

FLYNN'S PORT IN THE STORM LTD

(Company Number: 13453948)

REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025

KARL JACKSON ACCOUNTANCY

FRIDAY



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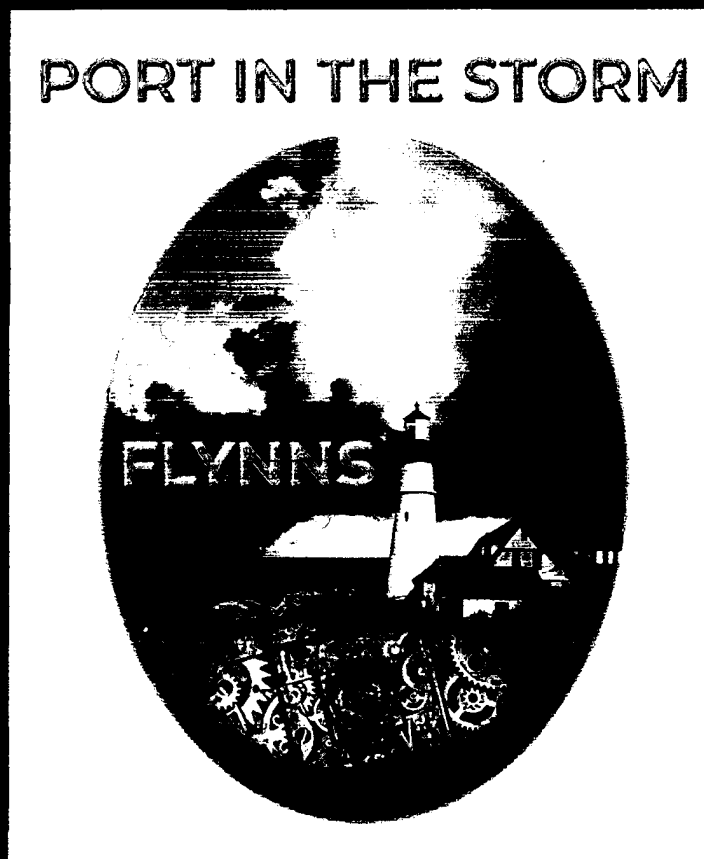
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COMPANIES HOUSE

FLYNN'S PORT IN THE STORM LTD  
REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025

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FLYNN'S PORT IN THE  
STORM  
ANNUAL REPORT FOR THE  
YEAR ENDING 31st JULY  
2025



## **FLYNN'S PORT IN THE STORM LTD-ANNUAL REPORT FOR THE YEAR ENDING JULY 2025**

### **Reflections year ending July 2025**

As we close out 2024, we do so against the backdrop of a year defined by both rising demand and increasing strain across the sector. Referrals have continued to rise, as they have year on year, a clear indicator of growing need within the communities we serve. Following the trend of previous years, we witnessed the unfortunate closure of several key partner organisations, trusted charities and community groups whose work has been essential to supporting vulnerable individuals.

These closures are particularly concerning in light of the growing recognition from both the NHS and government bodies of the vital role the voluntary and community sector plays in addressing health inequalities and supporting better outcomes. From shaping local services to championing the voices of people with lived experience, these organisations bring unique value that cannot be easily replaced.



### **Sustaining the Frontline, Investing in the Future**

Despite national commitments to strengthening the third sector, too little investment reaches the frontline. For many grassroots initiatives, survival still hinges on time-limited grants and uncertain funding streams. As we move into our 2025/26 financial year, the need for sustained, accessible funding for community-led services has never been more urgent.

While national bodies such as the NHS recognise the important role of community organisations, many grassroots services continue to rely on limited grant funding — and are often among the first to be affected by funding shortages.

Amid these challenges, we're proud to have strengthened our commitment to the next generation of mental health professionals. Over the past year, we have developed strong partnerships with Chester University, Liverpool John Moores University, and Edge Hill University. As part of this collaboration, student Nurses and Paramedics complete a placements with us, gaining valuable, real-time experience by shadowing our professional staff, as well as educational training on various disciplines of mental health.

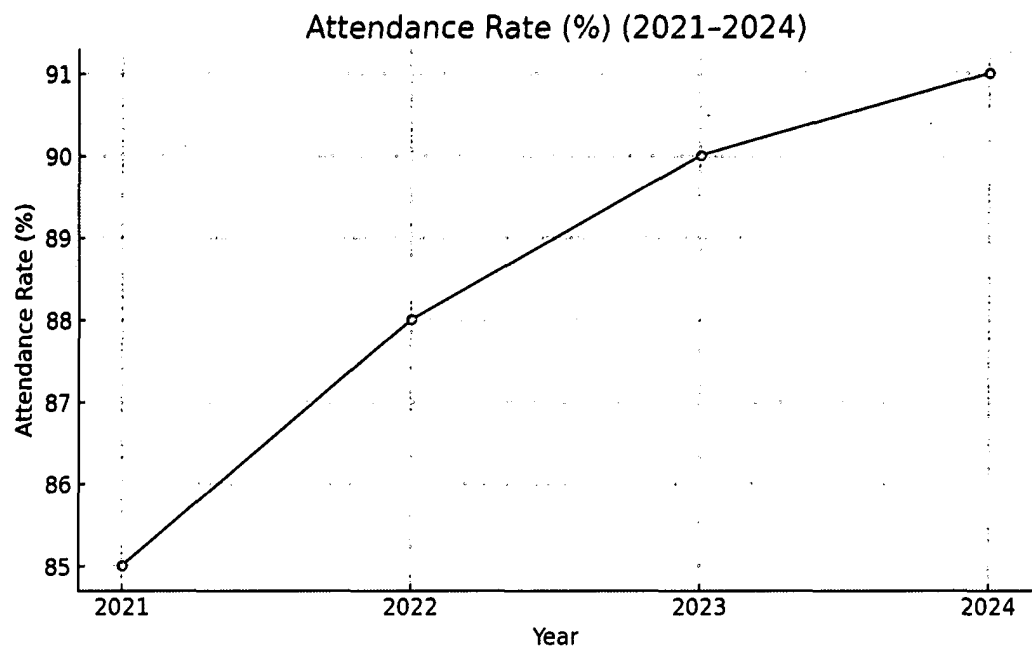
These placements give trainee nurses/Paramedics direct insight into how mental health services operate within communities, bridging the gap between academic learning and frontline delivery. Together, we're investing in a workforce better equipped to understand and respond to real-world mental health challenges. These relationships not only support student learning but also reflect our wider mission to invest in the future of mental health care by sharing knowledge, building capacity, and advocating for community-led approaches.

**Service Delivery in 2024 figures**

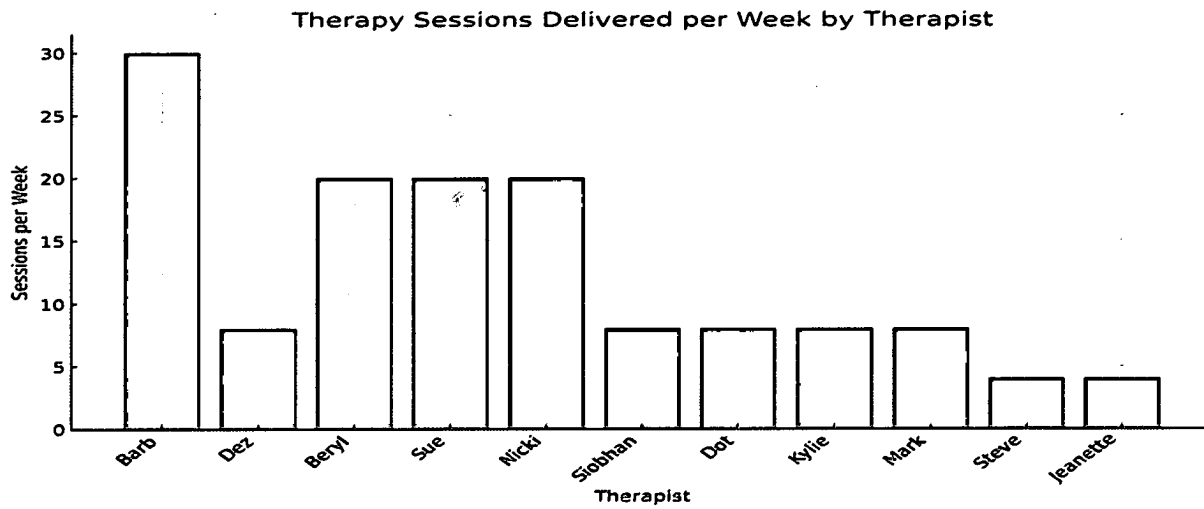
During the 2024 financial year, we experienced a 20% rise in demand, with 3,451 individuals actively engaging with our services. This increase reflects both growing community need and the trust placed in our organisation as a vital source of mental health support.

We also saw a notable rise in the complexity of cases, with the average number of sessions per client increasing from 8 to 12. This shift highlights the depth of support many clients now require and our ongoing commitment to providing flexible, person-centred care.

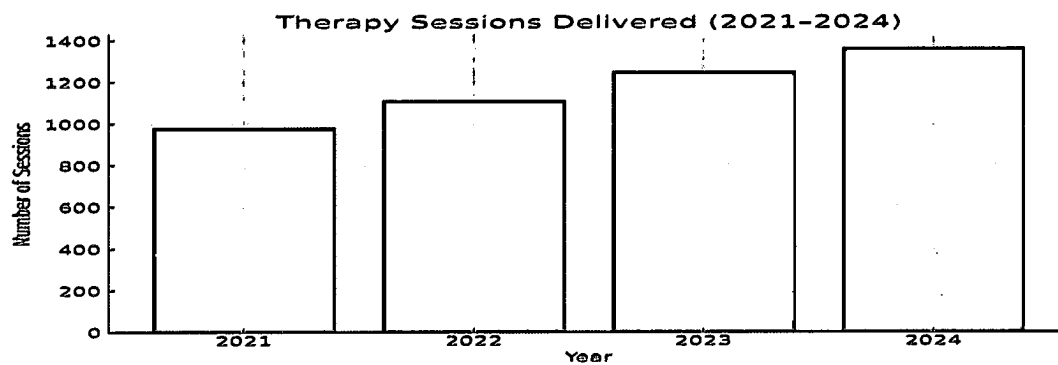
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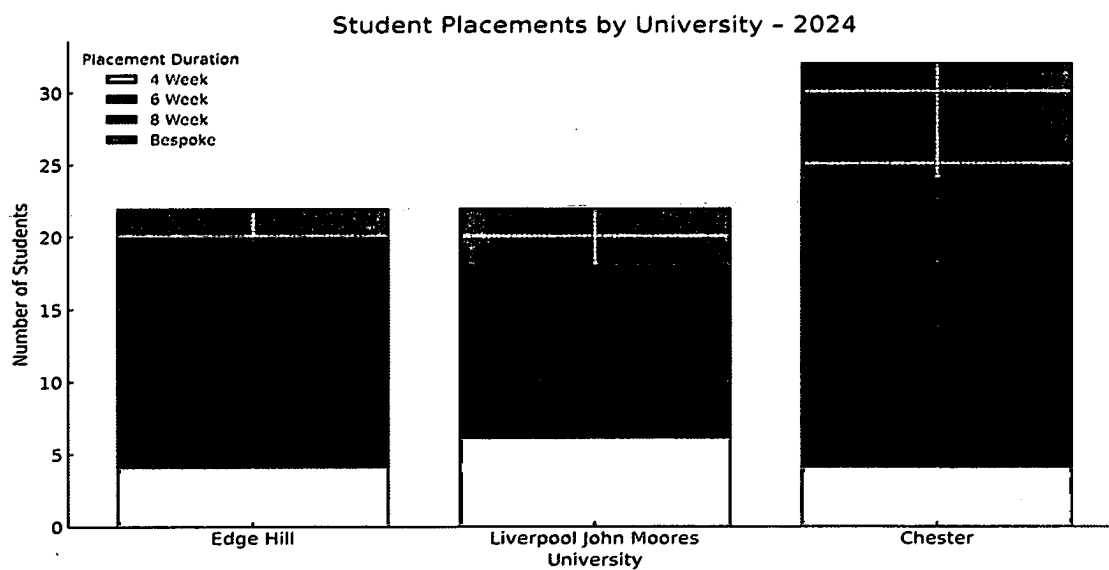
## Insight into the capacity and changes of attendances



### Attendance Rate (%) (2021–2024)



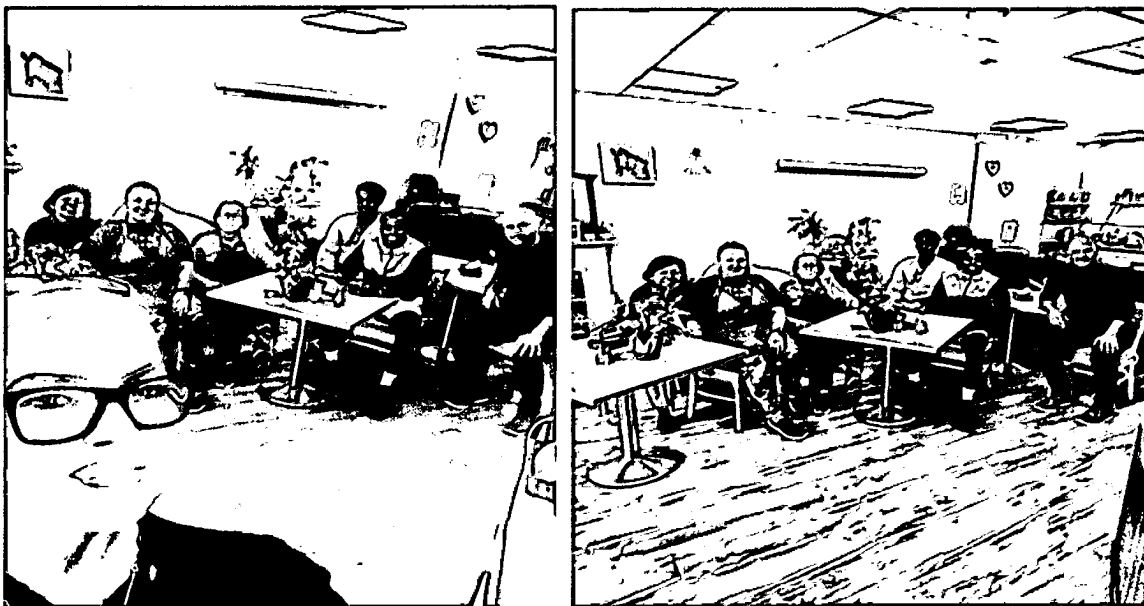
### Therapy Sessions Delivered (2021–2024)



Across our team, one truth stands firm: we cannot tackle mental health without first listening — really listening — to those most affected. That means hearing from young people, over 70% of whom report feeling overwhelmed by pressure, anxiety, and uncertainty about the future. It means acknowledging the experiences of racialised communities, who are 40% less likely to receive proper mental health support while still facing the daily toll of systemic injustice. It means recognising that one in three people living in poverty can't access the mental health care they need, even as they carry the heaviest burdens. It means standing with transgender and LGBT+ individuals, over 70% of whom face discrimination, violence, or exclusion because of who they are. And it means no longer ignoring the epidemic of chronic loneliness — a condition as dangerous to our health as smoking 15 cigarettes a day, quietly affecting millions.

Mental health isn't a trend. It's a crisis — and it cannot be solved with surface-level fixes or one-size-fits-all responses. Real change begins with radical empathy, honest conversation, and putting lived experience at the centre of everything we do.

These are not fringe experiences they are frontline realities. And while the pandemic may be behind us, its shadow still lingers, deepening pre-existing inequalities and exposing just how fragile mental health support remains for so many. We have seen a stark rise in support required for immigrants and asylum seekers and are adapting our referral process bespoke to this marginalised group to ensure people suffering with mental health and trauma do not fall through the net due to ignorance and language barriers



Mental health is no longer something spoken about in whispers. It's on the front pages, debated in parliament, and acknowledged by public figures—including members of the royal family. But visibility is not enough. Awareness must lead to action, investment, and change especially for the people and communities who've been left out of the conversation for far too long.

It has become increasingly evident that there are significant gaps in mental health support for children and young people, existing services are overwhelmed. Over the past year, we have witnessed a sharp rise in the demand for such services so much so that individuals have brought young people directly to our door in urgent need of support. In response, we have employed a part-time child therapist and partnered with our local Youth Federation to share resources, expertise, and support.



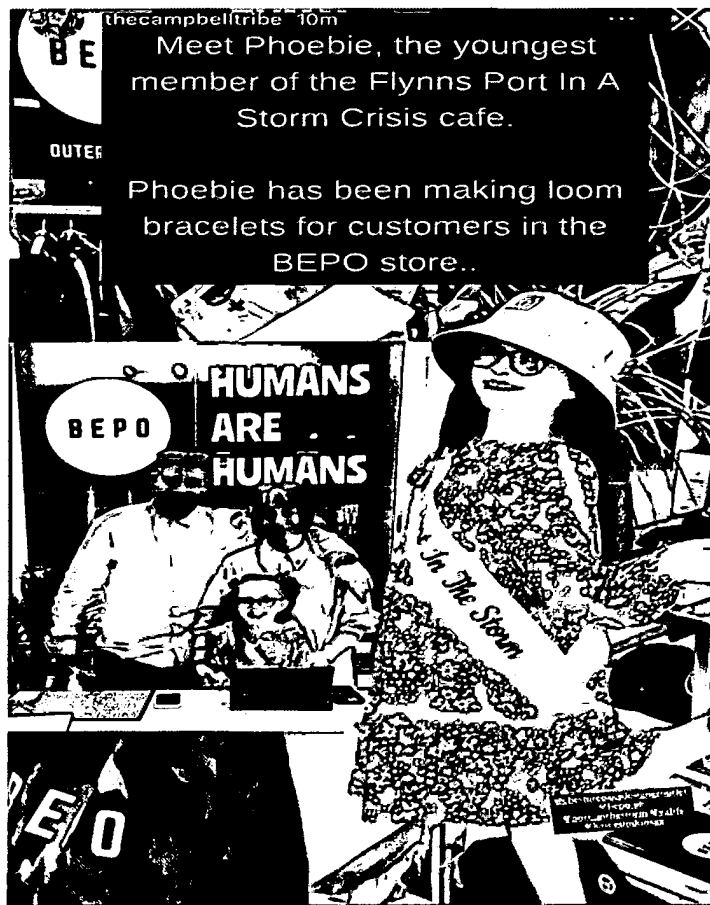
### Connection Beyond Conversation

One of the most powerful developments this year has been our activity-based group sessions — spaces intentionally designed around shared experience as well as formal therapy. These groups have proven to be a quiet but transformative success. Without pressure, participants begin to share their personal stories: why they came to Flynn's, the struggles they've faced, and the friendships they've built along the way. What emerges is community, trust, and healing — often in ways that can't be replicated in a clinical setting.

Building on this success, we've expanded our holistic wellbeing programme with daytime sessions in practices such as yoga and Reiki. Attendance has grown steadily. While women still make up the majority of participants, we're seeing a welcome rise in men joining too. Encouragingly, mixed groups are forming naturally, fostering a sense of inclusion and mutual support at the heart of everything we do. These groups remind us that recovery doesn't always begin in the therapy room — it often starts with being seen, being heard, and simply belonging.



This year we've also seen an increase in patients facing serious court cases. In response, we have developed a close connection with a Criminal Barrister in Chambers in Chester, ensuring our patients receive essential legal support while we hold them together mentally during these traumatic situations. We've participated in even more Team Around the Family (TAF) meetings and play an active role in child protection meetings, strengthening the safety nets around vulnerable individuals.



We remain deeply committed to offering both early intervention and urgent crisis support to those who need it most. As part of our outreach, we're preparing to launch a dedicated, user-friendly website — designed to break down barriers and make it easier for people to access help, guidance, and connection whenever they need it.

We're also working hand-in-hand with other services, reaching out to those who are struggling in today's challenging times. Wherever there is need, we will be there, offering support, compassion, and hope. While our work may not yet influence large-scale change in how mental health is supported or understood, we value and amplify the efforts of larger organisations working in this field. We share our voice, experience, and commitment through participation in conferences, events, and surveys, knowing that every contribution helps move things forward. Change may take time, but it is happening.

None of what we've accomplished would be possible without the unwavering dedication of our extraordinary staff and volunteers — or without the trust and collaboration of our referrers. Their belief in our mission powers everything we do. Together, we are changing lives — and that is no small thing.

Mrs Dorothy Cartwright MBE

Chair Trustee

Flynn's Port in the Storm

September 2025

*D. Cartwright MBE*

FLYNN'S PORT IN THE STORM LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND  
EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 30 JUNE 2025

	<u>Note</u>	<u>2025</u>	<u>2024</u>
<b>INCOMING RESOURCES</b>			
Donations and grants		211937	216206
Legacy		15000	-
		-----	-----
Total incoming resources		226937	216206
		=====	=====
<b>RESOURCES EXPENDED</b>			
<b>Costs of charitable activities</b>			
Costs of activities	3	206474	211602
		-----	-----
Total resources expended		206474	211602
		=====	=====
<b>Net Incoming resources</b>			
Legacy		5463	4604
		15000	-
		-----	-----
		20463	4604
		=====	=====

FLYNN'S PORT IN THE STORM LTD

BALANCE SHEET AS AT 30 JUNE 2025

	<u>Note</u>	<u>2025</u>	<u>2024</u>
<b>CURRENT ASSETS</b>			
Cash at Bank		20176	5004
		=====	=====
<b>CREDITORS:</b>			
Amounts falling due within			
one year	2	787	400
		===	===
<b>NET CURRENT ASSETS</b>		19389	4604
		-----	-----
		19389	4604
		=====	=====
<b>RESERVES</b>			
Capital Account		19389	4604
		-----	-----
<b>TOTAL CHARITY FUNDS</b>		19389	4604
		=====	=====

In approving these financial statements, as director of the company, I hereby confirm:

1. that for the year ended 30 June 2025 the company was entitled to the exemption from audit under section 477 of the companies Act 2006;
2. that the members have not required the company to obtain an audit in accordance with section 476 of the companies act 2006.

FLYNN'S PORT IN THE STORM LTD

BALANCE SHEET AS AT 30 JUNE 2025

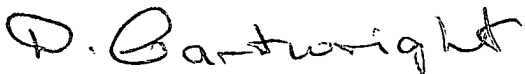
3. that I acknowledge my responsibilities for:

a) complying with the requirements of the Act with respect to accounting records and for the preparation of accounts, and

b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit for that year and which otherwise comply with the provisions of the Companies Act 2006 relating to the financial statements, so far as applicable to the company.

For the year ended 30 June 2025, the company was entitled to exemption from audit under section 477 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

The financial statements set out on pages 7 to 14 were approved on 18 September 2025.



Dorothy Cartwright MBE  
Chair Trustee  
Flynn's Port In the Storm Ltd

FLYNN'S PORT IN THE STORM LTD  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025

1. ACCOUNTING POLICIES

Accounting Convention

The accounts are prepared under the historical cost convention and in accordance with The Financial Reporting Standard for Smaller Entities (effective April 2008), the Statement of Recommended Practice: Accounting and Reporting Charities (revised 2005) and the Companies Act 2006.

Income

Voluntary income is received by way of donations and gifts and is included in full in the statement of financial activities when receivable.

2. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>2025</u>	<u>2024</u>
Amounts falling due within one year:		
Sundry Creditors and Accruals	787	400
	===	===

FLYNN'S PORT IN THE STORM LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

3. COSTS OF ACTIVITIES

	<u>2025</u>	<u>2024</u>
Salaries	184629	189972
Insurance	923	916
Telephone	2440	2348
Stationery	462	432
Marketing	240	300
Accountancy	714	534
Utilities	4589	4668
Rent	12000	12000
Equipment rental	477	432
	-----	-----
	206474	211602
	=====	=====

ACCOUNTANTS REPORT TO THE DIRECTOR ON THE UNAUDITED ACCOUNTS  
OF FLYNN'S PORT IN THE STORM LTD

As described on the balance sheet you are responsible for the preparation of the accounts for the year ended 30 June 2025, set out on pages 1 to 6, and you consider that the company is exempt from audit. In accordance with your instructions, we have compiled these unaudited accounts in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to me.

*Karl Jackson*

Karl Jackson Accountancy

Preston

18 September 2025