

Red Balloons

Report of the Trustees and Unaudited Financial Statements
for the Year Ended 13/05/2023.

Registered Number:
1194467

A E Scott & Co Limited
Accountants

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Report of the Trustees for the Year Ended 13/05/2023.

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 13/05/2023.

The trustees have adopted the provisions of 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

Principle Objectives, Activities and Achievements for the public benefit

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.

Achievement and Performance

Charitable Activities

Activities

During the period to May 2023 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.

A new Red Balloons Ramblers Project was launched for those ready to take the next step in their mental wellbeing that provides more of a challenge. These group numbers are capped, with the future goal for many participants to be involved in the Yorkshire Three Peaks Challenge.

The Peer Support programme continued to offer 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.

A regular Lived Experience Forum was developed in partnership with Starfish Health and Wellbeing and the NHS to give residents within the area an opportunity to give their feedback on local services and experiences. Every Forum has a different theme, and these are open to the community to attend as and when.

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

Social media engagement increased, which brought awareness 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 continued.

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 the people who volunteer their time to our charity are people with lived experience of mental health issues.

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 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

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 considers income and expenditure streams. The trustee's objective is for the charity to have reserves that equal at least 3 months expenditure.

The Statement of Financial Activities shows a total income for the year of £62,239.59.

Income from grants totaled £45,227.50.

Income from donations amounted to £12,535.61 and from charitable activities amounted to £4,476.48.

The Trustees, staff, and volunteers are grateful to all the individuals and businesses that have made donations to the work of the charity over the year.

The balance as at 13th May 2023 was £29,539.35, of which £6,822.22 was unrestricted funds with the remainder being restricted funds.

Future Plans

The charities plans include continuing to promote the Walk and Talk groups in the various locations and continue with the 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, Red January, local supermarket fundraising activities and social media content on mental health information and assistance will continue to be promoted. Members and services users may create their own challenge, or use a place in an organised event, such as The Great North Run, with support from Red Balloons up to and during the activity.

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

Governing Document

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 give their time and expertise. All trustees give 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.

Trustee recruitment will commence in December 2023. Roles available are Treasurer, Trustee (with clinical experience), Trustee (with legal experience) and Trustee. The advert will run from December 2023 into January 2024, with interviews to be conducted in February 2024. The planned start date for new Trustees is April 2024.

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.
- 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.

Reference and Administrative Details

Registered Charity Number 1194467
Registered Office Address 9 Aberdovey Drive, Stockton on Tees, TS16 9EZ

Trustees Claire Daff
Philip Andrew Richards
Jason Hamon

Independent Examiner A E Scott & Co Limited, 2 Varsity House, Falcon Court, TS18 3TS.

This report has been prepared in accordance with the special provision of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 30/01/2024 and signed on its behalf by:



Claire Daff
Trustee

Independent Examiners' Report to the Trustees of Red Balloons.

Independent Examiner's report to the trustees of Red Balloons ('the company').

I report to the charity trustees on my examination of the accounts of the Company for the year ended 13/05/2023.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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:

- > accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- > the accounts do not accord with those records; or
- > 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 accounts to be reached.

BPhillips

Ben Phillips MAAT

A E Scott & Co Limited
Varsity House, 2 Falcon Court
Stockton on Tees
TS18 3TS

Date

30th January 2024.

Statement of Financial Activities
for the Year Ended 13/05/2023.

	Notes	Unrestricted Funds	Restricted Funds	13/05/2023 Total Funds £	13/05/2022 Total Funds £
Income					
Donations & Legacies	3	12536		12536	1059
Grants			45228	45228	33331
Charitable Activities		4476		4476	5100
Total		17012	45228	62240	39490
Expenditure					
Charitable Activities	4	15333	34586	49919	22271
Net Income/Expenditure		1679	10642	12321	17219
Reconciliation of Funds					
Total funds brought forward		5143	12076	17219	0
Total funds carried forward		6822	22718	29540	17219

Balance Sheet
13/05/2023

	Notes	Unrestricted Funds	Restricted Funds	13/05/2023 Total Funds £	13/05/2022 Total Funds £
Current Assets					
Cash at bank and in hand		6822	22718	29540	17219
		6822	22718	29540	17219
Net Current Assets					
		6822	22718	29540	17219
Net Assets					
		6822	22718	29540	17219
Funds					
Restricted Funds				6822	5143
Unrestricted Funds				22718	12076
Total Funds					
				29540	17219

These financial statements were approved by the Board of Trustees and authorised for issue on 30/01/2024 and were signed on its behalf by:



Claire Daff
Trustee

Notes to the Financial Statements
for the Year Ended 13/05/2023.

1. General Information

Red Balloons is a public benefit entity, and a registered charity in England and Wales and is unincorporated. The registered office address can be found in the Trustees' Report.

The financial statements are presented in sterling which is the functional currency of the charitable company and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting Policies

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

Income

Items of income are recognised and included in the accounts when all the following criteria are met:

- The charity have entitlement to the funds.
- Any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity.
- There is sufficient certainty that receipt of the income is considered probable; and
- The amount can be measured reliably.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions. Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. There is no netting off within the accounts.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the company to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. It includes attributable VAT which cannot be recovered.

Charitable expenditure comprises those costs incurred by the company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by usage.

Governance costs include those incurred in the governance of the charity which are associated with the constitutional and statutory requirements.

Taxation

The charity is an exempt charity within the meaning of Schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

Fund Accounting

Unrestricted income funds are general funds which are available for use at the trustees' discretion in furtherance of the objectives of the company.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Cash at bank

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

3. Donations and Legacies

	13/05/2023	13/05/2022
Sundry Donations	12536	1058
Grants	45228	33331
	<u>57764</u>	<u>34389</u>

	13/05/2023	13/05/2022
Grants received, included in the above are as follows:		
Lottery Funding	15043	9984
Catalyst Funding	10000	17347
MVDA Funding	5000	-
Teesside University	4810	-
Middlesbrough Council	1500	5000
Ramblers	8875	-
Arnold Clark Automotive Grant	-	1000
	<u>45228</u>	<u>33331</u>

4. Charitable Activities Costs

Support Costs		
Marketing and Publicity	920	413
Staff Costs	37696	14321
Direct Delivery Costs	3000	3698
Volunteer Expenses	4454	2089
Administration	3849	1749
	<u>49919</u>	<u>22270</u>

5. Trustees' Remuneration & Benefits

	13/05/2023	13/05/2022
Remuneration	-	-
Benefits	-	-
Expenses	-	-

6. Staff Costs

	13/05/2023	13/05/2022
Wages & Salaries	36816	13721
Other Pension Costs	880	600
	<u>37696</u>	<u>14321</u>
	13/05/2023	13/05/2022

The average monthly number of employees during the year was as follows:

4	2
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No employees received emoluments in excess of £60,000.

The total amount of employee remuneration benefits received by key management personnel was:

13/05/2023	13/05/2022
0	0

7. Related Party Disclosures

There were no related party transactions for the year ended 13/05/2023.

8. Control Relationships

The charity is under the control of the board of trustees as noted above.