Company registration number: CE022958
Charity registration number: 1192682

Sew Positive CIO

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

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Sew Positive CIO

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Sew Positive CIO

Reference and Administrative Details

Charity Registration Number	1192682
Company Registration Number	CE022958
Registered Office	1 Fountain Lane Haslingfield Cambridgeshire CB23 1LT
Independent Examiner	Mrs Victoria Anne Cooper Red Shoes Accounting Services Unit 7 E-Space North 181 Wisbech Road Littleport Cambridgeshire CB6 1RA

Sew Positive CIO

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Objectives and activities

Objects and aims

The object of the Charity as stated in the Memorandum of Association is:

“To promote social inclusion for the public benefit by preventing people living in Cambridgeshire and surrounding areas, from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society, particularly, but not exclusively, through the provision and promotion of creative activities including, but not limited to, sewing workshops and community groups”.

For the purpose of this clause 'socially exclude’ means being excluded from society, parts of society, as a result of one more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment;relationship and family breakdown; poorhousing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime oras an offender rehabilitation into society).

The trustees have considered the Charity Commission's guidance on public benefit, and they consider that Sew Positive is fulfilling its obligations in this respect by achieving the above objective.

Sew Positive CIO

Trustees' Report

Objectives, strategies and activities

Executive Summary

Sewing for mental health - building mindfulness, confidence and community.

The Sew Positive Annual Report for 2022/23 celebrates our second year of being a charity, supporting people facing social isolation through sewing to support mental health and well-being. This year we not only doubled our income, increased services and partnerships, we also began to run services using Social Prescribing, which the NHS has highlighted as a major tool to help support the health service.

Our income and spend on charitable services doubled this financial year from £22,187 (over 15 months) to £41,386 (over 12 months). This has mainly been achieved through Grant and Trust funding applications that are project based, with a mixture of restricted and unrestricted grants. It has been a steep learning curve in grant application writing, and we are very grateful for the support of Cambridge Council for Voluntary Service (CCVS) as a 'critical friend' as we negotiate how to move from a micro to small charity. It is worth noting that the overall size of our sector in Cambridgeshire is 3607 charities, with 78% having an income of less than £100k. As we move into 2023/24, our income is already looking at the higher end of the next bracket, and we therefore hope to be earning over £50k for the financial year, which would put us in the top 8% of Cambridgeshire charities.

In total we ran 65 events (up from 25 in the previous year), with a total of 665 participant places across all our events and courses. We supported 65 different participants across our services during this time, demonstrating that participants wanted to access a number of different services and workshops, and we started to develop some core services, including the weekly Sewcialise programme set up with funding from The National Lottery project with Cambridge Women's Resources Centre. This has subsequently been supported by another National Lottery AWA (March 2023), and continues with great success and impact.

Our CEO began to invoice against project funding/reserves in March 2022, with costs included in bids as a self employed contractor, and in addition she donated 1526 volunteer hours this financial year. This time included bid research, writing, volunteer recruitment, sign-up, training and safeguarding checks, building connections with Social Prescribing Link Workers and other referrers for Social Prescribing, taking part in networks such as Cambridge Mental Health Network, GET Group, ACEVO forum, Allia Social Impact training, venue research, participant support in excess of sign-up time, service design, delivery, monitoring and evaluation, accounting, governance and preparing for trustee meetings. Some paid hours were invoiced through project funding at seven hours a day amounting to 42 days over the year. Unpaid hours at five days per week/seven hours a day in addition to the paid 42 days, leaves 218 days a year, to include holidays/sick pay, which totals 1526 hours. At an example charity CEO salary of £65k, this represents £54,500 financial equivalent in additional CEO volunteer hours.

During this year, we recruited two new Trustees to the board - Alison Heron and Judi Coe, who joined us with backgrounds in Global Recruitment and Communications. Jane Horwood stepped down as a Trustee to concentrate on her own growing business. Our trustees have contributed many hours over the year to support our governance development, input into bid applications, particularly the development and approval of our new website, and we are particularly grateful for the writing and editing skills of new trustees Alison and Judi, working with Melissa Wells in Canada to produce an excellent platform for our charity. We thank all our trustees, both past and present, for their invaluable support and contributions.

Sew Positive CIO

Trustees' Report

A small charity like ours relies on the support of a small but hugely important team of volunteers. We saw an increase in total volunteer hours to 2440 hours, up from 2177 in the previous year. The nature of our volunteer support also changed over this year, from one-off event support to working with volunteers on courses over several weeks and months. We had a total of 25 volunteers, whose tasks ranged from washing fabrics, event support, designing activities with participants, as well as volunteers who supported our services directly with their skills. We introduced our first Volunteer Training Day, which saw five volunteers taking part in a day with training on 'Supporting people with mental health issues', 'Getting to know your Overlocker' with local teacher and former volunteer Terry Baker, a session on sewing machine maintenance and tips for helping other people with machine issues from Iain Spence from Sew Knit Craft in Cambridge, (who also services our sewing machines at a charity rate). We also ran a Zoom session for volunteers on mending and repairing skills to enable our teaching to be consistent, with Ross Studd from the 'Repair What you Wear' scheme based in Aberdeen. Food was served by Turtle Dove CIC, an organisation in Cambridge supporting young women at risk of unemployment, through training and work in the hospitality and catering sector. We are so hugely grateful to all our volunteers for the different ways they support our charity and make a difference to our participants.

While Covid-19 continued to impact our ability to deliver some services during this period, we still delivered much of our work in person in 2022-23, with a minority of online events. We cancelled one event in September 2022 at the time of the death of Queen Elizabeth II - this was over a weekend when most other charitable events were also cancelled.

As we look to 2023/24, the charity is moving towards a fundraising model that enables Full Cost Recovery (FCR) in project bids, which means that on average a 10% amount can be included for core costs to include memberships, CEO salary, office overheads, insurance etc. This will gradually enable us to grow through bid and grant funding. To further boost the charity's unrestricted funding, and to enable healthy reserves, we are also expanding the offer of wellbeing workshops to businesses.

Important note on our closing balance at end of year

The award of £10,000 made by The National Lottery Awards for All (Community Fund) was paid to our bank account on 31 March 2023, should not be interpreted as reserves. This is restricted funding for projects which will feature in our 2023/24 annual report.This funding is for three areas of work: The Coronation events, to celebrate Eurovision (with Ukraine Refugees), and our Sewcialise drop in sessions. This funding will mainly be used for the Coronation and Eurovision projects.

Feedback from our volunteers
Helen: "Volunteering with Sew Positive gives me social connection. I can share sewing skills and exchange ideas with volunteers and participants.I enjoy helping people and watching them grow. I've seen participants form friendships, and get a lot out of the sessions. They gain a whole support network."

"It's important for my own mental health as I have chronic illnesses that can limit some activities.Sewing can bring social connections through a shared hobby, or simply the enjoyment of learning together, or teaching something new. Sewing can be mindful, focusing on sewing can be a joy, or a time to take a mental break from the stresses of daily life"

"Sometimes participants can arrive at a class tearful, feeling stressed, or having a bad week. They can talk about it if they want to in a supportive environment (volunteers and participants are very supportive). They leave the class feeling better, smiling and often laughing"

Margot:
"Volunteering with Sew Positive gives me access to a lot of creativity and imaginative responses to craft projects -the groups are full of talented and clever people. I'm also made aware of how difficult people's lives can be and how mental health is invariably a hidden problem and how important it is to be open and accepting when talking with Sew Positive's participants."

Sew Positive CIO

Trustees' Report

“Every event I attend teaches me more about the devastating effect mental health and past traumatic experiences can have on people and hopefully helps me towards a deeper understanding of these issues. I am continually astonished at how resilient a human being can be, and how supportive of one another the group is. I can see the power of the group when sewing, the new skills learned and shared as clients sew their feelings into the projects we deliver and thus become stronger.”

“I really believe that volunteering is a 2 way process, you may start from a desire to give something back to your community but I guarantee you will receive so much back in return - new skills, a greater level of understanding and new friends”.

Figures: what we are facing, what we have delivered this year.

These facts state the issues we are facing, the changing context of mental health access to services, the problems that textile waste creates, and how we are trying to contribute to solving these through our work.

Loneliness, mental health, and social isolation

● 3,256,695 people using mental health services in the UK (NHS)
● Loneliness and social isolation can be as bad for patients as chronic health conditions, putting people at a 50% increased risk of early death. (*Royal College of GPs, Wales.)
● 3.83 million people are chronically lonely (Campaign to End Loneliness, 2020-23)
● Cambridge was identified as the least equal city in the UK for the second year in a row 2017/18. Income was more unevenly distributed among residents than in any of the other 57 UK cities measured in the annual report, including Oxford and London.The top 6% of earners who live in Cambridge take home 19% of the total income generated by residents, while the bottom 20% of people account for just 2% of the total.(Centre for Cities 2018)
● LSE have estimated that the UK’s “epidemic of loneliness” costs £6,000 per person for a decade of an older person’s life in health costs and pressure on local services.
● With over 20 million anti-depressant prescriptions in three months of 2020 (Figures from the NHS Business Services Authority), NICE released draft guidelines suggesting "Do not routinely offer antidepressant medication as first-line treatment for less severe depression, unless that is the person's preference." To solve this problem, social prescribing is now a priority for the next five years, delivered by charities like ours, and not funded by the NHS.
● The Cambridgeshire and Peterborough Local Suicide Prevention Strategy states Cambridge City has highest crude rate of A&E attendance for deliberate self-harm in Cambridgeshire:
● There were 69 suspected suicides recorded
● 54% of those that died by suicide were known to mental health services
● 23% had a known history of self-harm
● A continuing rise in suicides in Cambridgeshire and Peterborough from 2015-17 to 2018-20
● The report from 2021 found that nearly half of all UK patient suicides were by people living alone, most likely to be over 45, unemployed, single or widowed, experienced financial difficulties and relationship breakup (Regional Strategy P14).
● Mind research from 2018 identified 41% of GP appointments feature a mental health concern.

Textile waste and the Circular Economy

● Keeping items of clothing for 9 months longer reduces their carbon, water and waste by 30%
● An estimated 30% of UK textiles end up in landfill each year
● An estimated 336,000 tonnes of used clothing is discarded each year in the UK
● Around 30% of clothing in wardrobes has not been worn for at least a year.
● Four in five people own clothes that have not been worn because they no longer fit or need altering.
● Over half of women and nearly a quarter of men expressed an interest in learning more about how to repair clothes. The Fashion and Textiles industry is responsible for 10% of global carbon emissions, more than all flights and maritime travel combined
● The carbon factor for re-use of 1 tonne of textiles is -22.7 tonnes CO2 equivalent
● Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness.

Sew Positive CIO

Trustees' Report

Our Impact at a glance 2022/23
● 2440 volunteer hours donated
● 25 volunteers
● 17 venues
● 65 sessions and events - covering social prescribing, drop in sessions, taster sessions, community events, and wellbeing events for businesses.
● 665 participant places across all our events and courses, with 65 different participants
● Income of £41,386
● 16 funders and corporate supporters
● 1 marathon runner
● 2 half marathon runners
● 25 sewing machines donated, fixed and saved from landfill.
● 32.5m (152 flags) of bunting made from upcycled fabrics, by Ukrainian Refugees to celebrate Eurovision 2023.
● 100% Ukraine Refugee participants said they always/often experience increased well being from both mindful sewing, being creative, and finding solutions to climate change through fashion and textiles, gaining new skills and meeting new people.
● 75% of participants felt more socially connected (Social Prescribing Pilot).
● 75% of participants felt more in control of managing their own health and wellbeing.(Social Prescribing Pilot).
● 87.5% of participants felt sewing, creativity, mending and upcycling had a positive impact on their overall wellbeing.(Social Prescribing Pilot).

Key Highlights

1. Stitching Our Planet Together - Cambridge Women's Resources Centre via National Lottery
Sew Positive worked in a collaboration with Cambridge Women's Resources Centre (CWRC) and were awarded National Lottery funding to run a year-long programme of workshops and events to tackle climate change through fashion and textile recycling.

This was our first successful National Lottery bid and we were happy to be working with CWRC on such a significant climate change project. After COP26, there has been an urgent need for everyone, including deprived communities, to feel empowered to make changes to textile waste that can impact climate change. With fashion production being responsible for 17-20% of global water pollution and 80% of discarded clothing ending up in landfill,this project is critically important for both people and the planet.

The programme kicked off with a taster day on Tuesday 29 March 2022 (10am-4pm) at CWRC, a safe environment for women only. The programme supported women to make major changes to the way they approach clothing and textile waste - teaching repairing and mending, upcycling and repurposing clothes. Workshops ranged from learning how to use a sewing machine to creative workshops on repurposing clothes and charity shop finds. The first series of weekly two-hour afternoon courses started in April 2022 and lasted for 12 weeks. Courses were repeated in Autumn and Spring terms for new groups.

We went over and above our Grant Agreement in terms of sessions delivered, as the project was so popular among participants, and there was a big demand to carry on learning and upcycling, so we included a further 10 sessions called 'Sewcialise', where participants carried on attending to bring along projects to continue to upcycle and mend. This has gone on to become a core project for our charity.

To celebrate the achievements of the programme, we sourced some vintage African Wax cotton (dated and illustrating IWD from 2017) and recreated an 'Awards catwalk and backdrop' for women to show items they had mended, upcycled and made changes to - which we photographed instead.

Online coverage of press article (also printed) in Cambridge Independent here. Other media coverage can be seen from our Linktree page which directly links to articles.

Feedback from the National Lottery Team on the project:

"You have articulated well the extent of what you have delivered/achieved with the grant funding - the pictures are great! It is so good to hear that Together for Our Planet lottery funding has played an integral part in enabling you to develop your project, which has enabled you to establish a sewing group at your centre in Cambridgeshire to educate people about slow fashion, mending techniques, upcycling, clothes swaps, repurposing, recycling textiles and understanding textile waste and how to reduce it. We hope you will be continuing to run environment related programmes in the future."

Testimonials from participants on 'Stitching Our Planet Together':

"I couldn't ask for more. It's allowed me to find a new hobby I absolutely love and enjoy, I am so happy when I complete a project and it helps me feel more positive, more confident in what I'm able to achieve and its my happy place, where I don't have to be mum, worry about things, I don't even have to talk if I'm in a bad place. Just being a part of it and the atmosphere helps me be OK. I know what to work on bringing this in my own home and learning more and more importantly to put time aside for me. I am so grateful for this group and talk about it alot to others. I appreciate it and the ladies and all the lessons they teach. A thousand thank yous. I am aching to be a part of the next course and grow the positive impact even more."

"Thank you so much for the opportunity to take part in this group. It's been wonderful to join, meet new people, mend some of my items and just be out of the house and see some smiley faces. It's been great during a personally very difficult time for me. Thank you"

"Thank you very much for this course! It really helped rebuild my confidence and social skills after the COVID lockdowns. Even though I was unable to attend the full course, just the few sessions I did attend made a huge positive difference to my life."

"I absolutely love the courses that Sew Positive do."

"I have learnt many things and the tutors have been brilliant, patient, caring and so many skills learnt. I really hope to join again in September. Thank you everyone; you've been brilliant - really appreciate your help and kindness."

2. Barchester's Care Homes
This unrestricted funding enabled us to purchase a Janome 5060 sewing machine for use across our services. The machine is computerised and uses assistive technology to enable people with more limited mobility to sew, including the option to sew without using a foot pedal, an automatic thread cutter and threader.
We visited Melbourn Spring's Care Home for a talk about sewing and mental health for seven Care Home residents, to show the impact of this donation and how we are helping isolated people through sewing.

3. Community events in South Cambs

With dual funding from the Cole Trust (unrestricted) and South Cambs District Council (restricted), we were able to deliver four different community events using stitching for wellbeing, and educate people about textile waste. We ran these across the year in different locations; 'Lampshade making' in Cambourne (seven participants), 'Make Your Clothes Last Longer' workshop at Cambridge Grand Arcade (11 participants), 'Festive Mindful Embroider' at Shelford Library (eight participants), and a 'Sashiko mindful sewing' workshop at the Akeman Centre, Cambridge (12 participants). These events also attracted people who are interested in volunteering.

Funding from the Cole Trust, based in the same village as Sew Positive, was hugely appreciated as unrestricted income which allowed us to pay some self-employed income to our CEO, and also to cover some core costs such as insurance, telephone and licence costs for necessary software.

4. CWRC Embroidery workshop

Crewelwork Embroidery Company is a small UK-based needlework company making kits based on historic designs. The company got in touch with us to offer beautiful free kits as gifts to our participants and said:

"We have been following what you do and are so inspired by your work and dedication. We have long been believers in the power of embroidery for positive mental health, and it is heartwarming to see it brought together in such a community atmosphere."

The company went on to send us a box of around 40 beginner embroidery kits, designed by British textile artist Diana Springhall, that included everything needed to complete three beautiful festive Christmas cards.

We used these kits to run an extra session at CWRC, and another using the kits at Shelford Library as part of our South Cambs Community events. We also donated several kits to Fantastic Cards, a group set up by one of our participants, who specifically make cards using different craft techniques, and plan to use them across services during the 2023/24 festive period.

5. Mental Health and Wellbeing Day, Cambridge Mosque

Run by NHS Cambridgeshire and Peterborough NHS Foundation Trust , as part of the launch of the new website for HAY Cambridge (the How Are You mental health portal), we hosted a stand with some sashiko tote bags to try as a taster session and also as a sign-up for the forthcoming social prescribing pilot funded through the Evelyn Trust. Around 20 families took part in the activities, with additional requests to find out more about services. This was also a great opportunity for us to network and make connections with partner charities in our region and to strengthen ties for social prescribing.

6. Social Prescribing pilot courses - Melbourn Hub and Abbey Stadium.

Funded as a pilot study by the Evelyn Trust, awarded through their 'Mental Health and Wellbeing' Grants, we set up pilot programmes in two locations to develop links with Social Prescribing Link Workers and the wider community development teams. Across the two pilots we had 20 participants. The courses were aimed at isolated groups, who are experiencing mental health issues.

Feedback
As a result of this programme:
● 75% of participants felt more socially connected.
● 75% of participants felt more in control of managing their own health and wellbeing.
● 87.5% of participants felt doing these sessions - sewing, creativity, mending and upcycling - had a positive impact on their overall wellbeing.
● 75% of participants said they are better able to reduce carbon footprint of textile use.
● 62.5% felt due to the skills learnt during this course they are better able to manage anxiety around climate change.
● 50% of participants intended to volunteer for Sew Positive or another charity, or take part in other craft and sewcialise groups.

"I enjoy being part of a group. Everyone was friendly. Thanks to the project I have friends. The group felt like we were one happy family. I thank everyone on the project and I can't wait to do more projects in the future."

"I really enjoyed this course, doing things I hadn't done before, meeting new people. It is important to get out and do these things. Being a carer can be very difficult and lonely, so sometimes I would just stay at home in bed. This course helped me meet some really lovely people, and making a lampshade from upcycled fabrics was brilliant!"

"Either longer sessions or more of them would have given people more time to connect and to complete work within the course."

"I'm grateful for this opportunity, I have complex anxiety issues and I was made to feel very welcome every week. Thank you."

Further to this pilot study funded by the Evelyn Trust, we were able to apply for Cultivate Cambridge funding via Cambridgeshire Community Foundation (CCF) from Cambridgeshire County Council, for a wider social prescribing programme for over 65s. This started in March 2023 with funding for £14,000 over two years.

7. 'Cultivate' Social Prescribing through Cambridgeshire Community Foundation and Cambridge County Council

The first half of this funding was paid in January 2023, and the second half in July 2023 (the next financial year). We also were able to purchase another Janome 5060 accessible sewing machine for this course.

We are currently half way through delivering this programme, which straddles two financial years equally, and have been able to extend the programme to some participants under age 65 based on priority needs.

The venue was provided for free for this project at Abbey Stadium community rooms via Simon Wall at Cambridge United Foundation, and has been hugely appreciated. It also worked well as we were able to engage with this group who already run events for over 65s at the rooms, including a monthly community lunch, where our CEO went to deliver a presentation on the programme.

Engagement with participants for signposting was excellent to refer to other services for support and the group itself were tremendously supportive of each other. Health issues had an impact on attendance more than we hoped, but with the amount of co-morbidities and complex health conditions, we have learnt that this is not unusual.

We used a WhatsApp group, phone calls and email to chase and remind participants and to encourage attendance which really helped. The WhatsApproup had rules of usage and was a very positive space for sharing resources, ideas and updates among the group, and celebrating creative success.

Getting freelance support to deliver services and help with on-boarding was not easy for this project, due to illness from a freelance worker. The CEO therefore stepped in, but the freelance briefing and work did contribute to improvements in our Monitoring and Evaluation for this project. This is a typical issue on projects where people are not salaried; it is not easy to recruit on an hourly basis for admin, project and volunteer management.

Feedback and case studies for the programme have so far been hugely positive, showing social prescribing is becoming more popular to help people with greater needs to manage their own wellbeing and healthcare choices. We have however seen our participants experiencing a number of barriers in getting support from local authorities and other agencies. We were able to signpost but found some very difficult situations. The fact that we are on HAY, Joy platform, Nailcap, CMHN, Guidance, Employment and Training (GET) and other groups, means we are well placed to refer people. We have subsequently involved the SUN Network who advocate for lived-experience service users.

Angie B who took part in the course said: *" I found Sew Positive through my GP because I suffer from mental health issues. I've had them quite a few years now, and I still suffer from them today, but doing these projects gives me something to do, have a mission in life, so I can survive it, and do something the next day after. That's why I love coming to the group - I've met so many lovely, wonderful people, they've all taken me into their hearts. I'm so privileged to be part of a group. I don't get up to much during the day, it gave me something to do, to get up for, to actually get out of bed. Sometimes it is difficult for people to get out of bed because you do get low days where you don't want to do things. But this made me want to get out of bed and do things, because I wanted to finish a project and I'm so happy with the outcome and I can fit my little dog in it!*

"I'm new to Cambridge, I didn't have any friends. I don't have much family here apart from my partner's family, and like I said, I met new friends, everyone was so wonderful, no one criticised. People would offer you advice if you had a problem, so you could always talk to someone in the group about what you've been through, what your story is. They can talk to you and you can talk to them, you can relate to that person, even if you aren't going round to their house for a cup of tea. So it's nice to come to the group to spend that quality time on my own and with other people.

"I think it's a very good idea, anyone who is stuck in a loophole in their lives, I would recommend a course that they like, that they love, and they are passionate about doing something, meeting new people, you have to be passionate about something in life like drawing, painting, needlework, cross stitch, anythink you are good at. You can go on these courses and hopefully share your life stories with other people. It is a blessing that the Drs have come up with this solution [of social prescribing] rather than keep handing you medication. I mean I don't want to rattle!"

8. Ukraine Projects

Through Cambridge City Council Area Committee Grant programme, we were awarded our first project funding to deliver an eight week programme to support mental health and increase connection for the Ukraine refugee community living in the city. Our CEO formed good connections with the wider network through Cambridge4Ukraine, and has helped this group with charity set-up advice and support, signposting and templates for policies.

Sessions were held at Downing Place URC, a place familiar to the Ukrainian Refugee Community in Cambridge, on Saturday mornings. Participants learnt to use slow and mindful stitching using sashiko from the Japanese philosophy of Boro, to make bags designed by V&A designer, Susan Briscoe, who also collaborated on the project, and followed participants' progress.

We used traditional Ukraine flag colours and, where possible, upcycled fabrics to make the bags. The bags represented different meanings, interpretations, messages and symbolism for each participant, with many people choosing to sew in personal anthems, messages, and words of hope at time of war and trauma to help to heal and repair, and improve mental wellbeing.

We recruited a volunteer from the community to be an interpreter from English to Ukrainian and gave her training in the course and what we were wanting to achieve. We also invited other volunteers and guests to facilitate the course, one who was a UK Boro student of Susan Briscoe who lived locally, and came to talk to the group, and another regular Sew Positive volunteer Tatiana.

In collaboration with a Ukrainian collaborator, Lidiia Sazonova, we designed a course that would highlight the positive effects of sewing on mental wellbeing for the community, and to allow people to come together with their community to do something creative and restful. We executed the project using upcycled materials wherever possible to also highlight the issue of textile waste, and the importance of mending across different cultures. We used the Re-Imagine Reuse textiles centre at Witchford to purchase upcycled and pre-used fabrics.

In addition, we purchased additional traditional boro materials via Susan Briscoe, who is donating her profits from the sale of these to the Ukraine DEC appeal, so that materials cost was also contributing to the cause, which was popular in the group. Susan herself lives in Scotland, and lives with several chronic health conditions meaning she can't travel here, so we Zoomed twice to create an interactive learning session, and an update with her on the last session, to celebrate progress.

Two members of the Cambridge City Council Grants team also attended one of our sessions and had a go at sashiko stitching the handles for a bag very successfully!

Books, resources, materials, thread, needles and fabrics were all provided for this project as agreed within the budget setting, and these books and resources can also be used by participants to continue their learning and practical skills.

The budget figure for venue hire was in fact higher (as per quote) but the invoiced amount was awarded a charity discount, and we used this for materials which we subsequently needed as it was very difficult to estimate what exactly would be used in advance.

This activity gave the community an opportunity to express some of the emotions they are experiencing through sewing - many chose to stitch words, poems, statements or lyrics onto their bags to express themselves.

The community was able to come together in a different way - they reported that there are often meetings to discuss the invasion but not in a relaxing creative space.

Many enjoyed sewing because they had done sewing before, but many hadn't, and enjoyed learning a new skill.

It gave people an understanding of how we can support communities through charitable activities in the UK, which is a different system to Ukraine. Many were interested in volunteering, and all expressed interest in a future course from Sew Positive.

It gave the community a quiet and safe space to relax, stitch, chat, be quiet, think and be creative without judgement.

This activity was highlighted by participants as very important for older people to feel less isolated within the community - they have really enjoyed being able to come out and socialise with other older people - because normally many community activities are aimed at younger people, and additionally older Ukrainian people often don't speak English. They reported they often can't find events where they can participate because of the language barrier, and that it's easier for younger people who work, can communicate and join other groups. The older people had felt really isolated except for being with their families, so having this activity was very popular, and since the course has finished they have been asking when the next one will take place.

All the respondents said they always/often feel more socially connected to their community from being part of this community project.

All 100% respondents said they always/often experience increased wellbeing from both mindful sewing, being creative, and finding solutions to climate change through fashion and textiles, gaining new skills and meeting new people.

A majority (87.5%) of the respondents are interested in volunteering for Sew Positive or another charity, including craft and sewcialise groups.

All respondents (100%) enjoyed the course content and also 100% were 'Very Happy' with course tutors, while all respondents have also said they would like to/maybe do another Sew Positive course using sewing machines to help progress skills and engagement in their community.

"I attended a course on sewing in boro technique and I was amazed by the beauty and history of this Japanese art form. Boro is the practice of using a simple running stitch (a sashiko stitch) to reinforce a textile item using spare or would-be-discarded scraps of fabric. It is a way of recycling and reworking textiles that dates back to mediaeval Japan. The course taught me how to create my own boro bag, inspired by the tradition of mending and patching clothes and household items. I learned how to choose fabrics that work together aesthetically, how to arrange and sew them with sashiko stitching, and how to create a unique and personal design. The instructor was very knowledgeable and helpful, and the atmosphere was friendly and relaxed. I enjoyed every minute of the course and I highly recommend it to anyone who loves textiles and wants to learn a new skill. Thank you for this wonderful opportunity!"

"I enjoyed the course and feel grateful for your effort to organise the best way possible."

"The church where the sewing took place is an ideal location."

"Thank you very much for a good, useful and fruitful time in sewing a handbag. It was very interesting and useful"

We have subsequently just been awarded our second grant via Cambridge City Council Area Committee Team, for our work with this group (as of October 2023).

9. Core income and fundraising

In addition to reserves for 2021/22 from mask sale donations the previous year, we were able to obtain unrestricted funding that could be used for core costs (overheads) from bid applications to trusts. The Cole Trust is a charity based in the same village as Sew Positive and we were able to successfully apply for core funding to go alongside a restricted fund from South Cambs Community Chest. Unrestricted funds from St Jude's Trust allowed us to purchase IT equipment including an iPad and pencil to use at our events and for registration. We are also able to use this in our services to use templates for embroidery that can be traced, and to share resources with participants. We also purchased a new printer from our reserves.

We delivered several events in the community which attracted donations that could be used as unrestricted funds including a set of bunting made for the local children's football team from their upcycled uniforms for Haslingfield Colts, made by volunteer Sandy. We delivered a workshop to textile scholars at St Mary's School, Cambridge, and a Wellbeing event for alumni for Homerton College (by Zoom).

Our biggest JustGiving donations came from the launch of 'Running Stitch' for people to take on physical challenges to fundraise for us, which saw our first Manchester Marathon Runner, Karen Read, and two half marathon runners for the Cambridge Half Marathon. Our 'Coronation bunting' village event raised £178.18 plus £61.50.

10. Sewing machine and materials donations

Sew Positive was donated six second-hand sewing machines by Janome last financial year, and this year we have seen further donations of machines, fabric and other sewing equipment by members of the public. We have formed a good relationship with Sew Knit Craft in Cambridge donating sewing machines that either need fixing or require new parts. We have now negotiated a charity rate of servicing machines with the shop, and also training for our volunteers. Looking forward to 2023/24, this has grown hugely, with the further addition in late 2023 of seven machines from Cambridge City Council that were housed unused in a cupboard for a number of years. We are grateful to our volunteers Margot, Helen and Meg for all their help with getting our machines into good working order.

10. Communications

Sew Positive's website (www.sewpositive.org) went live on May 1, 2023, bringing to life the charity's key objectives and story. It also lists core services and includes news of past events as well as a calendar of upcoming workshops and courses. By September the site had attracted more than 500 new users, clocking up almost 4000 page views, with average session duration around three minutes. Several new volunteers have found the charity this way.

Social media remains an important means of communicating about Sew Positive and regular posting on LinkedIn means many website visitors come via this route, while event sign-up is through Linktree.
Sew Positive has also featured in local media, notably a double page spread in Cambridge Edition in February 2023, 'Tackling textile waste'. (https://online.bright-publishing.com/view/459341008/56/)

11. Key funders and supporters

We are hugely grateful for the financial support of our grant funding and business supporters, including venues who have supported us with discounted, or even free rates to run our services. These allow us to carry out the work detailed in this report. Sew Positive and the work we do would not exist without your help.
- South Cambs District Council
- Cambridge City Council
- Cambridgeshire Community Foundation
- The National Lottery Community Fund
- The Evelyn Trust
- The Cole Trust
- St Jude's Trust
- Barchesters' Foundation
- BBH London
- The National Lottery (Climate Action Network)
- Homerton College
- St Mary's School, Cambridge
- Haslingfield Colts Football Club
- The Crewelwork Embroidery Company
- Bermuda Community Rooms
- Downing Place URC
- Sew Knit Craft (Cambridge)
- Cambridge United Foundation
- Grand Arcade Cambridge

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Sew Positive CIO

Trustees' Report

Financial review

Policy on reserves

Reserves
Donation income and income from events for businesses are our primary funding sources for our core fund – from which we support all of the organisation's fixed costs. As donated income cannot always be predicted, and the success of funding bids is not guaranteed, the trustees believe it is prudent for the charity to work towards a minimum reserve equivalent to three months expenditure. This will provide:
• the ability to meet unforeseen expenditure, including costs arising should Sew Positive be wound up (closedown costs, redundancy payments, return of grant funding);
• flexibility in achieving our objectives; and
• a financial 'cushion' until additional core funding can be secured.

In accordance with the Charity Commission's guidelines, the Trustees review this policy annually and consequently manage the cash flow in an appropriately prudent manner. For this financial period, donations 271.73 Fundraising Income 71.79 Grants 26,500.00 Income 14,542.93 Total Turnover 41,386.45 and a finishing balance of £15,149.16, representing reserves of £5,149.16 taking into account a £10,000 grant that was paid by The National Lottery on our last day of our financial year, for services run in the next financial period.

Trustees and officers

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

Trustees:	Judi Coe (appointed 12 May 2022)
	Alison Heron (appointed 12 May 2022)
	Dennis Harhalakis
	Lynne Bebee

Structure, governance and management

Recruitment and appointment of trustees

Sew Positive is administered by a Trustee Board who meet at least two times a year. Trustees who served during the year are detailed above.

Statement of trustees' responsibilities

The trustees (who are also the directors of Sew Positive CIO for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;

- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small companies provision statement
This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 18 October 2023 and signed on its behalf by:

.....
Dennis Harhalakis
Trustee

Sew Positive CIO

Independent Examiner's Report to the trustees of Sew Positive CIO ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Sew Positive CIO as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

.....

Red Shoes Accounting Services
Unit 7 E-Space North
181 Wisbech Road
Littleport
Cambridgeshire
CB6 1RA

18 October 2023

Sew Positive CIO

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	272	-	272
Charitable activities	4	12,605	28,800	41,405
Total income		12,877	28,800	41,677
Expenditure on:				
Raising funds	5	(21,838)	(1,703)	(23,541)
Charitable activities	6	(3,384)	-	(3,384)
Total expenditure		(25,222)	(1,703)	(26,925)
Net (expenditure)/income		(12,345)	27,097	14,752
Net movement in funds		(12,345)	27,097	14,752
Reconciliation of funds				
Total funds brought forward		3,960	-	3,960
Total funds carried forward	16	(8,385)	27,097	18,712

	Note	Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Donations and legacies	3	9,305	9,305
Charitable activities	4	12,882	12,882
Total income		22,187	22,187
Expenditure on:			
Raising funds	5	(8,105)	(8,105)
Charitable activities	6	(10,123)	(10,123)
Total expenditure		(18,228)	(18,228)
Net income		3,959	3,959
Net movement in funds		3,959	3,959
Reconciliation of funds			
Total funds carried forward	16	3,959	3,959

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 16.

Sew Positive CIO

(Registration number: CE022958)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	12	871	-
Current assets			
Debtors	13	4,090	162
Cash at bank and in hand	14	14,232	3,998
		18,322	4,160
Creditors: Amounts falling due within one year	15	(481)	(201)
Net current assets		17,841	3,959
Net assets		18,712	3,959
Funds of the charity:			
Restricted income funds			
Restricted funds		27,097	-
Unrestricted income funds			
Unrestricted funds		(8,385)	3,959
Total funds	16	18,712	3,959

For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 17 to 26 were approved by the trustees, and authorised for issue on 18 October 2023 and signed on their behalf by:

.....
Dennis Harhalakis
Trustee

1 Charity status

The charity is limited by guarantee, incorporated in , and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:
1 Fountain Lane
Haslingfield
Cambridgeshire
CB23 1LT

These financial statements were authorised for issue by the trustees on 18 October 2023.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
Sew Positive CIO 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 relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income and endowments
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	272	272
Total for 2023	272	272
Total for 2022	9,305	9,305

4 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total funds £
	12,605	28,800	41,405
Total for 2023	12,605	28,800	41,405
Total for 2022	12,882	-	12,882

5 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Unrestricted funds Other £	Restricted funds £	Total funds £
Costs of goods sold		19,356	-	1,703	21,059
Other direct costs of activities for generating funds		251	1,973	-	2,224
Allocated support costs	7	258	-	-	258
Total for 2023		19,865	1,973	1,703	23,541
Total for 2022		8,105	-	-	8,105

6 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total funds £
Depreciation, amortisation and other similar costs		434	434
Staff costs		608	608
Allocated support costs	7	1,862	1,862
Governance costs	7	480	480
Total for 2023		3,384	3,384
Total for 2022		10,123	10,123

	Total costs £
Total for 2022	8,105

	Total expenditure £
Total for 2023	23,541

In addition to the expenditure analysed above, there are also governance costs of £480 (2022 - £550) which relate directly to charitable activities. See note 7 for further details.

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Independent examiner fees		
Examination of the financial statements	480	480
Total for 2023	480	480
Total for 2022	550	550

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2023 £
Depreciation of fixed assets	434

9 Staff costs

The aggregate payroll costs were as follows:

	2023 £
Staff costs during the year were:	
Other staff costs	608

No employee received emoluments of more than £60,000 during the year.

10 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	480	550

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
Additions	1,305	1,305
At 31 March 2023	1,305	1,305
Depreciation		
Charge for the year	434	434
At 31 March 2023	434	434
Net book value		
At 31 March 2023	871	871

13 Debtors

	2023 £	2022 £
Trade debtors	4,090	120
Prepayments	-	42
	4,090	162

14 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	14,232	3,998

15 Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	1	1
Accruals	480	200
	481	201

16 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	3,960	12,877	(23,249)	(6,412)
Other	-	-	(1,973)	(1,973)
Total unrestricted funds	3,960	12,877	(25,222)	(8,385)
Restricted funds	-	28,800	(1,703)	27,097
Total funds	3,960	41,677	(26,925)	18,712

	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds			
General	22,187	(18,228)	3,959

17 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2023 £
Tangible fixed assets	871	871
Current assets	18,322	18,322
Current liabilities	(481)	(481)
Total net assets	18,712	18,712

	Unrestricted funds General £	Total funds at 31 March 2022 £
Current assets	4,160	4,160
Current liabilities	(201)	(201)
Total net assets	3,959	3,959

18 Analysis of net funds

Notes to the Financial Statements for the Year Ended 31 March 2023

	At 1 April 2022 £	Financing cash flows £	At 31 March 2023 £
Cash at bank and in hand	3,998	10,233	14,231
Net debt	3,998	10,233	14,231

	At 1 April 2021 £	Financing cash flows £	At 31 March 2022 £
Cash at bank and in hand	-	3,998	3,998
Net debt	-	3,998	3,998

Sew Positive CIO

Statement of Financial Activities by fund for the Year Ended 31 March 2023

Unrestricted Funds

	Total Unrestricted Funds 2023 £	Total Unrestricted Funds 2022 £
Income and Endowments from:		
Donations and legacies	272	9,305
Charitable activities	12,605	12,882
Total income	12,877	22,187
Expenditure on:		
Raising funds	(21,838)	(8,105)
Charitable activities	(3,384)	(10,123)
Total expenditure	(25,222)	(18,228)
Net (expenditure)/income	(12,345)	3,959
Net movement in funds	(12,345)	3,959
Reconciliation of funds		
Total funds brought forward	3,960	-
Total funds carried forward	(8,385)	3,959

Sew Positive CIO

Statement of Financial Activities by fund for the Year Ended 31 March 2023

Restricted Funds

	Total Restricted Funds 2023 £	Total Restricted Funds 2022 £
Income and Endowments from:		
Charitable activities	28,800	-
Total income	28,800	-
Expenditure on:		
Raising funds	(1,703)	-
Total expenditure	(1,703)	-
Net income	27,097	-
Reconciliation of funds		
Total funds carried forward	27,097	-

Sew Positive CIO

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Donations and legacies (analysed below)	272	9,305
Charitable activities (analysed below)	41,405	12,882
Total income	41,677	22,187
Expenditure on:		
Raising funds (analysed below)	(23,541)	(8,105)
Charitable activities (analysed below)	(3,384)	(10,123)
Total expenditure	(26,925)	(18,228)
Net income	14,752	3,959
Net movement in funds	14,752	3,959
Reconciliation of funds		
Total funds brought forward	3,960	-
Total funds carried forward	18,712	3,959

Sew Positive CIO

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Donations and legacies		
Appeals and donations	272	9,305
	272	9,305
Charitable activities		
Other income	5,000	-
Grants receivable	23,800	-
Grants receivable	2,700	9,700
Other	9,905	3,182
	41,405	12,882
Raising funds		
Materials	(203)	-
Materials	(4,807)	(2,994)
Subcontract cost	(1,500)	-
Subcontract cost	(14,500)	(4,800)
Staff training	(49)	(35)
Sundry expenses	(108)	(217)
Rent	(1,973)	-
Insurance	(143)	(59)
Accountancy fees	(258)	-
	(23,541)	(8,105)
Charitable activities		
Fundraising costs	(126)	(126)
Sundry expenses	(89)	-
Insurance	(6)	-
Volunteer expenses	(608)	-
Repairs and maintenance	-	(505)
Telephone and fax	(108)	-
Office expenses	(550)	(450)
Computer software and maintenance costs	(659)	(356)
Printing, postage and stationery	(38)	(396)
Trade subscriptions	(219)	-
Advertising	(7)	(7,740)
Bank charges	(60)	-
Depreciation of office equipment	(434)	-
Independent examiner's fee	(480)	(550)
	(3,384)	(10,123)