

REGISTERED COMPANY NUMBER: CE029684 (England and Wales)
REGISTERED CHARITY NUMBER: 1199622

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30th September 2024
for
Pepper's- A Safe Place

Hardings
Chartered Accountants
6 Marsh Parade
Newcastle-under-Lyme
Staffordshire
ST5 1DU

Pepper's- A Safe Place

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Pepper's- A Safe Place

Report of the Trustees for the Year Ended 30th September 2024

Achievement and performance

At Pepper's- A Safe Place we continue to support the mental health and wellbeing of our community in Rutland and Melton Mowbray, offering a safe hub for many.

Our main achievements for the public benefit for the period of 1st October 2023 to 30th September 2024 were:

- Supporting local residents through the provision of a wide range of therapeutic activities and drop-ins thereby aiding social connection.

Our two centres have hosted over 600 sessions this past year and continue to welcome an average of 58 members each week (97 visits).

Our 5 weekly drop-in sessions offer local residents a chance to connect with one another, make friendships, share experiences and feel heard, with the support of our team of listening volunteers. These sessions have proved to be a great starting point for many as they re-integrate into the community. Members build confidence, grow their support networks and are able to learn about the brilliant range of support they can access alongside Pepper's.

We have been pleased to welcome several local professionals into these drop-in sessions to spread awareness about further support on offer or even to run workshops, upskilling our community. These have included, financial advice through MADMAC, smoking support, adult learning courses, career advice, wellbeing workshops, energy tips and tricks and many more. These have been well received by locals and something we will look to continue in following years.

Our activity sessions focus on improving and managing mental health, for example, keeping active and releasing endorphins through Tai Chi and Chair Yoga, calming the mind with meditation, getting outside with walks and gardening, creative release with Arts and Crafts and uplifting fun with drumming and music.

We are grateful to our brilliant team of workshop providers and funders who support the running of these sessions. The providers create a welcoming and inclusive environment for all who attend. Many members will take home the skills they have learnt to practice self-care, they will leave feeling empowered and proud of the work achieved and, we hope, feel a part of a wonderful community.

We continue to develop both centres, listening to feedback from members, volunteers and our wider community, not only with new session ideas but also how we can continue improving our premises. Both centres showcase artwork from members, positive affirmation trees, quiet areas for reading, games and craft shelves.

"It's somewhere I go to weekly. It has become a part of my weekly regime. It's a place to be social, to relax, to be myself. No one judges me for what I am or who I want to be. I have gained some DIY and social skills whilst at Pepper's. I have also been offered volunteer positions through Pepper's amazing contacts in the local community." - Member testimonial

- Increasing local awareness about the support we offer and encouraging our communities to talk about their mental health

Our team have attended several events this year, including, Rutland Big Christmas Market, Melton and Kendrew MOD Barracks community showcases, community pop up events, RCC coffee connect drop-ins and market stall during mental health awareness week.

Our teams regularly approach local media stations, attend neighbourhood network meetings and advocate for improved mental health provision on boards such as the Better Mental Health for All network.

Both centres are registered as Mental Health Friendly Places and have taken part in initiatives such as Let's Get Moving Week and the Big Green Week.

Our links with health care professionals, GP practices and social prescribers continue to develop, and we have been pleased to welcome several new clients every month through these connections.

We were thrilled to have our work recognised at the Rural Community Council Awards night, being awarded Runner Up for the Community Wellbeing Award.

Pepper's- A Safe Place

Report of the Trustees for the Year Ended 30th September 2024

"Pepper's is one of the most valuable support services in Melton. Since it opened we have worked closely with them and spoke to 100's of patients about the amazing service they provide in our local community...Patients will often describe Pepper's as a real lifeline for them. The staff and volunteers there are incredible... I'm not sure what we would do without Pepper's and the community hub they have built." - Nikki Woodhouse, NHS Social Prescriber in Melton Mowbray

"Pepper's offers a warm welcome to everyone, it is as inclusive as it is supportive, and we know we can assure the people we work with that this is the best place to go if they want to address their social anxieties and isolation and begin to reconnect with people, because we know they won't be let down...Pepper's benefits a huge range of people who would not get this kind of support and understanding anywhere else." - Ginny Newling, Mental Health Support Worker at P3 Charity (commissioned by Rutland County Council)

- Our loyal team of volunteers

This year we welcomed several new volunteers to our teams. They are the welcoming face all members will meet upon attending their first sessions. The team are empathetic, friendly and driven when it comes to supporting our community.

This past year we have offered various training opportunities, including, Mental Health First Aid, Conflict Management, Understanding Mental Illnesses, Suicide Prevention, First Aid and Listening. We have had the opportunity to connect at Christmas socials, our Summer get together, a craft workshop and in team meetings.

- Offering additional support through the Neighbourhood Mental Health Cafe Project.

In June 2023 we received funds from the NHS to run the Rutland Neighbourhood Mental Health Cafe (NMHC). This service offers locals immediate 1:2:1 support with trained Listeners. The team are there to work on coping strategies, action plans, signposting or to offer a listening ear.

The service has proved to be a great asset in Rutland, offering a much needed face to face service and a team with a wealth of local knowledge.

Over the past year we have listened to local residents' feedback and developed the service. We now have two sessions running each week, one in Oakham on a Thursday evening and one in Uppingham on a Friday afternoon. This gives clients the option of either town in Rutland, a daytime for those utilising public transport and an evening session for those working in the day. The service has also been made more accessible with a ground floor session in Uppingham, telephone, text, email and zoom appointments available as well.

- Support from local residents and grant providers

As always we are grateful to so many individuals and businesses for their generosity. We are blown away by the local support we have received this year, ensuring we can, not only, keep our service going but we can grow our offer and remain sustainable.

Pepper's- A Safe Place

Report of the Trustees for the Year Ended 30th September 2024

Financial review

Principal funding sources

The trustees considered the annual accounts and the financial forecasts and were satisfied that the charity had sufficient resources to meet its commitments over the next twelve months and remains a going concern.

At the end of our financial period up to 30th September 2024 we have total funds of £165,429. £37,633 has been awarded by grant bodies and remains restricted to designated running costs.

Pepper's- A Safe Place provides a reliable and valued service to our local residents. We feel that keeping our doors open, offering consistency, has been vital to our success when many of our service users face long waiting lists, unpredictable, short or infrequent support elsewhere.

Reserves are that part of a charity's unrestricted funds that is freely available to spend on any of the charity's purposes. We feel it is prudent to keep a minimum of six months of our annual budget in reserves. As of 30th September 2024, we have £127,796 in unrestricted funds. These funds will be allocated to cover our remaining 2024-2025 budget and to meet our minimum reserves policy, in the very rare event that we don't secure any further grants.

Our policy reflects our commitments to run a sustainable and resilient charity. Our charity has a high level of fixed costs with unpredictable funding streams. Based on our own experience we are aware that funding bodies may change their priorities and remit and there are no guarantees for continued support. We are committed to supporting our staff, keeping mission critical work on the road and honouring any contractual agreements, such as leases. Therefore, it is important to us to have appropriate reserves in place to cover any shortfalls and gaps in funding.

We feel this level of reserves will ensure that we can plan and make provision as appropriate to our mission, and that we can continue to honour our commitments to lease agreements, staff and commissioning bodies.

Our reserves are only to be used to cover shortfalls in restricted funding, for essential and unplanned works and emergencies.

Pepper's board of trustees will regularly review this policy and our reserves to ensure proper financial management.

Pepper's- A Safe Place

Report of the Trustees for the Year Ended 30th September 2024

Our vision

Our charity works with members of our community with a wide range of backgrounds. Some may be battling with ongoing and serious mental health conditions, for example, schizophrenia, paranoia or depression, others may not have a diagnosed mental illness and are reaching out solely for connection with others and to combat loneliness. Pepper's- A Safe Place aims to continue supporting residents, reaching those who are isolated and improving mental health where we can.

Our sessions provide locals with a sense of community, empowerment through newfound skills and an escape from whatever struggles they may experience outside of our centre.

As a community led organisation we will listen to feedback at sessions and from events around the community. Based on the feedback we have received this year, we will continue to develop our range of activities, for example, sourcing singing instructors, more active sessions and offering workshops.

We look forward to developing our strong community links, attending events, promoting Pepper's in local media, advocating for mental health support in Leicester, Leicestershire and Rutland (LLR) and welcoming many more locals into our centres. We also hope to further connections with local military personnel, having signed the Armed Forces Covenant, showing our commitment to supporting local military and their families.

We will continue to source funding, keeping our charities sustainability as a top priority.

To manage our staff's growing workloads, we will look to hire an Oakham Centre Manager after a successful year with our Melton Centre Manager and seeing the benefits of having a dedicated centre specific team member.

We will monitor numbers at our Melton site, sourcing a new property as membership grows. And will look at ways we can make Oakham sessions more accessible, with the provision of downstairs activities.

Our Board is made up of members of the community with diverse backgrounds, skills and connections. We will continue to ensure the sustainability of this board, recruiting new trustees to fill skills gap where required.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Reference and administrative details

Registered Company number

CE029684 (England and Wales)

Registered Charity number

1199622

Registered office

2A High Street
Oakham
LE15 6AL

Trustees

D Garrity
M A Miles
R D Wood
J E Gilboy
S C Watts
L E Jones
R H C White
I C McKenzie
L A Chaplar

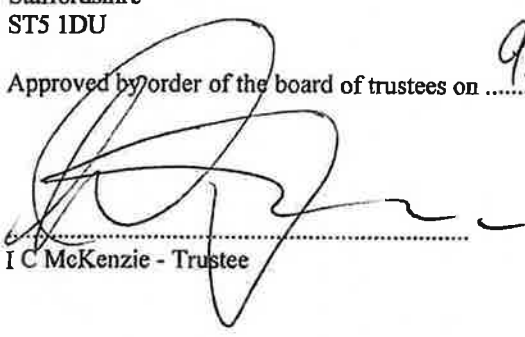
Pepper's- A Safe Place

**Report of the Trustees
for the Year Ended 30th September 2024**

**Reference and administrative details
Company Secretary**

Independent Examiner
Timothy McNeal FCA
Hardings
Chartered Accountants
6 Marsh Parade
Newcastle-under-Lyme
Staffordshire
ST5 1DU

Approved by order of the board of trustees on and signed on its behalf by:


.....
I C McKenzie - Trustee

**Independent Examiner's Report to the Trustees of
Pepper's- A Safe Place**

Independent examiner's report to the trustees of Pepper's- A Safe Place ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th September 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 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(5) (b) of the 2011 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 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 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.



Timothy McNeal FCA

Hardings
Chartered Accountants
6 Marsh Parade
Newcastle-under-Lyme
Staffordshire
ST5 1DU

Date: 27.2.25

Pepper's- A Safe Place

**Statement of Financial Activities
for the Year Ended 30th September 2024**

				Year Ended 30/9/24 Total funds £	Period 11/7/22 to 30/9/23 Total funds £
	Notes	Unrestricted fund £	Restricted fund £		
Income and endowments from					
Donations and legacies		29,195	-	29,195	106,753
Charitable activities					
Grants received		30,850	74,876	105,726	152,892
Investment income	2	<u>2,008</u>	<u>-</u>	<u>2,008</u>	<u>-</u>
Total		<u>62,053</u>	<u>74,876</u>	<u>136,929</u>	<u>259,645</u>
Expenditure on					
Raising funds	3	<u>45,103</u>	<u>73,850</u>	<u>118,953</u>	<u>112,192</u>
NET INCOME		<u>16,950</u>	<u>1,026</u>	<u>17,976</u>	<u>147,453</u>
Transfers between funds	9	<u>34,899</u>	<u>(34,899)</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>51,849</u>	<u>(33,873)</u>	<u>17,976</u>	<u>147,453</u>
Reconciliation of funds					
Total funds brought forward		<u>75,947</u>	<u>71,506</u>	<u>147,453</u>	<u>-</u>
Total funds carried forward		<u>127,796</u>	<u>37,633</u>	<u>165,429</u>	<u>147,453</u>

The notes form part of these financial statements

Pepper's- A Safe Place

Balance Sheet
30th September 2024

	Notes	Unrestricted fund £	Restricted fund £	30/9/24 Total funds £	30/9/23 Total funds £
Fixed assets					
Tangible assets	7	1,942	-	1,942	2,486
Current assets					
Cash at bank		127,632	37,633	165,265	149,786
Creditors					
Amounts falling due within one year	8	(1,778)	-	(1,778)	(4,819)
Net current assets		<u>125,854</u>	<u>37,633</u>	<u>163,487</u>	<u>144,967</u>
Total assets less current liabilities		<u>127,796</u>	<u>37,633</u>	<u>165,429</u>	<u>147,453</u>
NET ASSETS		<u>127,796</u>	<u>37,633</u>	<u>165,429</u>	<u>147,453</u>
Funds	9				
Unrestricted funds				127,796	75,947
Restricted funds				<u>37,633</u>	<u>71,506</u>
Total funds				<u>165,429</u>	<u>147,453</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th September 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th September 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 03-07-2025 and were signed on its behalf by:

PP *IC McKenzie*
IC McKenzie - Trustee

The notes form part of these financial statements

Pepper's- A Safe Place

Notes to the Financial Statements for the Year Ended 30th September 2024

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. Investment income

	Year Ended 30/9/24 £	Period 11/7/22 to 30/9/23 £
Interest receivable - trading	<u>2,008</u>	<u>-</u>

Pepper's- A Safe Place

Notes to the Financial Statements - continued for the Year Ended 30th September 2024

3. Raising funds

Raising donations and legacies

	Year Ended 30/9/24 £	Period 11/7/22 to 30/9/23 £
Support costs	<u>45,099</u>	<u>45,263</u>

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	Year Ended 30/9/24 £	Period 11/7/22 to 30/9/23 £
Depreciation - owned assets	<u>1,593</u>	<u>1,243</u>

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 30th September 2024 nor for the period ended 30th September 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30th September 2024 nor for the period ended 30th September 2023.

6. Comparatives for the statement of financial activities

from 2023

	Unrestricted fund £	Restricted fund £	Total funds £
Income and endowments from			
Donations and legacies	106,753	-	106,753
Charitable activities			
Grants received	-	<u>152,892</u>	<u>152,892</u>
Total	<u>106,753</u>	<u>152,892</u>	<u>259,645</u>
Expenditure on			
Raising funds	<u>30,806</u>	<u>81,386</u>	<u>112,192</u>
NET INCOME	<u>75,947</u>	<u>71,506</u>	<u>147,453</u>
Total funds carried forward	<u>75,947</u>	<u>71,506</u>	<u>147,453</u>

Pepper's- A Safe Place

Notes to the Financial Statements - continued for the Year Ended 30th September 2024

7. Tangible fixed assets

	Computer equipment £
Cost	
At 1st October 2023	3,729
Additions	<u>1,049</u>
At 30th September 2024	<u>4,778</u>
Depreciation	
At 1st October 2023	1,243
Charge for year	<u>1,593</u>
At 30th September 2024	<u>2,836</u>
Net book value	
At 30th September 2024	<u>1,942</u>
At 30th September 2023	<u>2,486</u>

8. Creditors: amounts falling due within one year

	30/9/24 £	30/9/23 £
Social security and other taxes	554	538
Other creditors	204	3,261
Accrued expenses	<u>1,020</u>	<u>1,020</u>
	<u>1,778</u>	<u>4,819</u>

9. Movement in funds

	At 1/10/23 £	Net movement in funds £	Transfers between funds £	At 30/9/24 £
Unrestricted funds				
General fund	75,947	16,950	34,899	127,796
Restricted funds				
Restricted fund	71,506	1,026	(34,899)	37,633
TOTAL FUNDS	<u>147,453</u>	<u>17,976</u>	<u>-</u>	<u>165,429</u>

Pepper's- A Safe Place

Notes to the Financial Statements - continued for the Year Ended 30th September 2024

9. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,053	(45,103)	16,950
Restricted funds			
Restricted fund	74,876	(73,850)	1,026
TOTAL FUNDS	<u>136,929</u>	<u>(118,953)</u>	<u>17,976</u>

Comparatives for movement in funds

	Net movement in funds £	At 30/9/23 £
Unrestricted funds		
General fund	75,947	75,947
Restricted funds		
Restricted fund	71,506	71,506
TOTAL FUNDS	<u>147,453</u>	<u>147,453</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	106,753	(30,806)	75,947
Restricted funds			
Restricted fund	152,892	(81,386)	71,506
TOTAL FUNDS	<u>259,645</u>	<u>(112,192)</u>	<u>147,453</u>

Pepper's- A Safe Place

**Notes to the Financial Statements - continued
for the Year Ended 30th September 2024**

10. Related party disclosures

There were no related party transactions for the year ended 30th September 2024.

11. Transfers between funds

During the preparation of the financial statements for the year ended 30th September 2024, it came to light that income in the previous period had incorrectly been identified as restricted income.

The trustees confirm that the amount included as restricted funds at the start of the year should be transferred to unrestricted funds to ensure all funds are correct.

Pepper's- A Safe Place

**Detailed Statement of Financial Activities
for the Year Ended 30th September 2024**

	Year Ended 30/9/24 £	Period 11/7/22 to 30/9/23 £
Income and endowments		
Donations and legacies		
Donations	29,195	106,753
Investment income		
Interest receivable	2,008	-
Charitable activities		
Grants	<u>105,726</u>	<u>152,892</u>
Total incoming resources	136,929	259,645
Expenditure		
Other trading activities		
Activities	13,279	6,560
Wages	<u>60,575</u>	<u>60,369</u>
	73,854	66,929
Support costs		
Management		
Pensions	994	1,210
Rent and utilities	18,464	21,219
Insurance	1,982	2,200
Light and heat	3,455	3,685
Telephone	1,023	1,019
Postage and stationery	2,162	1,906
Sundries	7,048	5,410
Travelling	661	1,448
Computer costs	749	600
Repairs and renewals	3,353	3,145
Depreciation of tangible and heritage assets	<u>1,593</u>	<u>1,243</u>
	41,484	43,085
Governance costs		
Accountancy and legal fees	<u>3,615</u>	<u>2,178</u>
Total resources expended	<u>118,953</u>	<u>112,192</u>
Net income	<u>17,976</u>	<u>147,453</u>

This page does not form part of the statutory financial statements