

Charity Number: 1188855

FEEL GOOD FRIDAY

Trustees Report and Financial Statements

For the year ended 31st March 2023

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	

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.

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