



FOUNDATION
FOR GOOD

2023 ANNUAL REPORT

PREPARED BY

Fraser Neill

PRESENTED BY

Fraser Neill

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ADMINISTRATIVE INFORMATION

CHARITY NAME:

FOUNDATION FOR GOOD

CHARITY REGISTRATION:

FOUNDATION FOR GOOD IS A CHARITABLE INCORPORATED ORGANISATION (CIO), REGISTERED ON 23RD FEBRUARY 2021. REGISTRATION NUMBER: 1193644

CHARITY REGISTERED ADDRESS

FOUNDATION FOR GOOD
11-15 TRAFALGAR STREET
CONSETT
COUNTY DURHAM
DH8 5AP

BOARD OF TRUSTEES

DAVID NEILL (CHAIRMAN) - SINCE 23 FEBRUARY 2021
ROBERT SNAITH (TRUSTEE) - SINCE 23 FEBRUARY 2021
EGNES MANYENA (TRUSTEE) - SINCE 23 JUNE 2022
AMANDA FRENCH (TRUSTEE) - SINCE 10 MARCH 2023

CHIEF EXECUTIVE OFFICER

FRASER NEILL

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ACCOUNTANT

ACCOUNTING FOR GOOD CIC,
2 Geordie Ridley Place
Upper Precinct, Wesley Court,
Blaydon-on-Tyne, Tyne and Wear
NE21 5BT

Happier, Healthier & More Cohesive Communities.

OBJECTIVES

We took guidance from the Charity Commission on our positive works for the people within our area. The trustees have agreed that the guidance we received correctly represents our charities object and aims for benefiting the people of our community

The objects of the CIO, to be carried out in Consett and the surrounding area, are:

- 1) The promotion of community participation in healthy recreation for the public benefit through the provision of facilities to participate in sports capable of promoting physical health and fitness.
(For the purposes of this clause "facilities" means land, buildings, equipment, access to coaching and organising sporting activities).
- 2) To advance in life and help young people through the provision of support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
- 3) To provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.

FOUNDATION FOR GOODS'S MISSION

- Help drive positive change within our community.
- Support people with their development.
- Help raise our communities aspirations and opportunities for future life success.
- Provide services which empowers our users.
- Provide a wide range of services to help more members of our community.

OUR PROMISE

"We look to offer a service which helps to elevate our members. our promise is to continue our development as an organisation to fit and help all people in this adapting and changing world. We are committed to continued professional development and realise when we all work together great things can be achieved."

Fraser Neill
Chief Executive Officer

GOVERNANCE STRUCTURE AND MANAGEMENT



GOVERNING DOCUMENT

The charity Foundation For Good was registered on 23 February 2021 and is governed by the constitution of a Charitable Incorporated Organisation (CIO), whose only voting members are its trustees under the CIO's foundation model constitution

TRUSTEES

The management of the charity is the responsibility of the Trustees, who are elected and co-opted under the terms of the CIO's foundation model constitution. They are inducted through meetings with the chairman and other trustees, covering the history and current activities of the charity, governance and management, and the charities financial accounts, policies and procedures. Trustees are recruited based on their particular skillset and networks that are required for the growth of the CIO in alignment with the values and vision of the charity.

CURRENT TRUSTEES

David Neill (CHAIR)
Robert Snaith
Amanda French
Egnes Manyena

ORGANISATIONAL STRUCTURE

Foundation For Good is a Charitable Incorporated Organisation governed by its trustee board which is responsible for setting the strategic direction of the organisation and also policy and procedure. The trustees carry ultimate responsibility for the conduct of the charity and for ensuring that it satisfied its legal and contractual obligations. The trustee board meets at least quarterly and there may be additional meetings of appropriate members or groups as required. The day to day operation of the organisation has been delegated to the Chief Executive and other staff / volunteers, who are key to providing the services offered by the charity.

WIDER NETWORK

Foundation For Good has no formal affiliations with other organisations but prides itself by working in partnerships. Building strong partnerships is essential when supporting our community. We believe that by working in key partnerships we can provide high quality support. Where appropriate we offer advise, refer and also signpost support for our members to our partnering cross sector organisations. We accept referrals from over 20 organisations that we work in partnership with.



Foundation For Good

Happier, Healthier & More Cohesive Communities

OUR SERVICES



ADULT SUPPORT
SERVICES



FOOD BANK - FREE
COMMUNITY MEAL -
WARM SPACE



BOXING & SPORTS
FACILITIES



YOUTH SUPPORT
SERVICES



ALTERNATIVE
EDUCATION PROVISION



DISABILITY PHYSICAL
ACTIVITY CLASSES

How we support our community



EDUCATE



INSPIRE



EMPOWER

www.FoundationForGood.co.uk



FOUNDATION FOR GOOD ALTERNATIVE EDUCATION

£80 PER DAY

OUR CURRICULUM

BOXING, SPORTS & EDUCATION

- A mixture of physical and classroom based learning.

BUSINESS STUDIES

- Incorporating both English and Maths whilst keeping the engagement of the young people.

DIY & TOOLBOX TALKS

- Exploring employment pathways to ensure the students go on to success post education.

HELPING YOU ONE STEP AT A TIME

NEURO-DEVELOPMENT + LIFE SKILLS

- Development of skills which are important for the advancement of life. Using the powers of neuroplasticity to elevate future success.

SCIENCE + INNOVATIVE STUDIES

- In the advancing world we live in sciences and innovation continues to expand. We look to empower young people to adapt to this world.

You can contact the contact below for more information.



Contact@foundationforgood.co.uk



www.foundationforgood.co.uk



13 Trafalagar Street, Consett,
County Durham, DH8 5AP

Registration:

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Get in touch via email to express your interest.

CHANGING LIVES THROUGH THE POWERS OF NEUROPLASTICITY



EMPOWERING YOUNG PEOPLE WITH THE TOOLS,
EXPERIENCES AND KNOW HOW IN ORDER TO MAKE
POSITIVE BEHAVIOUR CHANGES.



GAINING CLARITY OF FUTURE LIFE DIRECTION.
ENABLING A PLAN FOR SUCCESS.



SPIKING STUDENTS ENGAGEMENT WITHIN THEIR
MAINSTREAM EDUCATIONAL SCHOOL.



HELPING STUDENTS TO COPE WITH THEIR EMOTIONS,
LEARNING THEM HOW TO TAKE CONTROL OF THEIR
NEUROLOGY IN ORDER TO OBTAIN FUTURE SUCCESS.



MEET MASON..

NEURO - DEVELOPMENT

In Mason's neuro-development review he stated "I used to struggle to get up in the morning and with morning motivation, now i wake up before 7o'clock every morning ready to go to school and FFG. Neuroplasticity has also helped my attitude." We helped Mason gain clarity on how he can obtain future life success and helped him write up a 10-15 year plan. Mason stated that "I am going to stay consistent and stay true to my dreams and goals. I will remain conscious about my everyday life decisions.



DEVELOPMENT

We have reviewed the progress between Mason's 1st and 2nd review. Mason has demonstrated in these assessments that he has made marked improvements in; Speaking with others, Considering others, Time Management, Motivation, Tolerance, Showing Confidence, Creativity, Human Biology and Sport. Mason has also identified that his compliance with education has improved. We believe that this is significant development in the short space of time we have been working with Mason.

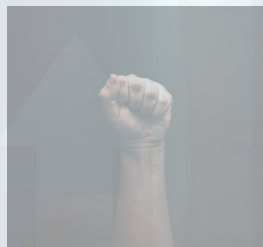


PLANS FOR THE FUTURE



SERVICE DEVELOPMENT

Foundation For Good's executive board members working in conjunction with the chief executive officer plan to grow the charities services and to further increase the hugely positive benefits it provides to its members. We are working in partnership with the County Durham Council and the Directory For Alternative Learning Provisions. We provide education to some of the most hard to reach young people within our area through our Alternative Learning Provision (ALP), we offer a new innovative service which already has achieved great outcomes and developments of young people. We harness the powers of neuroplasticity to help people make the required neuro developments and behaviour changes that are essential for future life success. Our developments and partnerships within alternative learning will provide a steady stream of referrals, ALP will help expand our charities service to the people and further our evidence base of success. We have other exciting new developments which we have planned for the near future. We aim to make our services inclusive for all and will be developing framework to enable other organisations similar to us to do the same. Our developments within our service will see our recipients benefit and will allow for the expansion of Foundation For Good to new members.



VISION TO EXPAND

Our services positively change lives. In the future we plan to expand in order to be able to offer our unique and positive services to more people for public benefit. The growth of our services and the increase of public benefit will also bring charitable financial gain for Foundation For Good. The growth and expansion which is planned in the future will in turn help us further attain our visions and goals of making a positive difference within world.



OPERATIONAL SUPPORT AND CHALLENGES

Operational Support and Dedicated Team:

Our operational success is deeply rooted in the commitment and passion of our dedicated team of employees and volunteers. At Foundation For Good, we are fortunate to have a group of individuals who wholeheartedly believe in our mission to empower the most vulnerable members of our community in England's top 20% most deprived areas.

Employee Commitment:

Our employees play a pivotal role in translating our mission into impactful programs and initiatives. Their unwavering dedication is evident in the tireless efforts they put into the alternative education programs, food bank operations, mental health services, and the myriad of activities that form the core of our community support initiatives. Their commitment goes beyond the call of duty, with many of them actively seeking ways to innovate and enhance the effectiveness of our programs.



Volunteer Contributions:

Our volunteers, the lifeblood of our organisation, embody the spirit of community service. These selfless individuals generously donate their time, skills, and energy to support our various projects. Whether it's distributing food at the food bank, mentoring disadvantaged youth, or providing a listening ear through our mental health services, our volunteers contribute with a sense of purpose that transcends the challenges faced by the communities we serve.

Belief in the Mission:

What sets our team apart is a shared belief in the transformative power of community support. This shared vision unites employees and volunteers alike, fostering a collaborative and supportive work environment. Their collective dedication is not merely a job requirement but a genuine belief in the positive impact we can make in the lives of those who need it most.



Operational Challenges:

While our team remains steadfast in their commitment, it is essential to acknowledge the challenges we face. Limited resources, external factors affecting community dynamics, and the evolving landscape of social issues present hurdles that demand resilience and adaptability. Despite these challenges, our team's determination to overcome obstacles and continue serving the community remains unwavering.

In the face of adversity, the solidarity among our team members and volunteers serves as a source of strength. The challenges we encounter only deepen our resolve to find innovative solutions and enhance the effectiveness of our programs.



In conclusion, the operational success of Foundation For Good is intricately woven into the fabric of our dedicated team. Their commitment, resilience, and shared belief in our mission serve as the driving force behind our ability to create lasting positive change in the communities we proudly serve.

DECLARATIONS



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The charity trustees declare that they approve the report and accounts for the period **ended** 28 February 2023.

Approved by the Trustees on 20 December 2023 and signed on it behalf by

Name: Dr David Neill

Position: Chair

Foundation for Good CIO

Charity No. 1193644

Unaudited Accounts

28 February 2023

Independent Examiner's Report to the trustees of Foundation for Good CIO

I report to the trustees on my examination of the financial statements of Foundation for Good CIO for the year ended 28 February 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Kay Wightman FFA FTA
Accounting for Good CIC
2 Geordie Ridley Place
Upper Precinct Wesley Court
Blaydon on Tyne
Tyne and Wear
NE21 5BT
20 December 2023

Foundation for Good CIO
Statement of Financial Activities
for the year ended 28 February 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:					
Donations and legacies	3	1	-	1	(1)
Charitable activities	4	45,342	20,200	65,542	60,110
Total		45,343	20,200	65,543	60,109
Expenditure on:					
Raising funds	5	1,043	-	1,043	279
Charitable activities	6	2,581	10,500	13,081	-
Other	7	31,467	9,700	41,167	50,568
Total		35,091	20,200	55,291	50,847
Net gains on investments		-	-	-	-
Net income	8	10,252	-	10,252	9,262
Transfers between funds		-	-	-	-
Net income before other gains/(losses)		10,252	-	10,252	9,262
Other gains and losses					
Net movement in funds		10,252	-	10,252	9,262
Reconciliation of funds:					
Total funds brought forward		9,262	-	9,262	-
Total funds carried forward		19,514	-	19,514	9,262

Foundation for Good CIO

Balance Sheet

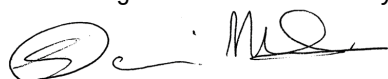
at 28 February 2023

Charity No. 1193644

		2023 £	2022 £
Fixed assets			
Tangible assets	10	2,480	-
		<u>2,480</u>	<u>-</u>
Current assets			
Cash at bank and in hand		19,897	9,262
		<u>19,897</u>	<u>9,262</u>
Creditors: Amount falling due within one year	11	(2,863)	-
Net current assets		<u>17,034</u>	<u>9,262</u>
Total assets less current liabilities		<u>19,514</u>	<u>9,262</u>
Net assets excluding pension asset or liability		<u>19,514</u>	<u>9,262</u>
Total net assets		<u><u>19,514</u></u>	<u><u>9,262</u></u>
The funds of the charity			
Restricted funds	12		
Unrestricted funds	12		
General funds		19,514	9,262
		<u>19,514</u>	<u>9,262</u>
Reserves	12		
Total funds		<u><u>19,514</u></u>	<u><u>9,262</u></u>

Approved by the trustees on 20 December 2023

And signed on their behalf by:



R. Snaith

Trustee

20 December 2023

for the year ended 28 February 2023

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
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Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
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Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
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Volunteer help	The value of any volunteer help received is not included in the accounts.
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Investment income	This is included in the accounts when receivable.
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Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
---	---

Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Computer Equipment	3 years% Reducing Balance
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Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Statement of Financial Activities - prior year

	Unrestricted funds 2022 £	Total funds 2022 £
Income and endowments from:		
Donations and legacies	(1)	(1)
Charitable activities	60,110	60,110
Total	60,109	60,109
Expenditure on:		
Other	50,847	50,847
Total	50,847	50,847
Net income	9,262	9,262
Net income before other gains/(losses)	9,262	9,262
Other gains and losses:		
Net movement in funds	9,262	9,262
Reconciliation of funds:		
Total funds carried forward	9,262	9,262

3 Income from donations and legacies

	Unrestricted £	Total 2023 £	Total 2022 £
Donations	1	1	(1)
	1	1	(1)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Membership Fees	37,250	-	37,250	18,194
Grants	-	20,200	20,200	15,643
Fundraising	8,092	-	8,092	26,273
	45,342	20,200	65,542	60,110

5 Expenditure on raising funds

	Unrestricted £	Total 2023 £	Total 2022 £
<i>Fundraising trading costs</i>			
	1,043	1,043	279
	1,043	1,043	279

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Charitable Costs	1,772	10,500	12,272	-
<i>Governance costs</i>				
Meeting Expenses	343	-	343	-
Volunteers Expenses	466	-	466	-
	<u>2,581</u>	<u>10,500</u>	<u>13,081</u>	<u>-</u>

7 Other expenditure

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Employee costs	7,692	-	7,692	1,604
Motor and travel costs	4,976	-	4,976	1,178
Premises costs	5,849	2,400	8,249	32,546
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	663	-	663	-
General administrative costs	9,647	7,300	16,947	14,770
Legal and professional costs	2,640	-	2,640	470
	<u>31,467</u>	<u>9,700</u>	<u>41,167</u>	<u>50,568</u>

8 Net income before transfers

	2023	2022
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	663	-

9 Staff costs

	2023	2022
Salaries and wages	5,121	900
	<u>5,121</u>	<u>900</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	Computer Equipment	Total
	£	£
Cost or revaluation		
Additions	3,143	3,143
At 28 February 2023	<u>3,143</u>	<u>3,143</u>
Depreciation and impairment		
Depreciation charge for the year	663	663
At 28 February 2023	<u>663</u>	<u>663</u>
Net book values		
At 28 February 2023	<u>2,480</u>	<u>2,480</u>

11 Creditors:
amounts falling due within one year

	2023	2022
	£	£
Bank loans and overdrafts	1,998	-
Other creditors	40	-
Accruals	825	-
	<u>2,863</u>	<u>-</u>

12 Movement in funds

	At 1 March 2022	Incoming resources (including other gains/losses) £	Resources expended £	At 28 February 2023 £
Restricted funds:				
Restricted income funds:				
Sporting Activities	-	10,500	(10,500)	-
Games Room & Equipment	-	7,300	(7,300)	-
Warm Spaces	-	2,400	(2,400)	-
<i>Total</i>	<u>-</u>	<u>20,200</u>	<u>(20,200)</u>	<u>-</u>
Unrestricted funds:				
General funds	9,262	45,343	(35,091)	19,514
Total funds	<u>9,262</u>	<u>65,543</u>	<u>(55,291)</u>	<u>19,514</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

Sporting Activities

Games Room & Equipment

Warm Spaces

13 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	2,480	2,480
Net current assets	17,034	17,034
	<u>19,514</u>	<u>19,514</u>

14 Reconciliation of net debt

	At 1 March 2022 £	Cash flows £	At 28 February 2023 £
Cash and cash equivalents	9,262	10,635	19,897
	<u>9,262</u>	<u>10,635</u>	<u>19,897</u>
Net debt	<u>9,262</u>	<u>10,635</u>	<u>19,897</u>

Foundation for Good CIO
Statement of Cash flows
for the year ended 28 February 2023

	2023 £	2022 £
Cash flows from operating activities		
Net income per Statement of Financial Activities	10,252	9,262
Adjustments for:		
Depreciation of property, plant and equipment	663	-
Increase in trade and other payables	865	-
Net cash provided by operating activities	<u>11,780</u>	<u>9,262</u>
Cash flows from investing activities		
Payments for property, plant and equipment	(3,143)	-
Net cash used in investing activities	<u>(3,143)</u>	<u>-</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase in cash and cash equivalents	8,637	9,262
Cash and cash equivalents at the beginning of the year	9,262	-
Cash and cash equivalents at the end of the year	<u>17,899</u>	<u>9,262</u>
Components of cash and cash equivalents		
Cash and bank balances	19,897	9,262
Bank overdrafts	(1,998)	-
	<u>17,899</u>	<u>9,262</u>

Foundation for Good CIO
Detailed Statement of Financial Activities
for the year ended 28 February 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:				
Donations and legacies				
Donations	1	-	1	(1)
	<u>1</u>	<u>-</u>	<u>1</u>	<u>(1)</u>
Charitable activities				
Membership Fees	37,250	-	37,250	18,194
Grants	-	20,200	20,200	15,643
Fundraising	8,092	-	8,092	26,273
	<u>45,342</u>	<u>20,200</u>	<u>65,542</u>	<u>60,110</u>
Total income and endowments	45,343	20,200	65,543	60,109
Expenditure on:				
Costs of other trading activities				
	1,043	-	1,043	279
	<u>1,043</u>	<u>-</u>	<u>1,043</u>	<u>279</u>
Total of expenditure on raising funds	1,043	-	1,043	279
Charitable activities				
Membership Fees	1,772	10,500	12,272	-
	<u>1,772</u>	<u>10,500</u>	<u>12,272</u>	<u>-</u>
Governance costs				
Meeting Expenses	343	-	343	-
Volunteers Expenses	466	-	466	-
	<u>809</u>	<u>-</u>	<u>809</u>	<u>-</u>
Total of expenditure on charitable activities	2,581	10,500	13,081	-
Employee costs				
Salaries/wages	5,121	-	5,121	900
Staff entertainment	289	-	289	458
Staff training	2,282	-	2,282	246
	<u>7,692</u>	<u>-</u>	<u>7,692</u>	<u>1,604</u>
Motor and travel costs				
Vehicles - General costs	2,472	-	2,472	354
Travel and subsistence	2,504	-	2,504	824
	<u>4,976</u>	<u>-</u>	<u>4,976</u>	<u>1,178</u>
Premises costs				
Rent	3,600	-	3,600	25,606
Rates	-	-	-	1,263
Light, heat and power	372	2,400	2,772	2,362
Premises cleaning	175	-	175	971

Foundation for Good CIO
Detailed Statement of Financial Activities

Premises repairs and maintenance	1,702	-	1,702	2,344
	<u>5,849</u>	<u>2,400</u>	<u>8,249</u>	<u>32,546</u>
General administrative costs, including depreciation and amortisation				
Depreciation of Computer Equipment	663	-	663	-
Bank charges	178	-	178	52
Equipment expensed	1,624	7,300	8,924	7,515
General insurances	2,039	-	2,039	1,246
Postage and couriers	96	-	96	-
Software, IT support and related costs	1,059	-	1,059	848
Stationery and printing	531	-	531	3,550
Subscriptions	2,114	-	2,114	920
Sundry expenses	1,635	-	1,635	-
Telephone, fax and broadband	371	-	371	639
	<u>10,310</u>	<u>7,300</u>	<u>17,610</u>	<u>14,770</u>
Legal and professional costs				
Audit/Independent examination fees	1,525	-	1,525	-
Consultancy fees	835	-	835	410
Other legal and professional costs	280	-	280	60
	<u>2,640</u>	<u>-</u>	<u>2,640</u>	<u>470</u>
Total of expenditure of other costs	<u>31,467</u>	<u>9,700</u>	<u>41,167</u>	<u>50,568</u>
Total expenditure	35,091	20,200	55,291	50,847
Net gains on investments	-	-	-	-
Net income	<u>10,252</u>	<u>-</u>	<u>10,252</u>	<u>9,262</u>
Net income before other gains/(losses)	10,252	-	10,252	9,262
Other Gains	-	-	-	-
Net movement in funds	<u>10,252</u>	<u>-</u>	<u>10,252</u>	<u>9,262</u>
Reconciliation of funds:				
Total funds brought forward	9,262	-	9,262	-
Total funds carried forward	<u>19,514</u>	<u>-</u>	<u>19,514</u>	<u>9,262</u>



Charity Registration Number:
1193644