

Charity registration number 1194399 (England and Wales)

HOLDING SPACE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025



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	

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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 charitable 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

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TRUSTEES' REPORT REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

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 its 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.

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TRUSTEES' REPORT REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

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 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)

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TRUSTEES' REPORT REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 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.



Mr D Norris

Trustee

Date: 24 April 2026.

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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 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

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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
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.

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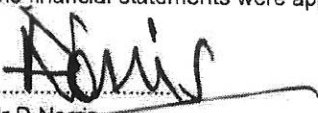
BALANCE SHEET

AS AT 30 JUNE 2025

	Notes	2025 £	£	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	
		<u>90,201</u>		<u>83,113</u>	
Creditors: amounts falling due within one year	15	<u>(9,113)</u>		<u>(9,735)</u>	
Net current assets			81,088		73,378
Total assets less current liabilities			<u>86,867</u>		<u>77,280</u>
The funds of the charity					
Restricted income funds	17		39,134		26,481
Unrestricted funds	18		47,733		50,799
			<u>86,867</u>		<u>77,280</u>

The financial statements were approved by the trustees on

24 April 2026.


Mr D Norris
Trustee

HOLDING SPACE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

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
	<u>20,631</u>	<u>67,833</u>	<u>88,464</u>	<u>6,019</u>	<u>47,194</u>	<u>53,213</u>

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Counselling and training		
Counselling income	<u>4,710</u>	<u>7,731</u>

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	<u>8,471</u>	<u>15,880</u>

6 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	<u>63</u>	<u>-</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

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	-
	<u>73,684</u>	<u>68,751</u>
Share of support and governance costs (see note 8)		
Support	1,662	20,495
Governance	16,775	900
	<u>92,121</u>	<u>90,146</u>
Analysis by fund		
Unrestricted funds	36,941	20,536
Restricted funds	55,180	69,610
	<u>92,121</u>	<u>90,146</u>

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
	<u>18,437</u>	<u>21,395</u>
Analysed between:		
Core costs	<u>18,437</u>	<u>21,395</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

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

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

Employment costs

	2025	2024
	£	£
Wages and salaries	41,630	35,888
Other pension costs	346	-
	<u> </u>	<u> </u>
	41,976	35,888
	<u> </u>	<u> </u>

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

12 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 2025

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	-

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

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)	-	-	-
	<u>26,481</u>	<u>67,833</u>	<u>(55,179)</u>	<u>-</u>	<u>-</u>	<u>39,135</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

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
	<u>48,897</u>	<u>47,194</u>	<u>(69,610)</u>	<u>-</u>	<u>-</u>	<u>26,481</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

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

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

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)
	<u>50,799</u>	<u>33,875</u>	<u>(36,941)</u>	<u>47,733</u>
Previous year:	At 1 July 2023	Incoming resources	Resources expended	At 30 June 2024
	£	£	£	£
General funds	41,705	29,630	(20,536)	50,799
	<u>41,705</u>	<u>29,630</u>	<u>(20,536)</u>	<u>50,799</u>

19 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2025	2025	2025
	£	£	£
At 30 June 2025:			
Tangible assets	5,779	-	5,779
Current assets/(liabilities)	43,616	37,472	81,088
	<u>49,395</u>	<u>37,472</u>	<u>86,867</u>
Per balance sheet	47,733	39,134	86,867
Balance to allocate	(1,662)	1,662	-
	<u>47,733</u>	<u>39,134</u>	<u>86,867</u>
	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
	<u>50,799</u>	<u>26,481</u>	<u>77,280</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) ***FOR THE YEAR ENDED 30 JUNE 2025***

20 Related party transactions

There were no disclosable related party transactions during the year.