

Charity registration number 1194399

HOLDING SPACE

**ANNUAL REPORT AND UNAUDITED FINANCIAL
STATEMENTS**

FOR THE YEAR ENDED 30 JUNE 2022

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)
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

	Page
Trustees' report	1 - 5
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 19

HOLDING SPACE

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.

HOLDING SPACE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2022

The charity carries out a wide range of activities in pursuance of its charitable 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.

HOLDING SPACE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2022

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 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)

HOLDING SPACE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 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.

HOLDING SPACE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2022

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

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 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

HOLDING SPACE

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

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes			
<u>Income from:</u>				
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
<u>Expenditure on:</u>				
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.

HOLDING SPACE

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

HOLDING SPACE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022

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.

HOLDING SPACE

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

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).

HOLDING SPACE

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

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.

HOLDING SPACE

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

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

HOLDING SPACE

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

4 Charitable activities

Family
mental
health
support
2022
£

Counselling income

6,845

5 Other trading activities

Unrestricted
funds

2022
£

Fundraising events

6,893

HOLDING SPACE

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

HOLDING SPACE

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

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
	<u>10,479</u>	<u>-</u>	<u>10,479</u>
Analysed between			
Charitable activities	<u>10,479</u>	<u>-</u>	<u>10,479</u>

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.

HOLDING SPACE

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

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 £
11 - National Lottery	-	540	-	(540)	-
19 - Comic Relief Community Fund	-	-	1,520	(1,520)	-

HOLDING SPACE

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

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

HOLDING SPACE

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

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.

HOLDING SPACE

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.