

Relate Plymouth – 2024/2025 Annual Report

The past year has been another difficult one for Relate Plymouth, but we continue to meet our Aims and Objectives which are:

- To help people build better relationships.
- To enhance the quality of couple, parental and family relationships
- To help all relationships and marriages withstand the pressures leading to breakdown.
- To limit the damage which commonly accompanies failing relationships, separation and divorce and increase the prospect of subsequent relationships succeeding.

In the belief that:

- An individuals' physical well-being and emotional/mental health benefits from a committed relationship
- Children thrive in families where relationships are positive and free from destructive conflict.
- People gain from an understanding of their sexuality.
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

The challenges this year have been a lack of trained counsellors and difficulty recruiting new trainees to undertake Relate training.

However, evidence shows that our services achieve significant improvements in relationship quality and overall wellbeing, with 86% of clients feeling confident about their relationship after counselling.

Our work is varied – we help people to find love, cope with separation and divorce, improve their sex lives, break up in the least painful way possible, overcome infidelity, rebuild trust, regain intimacy and much more besides.

We believe that no problem is too small and encourage people to seek support for their relationships at the earliest possible stage, even when times are good.

Relates couple counselling saves the state an estimated £11 for every £1 spent.

Relate Plymouth has continued to work by offering zoom sessions alongside face-to-face session. However, we have seen a reduction in clients wanting to have zoom sessions and requesting face to face sessions as we return to a more normal way of working.

Plymouth Relate Achievements – 2024 - 2025

- Less counselling hours offered as we struggle to recruit new people to train to the Level 5 qualification.
This has now had an impact on our budget, and we are facing another deficit due to offering less hours than we have in the past.

The lack of counsellors has had a severe impact on our service delivery and therefore the financial situation of the centre.

- Zoom sessions continue to be offered, at a much lower level than in previous years.
- We will continue to work in this hybrid way for the foreseeable future. We have seen an increase in face-to-face session during this period.
- We are now working in 3 schools across the city. Down from 4 in previous years.
- Referrals from the Royal Navy/ Royal Marines continue to be made to the centre. This work is funded through the contract that Relate National holds with the Navy.
- A very slight increase in Children and Young Peoples work offered in the centre.

All these activities are the result of the work undertaken by the Centre Manager and her staff, dedication of all the Counsellors and the support of the trustees.

The reserve that the centre holds has helped us to get through the pandemic.

The reserve will now help us to recruit new trainees during 2024/2025.

The Way Ahead - Action for 2024/2025

In addition to the continuation of the work undertaken by counsellors to see individuals and couples to deliver the best possible relationship counselling available, 2024/2025 will focus on the following activities:

- The Centre Manager will seek to reopen some of the outposts that had to close during the pandemic.
- The Centre Manager will promote the work of Relate Plymouth to the community, to ensure that everyone has access to our service.
- Recruitment of at least two Trustees to ensure we have good governance of the Centre.
- Recruitment of four trainee counsellors, working in the Plymouth Centre, as long as training from Relate National continues
- This is the most pressing issue that the centre needs to address. Without new counsellors, we cannot deliver the service that we want to, to the community.
- The establishment of a sex therapy service in the centre.
- Improvements to the Plymouth centre.

Chair of Trustees
Relate Plymouth

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2024

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

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for the year ended 31st March, 2024

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RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Catrina Swan . Chair
Chris Oram
Natalie Harrison
Iain Perring
Neil Hendy

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

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RELATE PLYMOUTH AND DISTRICT**TRUSTEES' ANNUAL REPORT for the
year ended 31st March, 2024**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any 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 maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

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.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

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INDEPENDENT EXAMINER'S REPORT

RELATE PLYMOUTH AND DISTRICT

ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2024

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on pages 7 to 11.

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 Commissioner 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 Commissioners. 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 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:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

(a) to keep accounting records in accordance with section 130 of the 2011 Act; and

(b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or

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

Date: xxth October 2024

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

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RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2024

		Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Incoming Resources					
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income 9 2,762	-	2,762	622	77,384	91,444
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>80,147</u>	<u>-</u>	<u>80,147</u>	<u>92,066</u>
Resources Expended					
Charitable Activities	11	116,323	-	116,323	128,203
Governance Costs	11	653	-	653	580
Total Resources Expended		<u>116,976</u>	<u>-</u>	<u>116,976</u>	<u>128,783</u>
Net Incoming Resources:					
Net movement in Funds		-36,829	-	-36,829	-36,717
Total Funds at 1st April, 2023	659,868	- 659,868	696,586	Total Funds at 1st April, 2024 623,038	- 623,038
		<u>659,868</u>			

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2024

	Notes	£ 31/03/2024	£ 31/03/2023
FIXED ASSETS			
		630,128	665,560
CREDITORS AND ACCRUALS:			
Amounts falling due within one year	8	7,313	5,989
NET CURRENT ASSETS :		<u>622,815</u>	659,571
NET ASSETS:		<u><u>623,038</u></u>	<u>659,868</u>
REPRESENTED BY:			
Unrestricted Funds			
Designated Funds	14	403,000	403,000
General Funds	14	220,038	256,868
		623,038	659,868
Restricted Funds			
		-	-
		<u><u>623,038</u></u>	<u>659,868</u>
Tangible Assets	13	222	296
CURRENT ASSETS			
Debtors & Prepayments	7	2,132	-
Cash at Bank & in Hand	5	627,996	665,560
		<u> </u>	<u> </u>
		<u> </u>	<u> </u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS for the 12
month period ended 31st March, 2024**

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2024	31/03/2023
	£	£
	77,824	94,854
Salaries, wages and social security	77,824	94,854

No employee received emoluments of more than £60,000 during the year (2023 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2024	31/03/2023
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	3	3

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

	31/03/2024	31/03/2023
	£	£
General donations	-	-
	-	-

5. CURRENT ASSETS: Cash and Bank

	31/03/2024	31/03/2023
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	145,225	236,887
HSBC 32885646 - Current Account	104,163	52,905
Barclays 33126676 - Savings Account	288,718	285,878
Lloyds 00661209 - Treasurer's Account	89,880	89,880
Petty Cash	10	10
	627,996	665,560

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted		
	General	31/03/2024	31/03/2023
This is stated after charging:	Fund	Total Funds	Total Funds
	£	£	£
Examiner's Remuneration	653	653	626
Depreciation	73	73	63
		726	688

NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024

31/03/2024	31/03/2023
£	£
2,132	-

8. CREDITORS: Amounts falling due within one year:

9. INCOMING RESOURCES FROM GENERATING FUNDS

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

			31/03/2024	31/03/2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Client Contributions	34,641	-	34,641	43,215
Grants	-	-	-	-
Project Income	42,743	-	42,743	44,295
Sundry	-	-	-	3,934
	77,384	-	77,384	91,444

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**RELATE PLYMOUTH AND
DISTRICT**

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024**

**11. DIRECT CHARITABLE
EXPENDITURE**

31/03/2024 31/03/2023

	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	10,410	-	10,410	3,425
Insurance	717	-	717	1,163
Heat and Light	2,060	-	2,060	2,180
Repairs and Renewals	1,641	-	1,641	556
Depreciation	73	-	73	63
Counselling:				
Supervision Fees	1,695	-	1,695	1,955
Training	4,322	-	4,322	7,560
Counsellors - Plymouth	30,660	-	30,660	45,979
Support				
Costs:				
Staff Salaries	37,604	-	37,604	38,900
Employers' NI/payee	9,560	-	9,560	9,975
Pension Contributions	1,517	-	1,517	1,329
Travel and Expenses	611	-	611	367
Subscriptions and Memberships	9,470	-	9,470	8,535
Postage, Printing, Stationery, Phone	2,452	-	2,452	2,436
Book-Keeping	1,028	-	1,028	1,405
Website	1,044	-	1,044	737
Refreshments/Meetings	163	-	163	346
Sundries	134	-	134	-
Administration:				
Legal and Professional	774	-	774	675
Finance Charges	1,041	-	1,041	1,200
	116,976	-	116,976	128,783

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	Incoming		Outgoing		
	At 01/04/23	Resources	Resources	Transfers	At 31/03/24
	£	£	£	£	£
Restricted Funds					
Grant	-	-	-	-	-

Total Restricted Funds Designated Funds	-	-	-	-	-
Running Costs - Six Months					
Closure Costs	42,000	-	-	-	42,000
Repairs and Renewals for Centre	50,000	-	-	-	50,000
Training Bursary	5,000	-	-	-	5,000
Purchase of 3 Blenheim Road					
Total Designated Funds	6,000	-	-	-	6,000
	300,000				300,000
General Unrestricted Funds					
Total Unrestricted Funds	403,000	-	-	-	403,000
Total Funds					
	256,868	80,147	116,976	-	220,038
	256,868	80,147	116,976	-	220,038
	659,868	80,147	116,976	-	623,038

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RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2024

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

Other Equipment: 20% on a straight line basis.

	IT Equip	Other	Total
	£	£	£
Cost			
Brought Forward	-	592	592
Fully Depreciated	-	228	228
Additions	-	-	-
Disposals	-	-	-

As at 31st March, 2024	-	364	364
Depreciation			
Brought Forward	-	297	297
Fully Depreciated	-	228	228
Charge for the period			
Disposals		73	73
	-	-	-
As at 31st March, 2024			
Net Book Value: As at 31st March, 2024	-	142	142
Net Book Value: As at 1st April, 2023	-	<u>222</u>	<u>222</u>
14. CAPITAL COMMITMENTS	-	<u>296</u>	<u>296</u>

The charity's only capital commitment as at 31st March 2024 or 31st March 2023, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2024

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

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for the year ended 31st March, 2024

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RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Catrina Swan . Chair
Chris Oram
Natalie Harrison
Iain Perring
Neil Hendy

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

Page 2

RELATE PLYMOUTH AND DISTRICT**TRUSTEES' ANNUAL REPORT for the
year ended 31st March, 2024**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any 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 maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

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.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

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INDEPENDENT EXAMINER'S REPORT

RELATE PLYMOUTH AND DISTRICT

ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2024

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on pages 7 to 11.

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 Commissioner 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 Commissioners. 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 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:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

(a) to keep accounting records in accordance with section 130 of the 2011 Act; and

(b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or

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

Date: xxth October 2024

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

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RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2024

		Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Incoming Resources					
Incoming resources from generating funds:					
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Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>80,147</u>	<u>-</u>	<u>80,147</u>	<u>92,066</u>
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Governance Costs	11	653	-	653	580
Total Resources Expended		<u>116,976</u>	<u>-</u>	<u>116,976</u>	<u>128,783</u>
Net Incoming Resources:					
Net movement in Funds		-36,829	-	-36,829	-36,717
Total Funds at 1st April, 2023	659,868	- 659,868	696,586	Total Funds at 1st April, 2024 623,038	- 623,038
		<u>659,868</u>			

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2024

	Notes	£ 31/03/2024	£ 31/03/2023
FIXED ASSETS			
		630,128	665,560
CREDITORS AND ACCRUALS:			
Amounts falling due within one year	8	7,313	5,989
NET CURRENT ASSETS :		<u>622,815</u>	659,571
NET ASSETS:		<u><u>623,038</u></u>	<u>659,868</u>
REPRESENTED BY:			
Unrestricted Funds			
Designated Funds	14	403,000	403,000
General Funds	14	220,038	256,868
		623,038	659,868
Restricted Funds			
		-	-
		<u><u>623,038</u></u>	<u>659,868</u>
Tangible Assets	13	222	296
CURRENT ASSETS			
Debtors & Prepayments	7	2,132	-
Cash at Bank & in Hand	5	627,996	665,560
		<u> </u>	<u> </u>
		<u> </u>	<u> </u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS for the 12
month period ended 31st March, 2024**

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

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Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

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Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2024	31/03/2023
	£	£
	77,824	94,854
Salaries, wages and social security	77,824	94,854

No employee received emoluments of more than £60,000 during the year (2023 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2024	31/03/2023
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	3	3

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

	31/03/2024	31/03/2023
	£	£
General donations	-	-
	-	-

5. CURRENT ASSETS: Cash and Bank

	31/03/2024	31/03/2023
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	145,225	236,887
HSBC 32885646 - Current Account	104,163	52,905
Barclays 33126676 - Savings Account	288,718	285,878
Lloyds 00661209 - Treasurer's Account	89,880	89,880
Petty Cash	10	10
	627,996	665,560

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted		
	General	31/03/2024	31/03/2023
This is stated after charging:	Fund	Total Funds	Total Funds
	£	£	£
Examiner's Remuneration	653	653	626
Depreciation	73	73	63
		726	688

NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024

31/03/2024	31/03/2023
£	£
2,132	-

Trade Creditors
Independent Examiner Fees
Wages
PAYE/NI
Nest Pension

	Unrestricted	Restricted	31/03/2024 Total	31/03/2023 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	2,762	-	2,762	622
	<u>2,762</u>	<u>-</u>	<u>2,762</u>	<u>622</u>

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

			31/03/2024	31/03/2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Client Contributions	34,641	-	34,641	43,215
Grants	-	-	-	-
Project Income	42,743	-	42,743	44,295
Sundry	-	-	-	3,934
	77,384	-	77,384	91,444

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**RELATE PLYMOUTH AND
DISTRICT**

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024**

**11. DIRECT CHARITABLE
EXPENDITURE**

31/03/2024 31/03/2023

	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	10,410	-	10,410	3,425
Insurance	717	-	717	1,163
Heat and Light	2,060	-	2,060	2,180
Repairs and Renewals	1,641	-	1,641	556
Depreciation	73	-	73	63
Counselling:				
Supervision Fees	1,695	-	1,695	1,955
Training	4,322	-	4,322	7,560
Counsellors - Plymouth	30,660	-	30,660	45,979
Support Costs:				
Staff Salaries	37,604	-	37,604	38,900
Employers' NI/payee	9,560	-	9,560	9,975
Pension Contributions	1,517	-	1,517	1,329
Travel and Expenses	611	-	611	367
Subscriptions and Memberships	9,470	-	9,470	8,535
Postage, Printing, Stationery, Phone	2,452	-	2,452	2,436
Book-Keeping	1,028	-	1,028	1,405
Website	1,044	-	1,044	737
Refreshments/Meetings	163	-	163	346
Sundries	134	-	134	-
Administration:				
Legal and Professional	774	-	774	675
Finance Charges	1,041	-	1,041	1,200
	116,976	-	116,976	128,783

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	Incoming		Outgoing		
	At 01/04/23	Resources	Resources	Transfers	At 31/03/24
	£	£	£	£	£
Restricted Funds					
Grant	-	-	-	-	-

Total Restricted Funds Designated Funds	-	-	-	-	-
Running Costs - Six Months					
Closure Costs	42,000	-	-	-	42,000
Repairs and Renewals for Centre	50,000	-	-	-	50,000
Training Bursary	5,000	-	-	-	5,000
Purchase of 3 Blenheim Road					
Total Designated Funds	6,000	-	-	-	6,000
	300,000				300,000
General Unrestricted Funds					
Total Unrestricted Funds	403,000	-	-	-	403,000
Total Funds					
	256,868	80,147	116,976	-	220,038
	256,868	80,147	116,976	-	220,038
	659,868	80,147	116,976	-	623,038

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RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2024

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

Other Equipment: 20% on a straight line basis.

	IT Equip	Other	Total
	£	£	£
Cost			
Brought Forward	-	592	592
Fully Depreciated	-	228	228
Additions	-	-	-
Disposals	-	-	-

As at 31st March, 2024	-	364	364
Depreciation			
Brought Forward	-	297	297
Fully Depreciated	-	228	228
Charge for the period			
Disposals		73	73
	-	-	-
As at 31st March, 2024			
Net Book Value: As at 31st March, 2024	-	142	142
Net Book Value: As at 1st April, 2023	-	<u>222</u>	<u>222</u>
14. CAPITAL COMMITMENTS	-	<u>296</u>	<u>296</u>

The charity's only capital commitment as at 31st March 2024 or 31st March 2023, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements