

Charity Number: 1188855

FEEL GOOD FRIDAY

Trustees Report and Financial Statements

For the year ended 31st March 2022

FEEL GOOD FRIDAY

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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	

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:

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			
<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			