

Charity Number: 1188855

**FEEL GOOD FRIDAY**

Trustees Report and Financial Statements

For the year ended 31<sup>st</sup> March 2021

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Legal and Administrative Information

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

## **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:**

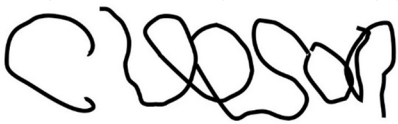
We currently hold no reserves but our policy is to build a reserve fund sufficient to ensure the ongoing stability of the charity and enable us to continue our work.

### **Statement of trustees' responsibilities:**

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

| FEEL GOOD FRIDAY                                                 |                                                                                      |              |              |
|------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------|--------------|
| <b><u>Income and Expenditure for year to 31st March 2021</u></b> |                                                                                      |              |              |
|                                                                  | Unrestricted                                                                         | Restricted   | (2020)       |
|                                                                  | £                                                                                    | £            | £            |
| <b>Income</b>                                                    |                                                                                      |              |              |
| 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            |
| <b>Total Incoming Resources</b>                                  | <b>0</b>                                                                             | <b>17452</b> | <b>24175</b> |
| <b>Expenditure</b>                                               |                                                                                      |              |              |
| 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            |
| <b>Total Resources Expended</b>                                  | <b>0</b>                                                                             | <b>24852</b> | <b>27350</b> |
|                                                                  | Unrestricted                                                                         | Restricted   | Total        |
|                                                                  | £                                                                                    | £            | £            |
| <b>Net Income for the year</b>                                   | <b>0</b>                                                                             | <b>-7400</b> | <b>-7400</b> |
| Total Funds at 1st April 2020                                    | 38                                                                                   | 10096        | 10134        |
| <b>Total Funds at 31st March 2021</b>                            | <b>38</b>                                                                            | <b>2696</b>  | <b>2734</b>  |
| <b>Balance sheet at 31st March 2021</b>                          |                                                                                      |              |              |
| <b>Fixed Assets</b>                                              |                                                                                      |              | <b>0</b>     |
| <b>Current Assets</b>                                            |                                                                                      |              |              |
| Bank and Cash                                                    |                                                                                      |              | 2734         |
| <b>Current Liabilities</b>                                       |                                                                                      |              |              |
| Creditors (amounts due within one year)                          |                                                                                      |              | 0            |
| <b>Net Assets</b>                                                |                                                                                      |              | <b>2734</b>  |
| <b>Funds</b>                                                     |                                                                                      |              |              |
| Unrestricted Funds                                               |                                                                                      |              | 38           |
| Restricted Funds                                                 |                                                                                      |              | 2696         |
| <b>Total Funds</b>                                               |                                                                                      |              | <b>2734</b>  |
| Signed                                                           |  |              |              |