



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 16/12/22 Period start date To 31/12/23 Period end date

Charity name:SO.

Charity registration number:1201322

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Providing support groups for those with early onset dementia and their carer partners.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The support groups provide aid and assistance, signpost and provide sources of information. Provide well being activities and cognitive therapy sessions.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	These support groups benefit the members by improving their self confidence and by socialising. Signposting and information sources improve their personal and financial situations.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	We are grateful to our volunteers, who provide refreshments and also have a kind ear to listen to our members.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In March 2023 we started our second group in Norwich, with an initial 10 members. The Norfolk and Suffolk Health Trust now actively encourage people they diagnose to come to our support groups. Our members were consulted by the Norfolk and Norwich University Hospital on areas where it could improve when people with dementia are either in hospital as a patient or a visitor. Chair of Trustees continues to be part of the Patient Participation Group for the Norwich and North Norfolk Older persons Community Mental Health Trust and Memory Clinic.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The Norwich group is looking to grow and there may be a need to open a new group near Great Yarmouth
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of this financial year, there was £1600 cash in the bank. This will cover 12 month room hire for two groups
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	The charity is still growing and increasing it's grant and fund raising operations.
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Craft fairs were the main source of income , followed by a Lottery grant.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charity's Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed at a properly convened meeting of the Trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	So.
Other name the charity uses	
Registered charity number	1201322
Charity's principal address	Post Office High Street Southrepps Norwich NR11 8AH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dirck Geary	Chair		
2	Lorraine Geary	Safeguarding		
3	Joy Robinson			
4	Jan Rout	Safeguardin		
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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So...		Charity No (if any)	1201322
Annual accounts for the period			
Period start date	16/12/2022	To	Period end date 31/12/2023

Section A

Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	2,240	-	-	2,240	889
Charitable activities	S02	3,175	-	-	3,175	329
Other trading activities	S03	191	-	-	191	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	110
Other	S06	-	-	-	-	-
Total	S07	5,606	-	-	5,606	1,328
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	776	-	-	776	166
Charitable activities	S09	3,460	-	-	3,460	414
Separate material item of expense	S10	430	-	-	430	-
Other	S11	-	-	-	-	-
Total	S12	4,746	-	-	4,746	580
Net income/(expenditure) before investment gains/(losses)	S13	859	-	-	859	748
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	859	-	-	859	748
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	-	-	-	-	-
Reconciliation of funds:						
Total funds brought forward	S21	747	-	-	747	-
Total funds carried forward	S22	1,606	-	-	1,606	748

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

[Signature]

[Signature]

Full name(s)

J. R. R. R.

DIRCE GERRY

Position (eg Secretary,
Chair, etc)

Date

16/8/2024