

ZEPHYR'S

England & Wales · Charity number 1199772

Details

Status Registered

Legal form CIO

Registered 2022-07-25

Register [View on the Charity Commission register](#)

Contact

Address c/o UNIT 42 SNEINTON MARKET
Freckingham Street
Nottingham
NG1 1DQ

Phone 07915995532

Email contact@zephyrsnottingham.org.uk

Website <http://www.zephyrsnottingham.org.uk/>

Activities

Objects: THE OBJECTS OF THE CIO ARE: (1) FOR PUBLIC BENEFIT AND TO PROMOTE THE EMOTIONAL HEALTH AND WELL-BEING OF ALL THOSE AFFECTED BY, OR SUFFERING LOSS THROUGH PREGNANCY OR THE DEATH OF A BABY OR CHILD, OR THOSE WHO ARE PREGNANT OR PARENTING AFTER LOSS.(2) TO PROVIDE SPECIALIST SUPPORT SERVICES - FOR THOSE LIVING, WORKING, OR CARED FOR WITHIN, NOTTINGHAMSHIRE AND SURROUNDING AREAS - FOR BABY AND CHILD LOSS; INCLUDING BUT NOT EXCLUSIVE TO, PEER SUPPORT, FACE TO FACE AND ONLINE SESSIONS, BEREAVEMENT COUNSELLING, CREATIVE AND HOLISTIC THERAPIES AND RESOURCES

Activities: Providing support for bereaved families in Nottinghamshire following pregnancy loss or the death of a baby or child. We support anyone who has experienced loss, from early gestation to the death of an older child, with activities including peer support, specialist bereavement counselling, creative and holistic therapies, information sharing, books and resources.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Nottingham City
- Nottinghamshire

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £75,594 | £62,398 | - | - |
| 2024-03-31 | £46,497 | £49,386 | - | - |
| 2023-03-31 | £50,953 | £24,563 | - | - |

Trustees

| Name | Role | Appointed |
|---------------------------------|-------|------------|
| Raymond Patrick Fisher | Chair | 2024-03-12 |
| Gemma Lewis | | 2024-05-22 |
| Nicholas Matthew Arthur Lawford | | 2022-07-21 |
| Shamara Sadler | | 2023-01-26 |
| Trina O'Driscoll | | 2025-09-10 |

ZEPHYR'S

England & Wales - Charity number 1199772

Accounts

Zephyr's
(Registered charity, number 1199772)
Financial statements
for the year ended 31 March 2025

| Page | Contents |
|-------------|-----------------------------------|
| 2 - 7 | Trustees' annual report |
| 8 | Independent examiner's report |
| 9 | Receipts & payments account |
| 10 | Statement of assets & liabilities |
| 11 - 12 | Notes to the accounts |

Zephyr's Trustees' annual report for the year ended 31 March 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 31 March 2025.

Full name Zephyr's

Organisation type Charitable incorporated organisation

Registered charity number 1199772

Principal address

Unit 42 Sneinton Market, Freckingham Street, Nottingham, NG1 1DQ

Trustees

Raymond Patrick Fisher, Chair

Gemma Lewis

Nicholas Lawford, Treasurer

Shamara Sadler

Elise Quirk, until 23/07/25

Beverley J Brooks MBE, until 12/03/25

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 25/07/22.

Trustees are appointed through an open and inclusive recruitment process, led by our Chair. We advertise via social media, our website and existing networks (including Charterpath), presenting a detailed role description (making it clear the responsibilities and the commitments required, as well as particular skills, experience and knowledge that we are looking for). We are particularly looking for enthusiastic, innovative and reliable people, who can multitask and make a strong contribution to the Board through sharing and implementing their energy, knowledge, expertise and life experiences. Applicants are asked to apply in writing and are given the opportunity to meet with the Chair to discuss the role in more detail and, where appropriate, to attend a Board Meeting as an observer. Preferred candidates are identified and invited to join the Board, subject to references, formal vetting and approval by all Trustees. Unsuccessful candidates are notified and thanked for their interest.

In selecting individuals for appointment as Trustees of Zephyr's, the Trustees always have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Zephyr's

The Trustees will make available to each new Trustee, on or before their first appointment:

- a) a copy of the current version of Zephyr's CIO constitution; and
- b) a copy of the latest Zephyr's Annual Report and statement of accounts.

Objectives and activities

The Objects of Zephyr's are:

1. For public benefit and to promote the emotional health and wellbeing of all those affected by, or suffering loss through pregnancy or the death of a baby or child, or those who are pregnant or parenting after loss.
2. To provide specialist support services – for those living, working, or cared for within, Nottinghamshire and surrounding areas – for baby and child loss; including by not exclusive to, peer support, face to face and online sessions, bereavement counselling, creative and holistic therapies and resources.

Summary of the main activities undertaken for the public benefit

Zephyr's provides bereaved individuals and families in Nottinghamshire (and surrounding areas) with specialist support, as well as opportunities to find connection in each other, and a network of others who understand. Our bereavement counselling service offers 1-2-1 sessions or therapy for couples, while our creative and holistic activities, and peer groups allow for a supportive and nurturing sense of coming together through creative and holistic approaches. Those who find Zephyr's are not alone in their loss. Sessions and workshops include yoga for bereaved mums, forest school activities for families (Into The Woods), woodworking for bereaved dads, group wellbeing walks, creative/play therapy for bereaved siblings, regular peer-led support drop-ins (both in-person and online, via Zoom), and seasonal celebrations. We provide spaces to meet across the city of Nottingham - currently in Sneinton, Sherwood, Tollerton and Colwick.

Zephyr's is radically increasing the support available for bereaved parents in Nottinghamshire. Our experience (and research) shows that people who have experienced child loss can suffer depression, anxiety, post-traumatic stress, suicidal tendencies and panic. Specialist support, provided at the earliest opportunity, helps bereaved parents to improve wellbeing and reduce the long-term psychological impact. It supports them to face the world and continue living, when that might be the last thing they want to do. All of our activities – counselling, peer support, creative and holistic therapies – are provided for free.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

In April 2024 our two part-time staff - Chief Executive and Project Co-ordinator – moved from freelance contracts to PAYE contracts.

Zephyr's

Zephyr's continues to provide a wide-ranging programme of support for bereaved parents and families in Nottinghamshire, including:

Counselling: The Zephyr's counselling service is for bereaved parents, grandparents and older siblings aged 16 years and over who are based in Nottingham or Nottinghamshire. Held in our warm and welcoming therapy room at Sherwood Community Centre, we offer up to 12 sessions of counselling per person/couple for free, giving people the chance to feel held and be heard in whatever they feel ready to talk about. Between 1 April 2024 and 31 March 2025, Zephyr's delivered 192 counselling sessions, supporting 30 individuals.

Our team of freelance counsellors - which grew to three in 2024/25 - are professional and well-skilled; supporting bereaved families as they explore and express their grief and feelings following loss. We provide a non-judgemental, safe and open space that is totally person-centred.

Feedback from Zephyr's counselling clients shows the difference that our counselling service makes. One person summed up the positive change that counselling had made very simply: "I don't feel suicidal anymore." Another participant said: "[Counselling] has helped me massively. I feel like a new person and I am able to cope with things a lot better than I did before. I have gained confidence in myself." Another said: "[Counselling] helped me reframe my thoughts and stop being too hard on myself. It's given me ideas on how to navigate relationships with friends. It has got me through the week knowing I have a session coming up, and I enjoy talking through my anxiety, I think I have got to know myself more and realise how resilient I have been. I may not have been without Zephyr's."

Wellbeing Walks: We continue to run monthly Wellbeing Walks – a healthy, group counselling session (facilitated by Green Space Therapy & Counselling), providing support for an average of 5-10 bereaved parents each month.

Monthly Meet-ups: On the first Thursday of the month, from our Nottingham city centre venue, we run a face-to-face get together for bereaved parents and families. Led by experienced volunteers, these warm and friendly evenings are a gentle chance to chat and be heard (with peers who truly understand), to listen and feel supported. Sessions provide time to be together, to borrow from our library, or simply just to be. Most importantly, as a previous visitor said, Monthly Meet-ups help people to understand that they are not alone and to “feel like facing the world again”.

Making Space for Dads: Monthly woodwork/making sessions for bereaved Dads, led by Zephyr's Dad, Martin (himself an experienced workshop leader and artist). Participants may be supported to craft something in honour of their little one, or simply just to share a cup of tea with peers, or to take away a new skill working with a hammer, axe, knife or plane.

Zephyr's

HOPE – Pregnancy after Loss: A volunteer-led support group, under the banner of Zephyr's, HOPE is a group for anyone who is trying to conceive or pregnant after loss. HOPE run monthly group sessions (alternating online and in person), featuring professional practitioners and speakers, with sessions including: relaxation techniques, mindfulness, yoga, managing anxiety, birth planning, creative activities and professional support from midwives and other healthcare professionals.

Yoga: Working with The Yoga Village (Nottingham-based practitioners specialising in therapeutic and meditative yoga) we continue to provide quarterly restorative yoga sessions for bereaved women. These sessions give participants a calming, meditative and relaxing opportunity to connect with themselves and with peers.

Into the Woods: A monthly nature-focused play session for children who have experienced the death of a sibling, and their families. We want to support the wellbeing and mental health of children in Nottinghamshire; helping them understand, experience and express emotion and grief. Partnering with Boots & Brambles Forest School, we co-deliver monthly environmental sessions for children and families to gather in the woods, explore and feel supported by nature.

Creative Play Therapy: Towards the end of 2024/25 we began preparing to launch a new Creative Play Therapy service, providing 1-2-1 support for young people, following the loss of a sibling or a young family member. This pilot service launched in April 2025.

Through all of these activities and services, Zephyr's provides support for an average of 80-90 bereaved parents and families every month (approximately 1000 per year).

Financial review

The Trustees are satisfied with the financial position of the charity at the end of the reporting period, having made a surplus.

We have had better success this year with grants from trusts, foundations and other funders and were very grateful to receive support from the National Lottery Community Fund, Jones 1986 Charitable Trust, Charles Littlewood Hill Trust, Orr Mackintosh Foundation (ShareGift), JN Derbyshire Trust, Severn Trent Community Fund and Star Trust East Midlands. We also generated over £10,000 by participating in two Big Give "match-funding" campaigns during the year. Zephyr's also continues to benefit from the hard work, passion and generosity of our community: in 2024/25 fundraisers took part in the Robin Hood Half and Mini Marathons; organised music events, cake sales, quizzes and a Truck Run; and gave money in memory of loved ones.

We recognise that to ensure the sustainability and development of the charity, we need to build up our reserves and attract more funding for core services - including essential staffing costs - and continue to maintain a stream of targeted applications to appropriate funders to achieve this.

Zephyr's

Before becoming an independent registered charity in July 2022, Zephyr's was formerly a project, managed by Nottingham Hospitals Charity (registered charity number 1165397). Nottingham Hospitals Charity still holds some funds which are ring-fenced for use by Zephyr's. Rather than being paid to Zephyr's, however, these funds are paid directly to practitioners working on behalf of Zephyr's to deliver projects. During 2024/25, these payments were as follows:

| Month | Practitioner | Project | Amount |
|----------------|-----------------------------------|-------------------------------|---------------|
| April 2024 | Boots & Brambles Forest School | Into The Woods | £260 |
| April 2024 | Green Space Therapy & Counselling | Wellbeing Walks | £200 |
| April 2024 | Martin Sommerville | Woodworking for Bereaved Dads | £260 |
| May 2024 | Boots & Brambles Forest School | Into The Woods | £260 |
| May 2024 | Green Space Therapy & Counselling | Wellbeing Walks | £200 |
| May 2024 | Martin Sommerville | Woodworking for Bereaved Dads | £260 |
| June 2024 | Boots & Brambles Forest School | Into The Woods | £260 |
| June 2024 | Green Space Therapy & Counselling | Wellbeing Waks | £200 |
| June 2024 | Martin Sommerville | Woodworking for Bereaved Dads | £260 |
| July 2024 | The Yoga Village | Yoga Circle for Bereaved Mums | £200 |
| July 2024 | Martin Sommerville | Woodworking for Bereaved Dads | £260 |
| September 2024 | Green Space Therapy & Counselling | Wellbeing Walks | £200 |
| October 2024 | Green Space Therapy & Counselling | Wellbeing Walks | £200 |
| October 2024 | The Yoga Village | Yoga Circle for Bereaved Mums | £200 |
| January 2025 | The Yoga Village | Yoga Circle for Bereaved Mums | £200 |
| TOTAL | | | £3,420 |

Zephyr's

The charity's policy on reserves

Zephyr's was registered as a CIO in July 2022. Our key aims during our first five years are to build a solid, stable base for our charity. We continue to develop gradually, ensuring that we have sufficient funding and support to commit to (and sustain) our projects, programmes and core costs. In July 2025, Trustees set an updated target of generating unrestricted reserves equal to at least four months' operating costs (£30,000). This will be reviewed on an annual basis.

Financial risks

Like all small charities we face financial risks caused by the cost of living crisis. We rely on the generosity of donors and fundraisers (as well as grants and donations from trusts, foundations and corporate partners) to be able to deliver our programmes and services. If people stop being able to give to charity - because their spending ability is reduced due to increasing living costs - then charities like Zephyr's will struggle. We continue to experience the increased competition for funding from trusts and foundations - especially following local authority cuts for charities/community groups in Nottingham in 2023. Our strategy is to face this by establishing and developing a broad base of support - including grant funding, community fundraising, in memory donations, individual giving, events, corporate partnerships and earned income (including our annual Zephyr's Christmas cards).

Signed on behalf of the charity's trustees:

Signed 
Raymond Patrick Fisher, Chair

Date 10/09/25

**Independent examiner's report to the trustees of
Zephyr's
for the year ended 31 March 2025**

I report to the trustees on my examination of the accounts of Zephyr's (the charity) for the period ended 31 March 2025.

Responsibilities and basis of report

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


I report in respect of my examination of the charity's accounts 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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

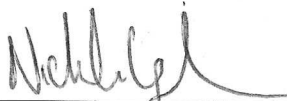
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed  Date 11/09/2025
John O'Brien MSc, FAIA, FCIE
Employee of Community Accounting Plus

**Zephyr's
Statement of assets and liabilities
at 31 March 2025**

| 2024 | | Note | 2025 |
|--------------|--|------|--------------|
| £ | | | £ |
| | Cash assets | | |
| 23468 | Bank accounts | | 36697 |
| <u>33</u> | Cash in hand | | <u>-</u> |
| <u>23501</u> | | | <u>36697</u> |
| | Other monetary assets | | |
| <u>269</u> | Prepayments - Legal & professional | | <u>87</u> |
| <u>269</u> | | | <u>87</u> |
| | Assets retained for the charity's own use | | |
| | General equipment. | | |
| | Liabilities | | |
| <u>(630)</u> | Creditors | 4 | <u>(974)</u> |
| <u>(630)</u> | | | <u>(974)</u> |

These financial statements are accepted on behalf of the charity by:

Signed  Dated 10/9/25
 Nicholas Lawford, Trustee

Zephyr's
Notes to the accounts
for the year ended 31 March 2025

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

| | Unrestricted £ | Restricted £ | Total £ |
|--|-------------------|-----------------|--------------|
| Condition Management Company | 350 | - | 350 |
| Jones 1986 Charitable Trust | 5000 | - | 5000 |
| National Lottery Community Fund - Awards For All | 20000 | - | 20000 |
| Charles Littlewood Hill Trust donation | 2000 | - | 2000 |
| JN Derbyshire Trust | 3000 | - | 3000 |
| Severn Trent Water Community Fund | - | 14000 | 14000 |
| Star Trust East Midlands | 5000 | - | 5000 |
| Orr Mackintosh Foundation | 3000 | - | 3000 |
| The Big Give - The Big Give Women & Girls | 4996 | 4661 | 9657 |
| Gift aid | 707 | - | 707 |
| Co-op Food Group | 500 | - | 500 |
| Sundry donations | 350 | - | 350 |
| | 44903 | 18661 | 63564 |

3. Funds analysis

| | Opening balance £ | Receipts £ | (Payments) £ | Closing balance £ |
|---------------------------|-------------------------|---------------|-----------------|-------------------------|
| Restricted funds | | | | |
| Creative therapy | - | 4661 | - | 4661 |
| Into the Woods | 1415 | - | (1415) | - |
| Sibling Therapy | 1500 | - | (122) | 1378 |
| Project Co-ordinator | - | 14000 | (6603) | 7397 |
| | 2915 | 18661 | (8140) | 13436 |
| Unrestricted funds | | | | |
| General | 20586 | 56933 | (54258) | 23261 |
| | 20586 | 56933 | (54258) | 23261 |

Zephyr's Notes to the accounts (continued)

Creative Therapy

Purpose: In October 2024, we raised £4,661 via the Big Give Women & Girls match-funding programme. These funds are specifically to fund creative wellbeing activities (including yoga) for bereaved women.

Into the Woods

Purpose: To deliver a programme (January 2023 to April 2024) of nature-focused forest school play sessions for children who have experienced the death of a sibling, and their families. Funded by Severn Trent Community Fund.

Sibling Therapy

Purpose: We are currently fundraising to deliver a pilot programme of play therapy sessions for children who have experienced the death of a sibling. We launched this pilot in April 2025.

Project Co-ordinator

Purpose: In November 2024 we received a grant of £14,000 from the Severn Trent Community Fund to fund the salary of our Project Co-ordinator for 12 months.

4. Creditors

| | |
|-------------------------------|------------|
| | £ |
| IE fee - Legal & professional | 654 |
| Insurance | 320 |
| | <u>974</u> |

5. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

6. Related party transactions

There were no related party transactions during the period.

7. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

ZEPHYR'S

England & Wales - Charity number 1199772

Accounts

Zephyr's
(Registered charity, number 1199772)
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| Page | Contents |
|-------------|-----------------------------------|
| 2 - 7 | Trustees' annual report |
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Zephyr's Trustees' annual report for the year ended 31 March 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 31 March 2024.

Full name Zephyr's

Organisation type Charitable incorporated organisation

Registered charity number 1199772

Principal address

Unit 42 Sneinton Market, Freckingham Street, Nottingham, NG1 1DQ

Trustees

Beverley J Brooks MBE, Chair, from 27/09/23

Nicholas Lawford, Treasurer

Shamara Sadler

Raymond Patrick Fisher, from 12/03/24

Gemma Lewis, from 22/05/24

Vanessa Beers, until 12/03/24

Baishali Clayton, until 12/03/24

Hannah Yates, until 11/01/24

Victoria Jones, until 27/09/23

Kimberley Errington, until 31/08/23

Mohinder Sahota, until 14/07/23

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 25/07/22.

Trustees are appointed through an open and inclusive recruitment process, led by our Chair. We advertise via social media, our website and existing networks, presenting a detailed role description (making it clear the responsibilities and the commitments required, as well as particular skills, experience and knowledge that we are looking for). We are particularly looking for enthusiastic, innovative and reliable people, who can multitask and make a strong contribution to the Board through sharing and implementing their energy, knowledge, expertise and life experiences. Applicants are asked to apply in writing and are given the opportunity to meet with the Chair to discuss the role in more detail and, where appropriate, to attend a Board Meeting as an observer. Preferred candidates are identified and invited to join the Board, subject to references, formal vetting and approval by all Trustees. Unsuccessful candidates are notified and thanked for their interest.

Zephyr's

In selecting individuals for appointment as Trustees of Zephyr's, the Trustees always have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Trustees will make available to each new Trustee, on or before their first appointment:

- a) a copy of the current version of Zephyr's CIO constitution; and
- b) a copy of the latest Zephyr's Annual Report and statement of accounts.

Objectives and activities

The Objects of Zephyr's are:

1. For public benefit and to promote the emotional health and wellbeing of all those affected by, or suffering loss through pregnancy or the death of a baby or child, or those who are pregnant or parenting after loss.
2. To provide specialist support services – for those living, working, or cared for within, Nottinghamshire and surrounding areas – for baby and child loss; including by not exclusive to, peer support, face to face and online sessions, bereavement counselling, creative and holistic therapies and resources.

Summary of the main activities undertaken for the public benefit

Zephyr's provides bereaved individuals and families in Nottinghamshire (and surrounding areas) with specialist support, as well as opportunities to find connection in each other, and a network of others who understand. Our bereavement counselling service (which launched in early 2023) offers 1-2-1 sessions or therapy for couples, while our creative and holistic activities, and peer groups allow for a supportive and nurturing sense of coming together through creative and holistic approaches. Those who find Zephyr's are not alone in their loss. Sessions and workshops include yoga for bereaved mums, forest school activities for families (Into The Woods), woodworking for bereaved dads, group wellbeing walks, regular peer-led support drop-ins (both in-person and online, via Zoom), and seasonal celebrations. We provide spaces to meet across the city of Nottingham - currently in Sneinton, Sherwood, Tollerton and Colwick.

Zephyr's is radically increasing the support available for bereaved parents in Nottinghamshire. Our experience (and research) shows that people who have experienced child loss can suffer depression, anxiety, post-traumatic stress, suicidal tendencies and panic. Specialist support, provided at the earliest opportunity, helps bereaved parents to improve wellbeing and reduce the long-term psychological impact. It supports them to face the world and continue living, when that might be the last thing they want to do. All of our activities - counselling, peer support, creative and holistic therapies - are provided for free.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Zephyr's

Summary of the main achievements during the period

Following our registration in July 2022, 2023/24 was our first full year as an independent Charitable Incorporated Organisation. Our key aims for Zephyr's during this period continued to be to establish (and develop) support services for bereaved families in Nottinghamshire and to build a solid, stable base for our charity moving forward. We are ambitious for the future of Zephyr's, but we are also cautious and fully understand the challenges faced by small charities in the UK currently. Therefore our strategy has been to build up our services gradually, ensuring that we have sufficient funding and support to commit to (and sustain) our important projects and programmes.

While Zephyr's relies on the passion, creativity and commitment of our growing community of volunteers, we recognise the importance of having a central, paid member of staff to: co-ordinate programmes, projects and activities; develop partnerships; support fundraising; manage volunteers; and lead on the support and signposting of newly bereaved parents who contact Zephyr's. In early 2023 we were able to gradually grow our staff team, employing a freelance Project Co-ordinator. Having two part-time staff - supported by passionate and hard-working volunteers - has been transformational for our small charity, enabling Zephyr's to provide a wide-ranging programme of support for bereaved parents, including:

COUNSELLING: In March 2023 we launched a professional bereavement counselling service, working with two experienced (and BACP accredited) bereavement counsellors, and supporting the training of one volunteer counsellor, to provide counselling for bereaved parents. In our first year, we completed referrals for 30 clients (individuals and couples). This free, specialist counselling is a crucial, much-needed service in Nottingham - our growing waiting list demonstrates the urgent need for it. Following an initial grant from the National Lottery Community Fund, we have continued to fund the Zephyr's counselling service through community fundraising, individual giving and grants. One recent counselling service user expressed the difference the service had made: "Counselling has helped me come to terms with my loss and my grief, engage in active recovery and to help me move forward. It has helped me realise that I cannot neatly tie up my grief like I would attempt to with any other part of my life and accept that I will always feel sad...The support of my counsellor has been significant in helping me manage, and to be perfectly honest 'survive', my third pregnancy in just over a year whilst muddying through my grief."

WELLBEING WALKS: We continue to run monthly Wellbeing Walks – a healthy, group counselling session (facilitated by Green Space Therapy & Counselling), providing support for an average of 5-10 bereaved parents each month.

MONTHLY MEET-UPS: On the first Thursday of the month, from our Nottingham city centre venue, we run a face-to-face get together for bereaved parents and families. Led by experienced volunteers, these warm and friendly evenings are a gentle chance to chat and be heard (with peers who truly understand), to listen and feel supported. Sessions provide time to be together, to borrow from our library, or simply just to be. Most importantly, as previous visitor said, Monthly Meet Ups help people to understand that they are not alone and to "feel like facing the world again".

Zephyr's

MAKING SPACE FOR DADS: Monthly woodwork/making sessions for bereaved Dads, led by Zephyr's Dad, Martin (himself an experienced workshop leader and artist). Participants may be supported to craft something in honour of their little one, or simply just to share a cup of tea with peers, or to take away a new skill working with a hammer, axe, knife or plane. After the success of a 2022/23 project pilot, this project continued in 2023/24, initially supported by Small Steps Big Changes and then by fundraising.

HOPE – PREGNANCY AFTER LOSS: A volunteer-led support group, under the banner of Zephyr's, HOPE is a group for anyone who is trying to conceive or pregnant after loss. HOPE run monthly group sessions (alternating online and in person), featuring professional practitioners and speakers, with sessions including: relaxation techniques, mindfulness, yoga, managing anxiety, birth planning, creative activities and professional support from midwives and other healthcare professionals.

YOGA: Working with The Yoga Village (Nottingham-based practitioners specialising in therapeutic and meditative yoga) we continue to provide quarterly restorative yoga sessions for bereaved women. These sessions give participants a calming, meditative and relaxing opportunity to connect with themselves and with peers.

INTO THE WOODS: In January 2023, initially with the support of the Severn Trent Community Fund (and now funded independently), we launched Into The Woods, a monthly nature-focused play session for children who have experienced the death of a sibling, and their families. We want to support the wellbeing and mental health of children in Nottinghamshire; helping them understand, experience and express emotion and grief. Partnering with Boots & Brambles Forest School, we co-deliver monthly environmental sessions for children and families to gather in the woods, explore and feel supported by nature.

Through all of these activities and services, Zephyr's provides support for an average of 75 bereaved parents and families every month (approximately 900 per year).

Financial review

The Trustees are satisfied with the financial position of the charity at the end of its first full financial year as an independent CIO, whilst acknowledging the small deficit at year end and the need to turn this into a surplus moving forward.

We have benefited from some successful community fundraising initiatives this year - 18 fundraisers took part in the Robin Hood Half and Mini Marathons in September 2023, raising nearly £4,000. In February, we organised a Fire Walk fundraiser, with 27 brave fundraisers facing boiling hot coals and raising over £8,000. In September 2023, after 8 members (across 3 generations) of one family had attended our Into The Woods forest schools sessions, they raised nearly £9,000 through a Golf Day event they organised for Zephyr's.

Zephyr's

We have had less success this year with grants from trusts/foundations, however. We recognise that to ensure the sustainability and development of the charity, we need to build up our reserves and attract more funding for core services - including essential staffing costs - and continue to maintain a stream of targeted applications to appropriate funders to achieve this.

Before becoming an independent registered charity in July 2022, Zephyr's was formerly a project, managed by Nottingham Hospitals Charity (registered charity number 1165397). Nottingham Hospitals Charity still holds some funds which are ring-fenced for use by Zephyr's. Rather than being paid to Zephyr's, however, these funds are paid directly to practitioners working on behalf of Zephyr's to deliver projects. During 2022/23, these payments were as follows:

| Month | Practitioner | Project | Amount |
|---------------|-----------------------------------|-------------------------------|--------------|
| October 2023 | The Yoga Village | Yoga for Bereaved Mums | £250 |
| January 2024 | The Yoga Village | Yoga for Bereaved Mums | £250 |
| January 2024 | Boots & Brambles Forest School | Into The Woods | £260 |
| February 2024 | Boots & Brambles Forest School | Into The Woods | £260 |
| February 2024 | Martin Sommerville | Woodworking for Bereaved Dads | £260 |
| February 2024 | Green Space Therapy & Counselling | Wellbeing Walks | £200 |
| March 2024 | The Yoga Village | Yoga for Bereaved Mums | £250 |
| March 2024 | Boots & Brambles Forest School | Into The Woods | £260 |
| March 2024 | Martin Sommerville | Woodworking for Bereaved Dads | £260 |
| March 2024 | Green Space Therapy & Counselling | Wellbeing Walks | £200 |
| TOTAL | | | £2450 |

The charity's policy on reserves

Zephyr's was registered as a CIO in July 2022. Our key aims during our first two years are to build a solid, stable base for our charity. We will develop gradually, ensuring that we have sufficient funding and support to commit to (and sustain) our projects/programmes. Trustees have set a target of generating unrestricted reserves equal to at least four months' operating costs (£17,000) by the end of the 2023/24 financial year, which we were pleased to exceed.

Zephyr's

Financial risks

Like all small charities we face financial risks caused by the cost of living crisis. We rely on the generosity of donors and fundraisers (as well as grants and donations from trusts, foundations and corporate partners) to be able to deliver our programmes and services. If people stop being able to give to charity - because their spending ability is reduced due to increasing living costs - then charities like Zephyr's will struggle. Likewise, we have recognised, this year, the increased competition for funding from trusts and foundations - especially following local authority cuts for charities/community groups in Nottingham in 2023. Our strategy is to face this by establishing and developing a broad base of support - including grant funding, community fundraising, in memory donations, individual giving, events, corporate partnerships and earned income (including our annual Zephyr's Christmas cards).

Signed on behalf of the charity's trustees:

Signed Beverley J Brooks

Beverley J Brooks MBE, Chair

Date 30 July 2024

**Independent examiner's report to the trustees of
Zephyr's
for the year ended 31 March 2024**

I report to the trustees on my examination of the accounts of Zephyr's (the charity) for the period ended 31 March 2024.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts 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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed



Date 05/08/2024

John O'Brien MSc, FCCA, FCIE

Employee of Community Accounting Plus

**Zephyr's
Statement of assets and liabilities
at 31 March 2024**

| 2023 | | Note | 2024 |
|--------------|--|------|--------------|
| £ | | | £ |
| | Cash assets | | |
| 26373 | Bank accounts | | 23468 |
| 17 | Cash in hand | | 33 |
| <u>26390</u> | | | <u>23501</u> |
| | Other monetary assets | | |
| 268 | Prepayments | 4 | 269 |
| <u>268</u> | | | <u>269</u> |
| | Assets retained for the charity's own use | | |
| | General equipment. | | |
| | Liabilities | | |
| (570) | Creditors - independent examination fee | | (630) |
| <u>(570)</u> | | | <u>(630)</u> |

These financial statements are accepted on behalf of the charity by:

Signed 
Nicholas Lawford, Trustee

Dated 1/8/2024

Zephyr's
Notes to the accounts
for the year ended 31 March 2024

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

| | Unrestricted £ | Restricted £ | Total £ |
|---|-------------------|-----------------|--------------|
| Trent Psychological Therapy Service | 1350 | - | 1350 |
| Nottingham CityCare - Small Steps Big Changes | - | 2615 | 2615 |
| The Thomas Farr Charity | 3000 | - | 3000 |
| Sundry grants & donations | 5424 | - | 5424 |
| | 9774 | 2615 | 12389 |

3. Funds analysis

| | Opening balance £ | Receipts (Payments) £ | £ | Closing balance £ |
|---------------------------|-------------------------|--------------------------|----------------|-------------------------|
| Restricted funds | | | | |
| Crowdfunder | - | 4682 | (4682) | - |
| Into the Woods | 7320 | - | (5905) | 1415 |
| Sibling Therapy | 1500 | - | - | 1500 |
| Woodworking | - | 2615 | (2615) | - |
| | 8820 | 7297 | (13202) | 2915 |
| Unrestricted funds | | | | |
| General | 17570 | 39200 | (36184) | 20586 |
| | 17570 | 39200 | (36184) | 20586 |

CROWDFUNDER

Purpose: Fundraising income raised specifically to support the Zephyr's core counselling service (including freelance counsellor fees, room hire and administration).

INTO THE WOODS

Purpose: To deliver a programme (January 2023 to April 2024) of nature-focused forest school play sessions for children who have experienced the death of a sibling, and their families. Funded by Severn Trent Community Fund.

SIBLING THERAPY

Purpose: We are currently fundraising to deliver a pilot programme of play therapy sessions for children who have experienced the death of a sibling. We plan to launch this pilot in 2024.

Zephyr's

WOODWORKING

Purpose: To deliver a programme (May to November 2023) of monthly woodworking sessions for bereaved Dads, funded by Small Steps Big Changes.

4. Prepayments

| | |
|----------------------|------------------------|
| | £ |
| Insurance | 225 |
| Legal & professional | 44 |
| | <hr/> 269 <hr/> |

5. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

ZEPHYR'S

England & Wales - Charity number 1199772

Accounts

Zephyr's
(Registered charity, number 1199772)
Financial statements
for the period 25 July 2022 to 31 March 2023

| Page | Contents |
|-------------|-----------------------------------|
| 2 - 6 | Trustees' annual report |
| 7 | Independent examiner's report |
| 8 | Receipts & payments account |
| 9 | Statement of assets & liabilities |
| 10 - 11 | Notes to the accounts |

**Zephyr's
Trustees' annual report
for the period 25 July 2022 to 31 March 2023**

Full name Zephyr's

Organisation type Charitable incorporated organisation

Registered charity number 1199772

Principal address

Unit 42 Sneinton Market, Freckingham Street, Nottingham, NG1 1DQ

Trustees

Victoria Jones, Chair
Baishali Clayton
Hannah Yates
Nicholas Lawford

Vanessa Beers
Shamara Sadler, from 26/01/23
Mohinder Sahota, until 14/07/23
Kimberley Errington, until 29/08/23

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 25/07/22.

Trustees are appointed through an open and inclusive recruitment process, led by our Chair. We advertise via social media, our website and existing networks, presenting a detailed role description (making it clear the responsibilities and the commitments required, as well as particular skills, experience and knowledge that we are looking for). We are particularly looking for enthusiastic, innovative and reliable people, who can multitask and make a strong contribution to the Board through sharing and implementing their energy, knowledge, expertise and life experiences. Applicants are asked to apply in writing and are given the opportunity to meet with the Chair to discuss the role in more detail and, where appropriate, to attend a Board Meeting as an observer.

Short-listing and interviews take place against agreed criteria. Interviews are carried out by a small panel of Trustees, and each candidate is asked similar questions to ensure a fair and objective approach. Notes are kept of each interview. Preferred candidates are identified and invited to join the Board, subject to references, formal vetting and approval by all Trustees. Unsuccessful candidates are notified and thanked for their interest.

In selecting individuals for appointment as Trustees of Zephyr's, the Trustees always have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Zephyr's

The Trustees will make available to each new Trustee, on or before their first appointment:

- (a) a copy of the current version of CIO constitution; and
- (b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

Objectives and activities

The Objects of Zephyr's are: (1) For public benefit and to promote the emotional health and wellbeing of all those affected by, or suffering loss through pregnancy or the death of a baby or child, or those who are pregnant or parenting after loss. (2) To provide specialist support services – for those living, working, or cared for within, Nottinghamshire and surrounding areas – for baby and child loss; including but not exclusive to, peer support, face to face and online sessions, bereavement counselling, creative and holistic therapies and resources.

Summary of the main activities undertaken for the public benefit

Zephyr's provides bereaved individuals and families in Nottinghamshire with specialist support, as well as an opportunity to find connection in each other, and a network of others who understand. Our bereavement counselling service (which launched in early 2023) offers 1-2-1 sessions or therapy for couples, while our creative and holistic activities, and peer groups allow for a supportive and nurturing sense of coming together through creative and holistic approaches. Those who find Zephyr's are not alone in their loss. Sessions and workshops include yoga for bereaved mums, crafts and activities for families, woodworking for bereaved dads, well-being walks, regular support drop-ins over a cuppa, and seasonal celebrations. We provide spaces to meet across the city of Nottingham - currently in Sneinton, Sherwood, Tollerton and Colwick.

Zephyr's is radically increasing the support available for bereaved parents in Nottingham. Our experience (and research) shows that people who have experienced child loss can suffer depression, anxiety, post-traumatic stress, suicidal tendencies and panic. Specialist support, provided at the earliest opportunity, helps bereaved parents to improve wellbeing and reduce the long-term psychological impact. It supports them to face the world and continue living, when that might be the last thing they want to do. All of our activities - counselling, peer support, creative and holistic therapies - are provided for free.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Zephyr's

Summary of the main achievements during the period

2022/23 was our first year as an independent Charitable Incorporated Organisation. Our key aims for Zephyr's during this period were to establish (and develop) support services for bereaved families after the upheaval of the pandemic and to build a solid, stable base for our charity moving forward. We are ambitious for the future of Zephyr's, but we are also cautious and fully understand the challenges faced by small charities in the UK currently. Therefore, our strategy has been to build up our services gradually, ensuring that we have sufficient funding and support to commit to (and sustain) our important projects and programmes. During this period, this included:

COUNSELLING: In March 2023 – with thanks to the National Lottery Community Fund, which funded a six-month pilot service – we launched a professional bereavement counselling service. Working with two experienced (and BACP accredited) bereavement counsellors – and supporting the training of one volunteer counsellor – we began to provide at least 25 hours of counselling per month. We anticipate providing tailored support for approximately 20 bereaved parents/couples over six months. This free, specialist counselling is a crucial, much-needed service in Nottingham.

WELLBEING WALKS: In November 2022 we began a pilot of Wellbeing Walks – a healthy, group counselling session (facilitated by Green Space Therapy & Counselling), providing support for an average of 5-10 bereaved parents each month.

MONTHLY MEET-UPS: On the first Thursday of the month, from our Nottingham city centre venue, we run a face-to-face get together for bereaved parents and families. Led by experienced volunteers, these warm and friendly evenings are a gentle chance to chat and be heard (with peers who truly understand), to listen and feel supported. Sessions provide time to be together, to borrow from our library, or simply just to be. Most importantly, as a previous visitor said, Monthly Meet Ups help people to understand that they are not alone and to “feel like facing the world again”.

MAKING SPACE FOR DADS: In summer 2022 we launched a six-month pilot of monthly woodwork/making sessions for bereaved Dads, led by Zephyr's Dad, Martin (himself an experienced workshop leader and artist). Participants may be supported to craft something in honour of their little one, or simply just to share a cup of tea with peers, or to take away a new skill working with a hammer, axe, knife or plane. After the success of this pilot, this project has continued in 2023, supported by Small Steps Big Changes.

HOPE – PREGNANCY AFTER LOSS: A volunteer-led support group, under the banner of Zephyr's, HOPE is a group for anyone who is trying to conceive or pregnant after loss. HOPE run monthly group sessions (alternating online and in person), featuring professional practitioners and speakers, with sessions including: relaxation techniques, mindfulness, yoga, managing anxiety, birth planning, creative activities and professional support from midwives and other healthcare professionals.

Zephyr's

YOGA: Working with The Yoga Village (Nottingham-based practitioners specialising in therapeutic and meditative yoga) we currently provide quarterly restorative yoga sessions for bereaved women. These sessions give participants a calming, meditative and relaxing opportunity to connect with themselves and with peers.

INTO THE WOODS: In January 2023, with the support of the Severn Trent Community Fund, we launched Into The Woods, a monthly nature-focused play session for children who have experienced the death of a sibling, and their families. We want to support the wellbeing and mental health of children in Nottinghamshire; helping them understand, experience and express emotion and grief. Partnering with Boots & Brambles Forest School, we co-deliver monthly environmental sessions for children and families to gather in the woods, explore and feel supported by nature.

Through all of these activities and services, Zephyr's provides support for an average of 75 bereaved parents and families every month (approximately 900 per year).

Financial review

The Trustees are satisfied with the financial position of the charity at the end of its first financial year as an independent CIO, moving forward with a surplus. We have been successful in securing a number of small grants to enable us to pilot and deliver programmes and projects, as well as continuing to attract support from community fundraisers, corporate partners, events and individual donors. We recognise that to ensure the sustainability and development of the charity, we need to build up our reserves and attract more funding for core services - including essential staffing costs - as opposed to purely project-based funding.

While Zephyr's relies on the passion, creativity and commitment of our growing community of volunteers, we recognise the importance of having a central, paid member of staff to: co-ordinate programmes, projects and activities; develop partnerships; support fundraising; manage volunteers; and lead on the support and signposting of newly bereaved parents who contact Zephyr's. Carly Williams (Founder and Managing Director) takes this role (currently part-time), having worked as Zephyr's Project Manager at Nottingham Hospitals Charity from April 2017 to December 2021. Moving forward, it is our aim to build our staffing capacity to provide essential support for Carly as we continue to grow - this will include the development of a freelance Admin & Project Co-ordinator role, which we are piloting in 2023. We need to secure the central, core funding to be able to sustain this.

The charity's policy on reserves


Zephyr's was registered as a CIO in July 2022. Our key aims during our first two years are to build a solid, stable base for our charity. We will develop gradually, ensuring that we have sufficient funding and support to commit to (and sustain) our projects/programmes. Trustees have set a target of generating unrestricted reserves equal to at least four months' operating costs (£17,000) by the end of the 2023/24 financial year, which we are on course to exceed.

Zephyr's

Financial risks

Like all small charities we face financial risks caused by the cost of living crisis. We rely on the generosity of donors and fundraisers (as well as grants and donations from trusts, foundations and corporate partners) to be able to deliver our programmes and services. If people stop being able to give to charity - because their spending ability is reduced due to increasing living costs - then charities like Zephyr's will struggle. Our strategy is to face this by establishing and developing a broad base of support - including grant funding, community fundraising, in memory donations, events, corporate partnerships and earned income (including our annual Zephyr's Christmas cards).

Signed on behalf of the charity's trustees:

Signed 
Victoria Jones, Trustee

Date 27.09.23

**Independent examiner's report to the trustees of
Zephyr's
for the period 25 July 2022 to 31 March 2023**

I report to the trustees on my examination of the accounts of Zephyr's (the charity) for the period 25 July 2022 to 31 March 2023.

Responsibilities and basis of report

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


I report in respect of my examination of the charity's accounts 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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed  Date 04/10/23
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus


**Zephyr's
Receipts & payments account
for the period 25 July 2022 to 31 March 2023**

| | | Unrestricted Funds £ | Restricted Funds £ | 2023 (8 months) Total Funds £ |
|---|------|----------------------------|--------------------------|---|
| | Note | | | |
| Receipts | | | | |
| Opening transfer | 3 | 15182 | - | 15182 |
| Grants & donations | 2 | 10796 | 13105 | 23901 |
| Fundraising | | 10046 | - | 10046 |
| Sales & fees | | 1220 | - | 1220 |
| Activities & events | | 604 | - | 604 |
| Total receipts | | <u>37848</u> | <u>13105</u> | <u>50953</u> |
| Payments | | | | |
| Staffing costs | | 13655 | 1745 | 15400 |
| Activities & events | | 929 | 2340 | 3269 |
| Bank charges | | 11 | - | 11 |
| Equipment, repairs & renewals | | 329 | - | 329 |
| Fundraising & publicity | | 930 | - | 930 |
| Insurance | | 320 | - | 320 |
| Legal & professional | | 60 | - | 60 |
| Premises maintenance | | 1247 | - | 1247 |
| Rent & room hire | | 1909 | - | 1909 |
| Sundry payments | | 54 | - | 54 |
| Telephone, internet & postage | | 57 | - | 57 |
| Training & supervision | | 750 | 200 | 950 |
| Volunteer expenses | | 27 | - | 27 |
| Total payments | | <u>20278</u> | <u>4285</u> | <u>24563</u> |
| Net receipts/(payments) | | 17570 | 8820 | 26390 |
| Cash funds at start of this period | | - | - | - |
| Cash funds at end of this period | | <u>17570</u> | <u>8820</u> | <u>26390</u> |

**Zephyr's
Statement of assets and liabilities
at 31 March 2023**

| | Note | 2023 £ |
|--|------|---------------------|
| Cash assets | | |
| Bank accounts | | 26373 |
| Cash in hand | | <u>17</u> |
| | | <u>26390</u> |
| Other monetary assets | | |
| Prepayments | 5 | <u>268</u> |
| | | <u>268</u> |
| Assets retained for the charity's own use | | |
| General equipment. | | |
| Joinery for counselling room, November 2022, total cost £876 | | |
| Liabilities | | |
| Creditors - independent examination fee | | <u>(570)</u> |
| | | <u>(570)</u> |

These financial statements are accepted on behalf of the charity by:

Signed  Dated 27/9/23
Nicholas Lawford, Trustee

Zephyr's
Notes to the accounts
for the year ended 31 March 2023

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

| | Unrestricted £ | Restricted £ | Total £ |
|---|-------------------|-----------------|--------------|
| Nottingham CityCare - Small Steps Big Changes | - | 2605 | 2605 |
| The Harley Jae Trust | 1636 | - | 1636 |
| Nottingham Pregnancy Crisis | 1000 | - | 1000 |
| Severn Trent Water BGC | - | 9000 | 9000 |
| Thomas Farr Charity | 5000 | - | 5000 |
| Lady Hind Trust | 2000 | - | 2000 |
| Angela Gallagher Memorial Fund | - | 1000 | 1000 |
| Jessie Spencer Trust | - | 500 | 500 |
| Sundry grants & donations | 1160 | - | 1160 |
| | <u>10796</u> | <u>13105</u> | <u>23901</u> |

3. Transfer

The charity registered as a Charitable Incorporated Organisation (CIO) on the 25th July 2022 and the balances of the funds and operations of the previous community group were transferred into this charity on that date.

4. Funds analysis

| | Opening balance £ | Receipts (Payments) £ | Transfers £ | Closing balance £ |
|---------------------------|-------------------------|--------------------------|----------------|-------------------------|
| Restricted funds | | | | |
| Into the Woods | - | 9000 | (1680) | 7320 |
| Sibling Therapy | - | 1500 | - | 1500 |
| Woodworking | - | 2605 | (2605) | - |
| | <u>-</u> | <u>13105</u> | <u>(4285)</u> | <u>8820</u> |
| Unrestricted funds | | | | |
| General | - | 37848 | (20278) | 17570 |
| | <u>-</u> | <u>37848</u> | <u>(20278)</u> | <u>17570</u> |

The purpose of the Into The Woods fund is to deliver a 12 month programme (January to December 2023) of nature-focused forest school play sessions for children who have experienced the death of a sibling, and their families. Funded by Severn Trent Community Fund.

Zephyr's

The purpose of the Woodworking fund is to deliver a 6-month programme (July to December 2022) of monthly woodworking sessions for bereaved Dads, funded by Small Steps Big Changes.

The purpose of the Sibling Therapy fund is to fundraise to deliver a pilot programme of play therapy sessions for children who have experienced the death of a sibling.

5. Prepayments

| | |
|----------------------|------------|
| | £ |
| Insurance | 225 |
| Legal & professional | 43 |
| | <u>268</u> |

6. Previous period comparison

The previous period's figures have not been included for comparison because this is the charity's first accounting period.

7. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.