

THE FEEL GOOD FRIDAY GROUP

England & Wales · Charity number 1188855

Details

Status Registered

Legal form CIO

Registered 2020-04-01

Register [View on the Charity Commission register](#)

Contact

Address Leicester Street Community Room
Leicester Street
Northampton
NN1 3RS

Phone 07368204959

Email feelgoodfridaygirl@hotmail.co.uk

Activities

Objects: TO RELIEVE THE NEEDS OF PEOPLE WITH PHYSICAL AND MENTAL DISABILITIES, LEARNING DIFFICULTIES AND MENTAL HEALTH ISSUES IN THE COMMUNITY IN NORTHAMPTON AND THE SURROUNDING AREAS BY:1. THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH BY THE PROVISION OF HEALTH EDUCATION WORKSHOPS 2. THE ADVANCEMENT OF EDUCATION AND TRAINING OF THOSE IN THE COMMUNITY WHO ARE IN NEED THEREOF SO AS TO ADVANCE THEM IN LIFE AND ASSIST THEM TO ADAPT WITHIN THE WIDER COMMUNITY 3. THE PROVISION OF FACILITIES FOR RECREATION OR OTHER LEISURE-TIME OCCUPATION WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF THOSE PERSONS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES

Activities: Feel Good Friday operate a weekly drop in session for people with disabilities, additional needs, learning disabilities and mental health challenges. Weekly activities include, arts and crafts, sound therapy, talking circle, cookery, educational and learning opportunities. We also offer on-line courses.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£0	£0	-	-
2024-04-01	£0	£0	-	-
2023-04-01	£1,000	£1,102	-	-
2022-04-01	£9,780	£12,394	-	-
2021-04-01	£17,452	£24,852	-	-

Trustees

Name	Role	Appointed
Claire Michelle Leeson	Chair	2020-01-07
Chris Graves		2020-01-07
Jane Brewer		2020-01-07
Judith Malo		2020-01-07
Mary Sismey		2020-01-07
Sally Brewer		2020-01-07

THE FEEL GOOD FRIDAY GROUP

England & Wales - Charity number 1188855

Accounts

Charity Number: 1188855

FEEL GOOD FRIDAY

Trustees Report and Financial Statements

For the year ended 31st March 2025

Contents

Legal and Administrative Information	1
Trustees Report	2
Receipts and Payments Accounts	3

Legal and Administrative Information

Charity Number	1188855
Business Address	Leicester Street Community Room Leicester Street Northampton NN1 3RS
Trustees	CM Leeson Chair C Graves J Brewer S Brewer M Sismey J Malo

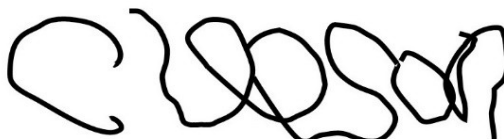
FEEL GOOD FRIDAY

Income and Expenditure for year to March 2025

	Unrestricted £	Restricted £	(2024) £
Income			
Fund Raising	0	0	7
Donations	0	0	0
Bank Interest Received	0	0	0
Grant:Desborough CDT	0	0	0
Grant:Trusthouse	0	0	0
Grant: Awards For All	0	0	0
Grant:	0	0	0
Grants	0	0	0
Total Incoming Resources	0	0	7
Expenditure			
Project Management	0	0	0
Sessional Costs	0	0	0
Venue Hire	0	0	0
Print, Post Stationery	0	0	0
Transport (Petrol & Vehicle Expenses)	0	0	0
Insurance	0	0	0
Materials	0	0	0
Training	0	0	0
Resource Expenses	0	0	0
Volunteer Expenses	25	0	2
Equipment	0	0	0
	0	0	0
	0	0	0
Total Resources Expended	25	0	0
	Unrestricted £	Restricted £	Total £
Net Income for the year	-25	0	-25
Total Funds at February 2024	25	0	25
Total Funds at March 2025	0	0	0

Balance sheet at March 2025

Fixed Assets	0
Current Assets	
Bank and Cash	0
Current Liabilities	
Creditors (amounts due within one year)	0
Net Assets	0
Funds	
Unrestricted Funds	0
Restricted Funds	0
Total Funds	0



Trustees Report:

Structure, governance and management:

The objectives of the Feel Good Friday Group are: To relieve the needs of people with physical and mental disabilities, learning difficulties and mental health issues in the community in Northampton and the surrounding areas.

Objectives and activities:

Due to the ill health of members and loss of key volunteers the group has wound down their activities this year. In the early part of 2026 one of the Trustees is moving out of the area and the Trustees have met and agreed to close the charity.

Financial review:

We currently hold no reserves and bank balance is at 0.

Statement of trustees' responsibilities:

The trustees are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees are required to: - select suitable accounting policies and then apply them consistently; - make judgements and estimates that are reasonable and prudent; and - prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the board:

C. Leeson
Chair of Trustees

THE FEEL GOOD FRIDAY GROUP

England & Wales - Charity number 1188855

Accounts

Charity Number: 1188855

FEEL GOOD FRIDAY

Trustees Report and Financial Statements

For the year ended 31st March 2024

Contents

Legal and Administrative Information	1
Trustees Report	2
Receipts and Payments Accounts	3

Legal and Administrative Information

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Trustees	CM Leeson Chair C Graves J Brewer S Brewer M Sismey J Malo

Income and Expenditure for year to March 2024			
	Unrestricted	Restricted	(2023)
	£	£	£
Income			
Fund Raising	7	0	0
Donations	0	0	0
Bank Interest Received	0	0	0
Grant: Desborough CDT	0	0	1000
Grant: Trusthouse	0	0	0
Grant: Awards For All	0	0	0
Grant:	0	0	0
Grants	0	0	0
Total Incoming Resources	0	0	1000
Expenditure			
Project Management	0	0	0
Sessional Costs	0	0	110
Venue Hire	0	0	990
Print, Post Stationery	0	0	0
Transport (Petrol & Vehicle Expenses)	0	0	0
Insurance	0	0	0
Materials	0	0	0
Training	0	0	0
Resource Expenses	0	0	0
Volunteer Expenses	0	0	2
Equipment	0	0	0
	0	0	0
	0	0	0
Total Resources Expended	0	0	1102
	Unrestricted	Restricted	Total
	£	£	£
Net Income for the year	0	0	0
Total Funds at February 2023	45	-20	25
Total Funds at March 2024	45	-20	25
Balance sheet at March 2024			
Fixed Assets			0
Current Assets			
Bank and Cash			25
Current Liabilities			
Creditors (amounts due within one year)			0
Net Assets			25
Funds			
Unrestricted Funds			45
Restricted Funds			-20
Total Funds			25
Signed			

Trustees Report:

Structure, governance and management:

The objectives of the Feel Good Friday Group are: To relieve the needs of people with physical and mental disabilities, learning difficulties and mental health issues in the community in Northampton and the surrounding areas.

Objectives and activities:

Our objectives and activities this year were to extend our reach by offering a weekly lunch group session in Desborough as well as continuing our weekly sessions in Northampton. Due to the loss of key volunteers who were our fundraisers our projects have been scaled back this year.

Financial review:

We currently hold no reserves but our policy is to build a reserve fund sufficient to ensure the ongoing stability of the charity and enable us to continue our work.

Statement of trustees' responsibilities:

The trustees are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees are required to: - select suitable accounting policies and then apply them consistently; - make judgements and estimates that are reasonable and prudent; and - prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the board:

C. Leeson
Chair of Trustees

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England & Wales - Charity number 1188855

Accounts

Charity Number: 1188855

FEEL GOOD FRIDAY

Trustees Report and Financial Statements

For the year ended 31st March 2023

FEEL GOOD FRIDAY

Contents

Legal and Administrative Information	1
Trustees Report	2
Receipts and Payments Accounts	3

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 NN1 3RS

Trustees	CM Leeson	Chair
	C Graves	
	J Brewer	
	S Brewer	
	M Sismey	
	J Malo	

FEEL GOOD FRIDAY

Income and Expenditure for year to March 2023

	Unrestricted	Restricted	(2022)
Income	£	£	£
Fund Raising	7	0	0
Donations	0	0	0
Bank Interest Received	0	0	0
Grant:Desborough CDT	0	1000	0
Grant:Trusthouse	0	0	0
Grant: Awards For All	0	0	9780
Grant:	0	0	0
<u>Grants</u>	<u>0</u>	<u>0</u>	<u>0</u>
Total Incoming Resources	7	1000	9780
Expenditure			
Project Management	0	0	0
Sessional Costs	0	110	9850
Venue Hire	0	990	0
Print, Post Stationery	0	0	680
Transport (Petrol & Vehicle Expenses)	0	0	0
Insurance	0	0	0
Materials	0	0	1740
Training	0	0	24
Resource Expenses	0	0	0
Volunteer Expenses	0	2	100
Equipment	0	0	0
	0	0	0
Total Resources Expended	0	1102	12394
	Unrestricted	Restricted	Total
	£	£	£
Net Income for the year	7	-102	-95
<u>Total Funds at February 2022</u>	<u>38</u>	<u>82</u>	<u>120</u>
<u>Total Funds at March 2023</u>	<u>45</u>	<u>-20</u>	<u>25</u>

Balance sheet at March 2023

Fixed Assets	0
Current Assets	
Bank and Cash	25
Current Liabilities	
Creditors (amounts due within one year)	0
Net Assets	25
Funds	
Unrestricted Funds	45
Restricted Funds	-20
Total Funds	25

Signed

Trustees Report:

Structure, governance and management:

The objectives of the Feel Good Friday Group are: To relieve the needs of people with physical and mental disabilities, learning difficulties and mental health issues in the community in Northampton and the surrounding areas.

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On behalf of the board:

C. Leeson
Chair of Trustees

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Accounts

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FEEL GOOD FRIDAY

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For the year ended 31st March 2022

FEEL GOOD FRIDAY

Contents

Legal and Administrative Information	1
Trustees Report	2
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	J Brewer	
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	M Sismey	
	J Malo	

Trustees Report:

Structure, governance and management:

The objectives of the Feel Good Friday Group are: To relieve the needs of people with physical and mental disabilities, learning difficulties and mental health issues in the community in Northampton and the surrounding areas.

Objectives and activities:

Our objectives and activities this year were to get back together in person by reconvening our weekly sessions. We provided a weekly drop in with food; talking circle and various activities. Many of our users were shielding for longer than average due to illness and disabilities. Attendance in person is growing and our aim is that it will reach pre-pandemic levels by the end of the year. During this period we also continued to provide on-line resources for those who were unable to attend in person.

Financial review:

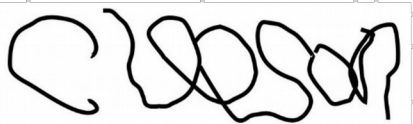
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On behalf of the board:

C. Leeson
Chair of Trustees

FEEL GOOD FRIDAY			
<u>Income and Expenditure for year to March 2022</u>			
	Unrestricted	Restricted	(2021)
	£	£	£
Income			
Fund Raising	0	0	0
Donations	0	0	0
Bank Interest Received	0	0	0
Grant: Peoples Health Trust	0	0	17450
Grant: Trusthouse	0	0	6725
Grant: Awards For All	0	9780	0
Grant:	0	0	0
Grants	0	0	0
Total Incoming Resources	0	9780	24175
Expenditure			
Project Management	0	0	1440
Sessional Costs	0	9850	20930
Venue Hire	0	0	0
Print, Post Stationery	0	680	0
Transport (Petrol & Vehicle Expenses)	0	0	640
Insurance	0	0	0
Materials	0	1740	72
Training	0	24	0
Resource Expenses	0	0	1080
Volunteer Expenses	0	100	560
Equipment	0	0	130
	0	0	0
	0	0	0
Total Resources Expended	0	12394	24852
	Unrestricted	Restricted	Total
	£	£	£
Net Income for the year	0	-2614	-2614
Total Funds at February 2021	38	2696	2734
Total Funds at March 2022	38	82	120
Balance sheet at March 2022			
Fixed Assets			0
Current Assets			
Bank and Cash			120
Current Liabilities			
Creditors (amounts due within one year)			0
Net Assets			120
Funds			
Unrestricted Funds			38
Restricted Funds			82
Total Funds			120
Signed			

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Contents

Legal and Administrative Information	1
Trustees Report	2
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Trustees Report:

Structure, governance and management:

The objectives of the Feel Good Friday Group are: To relieve the needs of people with physical and mental disabilities, learning difficulties and mental health issues in the community in Northampton and the surrounding areas.

Objectives and activities:

This year has been a difficult one due to the Pandemic. We have had to adapt to the fluctuations of restrictions and this has meant changing some of the ways in which we deliver our services. Prior to the pandemic all of our services were delivered in person and face to face. During certain periods over the last year we moved everything on line and delivered our weekly meetings, activities, workshops and counselling services via the Zoom platform. Over the course of the last year we have delivered a range of workshops and activities on a weekly basis, both on-line and in person that include: Sound Therapy and Gong Baths, Storytelling, Nutritional therapy, Life coaching, Well-being, Chair yoga, Mindfulness, Counselling, Talking Circle and Art Therapy. During lockdowns we also sent out a weekly recipe box and had a 'cook in' on line where participants could prepare a meal and eat together via the Zoom platform. Our volunteers also provided a box delivery and doorstep conversation for isolated members who did not have access to online services during lockdown periods. We also organised 'bubbles' for members and walks and meet ups where they were permitted, always within the legal guidelines.

Financial review:

We currently hold no reserves but our policy is to build a reserve fund sufficient to ensure the ongoing stability of the charity and enable us to continue our work.

Statement of trustees' responsibilities:

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On behalf of the board:

C. Leeson
Chair of Trustees

FEEL GOOD FRIDAY			
<u>Income and Expenditure for year to 31st March 2021</u>			
	Unrestricted	Restricted	(2020)
	£	£	£
Income			
Fund Raising	0	0	0
Donations	0	0	0
Bank Interest Received	0	0	0
Grant: Peoples Health Trust	0	6980	17450
Grant: Trusthouse	0	0	6725
Grant: Covid 19 Response	0	9972	0
Grant: Happy to Help	0	250	0
Grants : Resources In	0	250	0
Total Incoming Resources	0	17452	24175
Expenditure			
Project Management	0	1440	3120
Sessional Costs	0	20930	20010
Venue Hire	0	0	0
Print, Post Stationery	0	0	100
Transport (Petrol & Vehicle Expenses)	0	640	1040
Insurance	0	0	0
Materials	0	72	0
Training	0	0	0
Resource Expenses	0	1080	1560
Volunteer Expenses	0	560	1520
Equipment	0	130	0
	0	0	0
	0	0	0
Total Resources Expended	0	24852	27350
	Unrestricted	Restricted	Total
	£	£	£
Net Income for the year	0	-7400	-7400
Total Funds at 1st April 2020	38	10096	10134
Total Funds at 31st March 2021	38	2696	2734
Balance sheet at 31st March 2021			
Fixed Assets			0
Current Assets			
Bank and Cash			2734
Current Liabilities			
Creditors (amounts due within one year)			0
Net Assets			2734
Funds			
Unrestricted Funds			38
Restricted Funds			2696
Total Funds			2734
Signed	