HOLDING SPACE

England & Wales · Charity number 1194399

Details

Status	Registered
Legal form	CIO
Registered	2021-05-10
Register	View on the Charity Commission register

Contact

Address	7 Hyde Gardens Eastbourne East Sussex BN21 4PN
Phone	01323 315005
Email	hansa@holdingspace.org.uk
Website	www.holdingspace.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN EASTBOURNE AND THE SURROUNDING AREA.TO ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF FACILITIES AND PROVISION FOR THERAPEUTIC INTERVENTIONS AND SUPPORT.

Activities: Provide support to parents, chlidren and families.A safe space where you can connect talk,share and be supported along your journey.A non judgemental place where you know its okay not to be okay.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£101,708	£92,121	-	-
2024-06-30	£76,824	£90,146	-	-
2023-06-30	£114,954	£72,391	-	-
2022-06-30	£70,964	£55,666	-	-

Trustees

Name	Role	Appointed
Daniel Karim		2025-11-01
David Norris		2022-11-07
Grant Tythan Sanders		2023-06-12
Oliver Rosson-Jones		2024-10-14
Sammy Pettitt		2025-11-01

Accounts

Charity registration number 1194399 (England and Wales)

HOLDING SPACE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

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HOLDING SPACE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	G Message FCA CTA	(Resigned May 2025)
	D Norris	
	G Sanders	
	E Hale	(Resigned April 2025)
	O Rosson-Jones	(Appointed October 2024)
	S Pettitt	(Appointed November 2025)
	D Karim	(Appointed November 2025)
Charity number (England and Wales)	1194399	
Registered office	7 Hyde Gardens Eastbourne East Sussex BN21 4PN	
Independent examiner	Andrew Hill BA FCA 2 Upperton Gardens Eastbourne East Sussex United Kingdom BN21 2AH	

HOLDING SPACE

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HOLDING SPACE

TRUSTEES' REPORT REPORT

FOR THE YEAR ENDED 30 JUNE 2025

The trustees present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum and articles, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Public benefit

Our primary objective and ethos of Holding Space is to offer parent/carer peer support, embedded in lived experience, to families whose children are struggling with their emotional and/or mental health across Sussex.

Our core values are:

Families and Children and Young People (CYP) are at the heart of what we do.

Provide a flexible approach to delivering services according to need. We offer 1:1 face to face and telephone support, coffee mornings and workshops and webinars.

Working in partnership with local and statutory organisations and schools to ensure that families receive the best support and advice.

The objectives of the charity are set out in the charity foundation model constitution and are as follows:

> The relief of sickness and the preservation of health among people residing permanently or temporarily in Eastbourne and the surrounding area.
>
> To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, by the provision of facilities and provision for therapeutic interventions and support.

Activities

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake

The charity carries out a wide range of activities in pursuance of its chartable aims. The Trustees consider that these activities, summarized below, provide benefit both to those who use the services and the wider community.

Our team of Parent Peer Support Workers have undertaken competency training developed by The Charlie Waller Trust in conjunction with Reading & Oxford University and funded by The Department of Education.

All our activities are developed in consultation with parents and carers and by listening to their needs. We offer a range of services:

- Parent peer support, embedded in lived experience.
- 1:1 face- face and telephone support to parents/carers undertaken by parent peer support workers.
- Coffee mornings 1x month with invited speakers.
- Drop in services at our hub in Eastbourne for advice and support.

Achievements and performance

Significant activities and achievements against objectives

Parent and carer support is key to young people and families developing a sense of control, a sense of belonging to a community, and for self-change. Families who can help with solving problems, being able to communicate with services and give assistance in offering practical support may help ensure better adherence to intervention routines and lead to better outcomes for young people.

The work of Holding Space means that:

• Parents and carers are better informed.
• Parents and carers feel listened to and supported.
• Parents and carers feel empowered to support their CYP.
• Parents and carers are emotionally and mentally supported.
• Parents and carers do not feel alone and isolated.
• Less CYP reaching crisis point and needing to access specialist services.

In this accounting year we received 164 new referrals. Whilst our referral rate has dropped, we have increased our schools engagement and work. With the growing crisis in accessing funding we made the difficult decision to charge for our services as from January 2025. Parents are now offered a 1 hour targeting session where our parent peer support workers support them to navigate the issues they are facing. This is followed by a telephone call and a further appointment if they request it. This has made a huge difference to the way we deliver our work as the support is more focused, rather than just a chat.

In this accounting year we have delivered:

• 93 face-face sessions
• 107 90 cases.
• Delivered 11 coffee mornings in schools with a total attendance of 141 parents.
• Visited 24 schools; 1st visit to introduce our work and attend parents evenings.

Our face to face coffee mornings offer a safe space for parents to meet one another, connect, chat and know they are not alone. We invite speakers to share their knowledge and empower parents with the knowledge and skills needed to support their child. We also have an active closed Facebook group for parents.

Our workshops and webinars empower parents and carers with strategies so that they feel better equipped to support their children We have expanded this work to businesses and corporates delivering workshops to staff and employees.

In April 2026 we established a Parent Advisory Board; its members made up of parents with lived experience and those who have used the service. The aims of the Advisory Board will be to advise on the strategic direction of the charity, identify it's strengths and gaps and how better we can serve this community. The Board will meet three times a year and feed into the Board of Trustees.

Financial review
The Trustees consider that the year 30 June 2025 has been a difficult year with rising costs and considerable competition for funding across the Charitable sector. Incoming resources are down from all but one source (fundraising) which is consistent with the pressure of external funders (grants) and the general public (donations). Long term and sustainable fundraising has been the aspiration to maintaining and growing the Charity but with less grants of this type and more competition for those still available, we have had to seek shorter term funding which restricts the Charity's ability to reach more families.

The Trustees, in collaboration with our CEO, have continued to be financially responsible with our spending and whilst outgoing resources are up overall, the rise is almost exclusively concerning restricted expenditure which is fully funded. The Charity has only seen a small rise in unrestricted expenditure. The Trustees still consider the Charity to be a going concern due to the success in smaller grants and the robust reserves policy (below); however this is kept under regular review. The Charity has reduced its Reserves Policy from 9 months to 4 months. Comment and feedback from funding bids suggested that our previous position provided a high level of reserve funding precluding the need for additional funds. However, the Trustees do consider this a delicate balancing act and note that ensuring the Charity has enough in reserves to cover a drop in incoming resources is imperative to the Charity running as a going concern and our responsibilities as Trustees.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to four month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. In addition this level of reserves should not have a detrimental effect when being considered for grant funding. This level of reserves has been maintained throughout the year.

Long-term sustainability

Trustees approved a CEO request to engage a specialist Consultant to work with both the Board and the CEO to identify how best Holding Space could re-design its operating model to ensure long term operational and financial sustainability. Trustees are confident that the societal need to the services provided by Holding Space is increasing and had ambitions that Holding Space becomes further embedded in local support networks. A review was carried out over a period of around 2 months, with the Board receiving a report, and carrying out a series of workshops to identify next steps. An Improvement plan is being considered by the Board, working with the CEO, and included developing a succession plan for the CEO. This work remains a focus for Trustees. Support has been secured for the medium term from a suitably experienced and qualified colleague to work with the CEO and provide regular management accounting information to the Board. This has added much need clarity to the Charity's financial position and will continue to evolve.

Major risks

Risk Management

The board of Trustees completed the risk register during the year and this is now continually reviewed, maintained and updated where necessary.

Plans for future periods

The charity has developed a 3 year business plan which will be reviewed periodically to ensure we are achieving our aims and ambitions.

Structure, governance and management

The charity is is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 10th May 2021.

The Trustees who served during the year and up to the date of signature of the financial statements were:

D Norris

G Sanders

O Rosson-Jones (Appointed October 2024)

S Pettitt (Appointed November 2025)

D Karim (Appointed November 2025)

Recruitment and appointment of trustees

Our Trustee Board are volunteers with a wide range of skills and knowledge and contribute their time and expertise to the strategic direction of the Charity. They are responsible for the governance and strategic development of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet at least every two months and are responsible for decisions relating to the running of the charity as well as supporting the CEO.

Trustees are recruited and appointed by the CEO and existing board. A skills audit was undertaken to help identify the gaps, skills and knowledge that the charity needed. Trustees were then recruited with the requisite skills. The Board recognize that gaps of expertise do remain and we are actively looking to recruit additional Trustees.

We have tremendous support from the local community, as well as statutory organisations.

Nationally our CEO is part of the PLACE network through the Charlie Waller Trust and Holding Space is a member of CYPMH Coalition.

Our CEO is also a lived experience partner with the Children and Young People's and Perinatal Mental Health Team NHS England.

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Contribution made by volunteers

Volunteers are essential to the running of the charity and are involved in a number of ways; administration tasks, parent support, events and fundraising.

The CEO has managed the charity since its inception, initially on a voluntary basis, contributing her skills in organizational and people management as well as developing the charity to where it is today.

Our sources of funding

The principle sources of funding for this financial year continued to be from grant trusts and foundations.

We have a number of committed regular individual and business donors.

The Board of Trustees have developed a fundraising strategy to help the Charity target and focus our fundraising activities for the next year

We ask parents, if they are able to, to contribute financially towards the counselling which produced 7.36% of our income this year (9.65% in 2024).

We do not receive any statutory funding.

The trustees' report was approved by the Board of Trustees.

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Mr D Norris

Trustee

Date: 24 April 2026 .

HOLDING SPACE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF HOLDING SPACE

I report to the trustees on my examination of the financial statements of Holding Space (the charity) for the year ended 30 June 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
2. the financial statements do not accord with those records; or
3. 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.

Andrew Hill BA FCA
2 Upperton Gardens
Eastbourne
East Sussex
BN21 2AH
United Kingdom
Date: 26/4/2026

HOLDING SPACE

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income and endowments from:							
Donations and legacies	3	20,631	67,833	88,464	6,019	47,194	53,213
Charitable activities	4	4,710	-	4,710	7,731	-	7,731
Other trading activities	5	8,471	-	8,471	15,880	-	15,880
Other income	6	63	-	63	-	-	-
Total income		33,875	67,833	101,708	29,630	47,194	76,824
Expenditure on:							
Charitable activities	7	36,941	55,180	92,121	20,536	69,610	90,146
Total expenditure		36,941	55,180	92,121	20,536	69,610	90,146
Net income/(expenditure) and movement in funds		(3,066)	12,653	9,587	9,094	(22,416)	(13,322)
Reconciliation of funds:							
Fund balances at 1 July 2024		50,799	26,481	77,280	41,705	48,897	90,602
Fund balances at 30 June 2025		47,733	39,134	86,867	50,799	26,481	77,280

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

HOLDING SPACE

BALANCE SHEET

AS AT 30 JUNE 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	13		5,779		3,902
Current assets					
Debtors	14	5,468		9,444	
Cash at bank and in hand		84,733		73,669	
		90,201		83,113	
Creditors: amounts falling due within one year	15	(9,113)		(9,735)	
Net current assets			81,088		73,378
Total assets less current liabilities			86,867		77,280
The funds of the charity					
Restricted income funds	17		39,134		26,481
Unrestricted funds	18		47,733		50,799
			86,867		77,280

The financial statements were approved by the trustees on 24 April 2026.

....

Mr D Norris
Trustee

1 Accounting policies

Charity information

Holding Space is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	3 year straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies (Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	9,092	-	9,092	5,469	3,600	9,069
Grants	11,539	67,833	79,372	550	43,594	44,144
	20,631	67,833	88,464	6,019	47,194	53,213

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Counselling and training		
Counselling income	4,710	7,731

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	8,471	15,880

6 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	63	-

7 Expenditure on charitable activities

	Core costs 2025 £	Core costs 2024 £
Direct costs		
Staff costs	41,976	35,888
Depreciation and impairment	312	-
Counsellor costs	16,719	26,944
Other direct costs	74	4,816
Training	300	-
Room hire	340	1,103
PCPS Team	13,963	-
	73,684	68,751
Share of support and governance costs (see note 8)		
Support	1,662	20,495
Governance	16,775	900
	92,121	90,146
Analysis by fund		
Unrestricted funds	36,941	20,536
Restricted funds	55,180	69,610
	92,121	90,146

8 Support costs allocated to activities

	2025 £	2024 £
Depreciation	1,169	2,011
Operating lease charges	1,450	-
Bookkeeping & Payroll fees	304	775
Rent & Rates	7,581	7,910
Insurance	215	665
Advertising & Marketing	1,072	3,062
Printing, postage and stationery	-	325
Telephone & Internet	880	1,242
IT Software and Consumables	1,540	1,539
Professional costs	-	1,500
Travel - National	2,401	814
Subscriptions	925	652
Governance costs	900	900
	18,437	21,395
Analysed between:		
Core costs	18,437	21,395

9 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	750	750
Depreciation of owned tangible fixed assets	1,481	2,011

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
	1	1

Employment costs	2025	2024
	£	£
Wages and salaries	41,630	35,888
Other pension costs	346	-
	41,976	35,888

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel
The remuneration of key management personnel was as follows:

	2025	2024
	£	£
Aggregate compensation	41,976	35,888

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

13 Tangible fixed assets

	Fixtures and fittings	Computers	Total
	£	£	£
Cost			
At 1 July 2024	4,558	3,849	8,407
Additions	-	3,358	3,358
At 30 June 2025	4,558	7,207	11,765
Depreciation and impairment			
At 1 July 2024	1,640	2,865	4,505
Depreciation charged in the year	584	897	1,481
At 30 June 2025	2,224	3,762	5,986
Carrying amount			
At 30 June 2025	2,334	3,445	5,779
At 30 June 2024	2,918	984	3,902

14 Debtors

	2025	2024
Amounts falling due within one year:	£	£
Trade debtors	107	2,238
Other debtors	3,327	5,716
Prepayments and accrued income	2,034	1,490
	5,468	9,444

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	640	1,257
Trade creditors	4,032	2,026
Other creditors	197	-
Accruals and deferred income	4,244	6,452
	9,113	9,735

16 Retirement benefit schemes

	2025	2024
Defined contribution schemes	£	£
Charge to profit or loss in respect of defined contribution schemes	346	-

16 Retirement benefit schemes **(Continued)**

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024	Incoming resources	Resources expended	Transfers	Gains and losses	At 30 June 2025
	£	£	£	£	£	£
	-	-	-	-	-	-
39 - People's Health Trust	3,581	-	(3,581)	-	-	-
40 - Sussex Community Foundation	947	-	(947)	-	-	-
41 - Comic Relief Groundworks	2,436	-	(2,436)	-	-	-
44 - Meads Funding	5,317	20,000	(11,952)	-	-	13,365
50 - Chalk Cliff	3,000	-	(3,000)	-	-	-
55 - Focus Foundation	4,550	-	(715)	-	-	3,835
56 - Charlie Weather PCPS	1,650	-	(1,650)	-	-	-
57 - Albert Hunt Trust	5,000	-	(5,000)	-	-	-
59 - Sussex Community Foundation (PCPF)	-	7,915	(7,915)	-	-	-
060 - Awards 4 All	-	20,000	-	-	-	20,000
061 - Ernest Kleinwort - Hansa	-	3,450	(3,450)	-	-	-
063 - Sussex Masonic Charitable Foundation	-	2,248	(312)			1,936
RF NHS	-	14,220	(14,220)			-
	26,481	67,833	(55,179)	-	-	39,135

17 Restricted funds **(Continued)**

Previous year:	At 1 July 2023	Incoming resources	Resources expended	Transfers	Gains and losses	At 30 June 2024
	£	£	£	£	£	£
2 - Hazell Industries	-	3,600	(3,600)	-	-	-
32 - Sussex County Sport	751	-	(751)	-	-	-
34 - Sussex Community Foundation	1,280	-	(1,280)	-	-	-
39 - People's Health Trust	12,161	5,716	(14,336)	40	-	3,581
40 - Sussex Community Foundation	1,707	-	(720)	(40)	-	947
41 - Comic Relief Groundworks	4,926	1,000	(3,490)	-	-	2,436
42 - Sussex Community Foundation	2,046	-	(2,046)	-	-	-
44 - Meads Funding	10,000	20,000	(24,683)	-	-	5,317
47 - National Lottery Awards 4 All	9,152	-	(9,152)	-	-	-
48 - Charlie Waller AB	874	1,747	(2,621)	-	-	-
50 - Chalk Cliff	3,000	-	-	-	-	3,000
51 - Ernest Kleinwort	3,000	500	(3,500)	-	-	-
52 - Elizabeth Tait Foundation	-	4,000	(4,000)	-	-	-
53 - Ian Askew Charitable Trust	-	500	(500)	-	-	-
54 - JC Robinson Trust	-	500	(500)	-	-	-
55 - Focus Foundation	-	5,330	(780)	-	-	4,550
56 - Charlie Weather PCPS	-	3,300	(1,650)	-	-	1,650
57 - Albert Hunt Trust	-	5,000	-	-	-	5,000
	48,897	47,194	(69,610)	-	-	26,481

17 Restricted funds **(Continued)**

39 People's Health Trust
This fund was granted to enable us to run our parent/carer yoga and relaxation sessions and creative arts sessi

40 Sussex Community Foundation
This fund was granted to deliver our Anxiety Toolkit Programme for parents whose children have anxiety aged 7

41 Comic Relief Groundworks
Joint partnership bid with Amaze/East Sussex parent Carer Forum (ESPCF) to run our Hastings/ Bexhill Coffee

44 Meads Funding
3 year funding to cover part time salary for CEO.

50 Chalk Cliff Trust
Funding towards CEO time and core costs.

55 - Focus Foundation
To fund the running of our 4 week Raising Resilient Teenagers course and our 1 hour course Understanding the

56 - Charlie Weather
Funding towards PCPS training.

57 - Albert Hunt Trust
Part funding to employ a part time Parent Peer Support worker for 1 year.

59 - Sussex Community Foundation (PCPF)
To fund a 16 hour post for a parent peer support worker

060 - Awards 4 All
A 2 year grant for Parent Peer Support worker

063 - Sussex Masonic Charitable Foundation
To fund computer equipment purchases

RF NHS
To fund training and support worker salary

18 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2024	Incoming resources	Resources expended	At 30 June 2025
	£	£	£	£
General funds	50,166	-	-	50,166
General funds	633	33,875	(36,941)	(2,433)
	50,799	33,875	(36,941)	47,733

Previous year:	At 1 July 2023	Incoming resources	Resources expended	At 30 June 2024
	£	£	£	£
General funds	41,705	29,630	(20,536)	50,799

19 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 30 June 2025:			
Tangible assets	5,779	-	5,779
Current assets/(liabilities)	43,616	37,472	81,088
	49,395	37,472	86,867
Per balance sheet	47,733	39,134	86,867
Balance to allocate	(1,662)	1,662	-

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 30 June 2024:			
Tangible assets	3,902	-	3,902
Current assets/(liabilities)	46,897	26,481	73,378
	50,799	26,481	77,280

20 Related party transactions

There were no disclosable related party transactions during the year.

HOLDING SPACE

England & Wales - Charity number 1194399

Accounts

Charity registration number 1194399

HOLDING SPACE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2024

LEGAL AND ADMINISTRATIVE INFORMATION

Charity number	1194399
Principal address	7 Hyde Gardens Eastbourne East Sussex BN21 4PN
Independent examiner	Andrew Hill FCA
Bankers	Metro Bank Unit 70-71 The Beacon 59 Terminus Road Eastbourne East Sussex BN21 3NW

CONTENTS

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2024

The trustees present their annual report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum and articles, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Our primary objective and ethos is to offer parent peer support to those families whose children are struggling with their emotional and mental health across East Sussex.

Our core values are:

Families and Children and Young People (CYP) are at the heart of what we do.

Flexible approach to delivering services according to need. We offer 1:1 face to face and telephone support.

Cross partnership working with courses and training delivered by a range of experts – parents with lived experience, experts in CYP mental health.

Working in partnership with local and statutory organisations to ensure that families receive the best support and advice.

The objectives of the charity are set out in the charity foundation model constitution and are as follows:

> The relief of sickness and the preservation of health among people residing permanently or temporarily in Eastbourne and the surrounding area.
>
> To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, by the provision of facilities and provision for therapeutic interventions and support.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities

The charity carries out a wide range of activities in pursuance of its chartable aims. The trustees consider that these activities, summarised below, provide benefit both to those who use the services and the wider community.

All our activities are developed in consultation with parents and carers and by listening to their needs. We offer a range of services:

• Face to face parent peer coffee mornings 1x month with invited speakers.
• Drop in services at our hub in Eastbourne for advice and support.
• 1:1 Telephone/wellbeing support to parents/carers undertaken by parent peer support workers.
• 1:1 low-cost counselling for parents or CYP.
• Weekly yoga for parents.
• Monthly creative sessions for parents.
• Parent peer support.

Achievements and performance

Significant activities and achievements against objectives

Parent and carer support is key to young people and families developing a sense of control, a sense of belonging to a community, and for self-change. Families who can help with solving problems, being able to communicate with services and give assistance in offering practical support may help ensure better adherence to intervention routines and lead to better outcomes for young people.

The work of Holding Space means that:

• Parents and carers are better informed.
• Parents and carers feel listened to and supported.
• Parents and carers feel empowered to support their CYP.
• Parents and carers are emotionally and mentally supported.
• Parents and carers do not feel alone and isolated.
• Less CYP reaching crisis point and needing to access specialist services.

In this accounting year we received 273 referrals. This year we introduced a new system and we now see parents face-face at our hub in Eastbourne for an initial consultation. They are then offered further face-face appointments or telephone support.

Our Parent Peer Support Workers (PCPS) offer 1:1 telephone support to families. In this accounting year we provided 1:1 telephone support to 372 families, totalling 1451 sessions. Parents are offered this support for as long as they need it.

Our team of professional counsellors offer support to parents, children and young people. In this accounting year we supported 41 people with low cost counselling. This has prevented those children and young people reaching crisis point and needing to access specialist support.

Our face to face coffee mornings offer a safe space for parents to meet one another, connect, chat and know they are not alone. We invite speakers to share their knowledge and empower parents with the knowledge and skills needed to support their child. We also have an active closed Facebook group for parents.

Our intervention programmes - Raising Resilient Teenagers and Understanding the Teenage Brain - empower parents and carers with strategies so that they feel better equipped to support their children.

Financial review

The Trustees consider that the year to 30 June 2024 has been a tough year with rising costs and considerable competition for funding across the Charitable sector. Incoming resources are down from all but one source (fundraising) which is consistent with the pressure of external funders (grants) and the general public (donations). Long term fundraising has been the aspiration to maintaining and growing the Charity but with less grants of this type and more competition for those still available, we have had to seek shorter term funding which restricts the Charity's ability to reach more families.

The Trustees, in collaboration with our CEO, have continued to be financially responsible with our spending and whilst outgoing resources are up overall, the rise is almost exclusively concerning restricted expenditure which is fully funded. The Charity has only seen a small rise in unrestricted expenditure. The Trustees still consider the Charity to be a going concern due to the success in smaller grants and the robust reserves policy (below). The Charity has received feedback that the longer-term funding applications may be negatively affected by the overly cautious reserves policy and the Trustee's will be discussing the relaxing of this policy to six months (from six to nine months) to ensure the Charity is not at a disadvantage when seeking funding. However, the Trustees do consider this a delicate balancing act and note that ensuring the Charity has enough in reserves to cover a drop in incoming resources is imperative to the Charity running as a going concern and our responsibilities as Trustees.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to four month’s expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity’s current activities while consideration is given to ways in which additional funds may be raised. In addition this level of reserves should not have a detrimental effect when being considered for grant funding. This level of reserves has been maintained throughout the year.

Major risks

Risk Management

The board of Trustees completed the risk register during the year and this is now continually reviewed, maintained and updated where necessary.

Plans for future periods

The charity has developed a 3 year business plan which will be reviewed periodically to ensure we are achieving our aims and ambitions.

Structure, governance and management

The charity is is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 10th May 2021.

The trustees who served during the year and up to the date of signature of the financial statements were:

L Shevels	(Resigned 29 February 2024)
G Message FCA CTA	
D Norris	
G Sanders	
E Hale	(Appointed 29 February 2024)
O Rosson-Jones	(Appointed 14 October 2024)

Recruitment and appointment of trustees

Our Trustee Board are volunteers with a wide range of skills and knowledge and contribute their time and expertise to the strategic direction of the Charity. They are responsible for the governance and strategic development of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet at least every two months and are responsible for decisions relating to the running of the charity as well as supporting the CEO.

Trustees are recruited and appointed by the CEO and existing board. A skills audit was undertaken to help identify the gaps, skills and knowledge that the charity needed. Trustees were then recruited with the requisite skills. The board recognise that gaps of expertise do remain and we are actively looking to recruit additional Trustees.

We have tremendous support from the local community, as well as statutory organisations. We work closely with organisations such as Care for the Carers, Amaze, and Child and Adolescent Mental Health Services.

Our CEO is a member of the East Sussex Children & Young People’s Mental Health Operational Board and East Sussex Children’s Mental Health & Wellbeing Partnership Board.

Nationally our CEO is part of the PLACE network through the Charlie Waller Trust and CYPMH Coalition.

Our CEO is also a lived experience partner with the Children and Young People's and Perinatal Mental Health Team NHS England.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Contribution made by volunteers

Volunteers are essential to the running of the charity and are involved in a number of ways; administration tasks, parent support, events, fundraising and bid writing.

A number of our volunteer parent peer support workers have undertaken competency training developed by The Charlie Waller Trust in conjunction with Reading University and funded by The Department of Education.

The CEO has managed the charity since its inception, initially on a voluntary basis, contributing her skills in organisational and people management as well as developing the charity to where it is today.

Our sources of funding

The principle sources of funding for this financial year continued to be from grant trusts and foundations.

We have a number of committed regular individual and business donors.

The Board of Trustees have developed a fundraising strategy to help the Charity target and focus our fundraising activities for the next year

We ask parents, if they are able to, to contribute financially towards the counselling which produced 7.36% of our income this year (9.65% in 2023).

We do not receive any statutory funding.

The trustees' report was approved by the Board of Trustees.

David Norris

D Norris
Trustee

19 March 2025

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF HOLDING SPACE

I report to the trustees on my examination of the financial statements of Holding Space (the charity) for the year ended 30 June 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2 the financial statements do not accord with those records; or
3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Andrew Hill FCA

Dated: 19 March 2025

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	**3**	6,019	47,194	53,213	18,433	73,071	91,504
Charitable activities	**4**	7,731	-	7,731	9,663	-	9,663
Other trading activities	**5**	15,880	-	15,880	13,787	-	13,787
Total income		29,630	47,194	76,824	41,883	73,071	114,954
Expenditure on:							
Charitable activities	**6**	20,536	69,610	90,146	19,257	53,134	72,391
Total expenditure		20,536	69,610	90,146	19,257	53,134	72,391
Net income/(expenditure) and movement in funds		9,094	(22,416)	(13,322)	22,626	19,937	42,563
Reconciliation of funds:							
Fund balances at 1 July 2023		41,705	48,897	90,602	19,079	28,960	48,039
Fund balances at 30 June 2024		50,799	26,481	77,280	41,705	48,897	90,602

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

BALANCE SHEET
AS AT 30 JUNE 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	**12**		3,902		4,437
Current assets					
Debtors	**13**	9,444		3,092	
Cash at bank and in hand		73,669		90,676	
		83,113		93,768	
Creditors: amounts falling due within one year	**14**	(9,735)		(7,603)	
Net current assets			73,378		86,165
Total assets less current liabilities			77,280		90,602
Net assets excluding pension liability			77,280		90,602
The funds of the charity					
Restricted income funds	**15**		26,481		48,897
Unrestricted funds			50,799		41,705
			77,280		90,602

The financial statements were approved by the trustees on 19 March 2025

G Message

G Message FCA CTA
Trustee

1 Accounting policies

Charity information

Holding Space is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission..

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1 Accounting policies (Continued)

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	3 year straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1 Accounting policies (Continued)

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1 Accounting policies (Continued)

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	5,469	3,600	9,069	16,685	3,600	20,285
Grants	550	43,594	44,144	1,748	69,471	71,219
	6,019	47,194	53,213	18,433	73,071	91,504

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Counselling and training		
Counselling income	7,731	8,463
Training income	-	1,200
	7,731	9,663

5 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	15,880	13,787

6 Expenditure on charitable activities

	Core costs 2024 £	Core costs 2023 £
Direct costs		
Staff costs	35,888	15,451
Counsellor costs	26,944	20,720
Other direct costs	4,816	4,380
Project Co-Ordinator	-	13,468
Room hire	1,103	1,405
	68,751	55,424
Share of support and governance costs (see note 7)		
Support	20,495	16,067
Governance	900	900
	90,146	72,391
Analysis by fund		
Unrestricted funds	20,536	19,257
Restricted funds	69,610	53,134
	90,146	72,391

7 Support costs allocated to activities

	2024	2023
	£	£
Depreciation	2,011	1,703
Bookkeeping and payroll fees	775	358
Rent and rates	7,910	4,822
Insurance	665	603
Advertising and marketing	3,062	3,588
Printing, postage and stationery	325	359
Telephone and internet	1,242	712
ICT costs	1,539	2,742
Professional costs	1,500	-
Sundry	814	488
Subscriptions	652	692
Governance costs	900	900
	21,395	16,967
Analysed between:		
Core costs	21,395	16,967

8 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	2,011	1,703

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	1	1

10 Employees (Continued)

Employment costs	2024	2023
	£	£
Wages and salaries	35,888	15,451

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024	2023
	£	£
Aggregate compensation	35,888	15,451

The above is inclusive of employer pension contributions.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Tangible fixed assets

	Fixtures and fittings	Computers	Total
	£	£	£
Cost			
At 1 July 2023	4,558	2,373	6,931
Additions	-	1,476	1,476
At 30 June 2024	4,558	3,849	8,407
Depreciation and impairment			
At 1 July 2023	912	1,582	2,494
Depreciation charged in the year	728	1,283	2,011
At 30 June 2024	1,640	2,865	4,505
Carrying amount			
At 30 June 2024	2,918	984	3,902
At 30 June 2023	3,646	791	4,437

13 Debtors

	2024	2023
Amounts falling due within one year:	£	£
Trade debtors	2,238	2,492
Other debtors	5,716	-
Prepayments and accrued income	1,490	600
	9,444	3,092

14 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	1,257	750
Trade creditors	2,026	615
Accruals and deferred income	6,452	6,238
	9,735	7,603

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

					Movement in funds			
	Balance at 1 July 2022	Incoming resources	Resources expended	Balance at 1 July 2023	Incoming resources	Resources expended	Transfers	Balance at 30 June 2024
	£	£	£	£	£	£	£	£
2 - Hazell Industries	-	3,600	(3,600)	-	3,600	(3,600)	-	-
22 - Allen Lane Foundation	3,000	-	(3,000)	-	-	-	-	-
32 - Sussex County Sport	1,102	-	(351)	751	-	(751)	-	-
34 - Sussex Community Foundation	4,337	-	(3,057)	1,280	-	(1,280)	-	-
35 - The Albert Hunt Trust	2,000	-	(2,000)	-	-	-	-	-
37 - National Lottery	2,320	-	(2,320)	-	-	-	-	-
39 - People's Health Trust	7,111	14,290	(9,240)	12,161	5,716	(14,336)	40	3,581
40 - Sussex Community Foundation	9,090	-	(7,383)	1,707	-	(720)	(40)	947
41 - Comic Relief Groundworks	-	9,000	(4,074)	4,926	1,000	(3,490)	-	2,436
42 - Sussex Community Foundation	-	10,000	(7,954)	2,046	-	(2,046)	-	-
43 - Sussex Learning Network	-	4,836	(4,836)	-	-	-	-	-
44 - Meads Funding	-	10,000	-	10,000	20,000	(24,683)	-	5,317
45 - Comic Relief	-	1,366	(1,366)	-	-	-	-	-
46 - Comic Relief	-	500	(500)	-	-	-	-	-
47 - National Lottery Awards 4 All	-	9,984	(832)	9,152	-	(9,152)	-	-
48 - Charlie Waller AB	-	1,747	(873)	874	1,747	(2,621)	-	-
49 - Charlie Waller AT	-	1,748	(1,748)	-	-	-	-	-
50 - Chalk Cliff	-	3,000	-	3,000	-	-	-	3,000

15 Restricted funds (Continued)

51 - Ernest Kleinwort	-	3,000	-	3,000	500	(3,500)	-	-
52 - Elizabeth Tait Foundation	-	-	-	-	4,000	(4,000)	-	-
53 - Ian Askew Charitable Trust	-	-	-	-	500	(500)	-	-
54 - JC Robinson Trust	-	-	-	-	500	(500)	-	-
55 - Focus Foundation	-	-	-	-	5,330	(780)	-	4,550
56 - Charlie Weather PCPS	-	-	-	-	3,300	(1,650)	-	1,650
57 - Albert Hunt Trust	-	-	-	-	5,000	-	-	5,000
	28,960	-	-	48,897	51,193	73,609	-	26,481

2 Hazell Industries
This fund was created by a donation from a local business with the express direction that the funds are used for the provision of counselling services.

32 Active Sussex – Sussex County Sports Partnership Trust
This fund was granted to offer yoga and relaxation to young people aged 11+.

34 Sussex Community Foundation
This fund was granted to run our Navigating Tween 7 Teenager course for parents. This is a 6 week course, delivered in person, empowering parents with knowledge and strategies to support their child at home. We ran 4 courses over the year.

39 People’s Health Trust
This fund was granted to enable us to run our parent/carer yoga and relaxation sessions and creative arts sessions.

40 Sussex Community Foundation
This fund was granted to deliver our Anxiety Toolkit Programme for parents whose children have anxiety aged 7-13 years old. The programme works with parents on a 1:1 basis over 6 weeks and gives them strategies and tools to support their child at home.

15 Restricted funds (Continued)

41 Comic Relief Groundworks
Joint partnership bid with Amaze/East Sussex parent Carer Forum (ESPCF) to run our Hastings/ Bexhill Coffee morning for 1 year.

42 Sussex Community Foundation
1 year funding to cover some of the CEO salary.

44 Meads Funding
3 year funding to cover part time salary for CEO.

47 National Lottery Awards 4 All
1 year’s funding to pay for a part time Parent Peer Support Worker 16 hours over 1 year.

48 The Charlie Waller Trust
Funding for a parent peer support worker to undertake competency training with The Charlie Waller Trust and University of Reading.

50 Chalk Cliff Trust
Funding towards CEO time and core costs.

51 Ernest Kleinwort
Funding towards 6 week course Raising Resilient Teenagers.

52 Sussex Community Foundation
To fund a part time Parent Peer Support Worker. This grant was returned during the period as we could not fill the role.

53 - Ian Askew Charitable Trust
Funding towards our telephone system.

15 Restricted funds (Continued)

54 - JC Robinson Trust
Funding towards core costs.

55 - Focus Foundation
To fund the running of our 4 week Raising Resilient Teenagers course and our 1 hour course Understanding the Teenage Brain.

56 - Charlie Weather
Funding towards PCPS training.

57 - Albert Hunt Trust
Part funding to employ a part time Parent Peer Support worker for 1 year.

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2023	Incoming resources	Resources expended	At 30 June 2024
	£	£	£	£
General funds	41,705	29,630	(20,536)	50,799

Previous year:	At 1 July 2022	Incoming resources	Resources expended	At 30 June 2023
	£	£	£	£
General funds	19,079	41,883	(19,257)	41,705

17 Analysis of net assets between funds

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 30 June 2024:			
Tangible assets	3,902	-	3,902
Current assets/(liabilities)	46,897	26,481	73,378
	50,799	26,481	77,280

	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£
At 30 June 2023:			
Tangible assets	3,937	500	4,437
Current assets/(liabilities)	37,768	48,397	86,165
	41,705	48,897	90,602

18 Related party transactions

There were no disclosable related party transactions during the year.

HOLDING SPACE

England & Wales - Charity number 1194399

Accounts

Charity registration number 1194399

HOLDING SPACE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2023

HOLDING SPACE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	L Shevels	(Appointed 1 August 2022)
	G Message ACA CTA	(Appointed 30 September 2022)
	D Norris	(Appointed 7 November 2022)
	G Sanders	(Appointed 12 June 2023)
Charity number	1194399	
Principal address	7 Hyde Gardens Eastbourne East Sussex BN21 4PN	
Independent examiner	Andrew Hill FCA	
Bankers	Metro Bank Unit 70-71 The Beacon 59 Terminus Road Eastbourne East Sussex BN21 3NW	

CONTENTS

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2023

The trustees present their annual report and financial statements for the year ended 30 June 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum and articles, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Our primary objective and ethos is to offer parent peer support to those families whose children are struggling with their emotional and mental health across East Sussex.

Our Core values are:

Families and Children and Young People (CYP) are at the heart of what we do.

Flexible approach to delivering services according to need. We offer online, telephone, daytime and evening support.

Cross partnership working with courses and training delivered by a range of experts – parents with lived experience, experts in CYP mental health

Working in partnership with local and statutory organisations to ensure that families receive the best support and advice.

The objectives of the charity are set out in the charity foundation model constitution and are as follows:

> The relief of sickness and the preservation of health among people residing permanently or temporarily in Eastbourne and the surrounding area.
>
> To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, by the provision of facilities and provision for therapeutic interventions and support.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The charity carries out a wide range of activities in pursuance of its chartable aims. The trustees consider that these activities, summarised below, provide benefit both to those who use the services and the wider community.

All our activities are developed in consultation with parents and carers and by listening to their needs. We offer a range of services:

• Face-face parent coffee mornings and evenings 1x month with invited speakers
• Monthly drop in service for parent/carers needing advice and support.
• 1:1 Telephone/wellbeing support to parents/carers undertaken by parent peer support workers.
• 1:1 low-cost counselling for parent or child/young person.
• Weekly yoga for parents.
• 1:1 yoga sessions for teenagers
• Monthly creative sessions for parents.
• Parent peer support.

Achievements and performance

Parent and carer support is key to young people and families developing a sense of control, a sense of belonging to a community, and for self-change. Families who can help with solving problems, being able to communicate with services and give assistance in offering practical support may help ensure better adherence to intervention routines and lead to better outcomes for young people.

The work of Holding Space means that:

• Parents and carers are better informed.
• Parents and carers feel listened to and supported.
• Parents and carers feel empowered to support their CYP.
• Parents and carers are emotionally and mentally supported.
• Parents and carers do not feel alone and isolated.
• Less CYP reaching crisis point and needing to access specialist services.

In this accounting year we received 265 referrals. The majority of these received 1:1 telephone support from our volunteer Parent Peer Support Workers who are parents with lived experience. This gives them the opportunity to feel supported and have their voice heard.

Parents, children and young people will have received 1:1 counselling from our professional team. This prevents them from reaching crisis point and needing to access specialist services.

Our face-face coffee mornings/evenings have connected parents together and they have told us they feel less isolated and alone. Many have formed friendships beyond the group and continued to support one another. We also have active whatsapp group and a closed parent support group on Facebook.

Our intervention programmes; anxiety toolkit and teenager programme have equipped parents/carers with strategies and knowledge to help to support their own mental health and that of their children at home.

Financial review

The Trustees are pleased with the performance of the Charity over the year. The level of income has increased from the prior year, mainly by way of grants but also through fundraising and donations from both individuals and businesses which was a key focus in the previous period. However, the Trustees are aware of the need to increase the other income streams to ensure there is less of a reliance on grant income, with bids becoming more competitive.

The level of expenditure has been kept to a responsible level with a new policy put in place which requires trustee approval for items over certain limits. The Charity continues to grow, and the Trustees are aware of the danger that this can pose. We are committed to increasing expenditure to help the Charity continue to grow but not at the expense of stability and the reserves policy outlined below.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between six and nine month’s expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity’s current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Risk Management

The board of Trustees completed the risk register during the year and this is now continually reviewed, maintained and updated where necessary.

Plans for future periods

The charity has developed a 3 year business plan which will be reviewed periodically to ensure we are achieving our aims and ambitions.

Structure, governance and management

The charity is is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 10th May 2021.

The trustees who served during the year and up to the date of signature of the financial statements were:

H Hooker PhD MA BSc	(Resigned 4 April 2023)
L Shevels	(Appointed 1 August 2022)
G Message ACA CTA	(Appointed 30 September 2022)
D Norris	(Appointed 7 November 2022)
S Bishop ACCA	(Resigned 4 April 2023)
Mr K Huggett	(Resigned 30 September 2022)
G Sanders	(Appointed 12 June 2023)

Our Trustee Board are volunteers with a wide range of skills and knowledge and contribute their time and expertise to the strategic direction of the Charity. They are responsible for the governance and strategic development of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet at least every two months and are responsible for decisions relating to the running of the charity as well as supporting the CEO.

Trustees are recruited and appointed by the CEO and existing board. A skills audit was undertaken to help identify the gaps, skills and knowledge that the charity needed. Trustees were then recruited with the requisite skills. The board recognise that gaps of expertise do remain and we are actively looking to recruit additional Trustees.

We have tremendous support from the local community, as well as statutory organisations. We work closely with organisations such as Care for the Carers, Amaze, Child and Adolescent Mental Health Services.

Our CEO is a member of the East Sussex Children & Young People’s Mental Health Operational Board and East Sussex Children’s Mental Health & Wellbeing Partnership Board.

Nationally our CEO is part of the PLACE network through the Charlie Waller Trust and CYPMH Coalition.

Our CEO is also a lived experience partner with the Children and Young People’s mental health team at NHS England.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Contribution made by volunteers

Volunteers are essential to the running of the charity and are involved in a number of ways; administration tasks, parent support, events, fundraising, bid writing level.

A number of our volunteer parent peer support workers have undertaken competency training developed by The Charlie Waller Trust in conjunction with Reading University and funded by The Department of Education.

The CEO has managed the charity since its inception on a voluntary basis contributing her skills in organisational and people management as well as developing the charity to where it is today.

Our sources of funding

The principle sources of funding for this financial year continued to be from grant trusts and foundations.

We have a number of committed regular individual and business donors.

The Board of Trustees have developed a fundraising strategy to help the Charity target and focus our fundraising activities for the next year

We ask parents, if they are able to, to contribute financially towards the counselling which produced 7.36% of our income this year (9.65% in 2022).

We do not receive any statutory funding.

The trustees' report was approved by the Board of Trustees.

Luke Shevels

L Shevels
Trustee

4 December 2023

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF HOLDING SPACE

I report to the trustees on my examination of the financial statements of Holding Space (the charity) for the year ended 30 June 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2 the financial statements do not accord with those records; or
3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

A Hill

Andrew Hill FCA

Dated: 4 December 2023

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 JUNE 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	18,433	73,071	91,504	9,174	48,052	57,226
Charitable activities	4	9,663	-	9,663	6,845	-	6,845
Other trading activities	5	13,787	-	13,787	6,893	-	6,893
Total income		41,883	73,071	114,954	22,912	48,052	70,964
Expenditure on:							
Charitable activities	6	19,257	53,134	72,391	15,802	39,864	55,666
Net income for the year/ Net movement in funds		22,626	19,937	42,563	7,110	8,188	15,298
Fund balances at 1 July 2022		19,079	28,960	48,039	11,969	20,772	32,741
Fund balances at 30 June 2023		41,705	48,897	90,602	19,079	28,960	48,039

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BALANCE SHEET
AS AT 30 JUNE 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	**11**		4,437		1,582
Current assets					
Debtors	**12**	3,092		290	
Cash at bank and in hand		90,676		46,872	
		93,768		47,162	
Creditors: amounts falling due within one year	**13**	(7,603)		(705)	
Net current assets			86,165		46,457
Total assets less current liabilities			90,602		48,039
Income funds					
Restricted funds	**14**		48,897		28,960
Unrestricted funds			41,705		19,079
			90,602		48,039

The financial statements were approved by the Trustees on 4 December 2023

G Message

G Message ACA CTA
Trustee

1 Accounting policies

Charity information

Holding Space is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission..

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1 Accounting policies (Continued)

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	3 year straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1 Accounting policies (Continued)

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity’s contractual obligations expire or are discharged or cancelled.

1 Accounting policies (Continued)

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	16,685	3,600	20,285	9,174	-	9,174
Grants	1,748	69,471	71,219	-	48,052	48,052
	18,433	73,071	91,504	9,174	48,052	57,226

4 Charitable activities

	Family mental health support 2023 £	Family mental health support 2022 £
Counselling income	8,463	6,845
Training income	1,200	-
	9,663	6,845

5 Other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising events	13,787	6,893

6 Charitable activities

	Family mental health support 2023 £	Family mental health support 2022 £
Staff costs	15,451	-
Counsellor costs	20,720	21,731
Other direct costs	4,380	-
Project Co-Ordinator	13,468	22,518
Room hire	1,405	938
	55,424	45,187
Share of support costs (see note 7)	16,067	10,479
Share of governance costs (see note 7)	900	-
	72,391	55,666
Analysis by fund		
Unrestricted funds	19,257	15,802
Restricted funds	53,134	39,864
	72,391	55,666

7 Support costs

	Support costs	**Governance costs**	**2023**	print -2nd year Support costs	print -2nd year Governance costs	2022
	£	**£**	**£**	£	£	£
Depreciation	1,702	-	1,702	791	-	791
Bookkeeping and payroll	358	-	358	-	-	-
Rent	4,823	-	4,823	3,968	-	3,968
Insurance	603	-	603	578	-	578
Advertising and marketing	3,588	-	3,588	2,869	-	2,869
Printing, postage and stationery	359	-	359	58	-	58
Telephone	712	-	712	298	-	298
ICT expenses	2,742	-	2,742	819	-	819
Sundry	488	-	488	487	-	487
Subscriptions	692	-	692	611	-	611
Accountancy	-	900	900	-	-	-
	16,067	900	16,967	10,479	-	10,479
Analysed between						
Charitable activities	16,067	900	16,967	10,479	-	10,479

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	**2022 Number**
	1	-

9 Employees (Continued)

Employment costs	**2023**	**2022**
	£	**£**
Wages and salaries	15,451	-

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Tangible fixed assets

	Fixtures and fittings	**Computers**	**Total**
	£	**£**	**£**
Cost			
At 1 July 2022	-	2,373	2,373
Additions	4,558	-	4,558
At 30 June 2023	4,558	2,373	6,931
Depreciation and impairment			
At 1 July 2022	-	791	791
Depreciation charged in the year	912	791	1,703
At 30 June 2023	912	1,582	2,494
Carrying amount			
At 30 June 2023	3,646	791	4,437
At 30 June 2022	-	1,582	1,582

12 Debtors

	2023	2022
Amounts falling due within one year:	**£**	**£**
Trade debtors	2,492	290
Prepayments and accrued income	600	-
	3,092	290

13 Creditors: amounts falling due within one year

	2023	2022
	£	**£**
Other taxation and social security	750	-
Trade creditors	615	705
Accruals and deferred income	6,238	-
	7,603	705

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

						Movement in funds		
	Balance at 1 July 2021	Incoming resources	Resources expended	Transfers	Balance at 1 July 2022	Incoming resources	Resources expended	Balance at 30 June 2023
	£	£	£	£	£	£	£	£
2 - Hazell Industries	-	-	-	-	-	3,600	3,600	-
11 - National Lottery	540	-	(540)	-	-	-	-	-
19 - Comic Relief Community Fund	-	1,520	(1,520)	-	-	-	-	-
21 - Sussex Community Foundation	2,505	-	(2,505)	-	-	-	-	-
22 - Allen Lane Foundation	3,000	-	-	-	3,000	-	3,000	-
26 - Tackling Inequalities Sussex	2,212	-	(1,650)	(562)	-	-	-	-
27 - Groundworks UK	1,000	-	(1,000)	-	-	-	-	-
28 - NL Local Connect Fund	1,000	-	(1,000)	-	-	-	-	-
29 - Chalk Cliff Trust	3,000	-	(3,000)	-	-	-	-	-
31 - University of Brighton	4,276	-	(4,276)	-	-	-	-	-
32 - Sussex County Sport	1,239	-	(699)	562	1,102	-	351	751
33 - John Jackson Charitable Trust	2,000	-	(2,000)	-	-	-	-	-
34 - Sussex Community Foundation	-	10,000	(5,663)	-	4,337	-	3,057	1,280
35 - The Albert Hunt Trust	-	2,000	-	-	2,000	-	2,000	-
36 - Ian Askew	-	500	(500)	-	-	-	-	-
37 - National Lottery	-	10,000	(7,680)	-	2,320	-	2,320	-
38 - Amaze	-	4,620	(4,620)	-	-	-	-	-
39 - Peoples Healthcare Trust	-	8,574	(1,463)	-	7,111	14,290	9,240	12,161

14 Restricted funds (Continued)

40 - Sussex Community Foundation	-	9,090	-	-	9,090	-	7,383	1,707
CWT - Charlie Waller Trust	-	1,748	(1,748)	-	-	-	-	-
41 - Comic Relief Groundworks	-	-	-	-	-	9,000	4,074	4,926
42 - Sussex Community Foundation	-	-	-	-	-	10,000	7,954	2,046
43 - Sussex Learning Network	-	-	-	-	-	4,836	4,836	-
44 - Meads Funding	-	-	-	-	-	10,000	-	10,000
45 - Comic Relief	-	-	-	-	-	1,366	1,366	-
46 - Comic Relief	-	-	-	-	-	500	500	-
47 - National Lottery Awards 4 All	-	-	-	-	-	9,984	832	9,152
48 - Charlie Waller AB	-	-	-	-	-	1,747	873	874
49 - Charlie Waller AT	-	-	-	-	-	1,748	1,748	-
50 - Chalk Cliff	-	-	-	-	-	3,000	-	3,000
51 - Ernest Kleinwort	-	-	-	-	-	3,000	-	3,000
	20,772	48,052	(39,864)	-	28,960	73,071	(53,134)	48,897

14 Restricted funds (Continued)

2 Hazell Industries
This fund was created by a donation from a local business with the express direction that the funds are used for the provision of counselling services.

22 Allen Lane
This fund was initially granted to pay for art therapy sessions. However, we were unable to find someone to deliver these sessions. The Trustees of Allen Lane agreed to transfer the funding to put towards a parent peer support worker to facilitate the coffee mornings.

32 Active Sussex – Sussex County Sports Partnership Trust
This fund was granted to offer yoga and relaxation to young people aged 11+.

34 Sussex Community Foundation
This fund was granted to run our Navigating Tween 7 Teenager course for parents. This is a 6 week course, delivered in person, empowering parents with knowledge and strategies to support their child at home. We ran 4 courses over the year.

35 The Albert Hunt Trust
This fund was granted to cover costs for a facilitator to run and manage the organization and support sessions.

37 National Lottery
This fund was granted to deliver our Anxiety Toolkit Programme for parents whose children have anxiety aged 7-13 years old. The programme works with parents on a 1:1 basis over 6 weeks and gives them strategies and tools to support their child at home.

39 People’s Healthcare Trust
This fund was granted to enable us to run our parent/carer yoga and relaxation sessions and creative arts sessions.

40 Sussex Community Foundation
This fund was granted to deliver our Anxiety Toolkit Programme for parents whose children have anxiety aged 7-13 years old. The programme works with parents on a 1:1 basis over 6 weeks and gives them strategies and tools to support their child at home.

14 Restricted funds (Continued)

41 Comic Relief Groundworks
Joint partnership bid with Amaze/East Sussex parent Carer Forum (ESPCF) to run our Hastings/ Bexhill Coffee morning for 1 year.

42 Sussex Community Foundation
Core costs to cover some of the CEO salary for 1 year.

43 Sussex Learning Network
Funding to help us run our support sessions; coffee mornings and costs towards a parent peer support worker who deliver 1:1 telephone/wellbeing calls and cover core costs.

44 Meads Funding
3 year funding to cover part time salary for CEO.

45 Comic Relief
One off payment cost of living crisis funding to cover office rent.

46 Comic Relief
One off payment cost of living crisis funding to cover core costs.

47 National Lottery Awards 4 All
1 year’s funding to pay for a part time Parent Peer Support Worker 16 hours over 1 year.

48 The Charlie Waller Trust
Funding for a parent peer support worker to undertake competency training with The Charlie Waller Trust and University of Reading.

49 The Charlie Waller Trust
Funding for a parent peer support worker to undertake competency training with The Charlie Waller Trust and University of Reading.

14 Restricted funds (Continued)

50 Chalk Cliff Trust
Costs towards CEO time and core costs.

51 Ernest Kleinwort
Costs towards 6 week course Raising Resilient Teenagers.

52 Sussex Community Foundation
To fund a part time Parent Peer Support Worker.

15 Analysis of net assets between funds

	Unrestricted funds 2023	Restricted funds 2023	Total 2023	Unrestricted funds 2022	Restricted funds 2022	Total 2022
	£	£	£	£	£	£
Fund balances at 30 June 2023 are represented by:						
Tangible assets	3,937	500	4,437	582	1,000	1,582
Current assets/(liabilities)	37,768	48,397	86,165	18,497	27,960	46,457
	41,705	48,897	90,602	19,079	28,960	48,039

16 Related party transactions

There were no disclosable related party transactions during the year.

Issuer	Price & Company
Document generated	Tue, 5th Dec 2023 9:07:37 UTC
Document fingerprint	31b57ba62dd4fba2527d9274395561d9

Parties involved with this document

Document processed	Party + Fingerprint
Tue, 5th Dec 2023 9:15:02 UTC	George Message - Signer (efca117b7c7d89693a4b12232db7c3ce)
Wed, 6th Dec 2023 8:45:11 UTC	Luke Shevels - Signer (4ed8452f4450f5bb8340644391722cc8)
Wed, 6th Dec 2023 10:41:30 UTC	Andrew Hill - Signer (3f4bdfa92ffb1a3fcbc2354ded47c63d)

Audit history log

Date	Action
Wed, 6th Dec 2023 10:41:32 UTC	Andrew Hill viewed the envelope (154.62.129.141)
Wed, 6th Dec 2023 10:41:31 UTC	This envelope has been signed by all parties (154.62.129.141)
Wed, 6th Dec 2023 10:41:31 UTC	Andrew Hill signed the envelope (154.62.129.141)
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Wed, 6th Dec 2023 8:45:11 UTC	Luke Shevels viewed the envelope (87.252.51.181)
Wed, 6th Dec 2023 8:45:11 UTC	Sent the envelope to Andrew Hill for signing (87.252.51.181)
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Tue, 5th Dec 2023 9:15:04 UTC	Document emailed to party email (13.40.52.203)
Tue, 5th Dec 2023 9:15:03 UTC	George Message viewed the envelope (62.249.215.1)
Tue, 5th Dec 2023 9:15:03 UTC	Sent the envelope to Luke Shevels for signing (62.249.215.1)
Tue, 5th Dec 2023 9:15:03 UTC	George Message signed the envelope (62.249.215.1)
Tue, 5th Dec 2023 9:14:38 UTC	George Message viewed the envelope (62.249.215.1)
Tue, 5th Dec 2023 9:14:27 UTC	Document emailed to party email (35.178.179.97)
Tue, 5th Dec 2023 9:14:27 UTC	Sent the envelope to George Message for signing (62.249.215.1)
Tue, 5th Dec 2023 9:13:39 UTC	Andrew Hill has been assigned to this envelope (62.249.215.1)
Tue, 5th Dec 2023 9:13:39 UTC	Luke Shevels has been assigned to this envelope (62.249.215.1)
Tue, 5th Dec 2023 9:13:39 UTC	George Message has been assigned to this envelope (62.249.215.1)
Tue, 5th Dec 2023 9:12:38 UTC	Document generated with fingerprint 31b57ba62dd4fba2527d9274395561d9 (62.249.215.1)

HOLDING SPACE

England & Wales - Charity number 1194399

Accounts

Charity registration number 1194399

HOLDING SPACE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2022

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	L Shevels	(Appointed 1 August 2022)
	G Message ACA CTA	(Appointed 30 September 2022)
	D Norris	(Appointed 7 November 2022)
Charity number	1194399	
Principal address	7 Hyde Gardens Eastbourne East Sussex BN21 4PN	
Independent examiner	Mr N Coker FCCA	
Bankers	Metro Bank Unit 70-71 The Beacon 59 Terminus Road Eastbourne East Sussex BN21 3NW	

HOLDING SPACE

CONTENTS

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2022

The trustees present their annual report and financial statements for the year ended 30 June 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum and articles, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Our primary objective and ethos is to offer parent peer support to those families whose children are struggling with their emotional and mental health across East Sussex.

Our Core values are:

Families and Children and Young People (CYP) are at the heart of what we do.

Flexible approach to delivering services according to need. We offer online, telephone, daytime and evening support.

Cross partnership working with courses and training delivered by a range of experts – parents with lived experience, experts in CYP mental health

Working in partnership with local and statutory organisations to ensure that families receive the best support and advice.

The objectives of the charity are set out in the charity foundation model constitution and are as follows:

> The relief of sickness and the preservation of health among people residing permanently or temporarily in Eastbourne and the surrounding area.
>
> To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, by the provision of facilities and provision for therapeutic interventions and support.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The charity carries out a wide range of activities in pursuance of its chartable aims. The trustees consider that these activities, summarised below, provide benefit both to those who use the services and the wider community.

All our activities are developed in consultation with parents and carers and by listening to their needs. We offer a range of services:

• Face-face parent coffee mornings 1x month with invited speakers
• Monthly drop in service for parent/carers needing advice and support.
• 1:1 Telephone/wellbeing support to parents/carers undertaken by parent peer support workers.
• 1:1 low-cost counselling for parent or child/young person.
• Weekly yoga for parents.
• 1:1 yoga sessions for teenagers
• Monthly creative sessions for parents.
• Parent peer support.

Achievements and performance

Parent and carer support is key to young people and families developing a sense of control, a sense of belonging to a community, and for self-change. Families who can help with solving problems, being able to communicate with services and give assistance in offering practical support may help ensure better adherence to intervention routines and lead to better outcomes for young people.

The work of Holding Space means that:

• Parents and carers are better informed.
• Parents and carers feel listened to and supported.
• Parents and carers feel empowered to support their CYP.
• Parents and carers are emotionally and mentally supported.
• Parents and carers do not feel alone and isolated.
• Less CYP reaching crisis point and needing to access specialist services.

In this accounting year we received 345 referrals. The majority of these received 1:1 telephone support from our volunteer Parent Peer Support Workers who are parents with lived experience. This gives them the opportunity to feel supported and have their voice heard.

Parents, children and young people will have received 1:1 counselling from our professional team. This prevents them from reaching crisis point and needing to access specialist services.

Our face-face coffee mornings have connected parents together and they have told us they feel less isolated and alone. Many have formed friendships beyond the group and continued to support one another. We also have active whatsapp group and a closed parent support group on Facebook.

Our intervention programmes; anxiety toolkit and teenager programme have equipped parents/carers with strategies and knowledge to help to support their own mental health and that of their children at home.

Financial review

The Trustees are pleased with the performance of the Charity over the year. The level of income has been very good, mainly by way of grants but also through fundraising and donations from both individuals and businesses. The Trustees are aware of the need to increase the other income streams to ensure there is less of a reliance on grant income.

The level of expenditure has been kept to a responsible level. The Charity is currently growing and the Trustees are aware of the danger that this can pose. We are committed to increasing expenditure to help the Charity continue to grow but not at the expense of stability and the reserves policy outlined below.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between six and nine month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Risk Management

The board of Trustees are currently in the process of compiling a risk register. This is now able to be completed as the charity has recently moved offices and risks have altered.

Plans for future periods

After a period of expansion, the charity is developing a business plan designed to consolidate the achievements so far and ensure that the charity develops in a sustainable and robust way.

Structure, governance and management

The charity is is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 10th May 2021.

The trustees who served during the year and up to the date of signature of the financial statements were:

H Hooker PhD MA BSc	(Resigned 4 April 2023)
L Shevels	(Appointed 1 August 2022)
G Message ACA CTA	(Appointed 30 September 2022)
D Norris	(Appointed 7 November 2022)
S Bishop ACCA	(Resigned 4 April 2023)
Mr K Huggett	(Resigned 30 September 2022)

Our Trustee Board are volunteers with a wide range of skills and knowledge and contribute their time and expertise to the strategic direction of the Charity. They are responsible for the governance and strategic development of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet on a monthly basis and are responsible for decisions relating to the running of the charity as well as supporting the CEO.

Trustees are recruited and appointed by the CEO and existing board. A skills audit was undertaken to help identify the gaps, skills and knowledge that the charity needed. Trustees were then recruited with the requisite skills.

We have tremendous support from the local community, as well as statutory organisations. We work closely with organisations such as Care for the Carers, Amaze, Child and Adolescent Mental Health Services.

Our CEO is a member of the East Sussex Children & Young People’s Mental Health Operational Board and East Sussex Children’s Mental Health & Wellbeing Partnership Board.

Nationally our CEO is part of the PLACE network through the Charlie Waller Trust and CYPMH Coalition.

Our CEO is also a lived experience partner with the Children and Young People’s mental health team at NHS England.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Supplier payment policy

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

Contribution made by volunteers

Volunteers are essential to the running of the charity and are involved in a number of ways; administration tasks, parent support, events, fundraising, bid writing level.

A number of our volunteers are parents with lived experience who we have supported through Holding Space and now offer support to other parents.

The CEO has managed the charity since its inception on a voluntary basis contributing her skills in organisational and people management as well as developing the charity to where it is today.

Our sources of funding

The principle sources of funding for this financial year were from grant trusts and foundations.

We have a number of committed regular individual donors.

We were the chosen charity for the Mayor of Eastbourne.

We ask parents, if they are able to, to contribute financially towards the counselling which produced 9% of our income this year.

We received income from individual fundraising, donors and events.

We do not receive any statutory funding.

The trustees' report was approved by the Board of Trustees.

Luke Shevels

L Shevels
Trustee

26 April 2023

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF HOLDING SPACE

I report to the trustees on my examination of the financial statements of Holding Space (the charity) for the year ended 30 June 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

N Coker

Mr N Coker FCCA

Dated: 26 April 2023

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 JUNE 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:				
Donations and legacies	**3**	9,174	48,052	57,226
Charitable activities	**4**	6,845	-	6,845
Other trading activities	**5**	6,893	-	6,893
Total income		22,912	48,052	70,964
Expenditure on:				
Charitable activities	**6**	15,802	39,864	55,666
Net income for the year/ Net movement in funds		7,110	8,188	15,298
Fund balances at 1 July 2021		11,969	20,772	32,741
Fund balances at 30 June 2022		19,079	28,960	48,039

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BALANCE SHEET
AS AT 30 JUNE 2022

	Notes	2022 £	£
Fixed assets			
Tangible assets	**10**		1,582
Current assets			
Debtors	**11**	290	
Cash at bank and in hand		46,872	
		47,162	
Creditors: amounts falling due within one year	**12**	(705)	
Net current assets			46,457
Total assets less current liabilities			48,039
Income funds			
Restricted funds	**13**		28,960
Unrestricted funds			19,079
			48,039

The financial statements were approved by the Trustees on 26 April 2023

George Message

G Message ACA CTA
Trustee

1 Accounting policies

Charity information

Holding Space is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission..

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1 Accounting policies (Continued)

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	3 year straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1 Accounting policies (Continued)

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity’s contractual obligations expire or are discharged or cancelled.

1 Accounting policies (Continued)

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
Donations and gifts	9,174	-	9,174
Grants	-	48,052	48,052
	9,174	48,052	57,226

4 Charitable activities

	Family mental health support 2022 £
Counselling income	6,845

5 Other trading activities

	Unrestricted funds 2022 £
Fundraising events	6,893

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2022

6 Charitable activities

	Family mental health support 2022 £
Counsellor costs	21,731
Project Co-Ordinator	22,518
Room hire	938
	45,187
Share of support costs (see note 7)	10,479
	55,666
Analysis by fund	
Unrestricted funds	15,802
Restricted funds	39,864
	55,666

7 Support costs

	Support costs	Governance costs	2022
	£	£	£
Depreciation	791	-	791
Rent	3,968	-	3,968
Insurance	578	-	578
Advertising and marketing	2,869	-	2,869
Printing, postage and stationery	58	-	58
Telephone	298	-	298
ICT expenses	819	-	819
Sundry	487	-	487
Subscriptions	611	-	611
	10,479	-	10,479
Analysed between			
Charitable activities	10,479	-	10,479

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2022 Number
Total	-

There were no employees whose annual remuneration was more than £60,000.

10 Tangible fixed assets

	Computers
	£
Cost	
Additions	2,373
At 30 June 2022	2,373
Depreciation and impairment	
Depreciation charged in the year	791
At 30 June 2022	791
Carrying amount	
At 30 June 2022	1,582

11 Debtors

	2022
Amounts falling due within one year:	£
Trade debtors	290

12 Creditors: amounts falling due within one year

	2022
	£
Trade creditors	705

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

			Movement in funds			
	Incoming resources	Balance at 1 July 2021	Incoming resources	Resources expended	Transfers	Balance at 30 June 2022
	£	£	£	£	£	£
11 - National Lottery	-	540	-	(540)	-	-
19 - Comic Relief Community Fund	-	-	1,520	(1,520)	-	-

13 Restricted funds (Continued)

21 - Sussex Community Foundation	-	2,505	-	(2,505)	-	-
22 - Allen Lane Foundation	-	3,000	-	-	-	3,000
26 - Tackling Inequalities Sussex	-	2,212	-	(1,650)	(562)	-
27 - Groundwork UK	-	1,000	-	(1,000)	-	-
28 - NL Local Connect Fund	-	1,000	-	(1,000)	-	-
29 - Chalk Cliff Trust	-	3,000	-	(3,000)	-	-
31 - University of Brighton	-	4,276	-	(4,276)	-	-
32 - Sussex County Sport	-	1,239	-	(699)	562	1,102
33 - John Jackson Charitable Trust	-	2,000	-	(2,000)	-	-
34 - Sussex Community Foundation	-	-	10,000	(5,663)	-	4,337
35 - The Albert Hunt Trust	-	-	2,000	-	-	2,000
36 - Ian Askew	-	-	500	(500)	-	-
37 - National Lottery	-	-	10,000	(7,680)	-	2,320
38 - Amaze	-	-	4,620	(4,620)	-	-
39 - Peoples Healthcare Trust	-	-	8,574	(1,463)	-	7,111
40 - Sussex Community Foundation	-	-	9,090	-	-	9,090
CWT - Charlie Waller Trust	-	-	1,748	(1,748)	-	-
	-	20,772	48,052	(39,864)	-	28,960

13 Restricted funds (Continued)

11 National Lottery
This fund was granted to enable us to run our group, pay for rent, website development, PR & marketing. We had only just launched as a non-registered charity so this enabled us to set up.

19 Comic Relief Community Fund
This fund was granted for our support sessions, facilitator and counselling costs for up to 10 families.

21 Sussex community Foundation
This fund was granted to cover core staffing costs as well as volunteer training costs.

22 Allen Lane
This fund was initially granted to pay for art therapy sessions. However, we were unable to find someone to deliver these sessions. The Trustees of Allen Lane agreed to transfer the funding to put towards a parent peer support worker to facilitate the coffee mornings.

26 Tackling Inequalities
This fund was granted to deliver parent/carer yoga and relaxation sessions. Th

27 Groundworks UK
This fund was granted to help pay for low-cost counselling for children & young people.

28 National Lottery Local Connect Fund
This fund was granted to pay for parent peer support workers who are offering telephone/wellbeing support to parents & carers.

29 Chalk Cliff Trust
This fund was granted to pay for admin and facilitator costs in running the organization.

31 University of Brighton
This fund was granted to pay for counselling and facilitator costs.

32 Active Sussex – Sussex County Sports Partnership Trust
This fund was granted to offer yoga and relaxation to young people aged 11+.

33 John Jackson Trust
This fund was granted to contribute towards rental costs.

34 Sussex Community Foundation
This fund was granted to run our Navigating Tween 7 Teenager course for parents. This is a 6 week course, delivered in person, empowering parents with knowledge and strategies to support their child at home. We ran 4 courses over the year.

35 The Albert Hunt Trust
This fund was granted to cover costs for a facilitator to run and manage the organization and support sessions.

036 Ian Askew
This fund was granted to contribute towards rental costs.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2022

13 Restricted funds (Continued)

37 National Lottery
This fund was granted to deliver our Anxiety Toolkit Programme for parents whose children have anxiety aged 7-13 years old. The programme works with parents on a 1:1 basis over 6 weeks and gives them strategies and tools to support their child at home.

38 Pears Foundation
This fund was granted as a partnership between Holding Space and Amaze to support and facilitate the coffee morning in Bexhill/Hastings area.

39 People's Healthcare Trust
This fund was granted to enable us to run our parent/carer yoga and relaxation sessions and creative arts sessions.

40 Sussex Community Foundation
This fund was granted to deliver our Anxiety Toolkit Programme for parents whose children have anxiety aged 7-13 years old. The programme works with parents on a 1:1 basis over 6 weeks and gives them strategies and tools to support their child at home.

Charlie Waller Trust
This fund was granted to pay for a parent peer support worker to undertake training with Charlie Waller Trust.

14 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 30 June 2022 are represented by:			
Tangible assets	582	1,000	1,582
Current assets/(liabilities)	18,497	27,960	46,457
	19,079	28,960	48,039

15 Related party transactions

There were no disclosable related party transactions during the year.