



Red Balloons

Report and Unaudited Financial Statements

Year Ended: 13th May 2022

Charity Number: 1194467

Red Balloons

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Red Balloons

Trustees Annual Report

The Trustees present their annual report and financial statements of the charity for the year ended 13 May 2022.

The trustees confirm that the Annual Report and Financial Statements of the Charity comply with the current statutory requirements and the provisions of the Statutory Recommended Practice (SORP) "Accounting and Reporting by Charities" including FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Reference and administrative information

Charity Number: **1194467**

Principal Office
9 Aberdovey Drive
Eaglescliffe
Stockton-on-Tees
Cleveland
TS16 9EZ

Trustees
Claire Daff
Philips Andrew Richards
Kathryn Margaret Barnes
Faye Lambe
Jason Hamon

OBJECTIVES AND ACTIVITIES

Objectives

The purposes of the charity are specifically focused on the following:-

- to promote and protect the physical and mental health of the public by raising public awareness through education and training in all areas relating to mental health.
- to provide activities to protect and preserve good mental and physical health.
- to reduce the stigma and myths surrounding mental health

Public Benefit

The trustees confirm that they have complied with their duties under the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. The trustees refer to the Charity's aims and objectives in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity is committed to working together with service users, the local community, organisations and health professionals, to offer an inclusive and safe space for people to learn to manage their physical and mental health, with a network of support behind them.

The charity is dedicated to helping build a happier and healthier environment, where mental health can be discussed as openly and as confidently as physical health.

ACHIEVEMENTS AND PERFORMANCE

Activities

During the period to May 2022 the charity offered regular Walk and Talk groups in various locations, which helped members of the public and service users to improve and manage their mental health as well as physical health in a safe environment.

Due to the success of these groups the number of people attending increased and encouraged regular attendees. This resulted in reducing isolation and loneliness whilst promoting self care and exercise to improve wellbeing.

The Peer Support programme offered a more personal approach to those members struggling with their mental health. 1-2-1 sessions were offered as well as group sessions. These sessions helped service users access an affordable/ funded support network. While running the Walk and Talk Groups some gaps in services were identified, including support for those struggling to get out of the house after Covid. A new Project was written and funding secured which offered focused 1-1 Peer Support for people who were struggling to get out into the community and encouraged them to use physical activity.

Red January was promoted aimed at getting service users active during one of the most depressing times of the year.

Social media engagement increased, which brought awareness of and education on mental health to a wider public audience and challenged the myths surrounding mental health. The charity also offered a messaging service on social media to assist the more vulnerable members with issues regarding their mental health or signpost them to the relevant service.

Fundraising activities within community venues and supermarkets were introduced.

Volunteers play a crucial role within the charity, and they are integral to the effective delivery of the services and its success. The charity is proud of the fact that all of the people who volunteer their time to our charity are people with lived experience of mental health issues.

In order to offer this growing number of services a recruitment drive for volunteers took place and a training programme was introduced that all volunteers had to undertake in order to deliver the appropriate services and wellbeing sessions. In addition funding allowed three members of staff to be recruited and employed to co-ordinate the Charity's services, recruit, train and support volunteers, network with other Organisations and deliver services alongside volunteers.

Financial Review

The Statement of Financial Activities shows a total income for the year of £39,490. Income from grants totalled £33,331. Income from donations amounted to £1,058 and from charitable activities amounted to £5,100. The Trustees, staff, and volunteers are very grateful to all the individuals and businesses that have made donations to the work of the charity over the year. The balance as at 13 May 2022 was £17,219, of which £5,143 was unrestricted funds with the remainder being restricted funds.

Reserves Policy

The Trustees of the charity periodically review the level of reserves and are focused on continuing to build reserves to ensure the sustainability of the charity. The review takes into account income and expenditure streams. The trustee's objective is for the charity to have reserves that equal at least 3 months expenditure.

Plans for the Future

The charities future plans include continuing to promote the Walk and Talk groups in the various locations but also to introduce a new Ramblers Group for those ready to take the next step in their mental wellbeing that provides more of a challenge.

Future fundraising activities include members and service users of the charity to have the option to do the Yorkshire Three Peaks Challenge, The Everest Challenge and the North Pole Challenge.

Red January, local supermarket fundraising activities and social media content on mental health information and assistance will continue to be promoted.

The charity is already in talks with local communities to offer additional services, such as a Wellbeing Night and a Lived Experience Forum, which will appeal to the wider community and help more people.

Volunteers and staff are key to the success of the charity and hence the charity will continue to recruit suitable candidates to assist in the delivery of the services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Red Balloons is a registered Charitable Incorporated Organisation (CIO), number 1194467 incorporated on 14 May 2021 and is controlled by its governing document.

New trustees are appointed by the existing trustees. On appointment new trustees sign a model trustee declaration statement committing them to giving of their time and expertise. All trustees give of their time freely and no trustee remuneration was paid in the year.

At the quarterly trustees' meetings, the trustees agree the broad strategy and areas of activity for the Trust, including consideration of grant making, investment, reserves and risk management policies and performance. The day to day administration of grants and the processing and handling of applications is delegated to the Manager and the Administrator.

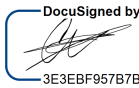
STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles of the Charities SORP
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any departures disclosed and explained in the financial statements; and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ascertain to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

Approved by the trustees on 28th December 2022 and signed on their behalf by:

DocuSigned by:

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Claire Daff

Chair of Trustees

Red Balloons Independent Examiners Report

Independent Examiner's Report to the trustees of Red Balloons

I report to the charity trustees on my examination of the accounts of Red Balloons for the year ended 13 May 2022, which are set out on pages 9-12

Responsibilities and basis of report

As the trustees of the charity Red Balloons you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

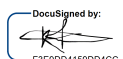
Having satisfied myself that the accounts of Red Balloons are not required to be audited under Section 144 of the 2011 act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145 of the 2011 Act.

Independent examiner's statement

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

1. Accounting records were not kept in accordance with section 130 of the 2011 Act or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the accounting requirements of the 2011 Act 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; or
4. The accounts have not been prepared in accordance with the (methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to the charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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 accounts to be reached.

DocuSigned by:

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30 December 2022

Kylie Terry

74 Allington Drive
High Grange
Billingham.
TS23 3UE

Red Balloons

Statement of Financial Activities for the Year Ending 13 May 2022
Income and Expenditure Account

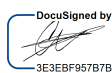
	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Income from:-				
Donations, grants and legacies	3	27,519	6,871	34,390
Charitable activities	4		5,100	5,100
Total Income		27,519	11,971	39,490
Expenditure on:-				
Charitable activities	5	15,443	6,828	22,271
Total Expenditure		15,443	6,828	22,271
Net Movement in funds		12,076	5,143	17,219
Reconciliation of funds:				
Total funds brought forward		-	-	-
Net movement in funds		12,076	5,143	17,219
Total funds carried forward		12,076	5,143	17,219

The notes on pages 11-12 form part of these financial statements.

Red Balloons
Balance Sheet for the Year Ending 13 May 2022

	£	£
Fixed Assets		
Tangible Assets	-	-
Current Assets		
Cash at bank and in hand	17,219	
Total Net Assets	<u>17,219</u>	<u>-</u>
Charity Funds		
Restricted funds		12,076
Unrestricted funds		5,143
Total funds		<u><u>17,219</u></u>

The financial statements were approved by the trustees, and authorised for issue on 28 December 2022 and signed on their behalf by:-

DocuSigned by:

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 Claire Daff

Chair of Trustees

Red Balloons**Notes to the Financial Statements for the Year Ended 13 May 2022****1. General Information**

The charity is incorporated in England and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £nil towards the assets of the charity in the event of liquidation. The registered office address is 9 Aberdovey Drive, Eaglescliffe, Stockton-on-Tees, Cleveland, TS16 9EZ.

2. Accounting policies**Basis of preparation**

The financial statements of the charity have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably. Grants are included in the Statement of financial activities on a receivable basis.

Expenditure

All expenditure is recognised as soon as there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount of the obligation can be measured reliably. All costs are allocated to the applicable expenditure headings that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources. Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any associated support costs.

Taxation

The charity is exempt from tax on its charitable activities.

Fund structure

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific purposes, the use of which is restricted to that area or purpose.

3. Income from donations, grants and legacies

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Donations and legacies	-	1,058	1,058
Grants	27,519	5,813	33,331
	27,519	6,871	34,390

4. Income from charitable activities

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Charitable activities		5,100	5,100
	-	5,100	5,100

5. Income from donations, grants and legacies

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Marketing and publicity		413	
Staff costs	13,881	440	
Direct delivery costs	1,561	2,137	
Volunteer expenses		2,089	
Administration		1,749	
	15,443	6,828	22,270