

Charity registration number: 1200275

Keep Talking Services

Annual Report and Financial Statements

for the Year Ended 30 April 2023

Keep Talking Services

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Keep Talking Services

Reference and Administrative Details

Trustees	Ms C Bernal, Chairperson
	Mr LJ Saunders
	Mr T Tsangarides
Charity Registration Number	1200275
Principal Office	Neptune Coworking Hub
	Wimereux Square
	Herne Bay
	Kent
	CT6 5NX
Independent Examiner	Beresfords
	Chartered Certified Accountants
	1-2 Rhodium Point
	Spindle Close
	Hawkinge
	Folkestone
	Kent
	CT18 7TQ

Keep Talking Services

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 30 April 2023.

Objectives and activities

Objects and aims

For the public benefit, the relief of those who are experiencing either a combination of ill health and/or poor mental health, and have become socially isolated as a result particularly, but not exclusively, in Kent, through the provision of a befriending service.

Objectives, strategies and activities

Telephone befriending service and delivering training related to the promotion of mental health awareness and safeguarding.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

Since obtaining charitable status in September, Keep Talking Services has made significant strides in fulfilling its mission and delivering valuable support to the community. Our achievements are as follows:

Befriending Hours: A total of 540 hours of befriending services have been provided to individuals within the community. These efforts have played a crucial role in promoting social connections and enhancing the well-being of those we serve.

Interaction: Our dedicated staff members have engaged in 2880 interactions with various providers, students, and clients. These interactions have aimed at fostering collaboration and ensuring the most beneficial outcomes for the individuals in need of our services.

Recognition in Kent: We have successfully established recognition and credibility across Kent, earning acknowledgment from a diverse range of primary and secondary care sectors. Notably, our partnerships span GP surgeries, other charitable organizations, local authorities, and the local NHS provider.

University Collaborations: Keep Talking Services is actively collaborating with three different universities, with the initiation of work with two additional universities. These partnerships signify our commitment to fostering knowledge exchange and contributing to academic advancements in our field.

Student Involvement: To date, we have engaged with 56 students across 11 distinct fields of study. These students have provided invaluable support to 130 clients, significantly enhancing the quality and scope of the assistance we offer.

Mental Health Awareness Training: As part of our ongoing efforts to create a mentally health-aware environment, we have delivered mental health awareness training to numerous third-sector organizations and all students involved in our initiatives. This endeavor aims to foster a better understanding of mental health issues and promote a more supportive atmosphere within the community.

These achievements signify our unwavering commitment to making a positive impact on the lives of those who require assistance and support the most. We remain dedicated to our mission and look forward to continuing to serve the community with utmost professionalism and dedication.

Keep Talking Services

Trustees' Report (continued)

BBC South East Feature: Recently, our organization was featured on BBC South East Today, providing us with an excellent platform to showcase the essential work we do and raise awareness about mental health issues in the community. This media exposure has allowed us to reach a broader audience and disseminate our message more effectively.

Charity of the Year Recognition: We are honored to be recognized as the Charity of the Year for the VC Business Games at our local university. This prestigious accolade underscores the value of our contributions and the positive influence we have had on the lives of individuals in need. It also serves as a testament to the effectiveness of our programs and the dedication of our team.

Financial review

Unrestricted reserves at the end of the financial year were £355 while restricted reserves were £6,098.

Policy on reserves

The trustees, in collaboration with the management team, will regularly assess and determine the appropriate levels of reserves.

Structure, governance and management

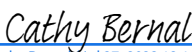
Nature of governing document

The charity is registered as a Charitable Incorporated Organisation and is governed by its constitution adopted on 5th September 2022.

Recruitment and appointment of trustees

Trustees are appointed after consideration by the current board of trustees.

The annual report was approved by the trustees of the charity on ^{Jul 27, 2023} and signed on its behalf by:


Cathy Bernal | Jul 27, 2023 12:16 GMT+1 | ...
Ms C Bernal
Trustee

Keep Talking Services

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on Jul 27, 2023 and signed on its behalf by:

Cathy Bernal
Cathy Bernal (Jul 27, 2023 12:16 GMT+1)

Ms C Bernal
Trustee

Keep Talking Services

Independent Examiner's Report to the trustees of Keep Talking Services

I report to the trustees on my examination of the accounts of Keep Talking Services for the year ended 30 April 2023.

Responsibilities and basis of report

As the charity trustees of Keep Talking Services 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 Keep Talking Services'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 material 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 Keep Talking Services as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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



.....
Daniel Payne FCCA
Beresfords
Chartered Certified Accountants
1-2 Rhodium Point
Spindle Close
Hawkinge
Folkestone
Kent
CT18 7TQ

Date: Jul 27, 2023.....

Keep Talking Services

Statement of Financial Activities for the Year Ended 30 April 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	2	13,541	15,507	29,048
Other income		262	-	262
		<u>13,803</u>	<u>15,507</u>	<u>29,310</u>
Total income				
Expenditure on:				
Charitable activities	3	(13,448)	(9,409)	(22,857)
Total expenditure		<u>(13,448)</u>	<u>(9,409)</u>	<u>(22,857)</u>
Net income		<u>355</u>	<u>6,098</u>	<u>6,453</u>
Net movement in funds		<u>355</u>	<u>6,098</u>	<u>6,453</u>
Reconciliation of funds				
Total funds carried forward	13	<u>355</u>	<u>6,098</u>	<u>6,453</u>


All of the charity's activities derive from continuing operations during the above period.

The notes on pages 8 to 13 form an integral part of these financial statements.

Keep Talking Services
(Registration number: 1200275)
Balance Sheet as at 30 April 2023

	Note	2023 £
Fixed assets		
Tangible assets	10	283
Current assets		
Debtors	11	359
Cash at bank and in hand		6,411
		<hr/> 6,770
Creditors: Amounts falling due within one year	12	<hr/> (600)
Net current assets		<hr/> 6,170
Net assets		<hr/> <hr/> 6,453
Funds of the charity:		
Restricted income funds		
Restricted funds		6,098
Unrestricted income funds		
Unrestricted funds		<hr/> 355
Total funds	13	<hr/> <hr/> 6,453

The financial statements on pages 6 to 13 were approved by the trustees, and authorised for issue on ~~Jul 27, 2023~~ and signed on their behalf by:


[Cathy.Bernal@jul.27.2023.12:16 GMT+1](#)...
 Ms C Bernal
 Trustee

Keep Talking Services

Notes to the Financial Statements for the Year Ended 30 April 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Keep Talking Services meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

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

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Keep Talking Services

Notes to the Financial Statements for the Year Ended 30 April 2023 (continued)

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £100.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	5 years straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

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

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies;			
Donations received	13,541	-	13,541
Grants, including capital grants;			
Grants from other charities	-	15,507	15,507
Total for 2023	13,541	15,507	29,048

Keep Talking Services

Notes to the Financial Statements for the Year Ended 30 April 2023 (continued)

3 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total funds £
Training		77	846	923
Rent		420	684	1,104
Insurance		243	-	243
Telephone		290	-	290
Computer software and maintenance costs		589	-	589
Printing, postage and stationery		93	-	93
Subscriptions		90	-	90
Sundry expenses		138	-	138
Travel and subsistence		30	54	84
Advertising and promotional expenses		360	758	1,118
Payroll processing fees		480	-	480
DBS Checks		-	1,110	1,110
Depreciation, amortisation and other similar costs		33	12	45
Staff costs	7	10,005	5,945	15,950
Governance costs	4	600	-	600
Total for 2023		13,448	9,409	22,857

4 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Independent examiner fees		
Examination of the financial statements	600	600
Total for 2023	600	600

Keep Talking Services

Notes to the Financial Statements for the Year Ended 30 April 2023 (continued)

5 Net incoming/outgoing resources

Net incoming/outgoing resources for the year include:

	2023 £
Depreciation of fixed assets	45

6 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

7 Staff costs

The aggregate payroll costs were as follows:

	2023 £
Staff costs during the year were:	
Wages and salaries	15,601
Social security costs	349
	15,950

No employee received emoluments of more than £60,000 during the year

8 Independent examiner's remuneration

	2023 £
Examination of the financial statements	600

Keep Talking Services

Notes to the Financial Statements for the Year Ended 30 April 2023 (continued)

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

10 Tangible fixed assets

	Office equipment £	Total £
Cost		
Additions	328	328
At 30 April 2023	328	328
Depreciation		
Charge for the year	45	45
At 30 April 2023	45	45
Net book value		
At 30 April 2023	283	283

11 Debtors

	2023 £
Prepayments	359

12 Creditors: amounts falling due within one year

	2023 £
Accruals	600

13 Funds

	Incoming resources £	Resources expended £	Balance at 30 April 2023 £
Unrestricted funds			
General	13,803	(13,448)	355
Restricted funds	15,507	(9,409)	6,098
Total funds	29,310	(22,857)	6,453

Keep Talking Services

Notes to the Financial Statements for the Year Ended 30 April 2023 (continued)

The specific purposes for which the funds are to be applied are as follows:

Colyer Fergusson Charitable Trust - This grant was allocated to pay for core costs including salaries, travel, and expenses and also used in our branding and advertising materials.

Kent Community Foundation Trust - This grant was allocated to pay for core costs including salaries, travel, and expenses and also used in our branding and advertising materials. There was also an additional £1000 that was given in support of the cost of living increase which was unrestricted. This paid for salaries along with part payment for our yearful database.

The National Lottery Awards for all - This paid for DBS checks for all our volunteers, office space rental, and a small training budget, branding and our database. £2478 of this grant was agreed by the funder to be diverted in payment of staffing salaries.

14 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 30 April 2023 £
Tangible fixed assets	146	137	283
Current assets	809	5,961	6,770
Current liabilities	(600)	-	(600)
Total net assets	355	6,098	6,453









Keep Talking Services - Accounts - 30 April 2023

Final Audit Report

2023-07-27

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