

FRIENDSHIP LAB

England & Wales · Charity number 1206905

Details

Status Registered

Legal form CIO

Registered 2024-02-06

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

Contact

Address 9 Earl Street
Oxford
OX2 0JA

Phone 07503929994

Email email@friendshiplab.org

Website www.friendshiplab.org

Activities

Objects: THE OBJECTS OF THE CIO, UNDERTAKEN WITHIN A CHRISTIAN ETHOS, ARE, FOR THE PUBLIC BENEFIT, THE ADVANCEMENT OF HEALTH, IN PARTICULAR, BUT NOT EXCLUSIVELY, BY PROVIDING SCIENTIFIC-BASED EDUCATIONAL COURSES, CLASSES, WORKSHOPS, AND INFORMATION ON THE FORMATION AND MAINTENANCE OF SOCIAL FRIENDSHIPS, AND THE IMPORTANCE OF SOCIAL FRIENDSHIPS TO A HEALTHY LIFE, AND BY CARRYING OUT RESEARCH IN THE SAME AND DISSEMINATING THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: Friendship Lab empowers adults with the wisdom and skills to make their friendships thrive. We achieve this purpose by providing evidence based courses and training, media engagement and thought leadership, and accessible research, to directly address the pressing crises of escalating loneliness and decreasing mental health.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Australia
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£42,328	£24,511	-	-

Trustees

Name	Role	Appointed
Lois Elaine Fulton	Chair	2023-07-27
Catherine Anne Healey		2025-04-25
Simon Andrew Jackman		2025-07-22

FRIENDSHIP LAB

England & Wales - Charity number 1206905

Accounts

Friendship Lab

Report and Accounts

Period 6th February 2024 - 31st March
2025

Stewardship 
Active generosity

1 Lamb's Passage, London EC1Y 8AB
www.stewardship.org.uk

FRIENDSHIP LAB
LEGAL & ADMINISTRATIVE DETAILS
FOR THE PERIOD 6TH FEBRUARY 2024 - 31ST MARCH 2025

ADDRESS FOR CORRESPONDENCE	9 Earl Street Oxford OX2 0JA
GOVERNING DOCUMENT	CIO Constitution dated 6th February 2024
CHARITY REGISTRATION NUMBER	1206905
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Michael Poulton Hannah Latham (appointed August 2024) Lois Fulton Andrew Clark (resigned August 2024) Catherine Healey (appointed April 2025)
INDEPENDENT EXAMINER	Sarah Crispin ACA Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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REPORT OF THE TRUSTEES

FOR THE PERIOD 6TH FEBRUARY 2024 TO 31ST MARCH 2025

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 March 2025.

Objects of the charity

The charity is governed by a constitution and is constituted as a Charitable Incorporated Organisation.

The charity's principal objects, as set out in its governing document, and undertaken within a Christian ethos, are, for the public benefit, the advancement of health, in particular, but not exclusively, by providing scientific-based educational courses, classes, workshops, and information on the formation and maintenance of social friendships, and the importance of social friendships to a healthy life, and by carrying out research in the same and disseminating the useful results of such research.

Summary of the charity's main activities and achievements

To further the above objects and vision, the first year of the charity has been spent establishing a firm working foundation and producing the first courses available online. Pilot courses were previously run online and in-person to establish the validity of the content, along with academic research into the effect on the participants. All this culminated in a public launch in London on 27th February 2025, and online courses are now available to the public, with the aim of starting in-person courses in workplaces, community centres and churches as soon as practicable.

In planning the activities, the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial Review

The first year of operations focussed on raising income to cover start-up costs. Income included grants of £13,500 and a Crowdfunding campaign raising £19,136, plus public donations, totalling £42,328. Expenditure came to £24,511, leaving cash held by the charity at £17,817, all of which is unrestricted and can be used for any charitable purpose.

Reserves Policy

The trustees have determined that the charity should aim to hold unrestricted cash of no less than £5,000, which equates currently to around 2 months of unrestricted expenditure, so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash of £17,817. The charity is complying with its reserves policy and holding additional funds in preparation for further work on courses.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly with the CEO and founder to monitor the activities of the charity. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Risk statement

The charity is exposed to various risks – be they operational, financial or reputational. The trustees review the charity’s activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibility of Trustees

Charity law requires us as trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other regularities.

Approval

This report was approved by the trustees and signed on their behalf by:

MC Poulton

Signed.....M C Poulton (Jul 14, 2025 11:33 GMT+1).....

Michael C Poulton

Jul 14, 2025

Date:

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF

FRIENDSHIP LAB

I report to the trustees on my examination of the accounts of Friendship Lab ('the charity') for the period 6th February 2024 to 31st March 2025 on pages 5 to 7 following.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

Sarah Crispin

Sarah Crispin (Jul 21, 2025 11:28 GMT+1)

Sarah Crispin ACA
Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: Jul 21, 2025

FRIENDSHIP LAB
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE PERIOD 6TH FEBRUARY 2024 - 31ST MARCH 2025

	Notes	<u>Unrestricted Funds</u>			2025 £
		General Funds £	Designated Funds £	Restricted Funds £	
Income receipts					
Donations		26,184	-	-	26,184
Gift aid receipts		1,933	-	-	1,933
Income from courses and events		692	-	-	692
Grants		3,500	-	10,000	13,500
Other income		19	-	-	19
Total receipts		<u>32,328</u>	<u>-</u>	<u>10,000</u>	<u>42,328</u>
Payments					
Payments in relation to charitable activities undertaken directly	2	12,886	-	11,625	24,511
Total payments		<u>12,886</u>	<u>-</u>	<u>11,625</u>	<u>24,511</u>
Net of receipts / (payments) before		19,442	-	(1,625)	17,817
Transfers between funds		(1,625)	-	1,625	-
Net movement in funds	3	<u>17,817</u>	<u>-</u>	<u>-</u>	<u>17,817</u>
Cash funds as at last year end		-	-	-	-
Cash funds at this year end	A	<u>17,817</u>	<u>-</u>	<u>-</u>	<u>17,817</u>

The notes on page 7 form part of these accounts.

FRIENDSHIP LAB
STATEMENT OF ASSETS AND LIABILITIES
FOR THE PERIOD 6TH FEBRUARY 2024 - 31ST MARCH 2025

	Notes	Unrestricted Funds			2025 £
		General funds £	Designated funds £	Restricted funds £	
A Cash funds					
Cash at bank with immediate access		17,801	-	-	17,801
Cash held in WISE account		16	-	-	16
		<u>17,817</u>	<u>-</u>	<u>-</u>	<u>17,817</u>
B Other monetary assets					
Gift aid due to charity		4	-	-	4
		<u>4</u>	<u>-</u>	<u>-</u>	<u>4</u>
C Liabilities					
Falling due within one year					
Fee for Independent Examination		810	-	-	810
		<u>810</u>	<u>-</u>	<u>-</u>	<u>810</u>

D Guarantees and secured debts

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf by:

MC Poulton

M C Poulton (Jul 14, 2025 11:33 GMT+1)

Michael C Poulton

Date: Jul 14, 2025

The notes on page 7 form part of these accounts.

FRIENDSHIP LAB

NOTES TO THE ACCOUNTS

FOR THE PERIOD 6TH FEBRUARY 2024 - 31ST MARCH 2025

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	Unrestricted Funds		Restricted Funds	Total 2025	Total 2024
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Course costs	1,008	-	11,625	12,633	-
General running costs and IT	1,699	-	-	1,699	-
Fees	2,051	-	-	2,051	-
Fundraising costs	1,618	-	-	1,618	-
Office and administration	1,775	-	-	1,775	-
Insurance	136	-	-	136	-
Subscriptions	365	-	-	365	-
Conferences and meetings	4,235	-	-	4,235	-
Professional fees	-	-	-	-	-
	<u>12,886</u>	<u>-</u>	<u>11,625</u>	<u>24,511</u>	<u>-</u>

3 Movement of funds

	Opening balance	Receipts	Payments	Transfers	Closing balance
	6 Feb '24				31 March '25
	£	£	£	£	£
General funds	-	32,328	(12,886)	(1,625)	17,817
	<u>-</u>	<u>32,328</u>	<u>(12,886)</u>	<u>(1,625)</u>	<u>17,817</u>
Restricted funds					
Video production	-	10,000	(11,625)	1,625	-
	<u>-</u>	<u>10,000</u>	<u>(11,625)</u>	<u>1,625</u>	<u>-</u>
Total funds	<u>-</u>	<u>42,328</u>	<u>(24,511)</u>	<u>-</u>	<u>17,817</u>