

SUPPORTIVE APPROACHABLE FRIENDLY ENVIRONMENT (SAFE)

England & Wales · Charity number 1203674

Details

Other names SAFE

Status Registered

Legal form CIO

Registered 2023-06-21

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

Contact

Address Lancaster District CVS
The Cornerstone
Sulyard Street
Lancaster
LA1 1PX

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Activities

Objects: FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED, BY REASON OF SUFFERING FROM MENTAL ILL-HEALTH, RESIDING IN THE LANCASTER DISTRICT, IN PARTICULAR BUT NOT EXCLUSIVELY PROVIDING EARLY INTERVENTION AND PREVENTION SUPPORT, THROUGH THE PROVISION OF CREATIVE ARTS, SOCIAL AND RECREATIONAL ACTIVITIES, HEALTH AND WELL-BEING WORKSHOPS, PRACTICAL ADVICE AND SUPPORT DELIVERED IN COMMUNITY SETTINGS.

Activities: SAFE works in the Lancaster district with young people and adults experiencing mental health and life challenges. Our Socialease groups (adults) and the Prop-Up-Project (young people and young adults) uses arts, social and recreational activities for early intervention support. By tailoring engagement to individuals, SAFE aims to overcome barriers to involvement and build personalised strategies.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£58,817	£32,675	-	-
2024-06-30	£40,249	£15,886	-	-

Trustees

Name	Role	Appointed
Val Baxter	Chair	2025-09-17
CHARMAINE ROTHWELL		2023-06-21
Jon Lawson		2023-06-21
Pam Pickles		2026-03-18
Rebecca Blackburn		2023-10-04
Rhiannon Sharkey		2023-06-21
Sue Horner		2025-09-17

SUPPORTIVE APPROACHABLE FRIENDLY ENVIRONMENT (SAFE)

England & Wales - Charity number 1203674

Accounts



ANNUAL TRUSTEES REPORT AND FINANCIAL STATEMENTS

For the period 1st July 2024 to 30th June 2025

Supportive Approachable Friendly Environment (SAFE)

Charity Number 1203674
c/o Lancaster District CVS
The Cornerstone
Sulyard Street
Lancaster
LA1 1PX

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Charity Information

Trustees	Charmaine Rothwell Rebecca Blackburn Jon Lowson Rhiannon Sharkey Amanda Davey
Charity Number	1203674
Registered Office	c/o Lancaster District CVS The Cornerstone Sulyard Street Lancaster LA1 1PX
Chief Executive	Keeley Wilkinson

Governing Documents Constitution of Charitable Incorporated Organisation

Independent Examiner	Shweta Pankhadiwala Lancaster District CVS The Cornerstone Sulyard Street Lancaster LA1 1PX
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Trustees Report for the period 1st July 2024 to 30th June 2025

The Trustees present their year-end report and the financial statements as a Charitable Incorporated Organisation (CIO) for the charity's reporting period ended 30th June 2025.

The financial statements comply with current statutory requirements, the charity's governing document.

Objectives and Activities

The charity's objective is to provide services for the public benefit, the relief of those in need, by reason of suffering from mental ill-health, residing in the Lancaster district, in particular but not exclusively providing early intervention and prevention support, through the provision of creative arts, social and recreational activities, health and well-being workshops, practical advice and support delivered in community settings.

SAFE achieves its objectives through its three core programs

- **Prop Up Project:** For young people aged 13-19, we deliver two weekly groups. These sessions use creative activities and wellbeing strategies, nurturing positive thinking and providing coping strategies. Our approach aims to encourage gradual, personalised progress.
- **Prop Up Project Young Adults' Group:** Designed for individuals aged 20-25, these monthly sessions promote connections and coping strategies, helping them overcome barriers to social and educational engagement.
- **Socialease:** This program, running twice weekly for adults aged 18+, offers a space for casual interaction, fostering mental wellbeing and addressing isolation through activities and discussions. It includes a unique table card system to facilitate engagement.

Our programs play a vital role in reducing social isolation and developing essential coping strategies. We strive to empower our participants to take control of their wellbeing, manage challenging situations, and recognise early signs of declining mental health.

The charity is actively seeking to expand the services and deliver extra sessions for young people – due to increasing referrals from families, external organisations & services.

SAFE's Vision, Mission & Values

Vision

To build a community where everyone lives a life with the confidence, skills and connections to take positive steps forward.

Mission Statement

SAFE aims to empower people to build a positive life, which they are at the centre of, providing tools to improve wellbeing and life skills in a judgement free space. We believe everyone deserves to live a life with confidence, skills and connections to take positive steps forward.

Values

Care and wellbeing - We foster a secure and supportive environment where individuals feel valued, respected, and welcomed.

Togetherness - We create a sense of belonging and connection, encouraging personal growth and shared learning.

Fulfilling Potential - Through a personalised approach, we empower all involved with SAFE to reach their full potential.

Thinking about the Future – We support people to envision a brighter future by helping them build the confidence and tools needed to see new possibilities and pathways forward.



SAFE IMPACT 2024-2025

73

Adults and young people benefitted from our sessions

35 Young people

38 Adults



201

sessions for young people and adults

103 Young people

98 Adults



2,409HRS

volunteered hours across 26 amazing volunteers both in sessions and supporting with other areas



FEEDBACK

"The group has helped me to think about my future more positively"

36

New referrals for young people



15

New referrals for adults



THANK YOU TO...

Grant Funding

Bank Lyon Memorial Trust, Red rose responding fund, Lancaster City Council Housing Fund Morecambe Town Council, Co-op Community Fund, Break the mold Minds in the Bay, Garfield Weston Foundation, Yorkshire Building Society Morecambe Bay ICC/ PCN Fund, North Lancashire Place Based Partnership & Penhale Trust

Fundraising

Christmas Craft Afternoon, Quiz nights, SAFE Glitter ball, EDF Christmas Activities



Our Activities

In this financial period, the charity has delivered 201 sessions for the benefit of 73 people (35 young people and 38 adults). This included 36 new referrals for young people aged 13-19 and 15 new referrals for adults.

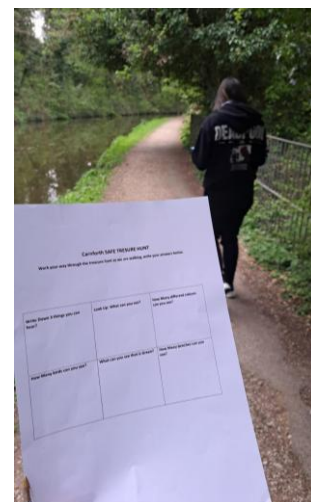
Prop Up Project

We have delivered a total of 91 Sessions for young people aged 13-19 who are experiencing barriers to accessing social environments due to mental health difficulties, neurodiversity and other life challenges. This breaks down to 45 2-hour sessions in Morecambe & 46 2-hour sessions in Carnforth across the 12-month period.

Our two 13-19 Prop Up Project programs are delivered in partnership. One with the Lancashire County Council Targeted Youth Support Team (Morecambe) & the other with The Salvation Army (Carnforth).

From July 2024 to June 2025, we delivered a range of creative sessions which focused on the wellbeing topics that young people identified as a priority. Key to our approach is to provide young people with independent toolkits and resources to take away to use outside of our sessions. These sessions typically had an art, theatre, or otherwise creative focus. These included:

- **Self-care and Relaxation:** The young people played Relaxation Bingo, a game that aims to help them identify what relaxation techniques they already use and ones that could potentially be useful for them. We also talked about how stress can affect our physical and mental health, as well as the ways we can mitigate this. The young people tried new ways of managing their stress (such as meditation, creating worry boxes, journals, and worry worms) and learned to set expectations of how and when these techniques can help them.
- **Goal Setting:** The young people thought about a goal they would like to achieve in the next six months and how they would achieve this. We also talked about setting manageable and realistic goals; reflecting on the progress they've made; and further goals they would like to achieve later on in their life.
- **Plant Pots:** The young people decorated plant pots and learned how to plant their own vegetables and flowers. This supports fundraising (as the plant pots were sold at fairs

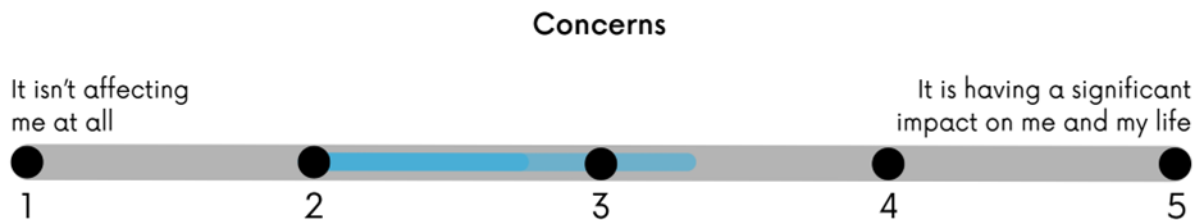


on from the group have identified that they appreciated the assistance in finding support in the wider community.

Impact

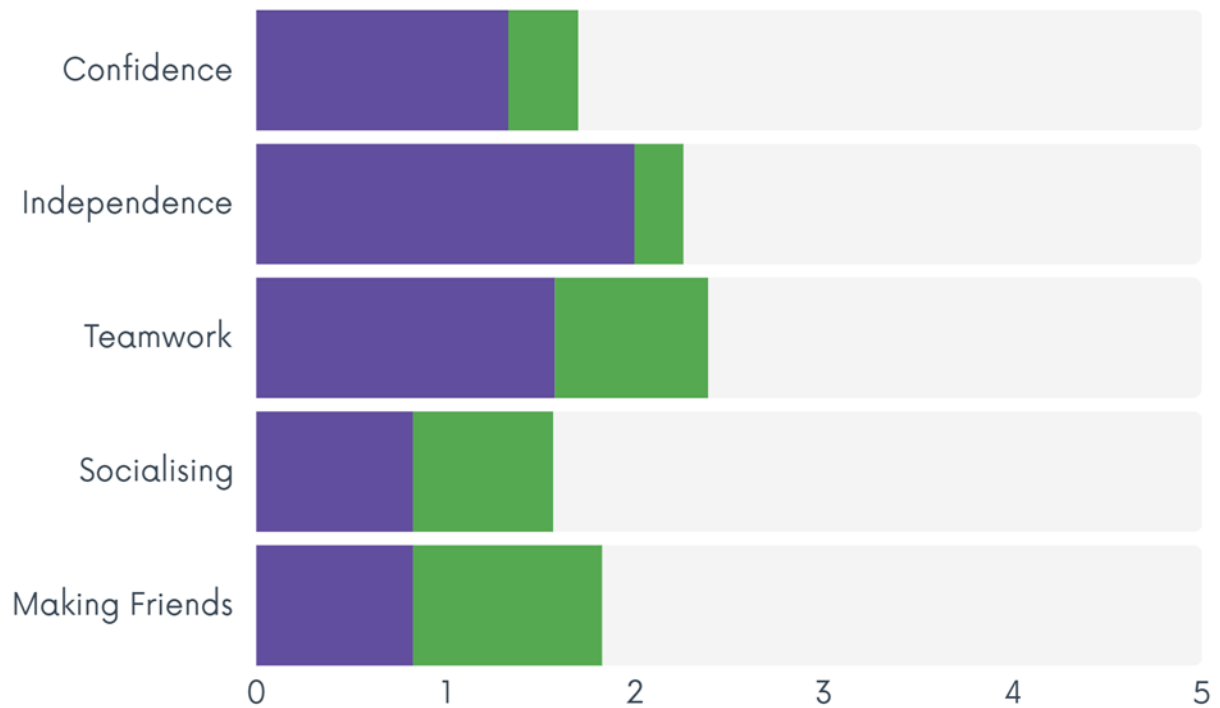
In 2024-2025 4 young people have successfully moved on from our sessions; to engage in other activities including volunteering with SAFE's Prop Up Project & attending other activities.

As part of the Evaluation Form, the young people were asked to list a few of their concerns and to rate how much it is affecting them. The responses were measured on a 5-point scale, with 5 being the highest value ("it is having a significant impact on me and my life") and 1 is the lowest ("it isn't affecting me at all") (see below). When people first start at SAFE, their average Concerns rating was 3.25 (indicating a somewhat substantial effect on their lives), but this number drops to an average rating of 2.91, and continues to decrease until it reaches an average of 2.00 by the time they leave the group.



Young people are asked to think of skills they would like to improve through attendance at our sessions. The group collectively decided that they would like to work on improving their confidence, independence, teamwork, socialising, and making friends. The young people had to answer a question rating how confident they felt in each skill. This was measured on a 5-point scale, with 5 being the highest ("I am feeling very confident") and 0 being the lowest ("I am not feeling confident at all"). In every single one of these skills, the group showed improvement (see below). Making Friends showed the most improvement, while Independence showed the least improvement (going from an average of 2.00 to 2.26). Similarly, Confidence showed a 0.37 increase, Teamwork increased by 0.81 and Socialising showed an increase of 0.74. However, while there was significant improvement, the group indicate that these skills still have room for improvement.

Average Score Across Skills Aims



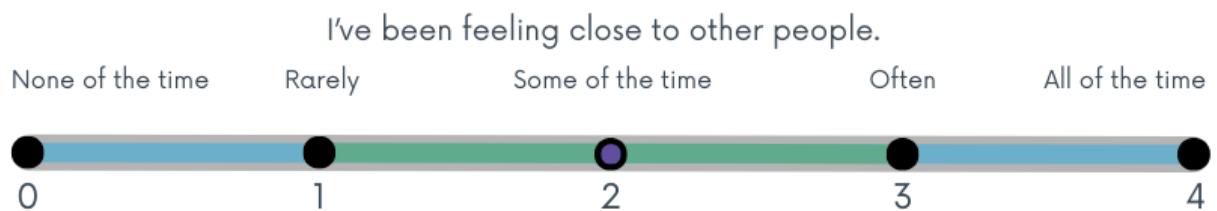
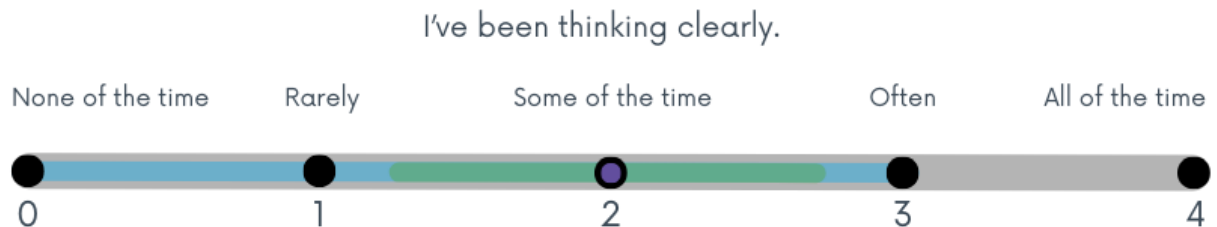
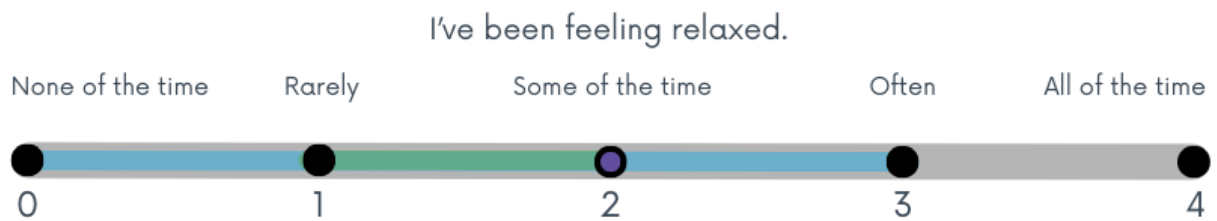
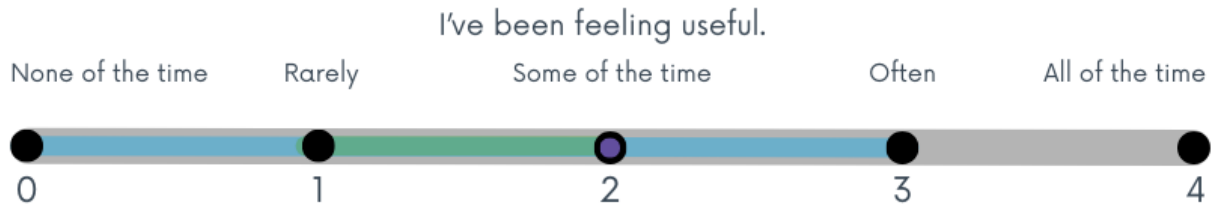
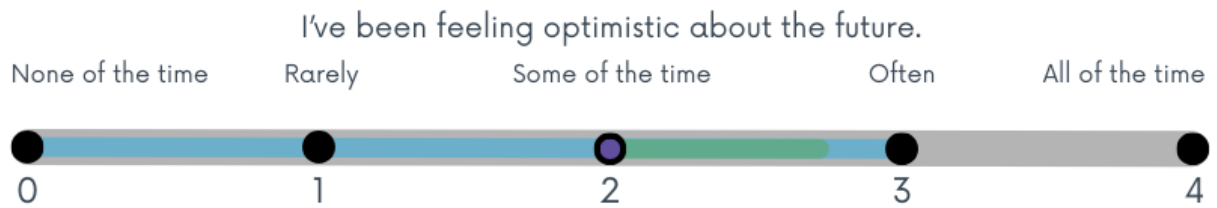
The young people also regularly fill in the Edinburgh wellbeing scale to track their general wellbeing. This scale asks the young people to rate how regularly they feel optimistic, useful, relaxed, able to cope with their problems, think clearly, feel close to others, and able to make decisions. Overall young people's mental health and wellbeing either remained constant or improved as a result of working with SAFE (see below).

36% of young people showed improvement in relation to feeling relaxed & feeling useful.

27% of young people showed improvement in their ability to deal with problems, making decisions and feeling closer to others.

18% of young people reported an increase in their ability to think clearly.

Short Warwick - Edinburgh



Legend

- Median
- Range
- Interquartile Range

Case Study

When Alex*, aged 15, joined Prop Up, life felt overwhelming. He was not attending school, rarely left the house except with his parents, and avoided socialising due to extreme social anxiety. Even in his first sessions with us, Alex stayed silent, sat apart from others, and avoided eye contact.



Over 12 months of weekly engagement with the Prop Up Project, things began to change. Our tailored, non-judgemental approach gave Alex the structure and focus he needed, without pressure. He learned practical daily living and wellbeing skills at his own pace, in an environment where he could truly be himself.

Today, Alex attends college full time, speaks confidently with peers, and actively takes part in activities. He now travels independently on the bus, meets friends for social events, and even calls himself “the chatty one.”

Alex says,

“Prop Up gave me focus when I had nothing. I could be myself here, learn at my own speed, and feel understood.”

Alex has developed confidence and independence, connection, and is able to look forward to a brighter future.

***Name has changed**

BEE SAFE

We collaborated with a local Community Interest Company (CIC), BEE Adventures, to create BEE SAFE. This programme was commissioned as part of the North Lancashire ‘Help is Close’ Campaign, offering four sessions to each local high school, college & university. In each setting we worked with up to 15 pupils, sessions tackled some of the challenges and concerns that young people face. Three sessions are delivered in schools, while the final one takes the young people out on an adventure day in the Lake District incorporating all of the lessons learned in the first three sessions. So far, we have provided support to 48 young people across 5 schools.

The school sessions cover:

- Life changes, which aims to identify life changes, look at the consequences of these changes, and to provide tools to deal with these. The young people also created a stress bucket to help identify their personal stressors and coping strategies, and practice some mindfulness techniques.
- Expectations, which aims to identify the various expectations from social media, school, family, and themselves, and to provide tools to manage this. As part of this, the young people played the Expectation Quest Game, where the young people have to progress through a board game using power-up tokens (coping strategies, such



as saying no, setting boundaries, and making a plan) to combat reality checks (such as teachers expecting the young people to get good grades). The young people also had to navigate the Lancaster CVS directory to find support and help for hypothetical young people in case studies.

- Fears and life skills, which aims to provide information and tools relating to managing fears, being content in life, finances, and budgeting. The life skills section, enabled young people to practice budgeting & planning for a hiking trip where the choices they make early on in the game (such as picking the cheaper sports shoes over expensive hiking boots) influence the outcomes within the game.

Following on from our preliminary feedback & monitoring 43% of the young people reported feeling more able to deal with stress when they were overwhelmed, with one young person stating that this is down to “learning grounding techniques”. Another young person reported that “playing [games] helped me with my confidence”, which correlates to the 36% increase in the young people’s confidence in their ability to handle changes in their life. There was also a 14% increase in the young people being able to manage their finances and fears. Another 43% of the young people increased their ability to know and ask for help when they needed it, and a 36% increase in the young people knowing where to go for support.

New Prop Up Group

Looking forward to 2025/2026 as part of our charity's growth action plan, we aim to start a new Prop Up Project Young People’s group in Lancaster in Autumn 2025. This is following increased referrals for young people living in Lancaster and unsuccessful engagement in our existing sessions. This new group will follow the same model as our existing two sessions for young people ages 13-19. Currently we have been successful in grant applications to local funder Banks Lyon Memorial Trust with others in progress. Thank you to them for enabling this new group to happen.



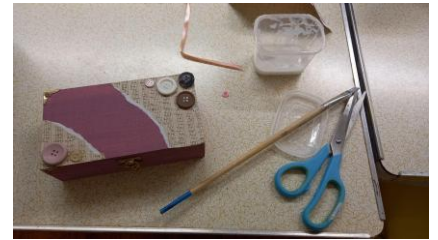
Prop Up Project Young Adults Group

We delivered 12 sessions, 1 per month for young adults aged 20-25 who are experiencing barriers to accessing social environments due to mental health difficulties, neurodiversity and other life challenges.

Our creative & wellbeing sessions included:

- **Life Skills and Independent Living:** after consulting with the group members, we delivered a series of sessions around interviews & budgeting skills and ways to increase confidence & knowledge of these areas.

- **Wellbeing:** Group members created booklets to include a weekly routine, a list of support services and a list of people in their networks they could reach out to when needed.
- **Team Work:** Activities were delivered such as geocaching & problem solving games to enable people to work together to achieve a common goal and improve group connections..
- **Arts Sessions:** Including Knitting, creating Christmas paper crafts & pom pom making. Group members lead these sessions to share their skills & interests with others
- **Art for Relaxation:** Creating gratitude jars as a mechanism to support stress. Sessions were delivered around how stress affects us & our bodies and how we can develop relaxation techniques.



With thanks to the Bay Integrated Care Community (ICC) & Primary Care Network (PCN) for grant funding to make the independent living project possible.

Feedback from young adults

“I enjoy coming to the sessions and interacting with the different people. It helps me build socialisation skills and experience different things”

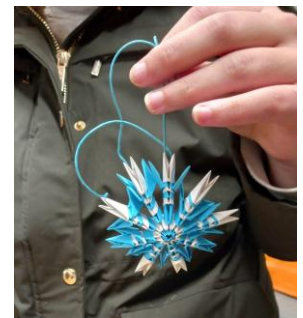
The group asked for more frequent sessions (currently monthly) and for some of the sessions to focus on issues surrounding neurodiversity.



Impact

The young adults listed their concerns and rated (on a 5 point scale) how much it is affecting them. On average most concerns started with a 3 and by the next time of recording had dropped to 2 (indicating a reduction in the impact of their concerns and worries).

When completing the Edinburgh Wellbeing scale to keep track of their general wellbeing the Young adults mental health and wellbeing either remained constant or improved as a result of working with SAFE. The biggest change was in the Relaxed measure, with 50% increasing by one or more marks on the 5 point scale. 25% of the group increased in optimism & decision making .



Socialease

We have delivered a total of 98 Sessions for adults aged 18 and over who are experiencing barriers to accessing social environments due to mental health difficulties, neurodiversity and other life challenges. This breaks down to 49 2-hour sessions in Morecambe & 49 2-hour sessions in Lancaster across the 12 month period.

Socialease sessions offer a relaxed and non-pressured environment for adults to get involved at their own pace. Our table card system promotes choice: green side to talk & yellow side where time out is needed. Enabling people to observe and have time on their own.

From July 2024 to June 2025 we delivered sessions and talks which focused on topics chosen by the group. These included:

- **Budgeting Project:** This was a series of sessions run in collaboration with Lancaster and Morecambe College that focuses on ways to manage finances and budget effectively.
- **Arts & Craft:** The group worked with a local artist to make crafts including painting pebbles and jars, card making, felting, and creating storage containers from recycled tins using napkins to decorate them. The group members either took them home or have been used at fundraising events for the Charity. This encouraged people to try new hobbies to discover the benefits for their mental health and wellbeing.
- **Mindfulness:** We had a session covering the techniques and benefits of mindfulness practices. This included an open discussion of the meditation techniques that the group members already use and find helpful as well as the limitations and when/how often they can be used. We also discussed grounding techniques to try and improve the general wellbeing of the group members.
- **Games:** As part of our regular sessions, we play a variety of board and card games as a mechanism to help encourage conversations and connections within the group. It serves as an easy “in” for group members. Over time, the group members no longer rely on games and develop the skills and confidence needed to start a conversation on their own.
- **Working in partnership:** In addition to our Prop Up Project, this year SAFE Socialease has supported King Street Arts CIC with their ‘painting with acrylics’ project. Socialease group members alongside members of other local groups attended a series of weekly sessions learning new skills, creating art work for a final exhibition.



We also had a variety of talks from local organisations to help group members to learn about services and charities that are available to them. These included:

- **Lancaster District CVS:** Gave us information on the Lancaster District Directory and how to access this to find out about the groups and services on offer in our area.
- **Age UK Lancashire:** Shared the wide range of support and services available for adults in our community, such as the Digital Inclusion programme and services to support care at home. This also included a second talk from the Veterans Service at Age UK which covered services specific to veterans and their families, such as the Bay Veterans.
- **Citizens Advice North Lancashire (CAB):** Provided helpful information on the many areas CAB can support with, and how people can get in touch, such as their energy saving and debt management programmes.
- **Lancashire Police Neighbourhood Teams:** They came in to spread awareness about scam prevention and safety, which is especially important for individuals who are particularly vulnerable to scams. This helps not only the group members to avoid scams, but also the other people in their lives.



Feedback from Adults

“I don't know where i would be without Socialease, its a stepping stone to bigger things, it's really helped my confidence” Age 52

“I would recommend it to anyone” Age 50

“The volunteers and the Manager are always on hand if you need to have a private chat” Age 35

“The team are friendly I can meet other people in similar situations and I find it smaller and more manageable than other groups” Aged 40



“Through coming to Socialease I have got help with energy and other things at home. I also have benefited from the talks from the local GP surgery. Without these I wouldn't have been able to access help or know where the help is available as I wouldn't have had the confidence to contact them myself.” Age 54

Case Study

Simon who is in his 40s, first joined Socialease 18 months ago. He was juggling the challenges of long-term health conditions while caring for his partner. His wellbeing and confidence had been affected, and wasn't attending social activities.*

He came to our sessions weekly and with encouragement from our team and volunteers, began taking small steps—joining in discussions and activities and gradually feeling comfortable enough to chat with other group members. Over time, he started contributing his own ideas for activities. He sought guidance from our team when personal challenges arose, such as support with rising household bills and we were able to connect with appropriate support.

Through an external talk at Socialease, Simon connected with a local veterans' group, which opened the door to new opportunities. Another talk from a local CIC led him to a painting with acrylics course, where he rediscovered his passion for visual art.

Today, Simon's confidence has grown enormously. He now volunteers at a local community centre to run an art group (which he previously attended), regularly attends community events and activities, and continues to build his own networks.

Attending Socialease encouraged Simon to build confidence in a non-pressured environment at his own pace and to create supportive connections to enable him to rediscover his strengths and thrive.

**Name changed*

Volunteers

In 2024-2025 we have had 26 active volunteers. These include; local residents who have work & life experience with adults & young people and are interested in supporting our Charity, students who are building their experience within mental health & wellbeing support and graduates from our Socialease & Prop Up groups who are ready to take on a new challenge to build their mental health & wellbeing.

Volunteers support with the following areas:

- Assistants within our Prop Up & Socialease groups, this involves working with group members on a 1:1 & group basis to support engagement in activities & discussions.
- Fundraising- Generating ideas for activities, creating a calendar of events and delivering these. Including our first Charity Ball: SAFE Glitterball.
- Data Collection & Auditing- collecting feedback & monitoring information from group members and to analyse these showcasing our impact.
- Marketing & Communications- attending events & network meetings to promote our charities activities and build connections.





Collectively in 2024/2025 our volunteers have committed 2409 hours to enable SAFE to achieve our charitable aims and improve the lives of those adults & young people living in our communities.

Achievements

2024-2025 brought a number of achievements & opportunities for the SAFE team.

In January 2025 SAFE CEO, Trustees & group members met with the Lieutenant for Lancashire, Amanada Parker to discuss the work of the charity, its impact and the future direction & fundraising of the charity.



In May 2025 our CEO, Keeley was nominated to attend the royal garden party at Buckingham Palace in recognition of her work towards the skills & education of young people in our community.

In June 2025 our volunteers were nominated for recognition awards as a group & individually for their contributions towards SAFE at the Lancaster District CVS Volunteer awards. This included one of our volunteers receiving Young Volunteer of the year for their continued commitment towards SAFE's groups & operations.



Fundraising

In 2024-2025 we held public fundraising events including: Christmas craft afternoon, Christmas Fairs, making plant pots, Bare festival stall, quiz nights and SAFE's Inaugural Glitterball. We also received donations from a team of knitters & local businesses including a team working at Heysham Power Station. This in total raised over £8000 for the charity's funds. This year saw increased involvement from our young people & adult group members with our fundraising. Creating crafts including plant pots, Christmas stockings, light jars & bracelets to be sold at events, with some group members in attendance at these events.





SAFE Glitterball

On 22nd March 2025 SAFE hosted our Glitterball, at the Mazuma Stadium. The night was hosted by Mark Caudle and included a 3 course meal, games, raffle & auction. The night was captured with photographs by one of our Prop Up Group members & Katy Wainwright photography. Gorgeous media worked with our group members, team & CEO to create a film to showcase what we do.

We secured seven sponsors for our Glitterball:

- HMT Group
- EDF- Heysham Power Station
- BAE Air
- Jon Lawson & Co
- TP Financial Solutions
- Two Stories
- Paul Johnston electrical contractor



This sponsorship alongside 26 raffle & auction prizes and kind donations on the night enabled us to raise £6660.



In 2024-2025 we successfully raised grant funding of £24,755.75. Some of our top funders Included:

- Garfield Weston Foundation
- Yorkshire Building Society
- Penhale Trust
- Banks Lyon Memorial Trust
- North Lancashire Place Based Partnership
- Morecambe Bay ICC/ PCN fund
- Minds within the Bay
- Lancaster City Council Housing Fund
- Lancashire County Council Members Grants



2025/2026

Public events

Looking forward to 2025-2026 financial year we have plans to hold the following events

- Christmas Craft Afternoon
- Quiz Nights
- Bucket Collections
- Cross Bay Walk
- Other themed nights including a comedy night.

Grant Applications

As part of our current plans for income generation for 2025-2026 financial year, alongside continued research and development we expect to apply to follow trusts & foundations:

- Awards for All- National Lottery
- Francis Scott Charitable Trust
- Quilter Foundation
- Kathleen-Beryl Sleigh
- 3R's
- Dutch of Lancaster Benevolent Fund
- Peter Sowerby

Amongst others



Structure, governance and management

Every Trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the trustees.

In selecting individuals for appointment as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Trustees will make available to each new trustees, on or before his or her first appointment:

- A copy of the current version of the Constitution; and
- A copy of the CIO's latest Trustee's Annual Report and financial statements
- A copy of the CIO's policies and procedures documents

New trustees are given a full induction into the activities of the charity and a full brief on all the activities, including future plans. New trustees are DBS checked and made aware of the charity's safeguarding and protection policies. The Trustees have reviewed all of the Charity's current policy documents.

Amanda Davey will step down at the Charity AGM in September 2025, SAFE trustees are looking to elect two new Charity Trustees: Val Baxter & Sue Horner as of the September AGM for the 25/26 financial year for a term of 3 years. All other current Charity Trustee will remain for the next Financial year.

Financial Review

This accounting period runs from 1st July 2024 to 30th June 2025 (12 months)

The net surplus for the financial period was £26,141 and the total restricted funds at the end of the period were £26,613 with general reserves (unrestricted funds) now standing at £23,891. The total cash balance at 30th June 2025 was £50,504.

Reserves Policy and going concern

It is the charity's policy to regularly review and maintain reserves comprising of unrestricted and designated funds to ensure the prudent day-to-day financial management of the charity and to meet obligations as they fall due.

The policy also aims to ensure that unrestricted funds are built to match at least 10% of turnover. As at 30th June 2025, total unrestricted funds are in excess of this target (40% of Turnover) but we remain focused on securing further unrestricted funding to improve the charity's financial position and enable us to better manage activities and projects. The trustees have currently not designated any reserved funds for future projects.

The trustees have identified no significant short to medium-term financial risks to the charity's continued operations, and therefore the accounts have been prepared on the going concern basis.

Funding

The charity's principal sources of funding are:

- Restricted Grants from various Charitable trusts or other Funders
- Unrestricted Grants from various Charitable trusts or other Funders
- Unrestricted donations from the general public or businesses
- Fundraising activities

The Trustees carry out due diligence to ensure that the Charity's funders and partners align with the directives of the charity as per the fundraising and donations policies.

Risk

The charity is dependent on Restricted and Unrestricted Grants for its core funding. At the end of this financial period, it had secured such funding until at least February 2026. The charity's activities will be at risk if further such funding cannot be secured for after this period. The Charity is also reliant on the Founder/Chief Executive Officer for delivering services and would be at risk, if the Founder/Chief Executive Officer were unable to continue in that position. The charity's aim in the short to medium term, is to reduce this risk by taking on other staff who could ensure continuity of service, if the Founder/Chief Executive Officer was not available.

Statement of trustees' responsibilities

Law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- 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 adequate 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.

They 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 charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on 17th September 2025 and signed by:

Charmaine Rothwell
Chair



Rhiannon Sharkey
Trustee



Jon Lowson
Treasurer




Amanda Davey
Trustee




Rebecca Blackburn
Trustee



	CHARITY COMMISSION FOR ENGLAND AND WALES	Supportive Approachable Friendly Environment (SAFE)	1203674	CC16a	
		Receipts and payments accounts			
	For the period from	01/07/2024	To	30/06/2025	
Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restrictede funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Funding	22,678	20,977	-	43,655	37,511
Fundraising	2,824	11,393	-	14,217	2,026
Donations	890	-	-	890	712
Bank Interest	35	20	-	54	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	26,427	32,390	-	58,817	40,249
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	26,427	32,390	-	58,817	40,249
A3 Payments					
Sub Contractors	3,200	2,073	-	5,273	2,356
Staff Salaries	-	17,160	-	17,160	9,715
Employer Pension Costs	-	328	-	328	191
Session Resources - material	14	707	-	721	176
Session Resources - food	-	218	-	218	932
venue Hire	3,857	1,462	-	5,319	960
Office Expenses	-	-	-	-	242
Staff Training & Recruitment	-	514	-	514	63
Volunteer Expenses	335	1,186	-	1,521	581
Telephone	-	126	-	126	70
Insurance	396	100	-	496	506
Advertising	149	197	-	346	-
Travel Costs	-	164	-	164	-
Subscriptions	-	490	-	490	94
Sub total	7,950	24,725	-	32,675	15,886
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,950	24,725	-	32,675	15,886
Net of receipts/(payments)	18,476	7,665	-	26,141	24,363
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,415	18,948	-	24,363	-
Cash funds this year end	23,891	26,613	-	50,504	24,363

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank and In Hand	23,891	26,613	-
		-	-	-
		-	-	-
	Total cash funds	23,891	26,613	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Tax & National Insurance	Restricted	320	22 July 2025
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		JON LOWSON	17/09/2025	

Independent examiner's report to the trustees of
Supportive Approachable Friendly Environment (SAFE)
Charity No. 1203674

I report on the accounts for the year 01/07/2024 – 30/06/2025

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Shweta Pankhadiwala

C/o Lancaster District CVS, The Cornerstone Sulyard Street Lancaster LA1 1PX
11th Sept 2025.

Accounting Policies

Basis of accounting

The financial statements of the charity have been prepared under the Receipts and Payments basis.

Grants Receivable

Grants, including grants for the purchase of fixed assets are recognised in full in the Statement of Financial Activities in the period in which they are received, even where those grants may be fully or partly restricted for other financial periods.

Other Income

Other income is recognised in full in the Statement of Financial Activities in the year in which it received.

Allocation of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Some costs relating to a particular activity are allocated directly, others are apportioned on a appropriate basis.

Fund Accounting

Unrestricted funds comprise those funds which the Trustees are free to use in accordance with charitable objectives. Restricted funds are funds which have been given for particular purposes and projects.

SUPPORTIVE APPROACHABLE FRIENDLY ENVIRONMENT (SAFE)

England & Wales - Charity number 1203674

Accounts



ANNUAL TRUSTEES REPORT AND FINANCIAL STATEMENTS

For the period 21st June 2023 to 30th June 2024

Supportive Approachable Friendly Environment (SAFE)

Charity Number 1203674
c/o Lancaster District CVS
The Cornerstone
Sulyard Street
Lancaster
LA1 1PX

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Charity Information

Trustees	Charmaine Rothwell Rebecca Blackburn Jon Lawson Rhiannon Sharkey Amanda Davey
Charity Number	1203674
Registered Office	c/o Lancaster District CVS The Cornerstone Sulyard Street Lancaster LA1 1PX
Chief Executive	Keeley Wilkinson

Governing Documents Constitution of Charitable Incorporated Organisation

Independent Examiner	Shweta Pankhadiwala Lancaster District CVS The Cornerstone Sulyard Street Lancaster LA1 1PX
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Trustees Report for the period 21st June 2023 to 30th June 2024

The Trustees present their year-end report and the financial statements as a Charitable Incorporated Organisation (CIO) for the charity's reporting period ended 30th June 2024.

The financial statements comply with current statutory requirements, the charity's governing document.

Objectives and Activities

The charity's objective is to provide services for the public benefit, the relief of those in need, by reason of suffering from mental ill-health, residing in the Lancaster district, in particular but not exclusively providing early intervention and prevention support, through the provision of creative arts, social and recreational activities, health and well-being workshops, practical advice and support delivered in community settings.

SAFE achieves its objectives through its three core programs

- **Prop Up Project:** For young people aged 13-19, we deliver two weekly groups. These sessions use creative activities and wellbeing strategies, nurturing positive thinking and providing coping strategies. Our approach aims to encourage gradual, personalised progress.
- **Prop Up Project Young Adults' Group:** Designed for individuals aged 20-25, these monthly sessions promote connections and coping strategies, helping them overcome barriers to social and educational engagement.
- **Socialease:** This program, running twice weekly for adults aged 18+, offers a space for casual interaction, fostering mental wellbeing and addressing isolation through activities and discussions. It includes a unique table card system to facilitate engagement.

Our programs play a vital role in reducing social isolation and developing essential coping strategies. We strive to empower our participants to take control of their wellbeing, manage challenging situations, and recognise early signs of declining mental health.

The charity is actively seeking to expand the services and deliver extra sessions for young people – to deal with more referrals from other agencies.

SAFE's Vision, Mission & Values

Vision

To build a community where everyone lives a life with the confidence, skills and connections to take positive steps forward.

Mission Statement

SAFE aims to empower people to build a positive life, which they are at the centre of, providing tools to improve wellbeing and life skills in a judgement free space. Because we believe everyone deserves to live a life with confidence, skills and connections to take positive steps forward.

Values

Care and wellbeing - We foster a secure and supportive environment where individuals feel valued, respected, and welcomed.

Togetherness - We create a sense of belonging and connection, encouraging personal growth and shared learning.

Fulfilling Potential - Through a personalised approach, we empower all involved with SAFE to reach their full potential.

Thinking about the Future - Support people to envision a brighter future by helping them build the confidence and tools needed to see new possibilities and pathways forward.

Achievements and Performance



Our Activities

In this financial period, the charity has delivered 208 sessions for the benefit of 74 people (34 young people and 42 adults). This included 42 new referrals for young people aged 13-19 and 15 new referrals for adults.

Our team of 13 amazing volunteers, provided 751 hours of support in our regular sessions and other organised activities.



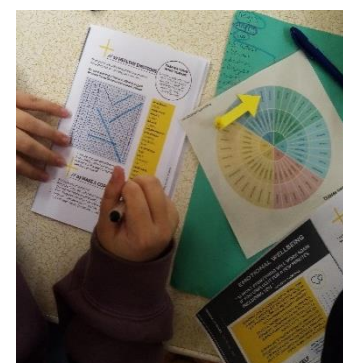
Prop Up Project

We have delivered a total of 98 Sessions for young people aged 13-19 who are experiencing barriers to accessing social environments due to mental health difficulties, neurodiversity and other life challenges. This breaks down to 49 2 hour sessions in Morecambe & 49 2 hour sessions in Carnforth across the 12 month period. Our two program are delivered in Partnership one with the Lancashire County Council Targeted Youth Support Team (Morecambe) & one with Salvation Army Crops in Carnforth.



From June 2023- June 2024 we delivered creative sessions which focused on wellbeing topics, chosen as important by the young people. These included:

- Self-Care & Distraction techniques: Young people made sensory toys to support self-regulation and distraction boxes with techniques and activities which were practices and could be used in real world settings.
- Mindfulness: We practiced a variety of grounding technique to reduce feelings of stress and anxiety in indoor and outdoor environments.
- Independent living skills – The group practice communication skills and built conversations starter to be used in other contexts. This young people also practice how to use public transport to overcome any worries regarding this and decrease reliance of transport from adults.
- Looking after your health: Young people were visited by local medical practices to talk about how to book and attend health appointments. The group then practice how to make phone calls and appointments online.
- Sleep: sessions covered the importance of sleep, including what hinders sleep and how to build a better sleep routine.
- Managing emotions: sessions covered what emotions are, how and why we feel them and how to managing difficult feelings.



Key to our approach to provide young people with independent toolkits and resources to take away to use outside of our sessions.

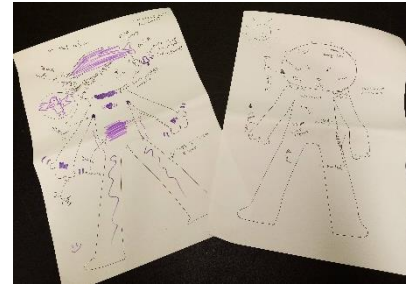
Alongside our core activities from January to May 2024 we delivered the NCS program in partnership with the association of girls and boys clubs for 7 young people 16-25.

Feedback from young people.

‘Coming to Prop Up has helped me gained confidence in talking to people my age.’ Aged 15

‘The Prop Up Project sessions has helped me to think about my future more positively’ Aged 19

‘I leave each session feeling calmer and positive’ Aged 17



Impact

In 2023-2024 4 young people have successfully moved on from our sessions; to engage in other activities including volunteering.

One young person who moved from our sessions is now attending sixth form and report that he has gained form attending the Prop Up Sessions to give presentation, which otherwise we would have been unable to do. The young man now feels optimistic about his future, both personally and in terms of his career aspirations. His journey through SAFE's Prop Up Project has transformed his approach to challenges, equipping him with the tools to face life's uncertainties with confidence and resilience.



He engaged with us for a period of 15 months due to ongoing struggles with anxiety and previous help and management techniques not being effective.

Young people who engaged with SAFE’s Prop Up Project reported it supported them in finding useful distraction techniques and has provided relaxing activities that relieve stress.

86% of young people reported that SAFE’s Prop Up Project had improved their ability to deal with their problems effectively.

71% reported that SAFE’s Prop Up Project supported them in becoming more relaxed.

Prop Up Project Young Adults Group.

We delivered 12 sessions, for per month for young adult aged 20-25 who are experiencing barriers to accessing social environments due to mental health difficulties, neurodiversity and other life challenges.

Our creative & wellbeing sessions included:

Sleep: sessions covered the importance of sleep, including what hinders sleep and how to build a better sleep routine

Self-Care: Group members created booklets to include a weekly routine, a list of support services and a list of people in their networks they could reach out to when needed.

Arts Sessions: Group members took responsibility to deliver an art activity linked to their skills and interests. This included Song writing, Origami and photography.

Art for relaxation: Sessions were delivered to show the benefits of art for relaxation, group members were given a choose of different activities; colouring, drawing and modelling.



Feedback from young adults

‘Prop Up Sessions encourages me to talk to and work with others myself, outside of coming to the group I am often at home with no contact with peers due to anxiety. I enjoy meeting with others and being around other who understand’ Aged 24.

Impact

As a result of engaging in our sessions young adults report a increased confidence in communication and working with other peers.

Young adults have also seen in improvement in dealing with problems, feeling optimistic about the future and having connections with others following attendance at our monthly sessions.



Socialease

We have delivered a total of 98 Sessions for adults aged 18 and over who are experiencing barriers to accessing social environments due to mental health difficulties, neurodiversity and other life challenges. This breaks down to 49 2 hour sessions in Morecambe & 49 2 hour sessions in Lancaster across the 12 month period.



From June 2023- June 2024 we delivered sessions and talks which focused on topics chosen as important by the group. These includes

- Lancashire Police Neighbourhood teams: To spread awareness about scam prevention and safety

- Local Medical Practices: To talk about other services available within the surgeries aside from GP appointments.
- Lancashire Fire & Rescue: covered the importance of fire safety at home.
- Local Charities & Community Centres: shared information about other programs and activities people can access.
- Art for relaxation: We delivered a range of art activities from glass painting to card making to encourage people to give new things about to discover the benefits for their mental health and wellbeing.
- Mindfulness: Sessions covered a understanding of mindfulness and the benefits of this including practices techniques and when these are helpful.
- Board Games: These act as a mechanism to encourage conversations amongst peers.



Feedback from Adults

'It is a safe space to come, no one passes judgement' aged 35

'I Like coming as there is no pressure to get involved, the table card chosers means i can sit and listen.' Aged 65

'I find the talks helpful as I am made aware of other support I can access'. Aged 50

'Helps me feel less isolated and the groups are relaxed. We receive useful information from other services'. Aged 55



Impact

Case study

As result of external talks 45% of adults have been able to access other services, they otherwise wouldn't have heard of or had the confidence to access independently.

A lady was referred to our service via a social prescriber after accessing the GP due to struggling with her mental health and wellbeing. Before joining our activities; she was isolated, struggled with anxiety, lack of motivation and sense of self, which was enhanced by previous negative relationships and moving to the district from out of area. She has attended our Socialease group for 6 months, attending weekly, getting involved with group games and activities, interacting with peers experiencing similar situations to her, attending talks which arranged from external services and has had one to one chats with team members and volunteers where she was able to offload, share her worries and actively problem solve to overcome issues. While hesitant at first, she now reports that the Socialease group is her safe place, where she can speak to other group members or team members who understand and will not judge her.

6 months on from starting in our sessions, she is now becoming more of an active member of our group, she supports other members, generates ideas to support the charity and is seeking out opportunities to help. She attends 5 other groups weekly, due to her increased confidence in being in new spaces with new people. She also reports she is able to find a balance between

supporting others and looking after her own needs, which prior to attending Socialease she found hard to do.

Fundraising

The charity held fundraising events, including Wreath Making afternoon, Quiz Night and received donations from a team of knitters - to raise £2,026 for the charity's unrestricted funds.

Looking forward to 2024-2025 financial year we have plans to hold the following events

- Summer of Sport Quiz
- Christmas Craft afternoon
- Autumn Quiz night
- Inaugural SAFE Glitter Ball.



We successfully raised grant funding of £37,511. Some of our top funders were:

Bank Lyons Memorial Trust	Westminster Foundation Winter Food
Red Rose Responding Fund	Co-Op community Fund
Lancaster City Council Housing Fund	Break the Mold (funds donated from Francis Scott Trust)
Morecambe Town Council	

Grant Applications

As part of our current plans for income generation for 2024-2025 financial year, alongside continued research and development we expect to apply to

Garfield Westen	Awards for All- National Lottery
Foyle Foundation	Walney Extension Community Fund
Minds in The Bay	Penhale Charitable Trust
Francis Scott Charitable Trust	

Structure, governance and management

Every Trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the trustees.

In selecting individuals for appointment as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Trustees will make available to each new trustees, on or before his or her first appointment:

- A copy of the current version of the Constitution; and
- A copy of the CIO's latest Trustee's Annual Report and financial statements
- A copy of the CIO's policies and procedures documents

New trustees are given a full induction into the activities of the charity and a full brief on all the activities, including future plans. New trustees are DBS checked and made aware of the charity's

safeguarding and protection policies. The Trustees have reviewed all of the Charity's current policy documents.

Financial Review

The net surplus for the financial period was £24,069 and the total restricted funds were £18,654 with general reserves (unrestricted funds) now standing at £5,415. The total cash balance at 30th June 2024 was £24,363.

This is the charity's first accounting period as a CIO. The accounting period runs from 22nd June 2023 (the day that the Charity was registered with the Charity Commission) to 30th June 2024 (12 months and 8 days). In future, financial periods will be of 12 months ending on 30th June, each year.

The charity founder had previously operated as an unincorporated association for five years and transferred restricted and unrestricted funds from the previous unincorporated charity to the CIO during this accounting period (with the agreement of those who had provided funding to the previous entity).

Reserves Policy and going concern

It is the charity's policy to regularly review and maintain reserves comprising of unrestricted and designated funds to ensure the prudent day-to-day financial management of the charity and to meet obligations as they fall due.

The policy also aims to ensure that unrestricted funds are built to match at least 10% of turnover. As at 30th June 2024, total unrestricted funds are in excess of this target but we remain focused on securing further unrestricted funding to improve the charity's financial position and enable us to better manage activities and projects. The trustees have currently not designated any reserved funds for future projects.

The trustees have identified no significant short to medium-term financial risks to the charity's continued operations, and therefore the accounts have been prepared on the going concern basis.

Funding

The charity's principal sources of funding are:

- Restricted Grants from various Charitable trusts or other Funders
- Unrestricted Grants from various Charitable trusts or other Funders
- Unrestricted donations from the general public or businesses
- Fundraising activities

The Trustees carry out due diligence to ensure that the Charity's funders and partners align with the directives of the charity as per the fundraising and donations policies. At the end of the reporting period, the Charity had one outstanding Grant Funding applications under consideration with Allen Lane Charitable Trust, to a total bid value of £ 8,167.00.

Risk

The charity is dependent on Restricted and Unrestricted Grants for its core funding. At the end of this financial period, it had secured such funding until at least April 2025. The charity's activities will be at risk if further such funding cannot be secured for after this period. The Charity is also heavily reliant on the Founder/Chief Executive Officer for delivering services and would be at risk, if the Founder/Chief Executive Officer were unable to continue in that position. The charity's aim in the short to medium term, is to reduce this risk by taking on other staff who could ensure continuity of service, if the Founder/Chief Executive Officer was not available.

Statement of trustees' responsibilities

Law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- 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 adequate 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.

They 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 charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on 11th November 2024 and signed by:

Charmaine Rothwell
Chair



Rhiannon Sharkey
Trustee



Jon Lowson
Treasurer



Amanda Davey
Trustee



Rebecca Blackburn
Trustee





CHARITY COMMISSION
FOR ENGLAND AND WALES

SUPPORTIVE APPROACHABLE FRIENDLY
ENVIRONMENT (SAFE)

1203674

CC16a

Receipts and payments accounts

For the period from	21/06/2023	To	30/06/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Funding	5,744	31,767	-	37,511	-
Fundraising Activities	2,026	-	-	2,026	-
Donations	712	-	-	712	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	8,482	31,767	-	40,249	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,482	31,767	-	40,249	-
A3 Payments					
Sub-Contractors	-	2,356	-	2,356	-
Staff Salaries	3,067	6,648	-	9,715	-
Employer Pension Costs	-	191	-	191	-
Session Resources - Material	-	176	-	176	-
Session Resources - Food	-	932	-	932	-
Venue Hire	-	960	-	960	-
Office Expenses	-	242	-	242	-
Staff Training	-	63	-	63	-
Volunteer Expenses	-	581	-	581	-
Telephone	-	70	-	70	-
Insurance	-	506	-	506	-
Subscriptions	-	94	-	94	-
Sub total	3,067	12,819	-	15,886	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,067	12,819	-	15,886	-
Net of receipts/(payments)	5,415	18,948	-	24,363	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	5,415	18,948	-	24,363	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank and in Hand	5,415	18,948	-
		-	-	-
		-	-	-
	Total cash funds	5,415	18,948	-
	(agree balances with receipts and payments account(s))	OK	OK	OK




Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Tax & National Insurance	Restricted	295	22 July 2024
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Charmaine Rothwell	11/11/2024
<i>R. Blackburn</i>	Rebecca Blackburn	08/11/2024
	Jon Lowson	05/11/2024
<i>R. Sharkey</i>	Rhiannon Sharkey	03/11/2024
	Amanda Davey	11/11/2024

CCXX R1 accounts (SS)

Independent examiner's report to the trustees of
Supportive Approachable Friendly Environment (SAFE)
Charity No. 1203674

I report on the accounts for the year 22/06/2023 – 30/06/2024

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Shweta Pankhadiwala

C/o Lancaster District CVS, The Cornerstone Sulyard Street Lancaster LA1 1PX
18th Sept 2024.

Accounting Policies

Basis of accounting

The financial statements of the charity have been prepared under the Receipts and Payments basis.

Grants Receivable

Grants, including grants for the purchase of fixed assets are recognised in full in the Statement of Financial Activities in the period in which they are received, even where those grants may be fully or partly restricted for other financial periods.

Other Income

Other income is recognised in full in the Statement of Financial Activities in the year in which it received.

Allocation of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Some costs relating to a particular activity are allocated directly, others are apportioned on a appropriate basis.

Fund Accounting

Unrestricted funds comprise those funds which the Trustees are free to use in accordance with charitable objectives. Restricted funds are funds which have been given for particular purposes and projects.