

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

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**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

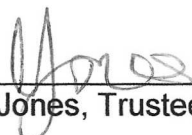
Zephyr's was registered as a CIO in July 2022. Our key aims during our first two years are to build a solid, stable base for our charity. We will develop gradually, ensuring that we have sufficient funding and support to commit to (and sustain) our projects/programmes. Trustees have set a target of generating 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').

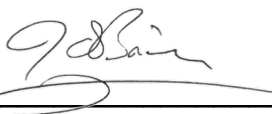
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

				2023 (8 months)
		Unrestricted Funds £	Restricted Funds £	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		37848	13105	50953
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		20278	4285	24563
Net receipts/(payments)		17570	8820	26390
Cash funds at start of this period		-	-	-
Cash funds at end of this period		17570	8820	26390

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

		2023
Cash assets	Note	£
Bank accounts		26373
Cash in hand		17
		<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
	<hr/>
	268

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.