other wellbeing activities such as walking, mindfulness and poetry workshops.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Chesterfield & North Derbyshire Tinnitus Support Group

Summary of the main activities undertaken for the public benefit

The Tinnitus Group trustees take their responsibility seriously and are confident that the activities of the organisation meet the Charity Commission public benefit guidance and have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's guidance on public benefit 'Charities and Public Benefit'. Those experiencing Tinnitus can suffer from anxiety and depression.

The support group helps sufferers to manage the condition as well as maintaining communication as sufferers can feel isolated and lonely with the condition. We also complete a self-referral form (where the person suffering with tinnitus fulfils a specific criteria) to our local hospital, senior specialist audiologists with experience of tinnitus patients. This has proved successful and alleviates constant visits by the patient to their GP.

Our committed support increases members confidence and helps to prevent the mental health issues that can result from the condition. We also keep them up-to-date with current research by offering emotional support and knowledge and understanding about the condition.

We encourage partners or friends to come along to meetings to give them a better understanding of tinnitus which in turn supports relationships and wellbeing of both parties.

Tinnitus can cause anxiety, depression, sleep and relationship problems. A study by the British Tinnitus Association (now Tinnitus UK) into the healthcare costs of Tinnitus Management has calculated that on average the cost of tinnitus treatment per patient per year is £717, equating to an NHS Healthcare bill of £750 million per year.

Our support helps people to manage their condition, which in turn helps to support the NHS. Our one-to-one support which includes initial enquiry, making telephone contact with them, followed by personalised letter, our new Information Leaflet, Sleep Booklet, Wellbeing Magazine and resources, help and advice and the opportunity to access our support at any time, join the group and attend meetings as well as, for those who fulfil the NHS criteria, we feel contributes to the overall support of the NHS as well as the patient.

Summary of the main achievements during the period

Tinnitus is a neurological condition for which there is currently no cure. The group has continued to help sufferers manage the condition, supported by those who themselves experience tinnitus, and encouraged by our wellbeing magazine, which is also for anyone who suffers with stress and anxiety.

We have continued to offer one to one support and send out information. Our bi-monthly magazine has been well received, many people have shared the magazine with friends and family as the information helps anyone suffering from stress and anxiety so it reaches a wider audience.

Chesterfield & North Derbyshire Tinnitus Support Group

Feedback from members about our Wellbeing Magazines have proved their success too, as they find them inspiring, uplifting, informative, happy and positive. We encourage our members to send in information for the magazine which can be anything from stories about holidays, hobbies, ancestry, gardening, wildlife, recipes, the list is endless, and again feedback has proved how much they enjoy “getting to know people” through their stories. For those who are able to attend meetings, some of our members are happy to come along and give a talk about a variety of subjects which again people love to hear.

Over the year we have undertaken a number of talks to Statutory and voluntary groups to raise awareness about Tinnitus and offer their members support with managing Tinnitus. We have been involved with researchers to develop an innovative art project utilising art to help understand, share experiences and manage Tinnitus.

We have continued to run successful meetings which have been well attended on a variety of topics related to Tinnitus as well as general interest which members can enjoy without thinking about their Tinnitus.

Also, our regular online poetry group (a mindful activity) from which we have poems written by the group members that have been included in our magazine. We have continued to offer an excellent service supported by the Audiology department at Chesterfield Royal Hospital as well as reaffirming links with Tinnitus UK (formerly the BTA).

Financial review

We are in a relatively healthy position.

Financial risks

We are unable to access small grants.

The charity's policy on reserves

Our policy is to keep sufficient reserves to run a helpline and produce at least bi-monthly magazines for 12 months as well as 6 face-to-face meetings. We work on a very tight budget and do not receive any core funding, so we are also mindful that reserves would need to cover repairs and renewals for equipment, computer and printers

Signed on behalf of the charity's trustees:

Signed *Joanne Gordon*
Joanne Gordon, Trustee

Date 15/10/25

Independent examiner's report to the trustees of Chesterfield & North Derbyshire Tinnitus Support Group for the year ended 31 March 2025

I report to the trustees on my examination of the accounts of Chesterfield & North Derbyshire Tinnitus Support Group (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed _____ Date _____

Eva Stevens BSc, CPFA,
Employee of Community Accounting Plus

Chesterfield & North Derbyshire Tinnitus Support Group
Receipts & payments account
for the year ended 31 March 2025

2024 £		Note	Unrestricted Funds £	Restricted Funds £	2025 £
	Receipts				
2288	Grants & donations	2	1036	950	1986
695	Membership		1228	-	1228
<u>2983</u>	Total receipts		<u>2264</u>	<u>950</u>	<u>3214</u>
	Payments				
384	Administration		519	-	519
175	Advertising		-	-	-
24	Bank charges		-	-	-
-	Computer expenses		288	-	288
228	Computer maintenance		222	-	222
755	Events		788	207	995
73	Insurance		67	-	67
372	Internet		170	-	170
466	Postage		1062	-	1062
1919	Printing		-	1502	1502
25	Speakers expenses		-	-	-
140	Stationery		171	-	171
15	Sundry payments		-	-	-
45	Telephone		86	-	86
<u>4621</u>	Total payments		<u>3373</u>	<u>1709</u>	<u>5082</u>
(1638)	Net receipts/(payments)		(1109)	(759)	(1868)
<u>10715</u>	Cash funds at start of this period		<u>7617</u>	<u>1460</u>	<u>9077</u>
<u>9077</u>	Cash funds at end of this period		<u>6508</u>	<u>701</u>	<u>7209</u>

Chesterfield & North Derbyshire Tinnitus Support Group
Statement of assets and liabilities
at 31 March 2025

<i>2024</i>		<i>2025</i>
£	Cash assets	£
<u>9077</u>	Bank accounts	<u>7209</u>
<u>9077</u>		<u>7209</u>
Liabilities		
<u>(360)</u>	Creditors: Independent examination fee	<u>(378)</u>
<u>(360)</u>		<u>(378)</u>

These financial statements are accepted on behalf of the charity by:

Signed *Sarah Walters* Dated 16/10/25
 Sarah Walters, Trustee

Chesterfield & North Derbyshire Tinnitus Support Group
Notes to the accounts
for the year ended 31 March 2025

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted	Restricted	Total
	£	£	£
Derbyshire Voluntary Action	-	450	450
Hearing Help UK	100	500	600
Sundry	774	-	774
Gift aid	162	-	162
	<u>1036</u>	<u>950</u>	<u>1986</u>

3. Funds analysis

	Opening balance	Receipts	(Payments)	Closing balance
	£	£	£	£
Restricted funds				
Arnold Clarke - Magazines	125	-	(125)	-
Derbyshire Voluntary Action - Magazines	965	450	(965)	450
Magic Little Grants	250	-	(250)	-
Hearing help	-	500	(249)	251
Derbyshire Community Foundation	120	-	(120)	-
	<u>1460</u>	<u>950</u>	<u>(1709)</u>	<u>701</u>
Unrestricted funds				
General	7617	2264	(3373)	6508
	<u>7617</u>	<u>2264</u>	<u>(3373)</u>	<u>6508</u>

Details of each restricted fund:

Arnold Clarke – Fund for magazines;
 Derbyshire Voluntary Action - Workshops
 Magic Little Grants – Magazine production, 2 special editions.
 Hearing Help UK - Magazine production
 Derbyshire Community Foundation – Funding for publicity material

4. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

Chesterfield & North Derbyshire Tinnitus Support Group

5. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

England & Wales - Charity number 1188354

Accounts

Chesterfield & North Derbyshire Tinnitus Support Group
(Registered charity, number 1188354)
Financial statements
for the year ended 31 March 2024

Page	Contents
2 - 4	Trustees' annual report
5	Independent examiner's report
6	Receipts & payments account
7	Statement of assets & liabilities
8 - 9	Notes to the accounts

**Chesterfield & North Derbyshire Tinnitus Support Group
Trustees' annual report
for the year ended 31 March 2024**

Full name Chesterfield & North Derbyshire Tinnitus Support Group

Organisation type Charitable incorporated organisation

Registered charity number 1188354

Principal address

Chesterfield and North Derbyshire Tinnitus Support Group
PO Box 833, Chesterfield, S40 9RU

Trustees

Joanne Gordon, Chair

Muriel Lascelles

Audrey Carlin, Secretary

Sarah Richards

Sarah Walters, Treasurer

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 5 March 2020.

Anyone who experiences Tinnitus, interested in supporting others with the condition or who have a family member with the condition can be considered for appointment as a new trustee.

Objectives and activities

The relief of sickness and the preservation of health among people affected by Tinnitus in Derbyshire, in particular, but not exclusively, by the provision of support, education and practical advice.

To support anyone suffering from Tinnitus to manage the condition. We support people by offering one to one support by phone, access to meetings (peer support) both face to face and online. We send out information packs, magazines and resources. We also organise other wellbeing activities such as walking, mindfulness and poetry workshops.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Chesterfield & North Derbyshire Tinnitus Support Group

Summary of the main activities undertaken for the public benefit

Those experiencing Tinnitus can suffer from anxiety and depression. The support group helps sufferers to manage the condition as well as maintaining communication as sufferers can feel isolated and lonely with the condition. We also complete a self-referral form (where the person suffering with tinnitus fulfils a specific criteria) to our local hospital, senior specialist audiologists with experience of tinnitus patients. This has proved successful and alleviates constant visits by the patient to their GP.

Our committed support increases member's confidence and helps to prevent the mental health issues that can result from the condition. We also keep them up-to-date with current research by offering emotional support and knowledge and understanding about the condition.

We encourage partners or friends to come along to meetings to give them a better understanding of tinnitus which in turn supports relationships and wellbeing of both parties.

Tinnitus can cause anxiety, depression, sleep and relationship problems. A study by the British Tinnitus Association (now Tinnitus UK) into the healthcare costs of Tinnitus Management has calculated that on average the cost of tinnitus treatment per patient per year is £717, equating to an NHS Healthcare bill of £750 million per year. Our support helps people to manage their condition, which in turn helps to support the NHS. Our one-to-one support which includes initial enquiry, making telephone contact with them, followed by personalised letter, our new Information Leaflet, Sleep Booklet, Wellbeing Magazine and resources, help and advice and the opportunity to access our support at any time, join the group and attend meetings as well as, for those who fulfil the NHS criteria, we feel contributes to the overall support of the NHS as well as the patient.

Summary of the main achievements during the period

Tinnitus is a neurological condition for which there is currently no cure. The group has continued to help sufferers manage the condition, supported by those who themselves experience tinnitus, and encouraged by our wellbeing magazine, which is also for anyone who suffers with stress and anxiety.

We have continued to offer one to one support and send out information. Our bi-monthly magazine has been well received, many people have shared the magazine with friends and family as the information helps anyone suffering from stress and anxiety so it reaches a wider audience.

Feedback from members about our Wellbeing Magazines have proved their success too, as they find them inspiring, uplifting, informative, happy and positive. We encourage our members to send in information for the magazine which can be anything from stories about holidays, hobbies, ancestry, gardening, wildlife, recipes, the list is endless, and again feedback has proved how much they enjoy "getting to know people" through their stories. For those who are able to attend meetings, some of our members are happy to come along and give a talk about a variety of subjects which again people love to hear. We encourage

Chesterfield & North Derbyshire Tinnitus Support Group

inclusivity and make everyone feel welcome, valued and respected and they make new friends within our group.

Over the year we have run workshops on Wellbeing topics these have included the Psychology of Tinnitus, Mindfulness, understanding our emotions and the emotional reaction to Tinnitus and how to create a tool kit to manage Tinnitus.

Also our regular online poetry group (a mindful activity) from which we have poems written by the group members that have been included in our magazine. We have continued to offer an excellent service supported by the Audiology department at Chesterfield Royal Hospital.

Financial review

We are in a relatively healthy position, although some projects are still outstanding and will go forward into the year 2024/2025.


Financial risks

We are unable to access small grants. One of our major grant funding is facing grant cuts from the local council, this could impact us in the future.

The charity's policy on reserves

Our policy is to keep sufficient reserves to run a helpline and produce at least bi-monthly magazines for 12 months as well as 6 face-to-face meetings. We work on a very tight budget and do not receive any core funding, so we are also mindful that reserves would need to cover repairs and renewals for equipment, computer and printers.

Signed on behalf of the charity's trustees:

Signed  Date 18/12/2024
Joanne Gordon, Trustee

**Independent examiner's report to the trustees of
Chesterfield & North Derbyshire Tinnitus Support Group
for the year ended 31 March 2024**

I report to the trustees on my examination of the accounts of Chesterfield & North Derbyshire Tinnitus Support Group (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

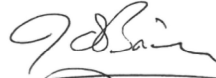
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed  Date 18/12/2024
John O'Brien MSc, FAIA, FCIE
Employee of Community Accounting Plus


Chesterfield & North Derbyshire Tinnitus Support Group
Receipts & payments account
for the year ended 31 March 2024

2023 £		Note	Unrestricted Funds £	Restricted Funds £	2024 £
	Receipts				
5227	Grants & donations	2	803	1485	2288
928	Membership		695	-	695
<u>6155</u>	Total receipts		<u>1498</u>	<u>1485</u>	<u>2983</u>
	Payments				
514	Administration		384	-	384
35	Advertising		-	175	175
88	Bank charges		24	-	24
-	Computer maintenance		228	-	228
1053	Events		340	415	755
-	Insurance		73	-	73
144	Internet		372	-	372
-	Postage		466	-	466
2509	Printing		1419	500	1919
120	Resources		-	-	-
-	Speakers expenses		-	25	25
-	Stationery		140	-	140
-	Sundry payments		15	-	15
-	Telephone		45	-	45
<u>4463</u>	Total payments		<u>3506</u>	<u>1115</u>	<u>4621</u>
1692	Net receipts/(payments)		(2008)	370	(1638)
9023	Cash funds at start of this period		9625	1090	10715
<u>10715</u>	Cash funds at end of this period		<u>7617</u>	<u>1460</u>	<u>9077</u>

Chesterfield & North Derbyshire Tinnitus Support Group
Statement of assets and liabilities
at 31 March 2024

<i>2023</i>		<i>2024</i>
£	Cash assets	£
10715	Bank accounts	9077
<u>10715</u>		<u>9077</u>
	 Assets retained for the charity's own use	
	General equipment.	
	 Liabilities	
(330)	Creditors: Independent examination fee	(360)
<u>(330)</u>		<u>(360)</u>

These financial statements are accepted on behalf of the charity by:

Signed  Dated 18.12.2024
 Sarah Walters, Trustee •

Chesterfield & North Derbyshire Tinnitus Support Group
Notes to the accounts
for the year ended 31 March 2024

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
Donations	683	500	1183
Derbyshire Community Foundation	-	485	485
Derbyshire Vol Action	-	500	500
C Matchan	120	-	120
	<u>803</u>	<u>1485</u>	<u>2288</u>

3. Funds analysis

	Opening balance £	Receipts £	(Payments) £	Closing balance £
Restricted funds				
Arnold Clark - Magazines	125	-	-	125
Derbyshire Voluntary Action - Magazines	465	500	-	965
Foundation Derbyshire	-	485	(365)	120
Mental Health Mini Grants Scheme	500	-	(500)	-
Magic Little Grants	-	500	(250)	250
	<u>1090</u>	<u>1485</u>	<u>(1115)</u>	<u>1460</u>
Unrestricted funds				
General	9625	1498	(3506)	7617
	<u>9625</u>	<u>1498</u>	<u>(3506)</u>	<u>7617</u>

Details of each restricted fund:

Arnold Clark – Fund for magazines;
Derbyshire Voluntary Action – Funding for magazines;
Foundation Derbyshire – Funding for publicity material;
Mental Health Mini Grants Scheme (Erewash CVS) – Funding for workshops;
Magic Little Grants – Magazine production, 2 special editions.

4. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

Chesterfield & North Derbyshire Tinnitus Support Group

5. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

England & Wales - Charity number 1188354

Accounts

Chesterfield & North Derbyshire Tinnitus Support Group
(Registered charity, number 1188354)
Financial statements
for the year ended 31 March 2023

Page	Contents
2 - 4	Trustees' annual report
5	Independent examiner's report
6	Receipts & payments account
7	Statement of assets & liabilities
8 - 9	Notes to the accounts

**Chesterfield & North Derbyshire Tinnitus Support Group
Trustees' annual report
for the year ended 31 March 2023**

Full name Chesterfield & North Derbyshire Tinnitus Support Group

Other names by which the charity is known Chesterfield Tinnitus Support Group
CNDTSG

Organisation type Charitable incorporated organisation

Registered charity number 1188354

Principal address

Chesterfield and North Derbyshire Tinnitus Support Group
PO Box 833, Chesterfield, S40 9RU

Trustees

Joanne Gordon, Chair

Muriel Lascelles

Audrey Carlin, Secretary

Sarah Richards

Sarah Walters, Treasurer

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41
Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 5 March 2020.

Anyone who experiences Tinnitus, interested in supporting others with the condition or who have a family member with the condition can be considered for appointment as a new trustee.

Objectives and activities

The relief of sickness and the preservation of health among people affected by Tinnitus in Derbyshire, in particular, but not exclusively, by the provision of support, education and practical advice.

To support anyone suffering from Tinnitus to manage the condition. We support people by offering one to one support by phone, access to meetings (peer support) both face to face and online. We send out information packs, magazines and resources. We also organise other wellbeing activities such as walking, mindfulness and poetry workshops.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Chesterfield & North Derbyshire Tinnitus Support Group

Summary of the main activities undertaken for the public benefit

Those experiencing Tinnitus can suffer from anxiety and depression. The support group helps sufferers to manage the condition as well as maintaining communication as sufferers can feel isolated and lonely with the condition. We also complete a self-referral form (where the person suffering with tinnitus fulfils a specific criteria) to our local hospital, senior specialist audiologists with experience of tinnitus patients. This has proved successful and alleviates constant visits by the patient to their GP.

Our committed support increases member's confidence and helps to prevent the mental health issues that can result from the condition. We also keep them up-to-date with current research by offering emotional support and knowledge and understanding about the condition.

We encourage partners or friends to come along to meetings to give them a better understanding of tinnitus which in turn supports relationships and wellbeing of both parties.

Tinnitus can cause anxiety, depression, sleep and relationship problems. A study by the British Tinnitus Association (now Tinnitus UK) into the healthcare costs of Tinnitus Management has calculated that on average the cost of tinnitus treatment per patient per year is £717, equating to an NHS Healthcare bill of £750 million per year. Our support helps people to manage their condition, which in turn helps to support the NHS. Our one-to-one support which includes initial enquiry, making telephone contact with them, followed by personalised letter, our new Information Leaflet, Sleep Booklet, Wellbeing Magazine and resources, help and advice and the opportunity to access our support at any time, join the group and attend meetings as well as, for those who fulfil the NHS criteria, we feel contributes to the overall support of the NHS as well as the patient.

Summary of the main achievements during the period

We have continued to offer one to one support and send out information. Our monthly magazine has been well received, many people have shared the magazine with friends and family as the information helps anyone suffering from stress and anxiety so it reaches a wider audience. We have been contacted on several occasions by mental health support workers and they too have come along to meetings with the person for whom they are caring as well as joining our poetry group.

Feedback from members about our Wellbeing Magazines have proved their success too, as they find them inspiring, uplifting, informative, happy and positive. We encourage our members to send in information for the magazine which can be anything from stories about holidays, hobbies, ancestry, gardening, wildlife, recipes, the list is endless, and again feedback has proved how much they enjoy "getting to know people" through their stories. For those who are able to attend meetings, some of our members are happy to come along and give a talk about a variety of subjects which again people love to hear. We encourage inclusivity and make everyone feel welcome, valued and respected and they make new friends within our group.

Chesterfield & North Derbyshire Tinnitus Support Group

We have held group meetings on topics relevant to supporting members with their tinnitus for example from the Senior Audiologists at Chesterfield Royal Hospital as well as general interest meetings which help our members 'distract' from their condition.

Also our regular online poetry group (a mindful activity) from which we have poems written by the group members that have been included in our magazine. We have continued to offer an excellent service supported by the Audiology department at Chesterfield Royal Hospital.

Financial review

We are in a relatively healthy position, although have a number of outstanding projects to fulfil.

One of our main risks is the difficulty in securing grant funding to continue our support.

The charity's policy on reserves

Our policy is to keep sufficient reserves to run a helpline and produce at least bi-monthly magazines for 12 months as well as 6 face-to-face meetings. We work on a very tight budget and do not receive any core funding, so we are also mindful that reserves would need to cover repairs and renewals for equipment, computer and printers.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Joanne Gordon, Trustee

**Independent examiner's report to the trustees of
Chesterfield & North Derbyshire Tinnitus Support Group
for the year ended 31 March 2023**

I report to the trustees on my examination of the accounts of Chesterfield & North Derbyshire Tinnitus Support Group (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed _____ Date _____
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Chesterfield & North Derbyshire Tinnitus Support Group
Receipts & payments account
for the year ended 31 March 2023

2022		Unrestricted	Restricted	2023
£		Note	Funds	£
	Receipts		£	
2618	Grants & donations	2	3727	1500
1815	Membership		928	-
<u>4433</u>	Total receipts		<u>4655</u>	<u>1500</u>
	Payments			
187	Administration		514	-
-	Advertising		-	35
107	Bank charges		88	-
462	Events		677	376
14	Internet		144	-
2230	Printing		2509	-
267	Resources		120	-
300	Independent examination		-	-
12	Sundry payments		-	-
<u>3579</u>	Total payments		<u>4052</u>	<u>411</u>
854	Net receipts/(payments)		603	1089
8169	Cash funds at start of this period		9023	-
<u>9023</u>	Cash funds at end of this period		<u>9626</u>	<u>1089</u>
				<u>10715</u>

Chesterfield & North Derbyshire Tinnitus Support Group
Statement of assets and liabilities
at 31 March 2023

2022		2023
£	Cash assets	£
9023	Bank accounts	10715
<u>9023</u>		<u>10715</u>
	Assets retained for the charity's own use	
	General equipment.	
	Liabilities	
(306)	Creditors: Independent examination fee	(330)
<u>(306)</u>		<u>(330)</u>

These financial statements are accepted on behalf of the charity by:

Signed _____ Dated _____
 Sarah Walters, Trustee

Chesterfield & North Derbyshire Tinnitus Support Group
Notes to the accounts
for the year ended 31 March 2023

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
Arnold Clarke	-	500	500
Derbyshire Voluntary Action	-	500	500
Erewash CVS	-	500	500
Other donations	1581	-	1581
Vernon Robert Bowmer Charitable Trust	2146	-	2146
	3727	1500	5227

3. Funds analysis

	Opening balance £	Receipts (Payments) £		Closing balance £
Restricted funds				
Arnold Clarke - Magazines		500	(376)	124
Derbyshire Voluntary Action - Magazines		500	(35)	465
Erewash CVS		500		500
	-	1500	(411)	1089
Unrestricted funds				
General	9023	4655	(4052)	9626
	9023	4655	(4052)	9626

Details of each restricted fund:

Arnold Clarke – Fund for magazines

Derbyshire Voluntary Action – Funding for magazines

Erewash CVS – Funding for workshops

4. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

Chesterfield & North Derbyshire Tinnitus Support Group

5. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

England & Wales - Charity number 1188354

Accounts

Chesterfield & North Derbyshire Tinnitus Support Group
(Registered charity, number 1188354)
Financial statements
for the year ended 31 March 2022

Page	Contents
2 - 4	Trustees' annual report
5	Independent examiner's report
6	Receipts & payments account
7	Statement of assets & liabilities
8	Notes to the accounts

**Chesterfield & North Derbyshire Tinnitus Support Group
Trustees' annual report
for the year ended 31 March 2022**

Full name Chesterfield & North Derbyshire Tinnitus Support Group

Other names by which the charity is known Chesterfield Tinnitus Support Group
CNDTSG

Organisation type Charitable incorporated organisation

Registered charity number 1188354

Principal address

34 Glumangate, Chesterfield, S40 1TX

Trustees

Joanne Gordon, Chair

Audrey Carlin, Secretary

Sarah Walters, Treasurer

Muriel Lascelles, from 29/06/2021

Sarah Richards, from 29/06/2021

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 5 March 2020.

Anyone who experiences Tinnitus, is interested in supporting others with the condition or who has a family member with the condition can be considered for appointment as a new trustee.

Objectives and activities

The relief of sickness and the preservation of health among people affected by Tinnitus in Derbyshire, in particular, but not exclusively, by the provision of support, education and practical advice.

To support anyone suffering from Tinnitus to manage the condition. We support people by offering one to one support by phone, access to meetings (peer support) both face to face and online. We send out information packs, magazines and resources. We also organise other wellbeing activities such as walking, mindfulness and poetry workshops.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Chesterfield & North Derbyshire Tinnitus Support Group

Summary of the main activities undertaken for the public benefit

Those experiencing Tinnitus can suffer from anxiety and depression. The support group helps sufferers to manage the condition by offering emotional support and knowledge and understanding about the condition. Our support group arranges regular meetings (which ceased during the pandemic but we managed two face-to-face meetings during the summer of 2021 with strict Covid protocols in place) but our newsletters have increased in size and the regularity of issues on a monthly basis to maintain communication and to reduce the feelings of isolation.

We also run an online support group meeting to which we invite speakers. During the pandemic we made phone calls, particularly to those people who were most vulnerable and offered everyone the opportunity to make contact with us via our Helpline, if they are struggling. Our committed support increases their confidence and helps to prevent the mental health issues that can result from the condition. We also keep them up-to-date with current research.

Tinnitus can cause anxiety, depression, sleep and relationship problems. A study by the British Tinnitus Association into the healthcare costs of Tinnitus Management has calculated that on average the cost of tinnitus treatment per patient per year is £717, equating to an NHS Healthcare bill of £750million per year. Our support helps people to manage their condition, which in turn helps to support the NHS. Our one to one support, which includes listening to the sufferer, monthly Tinnitus magazine, resources and specifically designed letter helps the sufferer to manage their condition, it also reduces isolation caused by the condition particularly during the pandemic and lockdown.

Summary of the main achievements during the period

We have continued to offer one to one support and send out information. Our monthly magazine has been well received, many people have shared the magazine with friends and family as the information helps anyone suffering from stress and anxiety. Our feedback form revealed our members find the magazine interesting and helpful and that they look forward to receiving it.

We were able to bring people together in a safe way and organised 2 face-to-face meetings as well as 2 walks during the year.

We organised a number of online workshops including mindfulness and regular poetry sessions. In conjunction with the British Tinnitus Association we have continued to facilitate an online evening Support Group meeting which regularly sees up to 30 attendees.

For Tinnitus Awareness Week we shared resources online as well as organising an online meeting.

We have continued to offer an excellent service supported by the Audiology department at Chesterfield Royal Hospital.

Chesterfield & North Derbyshire Tinnitus Support Group

Financial review

We are in a relatively healthy position, although have a number of outstanding projects to fulfil.

One of our main risks is the difficulty in securing grant funding to continue our support.

The charity's policy on reserves

Our policy is to keep sufficient reserves to run a helpline and produce a bi-monthly newsletter for 12 months.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Joanne Gordon, Trustee

Independent examiner's report to the trustees of Chesterfield & North Derbyshire Tinnitus Support Group for the year ended 31 March 2022

I report to the trustees on my examination of the accounts of Chesterfield & North Derbyshire Tinnitus Support Group (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed _____ Date _____

John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Chesterfield & North Derbyshire Tinnitus Support Group
Receipts & payments account
for the year ended 31 March 2022

<i>13 months</i>			Unrestricted	Restricted	2022
2021		Note	Funds	Funds	£
£			£	£	
	Receipts				
1690	Grants & donations	2	1618	1000	2618
2030	Membership		1815	-	1815
7468	Opening transfer		-	-	-
<u>11188</u>	Total receipts		<u>3433</u>	<u>1000</u>	<u>4433</u>
	Payments				
288	Administration		187	-	187
443	Advertising		-	-	-
102	Bank charges		107	-	107
115	Events		462	-	462
29	Internet		14	-	14
1782	Printing		1230	1000	2230
260	Resources		267	-	267
-	Independent examination		300	-	300
-	Sundry payments		12	-	12
<u>3019</u>	Total payments		<u>2579</u>	<u>1000</u>	<u>3579</u>
8169	Net receipts/(payments)		854	-	854
-	Cash funds at start of this period		8169	-	8169
<u>8169</u>	Cash funds at end of this period		<u>9023</u>	-	<u>9023</u>

Chesterfield & North Derbyshire Tinnitus Support Group
Statement of assets and liabilities
at 31 March 2022

<i>2021</i>		<i>2022</i>
£	Cash assets	£
8169	Bank accounts	9023
<u>8169</u>		<u>9023</u>
	Assets retained for the charity's own use	
	General equipment.	
	Liabilities	
(300)	Creditors: Independent examination fee	(306)
<u>(187)</u>	Administration	<u>-</u>
<u>(487)</u>		<u>(306)</u>

These financial statements are accepted on behalf of the charity by:

Signed _____ Dated _____
 Sarah Walters, Trustee

Chesterfield & North Derbyshire Tinnitus Support Group
Notes to the accounts
for the year ended 31 March 2022

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
Derbyshire Community Foundation	-	750	750
Arnold Clark	-	250	250
Sundry grants & donations	1618	-	1618
	1618	1000	2618

3. Funds analysis

	Opening balance £	Receipts (Payments) £	£	Closing balance £
Restricted funds				
Magazine & online wellbeing meetings	-	750	(750)	-
Printing newsletters	-	250	(250)	-
	-	1000	(1000)	-
Unrestricted funds				
General	8169	3433	(2579)	9023
	8169	3433	(2579)	9023

4. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

5. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

England & Wales - Charity number 1188354

Accounts

Chesterfield & North Derbyshire Tinnitus Support Group
(Registered charity, number 1188354)
Financial statements
for the period 5 March 2020 to 31 March 2021

Page	Contents
2 - 4	Trustees' annual report
5	Independent examiner's report
6	Receipts & payments account
7	Statement of assets & liabilities
8	Notes to the accounts

Chesterfield & North Derbyshire Tinnitus Support Group
Trustees' annual report
for the period 5 March 2020 to 31 March 2021

Full name Chesterfield & North Derbyshire Tinnitus Support Group

Other names by which the charity is known Chesterfield Tinnitus Support Group
CNDTSG

Organisation type Charitable incorporated organisation

Registered charity number 1188354

Principal address

34 Glumangate, Chesterfield, S40 1TX

Trustees

Joanne Gordon, Chair
Audrey Carlin, Secretary
Sarah Walters, Treasurer

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 5 March 2020.

Anyone who experiences Tinnitus, is interested in supporting others with the condition or who has a family member with the condition can be considered for appointment as a new trustee.

Objectives and activities

The relief of sickness and the preservation of health among people affected by Tinnitus in Derbyshire, in particular, but not exclusively, by the provision of support, education and practical advice.

To support anyone suffering from Tinnitus to manage the condition. We support people by offering one to one support by phone, access to meetings (peer support), face to face group meetings before Covid and since Covid online. We send out information packs, newsletters/magazines and resources.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Chesterfield & North Derbyshire Tinnitus Support Group

Summary of the main activities undertaken for the public benefit

Those experiencing Tinnitus can suffer from anxiety and depression. The support group helps sufferers to manage the condition by offering emotional support and knowledge and understanding about the condition. Our support group arranges regular meetings (which have ceased during the pandemic) but our newsletters have increased in size and the regularity of issues on a monthly basis to maintain communication and to reduce the feelings of isolation.

We also run an online support group meeting to which we invite speakers. During the pandemic we made phone calls, particularly to those people who were most vulnerable and offered everyone the opportunity to make contact with us via our Helpline, if they are struggling. Our committed support increases their confidence and helps to prevent the mental health issues that can result from the condition. We also keep them up-to-date with current research.

Tinnitus can cause anxiety, depression, sleep and relationship problems. A study by the British Tinnitus Association into the healthcare costs of Tinnitus Management has calculated that on average the cost of tinnitus treatment per patient per year is £717, equating to an NHS Healthcare bill of £750million per year. Our support helps people to manage their condition, which in turn helps to support the NHS. Our one to one support, which includes listening to the sufferer, monthly Tinnitus magazine, resources and specifically targeted letter helps the sufferer to manage their condition, it also reduces isolation caused by the condition particularly during the pandemic and lockdown.

Summary of the main achievements during the period

We have continued to offer one to one support and send out information. We have been unable to organise meetings but have continued to send out newsletters/magazines and resources. Our newsletter is now a magazine which has increased from bi-monthly to monthly. We have also been holding online support group meetings, with speakers as well as just allowing our members to chat. In conjunction with the British Tinnitus Association we have also been facilitating an online evening Support Group meeting which regularly sees up to 30 attendees.

For Tinnitus Awareness Week we prepared a number of videos on topics to support those experiencing Tinnitus including those struggling to sleep. These can be accessed on our Facebook page.

We have also been active on social media with regular updates and posts. We have continued to offer an excellent service due to close links with the Audiology department at Chesterfield Royal Hospital.

Some activities were unable to take place due to COVID, however funds held for these will be spent when COVID restrictions allow. These activities include poetry workshops and outreach work in Matlock and Sheffield.

Chesterfield & North Derbyshire Tinnitus Support Group

Financial review

We are in a relatively healthy position, although have a number of outstanding projects to fulfil.

One of our main risks is the difficulty in securing grant funding to continue our support.

The charity's policy on reserves

Our policy is to keep sufficient reserves to run a helpline and produce a bi-monthly newsletter for 12 months.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Joanne Gordon, Trustee

**Independent examiner's report to the trustees of
Chesterfield & North Derbyshire Tinnitus Support Group
for the period 5 March 2020 to 31 March 2021**

I report to the trustees on my examination of the accounts of Chesterfield & North Derbyshire Tinnitus Support Group (the charity) for the period 5 March 2020 to 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed _____ Date _____

John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Chesterfield & North Derbyshire Tinnitus Support Group
Receipts & payments account
for the period 5 March 2020 to 31 March 2021

	<i>Note</i>	<i>13 months 2021 £</i>
Receipts		
Grants & donations	3	1690
Membership		2030
Opening transfer	2	7468
Total receipts		<u>11188</u>
Payments		
Administration		288
Advertising		443
Bank charges		102
Events		115
Internet		29
Printing		1782
Resources		260
Total payments		<u>3019</u>
Net receipts/(payments)		<u>8169</u>
Cash funds at end of this period		<u>8169</u>

Chesterfield & North Derbyshire Tinnitus Support Group
Statement of assets and liabilities
at 31 March 2021

	<i>2021</i>
Cash assets	£
Bank accounts	8169
	<u>8169</u>
Assets retained for the charity's own use	
General equipment.	
Liabilities	
Creditors: Independent examination fee	(300)
Administration	<u>(187)</u>
	<u>(487)</u>

These financial statements are accepted on behalf of the charity by:

Signed _____ Dated _____
Sarah Walters, Trustee

Chesterfield & North Derbyshire Tinnitus Support Group
Notes to the accounts
for the period 5 March 2020 to 31 March 2021

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Opening transfer

The opening transfer is the bank balance of the organisation prior to it becoming a registered charity.

3. Grants & donations

	£
The Zachary Merton & George Woofindin Convalescent Trust	250
Chesterfield Charitable Trust	200
Harry Bottom Charitable Trust	200
Sundry grants & donations	1040
	<u>1690</u>

4. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

5. Previous period comparison

The previous period's figures have not been included for comparison because this is the charity's first accounting period.

6. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.