

Charity registration number 1194399

HOLDING SPACE

**ANNUAL REPORT AND UNAUDITED FINANCIAL
STATEMENTS**

FOR THE YEAR ENDED 30 JUNE 2024

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LEGAL AND ADMINISTRATIVE INFORMATION

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

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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.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

Activities

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 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.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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

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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

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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
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.

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BALANCE SHEET AS AT 30 JUNE 2024

		2024		2023	
	Notes	£	£	£	£
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	
		<u>83,113</u>		<u>93,768</u>	
Creditors: amounts falling due within one year	14	<u>(9,735)</u>		<u>(7,603)</u>	
Net current assets			73,378		86,165
Total assets less current liabilities			<u>77,280</u>		<u>90,602</u>
Net assets excluding pension liability			<u>77,280</u>		<u>90,602</u>
			<u><u>77,280</u></u>		<u><u>90,602</u></u>
The funds of the charity					
Restricted income funds	15	26,481		48,897	
Unrestricted funds		50,799		41,705	
		<u>77,280</u>		<u>90,602</u>	
		<u><u>77,280</u></u>		<u><u>90,602</u></u>	

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

G Message

G Message FCA CTA
Trustee

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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).

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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
	<u>6,019</u>	<u>47,194</u>	<u>53,213</u>	<u>18,433</u>	<u>73,071</u>	<u>91,504</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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
	<u>21,395</u>	<u>16,967</u>
Analysed between:		
Core costs	<u>21,395</u>	<u>16,967</u>

8 Net movement in funds

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

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
<u>1</u>	<u>1</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2024	4,558	3,849	8,407
	<u> </u>	<u> </u>	<u> </u>
Depreciation and impairment			
At 1 July 2023	912	1,582	2,494
Depreciation charged in the year	728	1,283	2,011
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2024	1,640	2,865	4,505
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 30 June 2024	2,918	984	3,902
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2023	3,646	791	4,437
	<u> </u>	<u> </u>	<u> </u>

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
	<u> </u>	<u> </u>
	9,444	3,092
	<u> </u>	<u> </u>

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
	<u> </u>	<u> </u>
	9,735	7,603
	<u> </u>	<u> </u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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
	£	£	£	£	£	£	£
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
40 - Sussex Community Foundation	9,090	-	(7,383)	1,707	-	(720)	(40)
41 - Comic Relief Groundworks	-	9,000	(4,074)	4,926	1,000	(3,490)	-
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)	-
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	-	-	-

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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
	<u>28,960</u>	<u>-</u>	<u>-</u>	<u>48,897</u>	<u>51,193</u>	<u>73,609</u>	<u>-</u>	<u>26,481</u>

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.

HOLDING SPACE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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.

HOLDING SPACE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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.

HOLDING SPACE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

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	Restricted funds	Total
	2024	2024	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	Restricted funds	Total
	2023	2023	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
	=====	=====	=====

HOLDING SPACE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

18 Related party transactions

There were no disclosable related party transactions during the year.