

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

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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>-</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
	<u>1618</u>	<u>1000</u>	<u>2618</u>

3. Funds analysis

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

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.