

NAI'S HOUSE

Charitable Incorporated Organisation

Registered charity Number 1192238

Financial statements
for the period ended 31 March 2023

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NAI'S HOUSE
Charitable Incorporated Organisation

Trustees' annual report for the period ended 31 March 2023

Full name	Nai's House CIO
Organisation type	Charitable Incorporated Organisation
Registered charity number	1192238
Principal address	The Garth, Launton Road, Bicester, OX26 6PS

Trustees

Gavin Barrett
Helen Le Brocq
Daniel Cooper
Joanne Gray

Independent examiner

Victoria Hart-Dale (FCA)
Blue Sky Consulting
36 Emerson Apartments
Chadwell Lane
London
N8 7RF

Governance and management

The charity is operated under the rules of its CIO Association incorporated 9 November 2020.

Trustees are voted in at a committee meeting and agree to serve and adopt all policies.

Objectives and activities

The charity objects are as follows:

1. The advancement of health or the saving of lives of individuals aged 5 - 30 who are resident in, but not limited to Oxfordshire, and throughout England, who are feeling suicidal through the provisions of crisis response, support, and counselling with the aim of preventing suicide.
2. To relieve the mental and physical sickness of persons resident in Oxfordshire, and throughout England, affected by or bereaved by suicide through the provisions of support

and counselling.

3. To advance the education of the public resident in, but not limited to Oxfordshire, and throughout England about emotional and mental health and suicide through the provisions of mental health and suicide prevention training.
4. To relieve the mental and physical sickness of individuals in the community aged 5 to 30 who are resident in, but not limited to Oxfordshire, and throughout England suffering from emotional or mental distress or illness by provision of non-clinical support, counselling, complementary treatments and a programme of physical, creative and other activities with the purpose of alleviating symptoms caused by mental ill health.
5. To advance in life and support young people with poor emotional or mental health, who are resident in but not limited to Oxfordshire, and throughout England to develop the skills, capabilities and capacities that will enable them to overcome personal barriers preventing them from engaging meaningfully in society through the provisions of support, creative, physical and other activities and counselling.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

Nai's House is an amalgamation of youth and wellbeing services, offering a unique user-led model, and delivered by volunteers who have their own experiences of poor mental health and are powered by a passion to affect change in their community. We provide immediate, confidential, flexible, and easy to access holistic mental health support in a non-clinical setting for children and young adults.

The charity's policy on reserves

All reserves are carried forward to the following year to fund ongoing charitable activities. Restricted funds are ringfenced and regularly reviewed to ensure that all expenditure remains in line with the restrictions and purpose of the funds, as set out upon receipt of such restricted fund.

Signed on behalf of the charity's trustees.



Gavin Barrett, Chair
22nd November 2023

Independent examiner's report to the trustees of NAI'S HOUSE Charitable Incorporated Organisation for the period ended 31 March 2023

I report on the accounts of the charity, which are set out on pages 6 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's 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.

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 Commissioners under section 145(5)(b) of the 2011 Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Victoria Hart-Dale (FCA)
Blue Sky Consulting

NAI'S HOUSE
Charitable Incorporated Organisation

Income and Expenditure Account
for the period ended 31 March 2023

	P&L Restricted Funds	P&L Unrestricted Funds	P&L Total Funds
Donations and legacies	0	22,156	22,156
Fundraising Income	0	25,868	25,868
Grant Income	34,990	10,500	45,490
Charitable Activities Income	0	933	933
Sales	0	0	0
Total Income	34,990	59,457	94,447
 Raising Funds Expenditure	 0	 (96)	 (96)
Charitable Activities Expenditure	(23,363)	(12,732)	(36,096)
Total Cost of Generating Income	(23,363)	(12,828)	(36,192)
 Advertising	 (1,687)	 0	 (1,687)
Bank Charges	0	0	-
Entertaining	0	(88)	(88)
Insurance	0	(381)	(381)
Hotel, Travel and Subsistence	0	(605)	(605)
Legal and professional fees	0	(477)	(477)
Office Expenses, Repairs and Maintenance	0	(1,747)	(1,747)
Printing, Postage and Stationery	(365)	(1,150)	(1,515)
Rates	0	(543)	(543)
Rent	0	(4,800)	(4,800)
Staff Training	(3,123)	(4,178)	(7,302)
Subscriptions	0	(318)	(318)
Sundry Expenses	0	(91)	(91)
Telephone	0	(614)	(614)
Utilities	0	(2,298)	(2,298)
Total Expenses	(5,175)	(17,290)	(22,465)
Net Funds	6,451	29,339	35,790
 Funds at 31 March 2022	 11,389	 17,105	 28,494
Funds at 31 March 2023	17,840	46,444	64,284

NAI'S HOUSE
Charitable Incorporated Organisation

Statement of Assets and Liabilities at 31 March 2023

	Restricted Funds	Unrestricted Funds	Total Funds
Cash at Bank and In Hand	£17,840	£49,798	£67,638
Debtors	£0	£0	£0
Assets Retained for the Charity's Use	£17,840	£49,798	£67,638
Creditors	£0	-£3,110	-£3,110
Amounts owed to Director	£0	-£244	-£244
Funds at 31 March 2022	£17,840	£46,444	£64,284

These financial statements are accepted on behalf of the charity.



Gavin Barrett, Chair
22nd November 2023

NAI'S HOUSE
Charitable Incorporated Organisation

Notes to the accounts for the period ended 31 March 2023

1. Accounting Period

These accounts are prepared for the year ending 31 March 2023.

2. Income and Expenditure accounts

Income and Expenditure accounts contain a summary of amounts received or promised, and money spent or owed during the period and a list of assets and liabilities at the end of the period.

3. Restricted Funds

Where restrictions are placed on how money is spent, these funds are ringfenced and such monies received, and monies spent in relation to restricted funds, are shown separately in the Income and Expenditure account.

Assets and liabilities for the period are also shown separately for restricted funds in the Statement of Assets and Liabilities.

4. Debtors

There were no debtors at the year end.

5. Creditors

	£
Trade Creditors	£3,110
	£3,110

6. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

7. Glossary of terms

Restricted Funds: These are monies granted or donated to the organisation where there is specific criteria for how these monies can be spent.

Debtors: These are amounts owed to the charity, but not paid during the accounted period.

Creditors: These are amounts owed by the charity, but not paid during the accounting period.