

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

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**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 £
	<b>Receipts</b>				
2288	Grants & donations	2	1036	950	1986
695	Membership		1228	-	1228
<u>2983</u>	<b>Total receipts</b>		<u>2264</u>	<u>950</u>	<u>3214</u>
	<b>Payments</b>				
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>	<b>Total payments</b>		<u>3373</u>	<u>1709</u>	<u>5082</u>
(1638)	<b>Net receipts/(payments)</b>		(1109)	(759)	(1868)
10715	Cash funds at start of this period		7617	1460	9077
<u>9077</u>	<b>Cash funds at end of this period</b>		<u>6508</u>	<u>701</u>	<u>7209</u>

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

2024		2025
£	<b>Cash assets</b>	£
9077	Bank accounts	7209
<u>9077</u>		<u>7209</u>
	 <b>Liabilities</b>	
<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
	£	£	£	£
<b>Restricted funds</b>				
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>
<b>Unrestricted funds</b>				
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.