

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

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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
Audrey Carlin, Secretary
Sarah Walters, Treasurer

Muriel Lascelles
Sarah Richards

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').

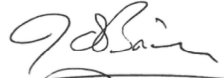
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

2023		2024
£	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
	803	1485	2288

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
	1090	1485	(1115)	1460
Unrestricted funds				
General	9625	1498	(3506)	7617
	9625	1498	(3506)	7617

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.