

# WAVE FORWARD

*For young people. For mental health. For the future.*

## ANNUAL REPORT + ACCOUNTS



2021/22

**Wave Forward**  
**Report of the Trustees**  
**For the year ended 31st December 2022**

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ending 31st December 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

**Objectives of the Organisation**

The principal objective of the organisation, as set out in its Governing Document, is :

*For the public benefit to promote, protect, and relieve the mental health of children and young people living in the district of South Lakeland and the surrounding area.*

The organisation was formed in 2020 and pursues its objectives of working with young people, their parents and carers, and partner organisations (including schools, charities and public sector organisations) to run campaigns and events to raise awareness and understanding of mental health and promote wellbeing, to deliver programmes that enable young people to care for themselves and others, and to provide therapeutic support for those who need it. There were no changes in the period in the policies adopted by the company to further its objectives.

**Governance and Management of the Organisation**

The organisation is registered as a Charitable Incorporated Organisation

The organisation is governed by its Board of Trustees, consisting of not less than 3 members, which meets at least 12 times per year (both in-person and via video call). The activities of the organisation (in furtherance of its objective) are delivered by a team of staff, freelance contractors, and volunteers, and through agreements with partner organisations.

**Wave Forward**  
**Report of the Trustees Continued**  
**For the year ended 31st December 2022**

**FINANCIAL REVIEW**

Review of financial position

The financial results for the period are as set out in the income and expenditure account on page 5 and the detailed statement of income and expenditure on page 11. The position at the end of the period is shown in the balance sheet on page 6.

**Future plans and commitments**

The finances of the organisation are considered by the Trustees to be sufficient to meet all existing commitments.

**Connected charities**

The charity is not connected with, or affiliated to, any similar charities.

**Reserves.**

At the end of each financial year, any surplus unrestricted funding is transferred into the reserves of the organisation with the aim of setting aside the equivalent of three months average turnover to cover any unforeseen costs and ensure financial sustainability. Once the reserves target is achieved, any further surplus will be designated and used by the trustees to invest in the further achievement of the objective of the organisation.

**Wave Forward**  
**Report of the Trustees Continued**  
**For the year ended 31st December 2022**

**Recruitment and appointment of trustees**

**Appointment of trustees**

Trustees are recruited through an open and transparent process to ensure that the board has the range of skills and experience needed to successfully achieve our objective and deliver our strategy business plan. Trustees will periodically undertake a skills audit and use this information to recruit further trustees and ensure the organisation has a diverse board of between 7 and 9 individuals.

**Trustees' responsibilities**

The trustees are required to prepare accounts which give a true and fair view of the financial position of the organisation at the end of each financial year.

In preparing the accounts the trustees are required to:

- a) select suitable accounting policies and then apply them consistently.
- b) make judgements and estimates that are reasonable and prudent.
- c) follow applicable accounting standards, subject to any material departures disclosed and explained in the accounts.
- d) prepare the financial statements on the going concern basis unless it is inappropriate to presume that this basis applies.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with all relevant legislation. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



**Wave Forward**  
**Report of the Trustees Continued**  
**For the year ended 31st December 2022**

**REFERENCE AND ADMINISTRATIVE INFORMATION**

Name of Charity: Wave Forward

Charity registration number: 1191038

Principal address: Casterton Suite, Clawthorpe Hall Business Centre, Burton in Kendal, Carnforth, LA6 1NU.

Trustees

The trustees during the year and since the year end were as follows:

<b>Name</b>	<b>Status</b>	<b>Joined Date</b>	<b>Resigned Date</b>
Ramin Salehi	Continuing	12/11/2019	-
Rebecca Clifford Perkins	Joined During Year	10/03/2022	-
Kyle Sandham	Joined During Year	18/05/2022	-
David Beuzeval	Joined During Year	12/11/2022	-
Ben McGregor	Joined Since Year End	11/04/2023	-
Abigail Last	Joined Since Year End	11/04/2023	-
Eleanor Cragg	Joined Since Year End	22/08/2023	-
John Oldroyd	Resigned	12/11/2019	14/11/2022
Catherine Hill	Resigned	18/05/2022	30/06/2023
Ian Baldwin	Resigned	18/05/2022	20/06/2022
Deborah Kirsten Hardy	Resigned	12/11/2019	10/03/2022

Accountant:

SJW Accountants,  
Casterton Suite, Clawthorpe Hall Business Centre, Burton in Kendal, Lancs LA6 1NU

Independent examiner:

Fiona Wills Accountancy Services,  
Warton suite, Clawthorpe Hall, Business Centre, Burton in Kendal, Carnforth Lancs LA6 1NU

Bankers:

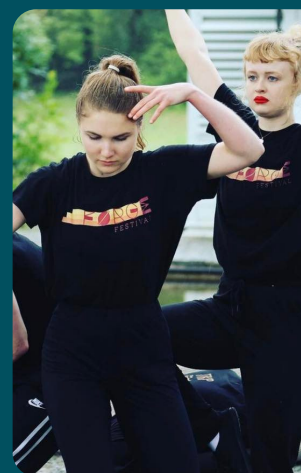
CAF BANK LTD

25 Kingshill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

**Approved by the Board of Trustees and signed on its behalf by:**

A handwritten signature in brown ink, appearing to read 'Ramin L. Salehi', written in a cursive style.

.....  
Mr Ramin Salehi



# WAVE FORWARD

Driving the vision of better mental wellbeing for young people across the South Lakes of Cumbria. For young people. For mental health. For the future.

## GET IN TOUCH

For more questions contact  
[hello@waveforward.org.uk](mailto:hello@waveforward.org.uk)



@WaveForward



Charity no. 1191038

**Charity Number: 1191038**

**(England and Wales)**

**Wave Forward**

**Report of the Trustees and Unaudited Financial Statements**

**For the year ended 31 December 2022**

**Wave Forward**  
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**For the year ended 31 December 2022**

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**Wave Forward  
Report of the Trustees  
For the year ended 31 December 2022**

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## **OBJECTIVES AND ACTIVITIES**

### **Objectives of the Organisation**

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There were no changes in the period in the policies adopted by the company in order to further its objectives.

### **Governance and Management of the Organisation**

The organisation is registered as a Charitable Incorporated Organisation

The organisation is governed by its Board of Trustees, consisting of not less than 3 members, which meets at least 6 times per year.

The activities of the organisation (in furtherance of its objective) are delivered by a team of staff, freelance contractors, and volunteers and through agreements with partner organisations.



**Wave Forward**  
**Report of the Trustees Continued**  
**For the year ended 31 December 2022**

**FINANCIAL REVIEW**

**Review of financial position**

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Once the reserves target is achieved, any further surplus will be designated and used by the trustees to invest in the further achievement of the objective of the organisation.



**Wave Forward**  
**Report of the Trustees Continued**  
**For the year ended 31 December 2022**

**Recruitment and appointment of trustees**

**Appointment of trustees**

Trustees are recruited through an open and transparent process to ensure that the board has the range of skills and experience needed to successfully achieve our objective and deliver our strategy business plan.

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**Wave Forward**  
**Report of the Trustees Continued**  
**For the year ended 31 December 2022**

**REFERENCE AND ADMINISTRATIVE INFORMATION**

<b>Name of Charity</b>	Wave Forward
<b>Charity registration number</b>	1191038
<b>Principal address</b>	Casterton Suite Clawthorpe Hall Business Centre Burton in Kendal Carnforth LA6 1NU

**Trustees**

The trustees during the year and since the year end were as follows:

Ian Baldwin  
David Beuzeval  
Rebecca Clifford Perkins  
Kirsten Hardy  
Catherine Hill  
John Oldroyd  
Ramin Salehi (Chair)  
Kyle Sandham

**Accountant**

SJW Accountants  
Casterton Suite  
Clawthorpe Hall Business Centre  
Burton in Kendal  
Lancs  
LA6 1NU

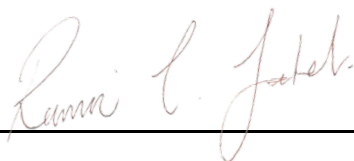
**Independent examiner**

Fiona Wills Accountancy Services  
Warton Suite  
Clawthorpe Hall Business Centre  
Burton in Kendal  
Lancs  
LA6 1NU

**Bankers**

CAF BANK LTD  
25 Kingshill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

Approved by the Board of Trustees and signed on its behalf by



Mr Ramin Salehi

06 March 2023

**Wave Forward**  
**Income & Expenditure Account**  
**For the year ended 31 December 2022.**

	2022	2021
	£	£
<b>Income and endowments from:</b>		
Restricted Income	45,507	52,199
Unrestricted Income	31,351	38,294
Bank Interest Receivable	<u>50</u>	<u>-</u>
<b>Total</b>	<u>76,908</u>	<u>90,493</u>
 <b>Expenditure on:</b>		
Charitable activities	180	1,389
Other expenditure	<u>59,429</u>	<u>50,424</u>
<b>Total</b>	<u>59,609</u>	<u>51,813</u>
 <b>Net income/expenditure</b>	17,299	38,680
<b>Reconciliation of funds</b>		
Total funds brought forward	<u>-</u>	<u>-</u>
<b>Total funds carried forward</b>	<u>17,299</u>	<u>38,680</u>

**Wave Forward  
Balance Sheet  
As at 31 December 2022**

	Notes	2022 £	2021 £
<b>Fixed Assets</b>			
Tangible assets		-	-
<b>Current Assets</b>			
Prepayments			
Cash at bank and in hand		56,583	39,429
		<u>56,583</u>	<u>39,429</u>
<b>Creditors: amounts falling due within one</b>	7	603	749
<b>Net current assets</b>		<u>55,980</u>	<u>38,680</u>
<b>Total assets less current liabilities</b>		<u>55,980</u>	<u>38,680</u>
<b>Net assets</b>		<u>55,980</u>	<u>38,680</u>
<b>The funds of the charity</b>			
Unrestricted	8	16,611	11,889
Restricted		<u>39,369</u>	<u>26,791</u>
<b>Total funds</b>		<u>55,980</u>	<u>38,680</u>

For the year ended 31 December 2022 the charity was entitled to exemption from audit.

The financial statement is approved and authorised for issue by the Trustees and signed on its behalf by:



Mr Kyle Sandham  
Trustee/Treasurer  
06 March 2023

**Wave Forward  
INDEPENDENT EXAMINERS STATEMENT**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WAVE FORWARD**

I report to the trustees on my examination of the accounts for the period ended 31 December 2022.

**RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER**

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income did not exceed £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA .

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

**BASIS OF INDEPENDENT EXAMINERS STATEMENT**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

**INDEPENDENT EXAMINERS STATEMENT**

I have completed my examination. I can confirm that no material matters have come to my attention in

1. accounting records were not kept in respect of the trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.

Date: 31/03/2023



Fiona Wills Accountancy Services Limited  
Warton Suite  
Clawthorpe Hall Business Centre  
Burton in Kendal  
Carnforth Lancs  
LA6 1NU

**Wave Forward**  
**Notes to the Financial Statements**  
**For the year ended 31 December 2022**

**1. Accounting Policies**

**Basis of accounting**

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)

Wave Forward meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the

**2. Income from donations and legacies**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>		
Donations received	14,495	18,314

**3. Costs of charitable activities by fund type**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Support costs	57,389	44,557
	<u>57,389</u>	<u>44,557</u>

**Wave Forward**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 December 2022**

**4. Analysis of support costs**

	2022	2021
	£	£

Governance costs	-	-
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**5. Net income/(expenditure) for the period**

This is stated after charging/(crediting):

	2022	2021
	£	£

Depreciation of owned fixed assets	-	-
Accountancy fees	<u>682</u>	<u>730</u>

**6. Comparative for the Statement of Financial Activities**

At 31 March 2021	<u>-</u>	<u>-</u>
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**7. Creditors: amounts falling due within one year**

	2022	2021
	£	£

Accruals and deferred income	466	250
PAYE	137	370
Pensions	<u>-</u>	<u>129</u>
	<u>603</u>	<u>749</u>

**8. Movement in funds**

	Balance at 01/01/2022 £	Incoming resources £	Outgoing resources £	Balance at 31/12/2022 £
<b>Unrestricted Funds</b>	11,889	31,352	26,730	16,511
<b>Restricted Funds</b>	26,791	45,507	32,879	39,319
<b>Interest</b>		50		50
	<u>38,680</u>	<u>76,859</u>	<u>59,609</u>	<u>-</u> <u>55,880</u>

**Wave Forward**  
**Notes to the Financial Statements**  
**For the period ended 31 December 2022**

**Purpose of unrestricted Funds**

General

The purpose of the unrestricted fund is to cover the core costs.



**Wave Forward**  
**Detailed Statement of Income & Expenditure.**  
**For the year ended 31 December 2022**

	2022 £	2021 £
<b>INCOME</b>		
<b>Donations and legacies</b>		
Restricted	45,507	52,199
Unrestricted	31,351	38,294
	<u>76,858</u>	<u>90,493</u>
<b>Investments</b>		
Bank interest receivable	<u>50</u>	<u>-</u>
	50	-
<b>Total incoming resources</b>	76,908	<u>90,493</u>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Donations	180	1,389
	<u>180</u>	<u>1,389</u>
<b>Other</b>		
Insurance	455	384
General Travel	964	704
Bank Charges	81	111
Advertising	-	329
Computer Expenses	90	3,843
Sundry Expenses	164	222
Salaries	17,883	17,399
Office Expenses	<u>28£</u>	<u>274</u>
	19,922	23,265
<b>SUPPORT COSTS</b>		
<b>Governance costs</b>		
Accountancy	682	730
Professional Expenses	37,166	26,428
Venue Hire & Refreshments	1,659	
	<u>39,506</u>	<u>27,158</u>
<b>Total resources expended</b>	<u>59,609</u>	<u>51,813</u>
<b>Net Income</b>	<u>17,299</u>	<u>38,680</u>