# FAMILY GROUPS LIMITED

England & Wales · Charity number 261622

## Details

| | |
|---|---|
| Other names | AL-ANON FAMILY GROUPS U K AND EIRE |
| Status | Registered |
| Legal form | Charitable company |
| Company number | 00984912 |
| Registered | 1973-01-23 |
| Register | View on the Charity Commission register |

## Contact

| | |
|---|---|
| Address | Family Groups Limited<br>57b Great Suffolk Street<br>London<br>SE1 0BB |
| Phone | 02075932070 |
| Email | enquiries@al-anonuk.org.uk |
| Website | www.al-anonuk.org.uk |

## Activities

**Objects:** TO RELIEVE POVERTY AND DISTRESS AMONG FAMILIES AND DEPENDANTS SUFFERING BY REASON OF ALCOHOLISM.

**Activities:** Family Groups Limited t/a Al-Anon Family Groups has been in operation since 1951. Al-Anon Family Groups has but one purpose: to help families of alcoholics. Al-Anon is not allied with any sect, denomination, political entity, organisation or institution; does not engage in any controversy; neither endorses nor opposes any cause. Support groups can be found throughout the UK.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

## Geography

- Ireland
- Scotland
- Throughout England And Wales

## Finances

| Period end | Income | Expenditure | Assets | Employees |
|---|---|---|---|---|
| 2025-03-31 | £463,919 | £398,243 | - | - |
| 2024-03-31 | £513,341 | £376,340 | £723,213 | 9 |
| 2023-03-31 | £369,675 | £350,097 | - | - |
| 2022-03-31 | £285,147 | £350,658 | - | - |
| 2021-03-31 | £356,620 | £267,037 | - | - |

## Trustees

| Name | Role | Appointed |
|---|---|---|
| Annie Smirk | | 2024-02-09 |
| Anthony Benedict Smith | | 2024-02-09 |
| Dawn Scott | | 2025-06-20 |
| Elisabeth Pritchard | | 2026-02-06 |
| Jo'ann Thompson | | 2026-02-06 |
| Karen Murdoch | | 2025-02-14 |
| Lesley Connelly | | 2026-02-06 |
| Marie Therese McGhee | | 2026-02-06 |
| Nicola Denise Davies-Hall | | 2024-02-09 |
| Nicola Mercedes Lavis | | 2023-01-27 |
| Patricia Anne | | 2026-02-06 |
| Paul Stonebrook | | 2023-01-27 |

# Accounts

# Family Groups Limited

**(A company limited by guarantee)**

**Report and Financial Statements**

**For the Year Ended 31 March 2025**

**Charity Number: 261622**

**Company Registration Number: 984912**

## Contents

# FAMILY GROUPS LIMITED
## General Service Board and Professional Advisers

| | | |
|---|---|---|
| **General Service Board:** | Angela Lidster | |
| | Nicola Davies-Hall | |
| | Elisabeth Pritchard | Retired February 2025 |
| | Karen Murdoch | Appointed February 2025 |
| | Marie MacGrath | |
| | Heather McKaig | |
| | Nicola Lavis | |
| | Paul Stonebrook | |
| | Isobel Durbidge | Retired February 2025 |
| | Michael Donnelly | Retired February 2025 |
| | Annie Smirk | |
| | Lorna Hall | |
| | Anthony Smith | |
| | Elizabeth Wade | Retired July 2024 |
| **Company Secretary:** | Patricia Bainbridge | |
| **Registered office and Principal address:** | 57B Great Suffolk Street<br>London, SE1 0BB | |
| **Banker:** | HSBC Bank plc.<br>London Bridge Branch<br>28 Borough High Street<br>London SE1 1YB | Bank of Ireland<br>Baggot Street Branch<br>P O Box 3131<br>Dublin 2 |
| **Accounts Preparation:** | ExcluServ Limited<br>133 Deepcut Bridge Road<br>Camberley<br>Surrey<br>GU16 6SD | |
| **Independent Examiner:** | Martin Gurney FCA<br>Haines Watts Swindon Limited<br>Old Station House, Station Approach<br>Swindon<br>SN1 3DU | |

**Report of the Trustees**

The members of the General Service Board (GSB), who are also the directors of the Charity for the purposes of company law and trustees for Charity law purposes, submit their annual report and the financial statements of Family Groups Limited for the year ended 31st March 2025. The General Service Board confirms that the Annual Report and financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102).

The Trustees' report covers the Directors' report as required by the Companies Act.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

Family Groups Limited is a company limited by guarantee. It was formed on 17th July 1970 to incorporate Al-Anon Family Groups UK & Eire. It is governed by its Articles of Association and is a Registered Charity in England and Wales number 261622. The Charity is subject to the provisions of Charity law as well as company law.

The Charity is recognised by the Office of Scottish Charity Registration (OSCR) as a cross border Charity. Our Annual Accounts and Trustees reports are submitted to OSCR each year, although The Charities Commission will be our main regulatory body.

Funds held by the Charity exclude the funds of groups who operate independently and without access to the Charity's funds. There are no restrictions imposed by the Articles of Association on the holding of investments providing that they are in furtherance of the Company's primary objective as noted below.

Trustees are selected by the Board and given Traditional Approval by the Annual Conference. Areas nominate Regional Trustee candidates, whilst Trustee at Large candidates apply for the vacancy. All Trustee applications go through a grading procedure. An induction meeting for new Trustees is held before the February EGM. The UK and Eire are divided into six geographical Regions and one virtual Area each of which is represented by a Trustee. The in person Regions are further divided into Areas. Delegates from Areas meet with the Trustees annually at Conference in September. The Conference approves and monitors the actions of the General Service Board (GSB) and the Standing Committees. Current members of the General Service Board and those serving during the year are shown on page three.

In order to comply with legislation in Eire, Al-Anon Family Groups CLG was incorporated on 12th August 2019 to manage the finances of Groups in Eire. Income and expenditure for Al-Anon Groups in Eire are now reported separately and are not included within this document. This company achieved charitable status in October 2021, Groups in Eire now send all donations to this Charity (Al-Anon Family Groups CLG) who make a financial contribution to the fellowship through a management fee.

The Executive Committee is authorised by the GSB to be responsible for the routine administration of Al-Anon Family Groups in the UK & Eire. Members of the Executive Committee are appointed by the GSB and include the Vice Chairperson of the GSB, the Treasurer and the General Secretary.

Day to day management is devolved to the General Secretary reporting back to the GSB and to the Executive Committee. The General Secretary reports directly to the GSB.

Management remuneration is based on market rates.

## PURPOSE AND AIMS

Al-Anon has but one purpose: to help families of alcoholics. We do this by practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

The Charity's objectives, as set out in the Articles of Association, are to relieve poverty and distress among families and dependents of those who suffer from alcoholism.

The following is Al-Anon's suggested preamble at group meetings, which is a code of practice adopted by members:

"The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organisation or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions."

The primary activities of the Charity are as follows: Public Information – seven-day-a-week helpline, public information enquiries, a website and other social media. Member support – group registration and insurance, annual Conference, sale of literature, membership information and guidance page on website.

## PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit. Al-Anon Groups are open to all members of the public. The Charity's activities focus on supporting those within Al-Anon who have been affected by someone else's drinking and to make its name known to potential members.

## ACHIEVEMENTS AND PERFORMANCE

### Public Information (PI) Activities

The Al-Anon strategy is twofold: to raise awareness of the Al-Anon name and to provide information to potential members and any professionals who may wish to recommend our fellowship. We do this by attending events, giving presentations and meeting outside organisations as well as having a social media presence. Our Facebook page, Twitter and Instagram accounts seem to be helping us connect with younger potential members. A biannual Public Information campaign was launched to the public in January 2025 'You are not alone!' and focuses on highlighting that you are not alone in being effected by a loved one's drinking.

### Telephone Helpline

Al-Anon provides a 0800 telephone helpline 365 days a year (8am-10pm weekdays, 10am-10pm weekends). The provision of the free telephone helpline in the UK is staffed by volunteers working from home all of whom receive annual training on call handling.

In addition to the helpline, the Charity receives distress emails. Al-Anon members have volunteered and have been trained on writing responses to emails.

### Website

The website is regularly updated. It has a simple and friendly design, a search facility and is proving to be a popular method for new members and professionals to obtain information.

## MEMBER SUPPORT

### Groups

Total Group numbers are 666 (2023-2024: 687), of which 10 are active Alateen groups.

### Annual Conference

The Annual Conference was held at Hillscourt Hotel, Birmingham in September 2024. This was our second Conference at this venue and was very well received. The full details of the Conference are in the Conference Summary, available to download from the members' website.

### Literature

Al-Anon continues to provide an extensive literature list. Callers to the helpline are offered some free leaflets. The daily reader 'A Little Time for Myself' is the largest seller with 2,192 copies sold. The seventh version of the UK and Eire Service Manual has been published and is now available to purchase in the UK & Eire and should generate more revenue.

Literature is also distributed via the Information Service in Belfast. It is not part of Family Groups Limited as it is administered independently. Postage costs to Groups in Eire are now more controlled with the increased use of AdressPal as members order directly from the UK.

**TEAM (Together Empowering Al-Anon Members) Events**
The TEAM Committee has been disbanded. Areas and Regions are having Focus days as an alternative to encourage members in to service.

### FACTORS AFFECTING ACHIEVEMENTS IN THE YEAR
Like many small charities we continue to experience the effects of the rise in inflation. The office has had a number of long standing colleagues leave and we have recruited two 1 year fixed term contracts which meant that the office was close to being fully staffed.

Donations have declined this year, although we have received a number of legacy donations which have helped considerably. We have conducted a review of how we are capturing Gift Aidable payments which has resulted in us being able to claim some unclaimed money and improve our process going forward.

The total number of in-person Groups declined again this year. Online meetings were first registered within the UK & Eire Service Structure in March 2023, and to date there are 95 online Groups. Our first Virtual Area has been formed with all service roles of the Area Committee filled. It is hoped, we will experience an increase in donations as a result.

### VOLUNTEERS
Al-Anon could not exist without its volunteers who operate at every level of the organisation. It would be impossible to calculate the number of volunteer members who give of their time to run groups, Districts and Areas. The strength of volunteering in Al-Anon reflects the gratitude of its members for the help they have found and a desire that this message be available to others.

### FINANCIAL REVIEW
The financial position of the Charity at the year-end is set out on page 10.

**Financial Risks**
The major financial risk in the long term is the slow decline in Group numbers leading to a decline in income, coupled with the pressure to control costs whilst improving the service. The Charity has adequate reserves to take a long-term view in developing its role in supporting members and growing the Charity to reach others affected by someone else's drinking.

**Reserves Policy**
The Trustees of Family Groups Limited consider it prudent to maintain funds at a level which will enable it to meet its future commitments and ensure that there are adequate realisable reserves to fund the Charity's costs for a period of nine to twelve months. This level of reserves takes into account that the Charity receives no funding from external bodies, and is entirely reliant on membership contributions, literature sales and interest received. The cost of running the Charity is defined in the Charity's Reserves Policy as total expenditure less literature and Conference costs and was £206,110 (2023-2024: £192,653).

Total reserves at the year-end amount to £790,528 (2023-2024: £723,213), Designated funds at the year-end amount to £393,982 (2023-2024: £355,218) and details of these are set out in note 17.

Free reserves, defined by the Charities Statement of Recommended Practice (Charities SORP) as total reserves less that tied up in functional fixed assets, are £602,188 at 31st March 2025 (2023-2024: £564,229) which would cover the cost of running the Charity for the next 12 months.

**Financial Performance**
Total donations this year were £284,220 (2023-2024: £314,936) which included legacy donations of £59,449.
Literature sales decreased to £126,979 (2023-2024 £132,390).
Expenditure increased to £398,243 (2023-2024: £376,340).

## SHORT AND LONGTERM OBJECTIVES

### Short Term Objectives

1. Social Media: We will continue to explore the use of social media to communicate with a wider and more diverse audience.
2. Encourage more volunteers to come forward to answer helpline calls and distress emails.
3. Use our media campaign, launched in January 2025, to keep our communications with public, professionals and media fresh and relevant.
4. To migrate our outdated 'Druple' site to SharePoint.

### Long Term Objectives

The GSB's long-term objective is to maintain the financial stability of the Charity and grow the number of Groups and members, thereby helping the still suffering families and friends of alcoholics.

## PREPARATION OF THE REPORT

This report of the General Service Board has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006. It was approved, and authorised for issue by the General Service Board on 20th June 2025 and signed on its behalf by:

**Angela Lidster**
**Chairperson**

**Nicola Davies-Hall**
**Treasurer**

## Independent Examiner's Report to the Trustees of Family Groups Limited

I report to the Charity trustees on my examination of the accounts of the company for the year ended 31st March 2025 which are set out on pages 9 to 20.

## Responsibilities and basis of report

As the Charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

______________________________

**Martin Gurney FCA**
ICAEW
Haines Watts Swindon Limited
Old Station House
Station Approach
Swindon
SN1 3DU

Date

# FAMILY GROUPS LIMITED
## Statement of Financial Activities (incorporating income and expenditure account) for the year ended 31 March 2025

| | Notes | Unrestricted 2025 | Restricted 2025 | Total Funds 2025 | Total Funds 2024 |
|---|---|---|---|---|---|
| **Income and endowments from:** | | £ | £ | £ | £ |
| Donations and legacies | 2 | 284,220 | - | **284,220** | 314,936 |
| Charitable activities | 3 | 144,503 | - | **144,503** | 148,849 |
| Investments | 4 | 6,013 | - | **6,013** | 4,787 |
| Other income | | 29,183 | - | **29,183** | 44,769 |
| **Total income and endowments** | | 463,919 | - | **463,919** | 513,341 |
| **Expenditure on:** | | | | | |
| Raising funds | | 1,708 | - | **1,708** | 1,802 |
| Charitable activities | 5 | 396,535 | - | **396,535** | 374,538 |
| **Total expenditure** | | 398,243 | - | **398,243** | 376,340 |
| Net gain on investments | 12 | 1,639 | - | **1,639** | 300 |
| **Net income/(expenditure)** | | 67,315 | - | **67,315** | 137,301 |
| **Transfers between funds** | | - | - | - | - |
| **Net movement of funds** | | 67,315 | - | **67,315** | 137,301 |
| **Reconciliation of funds** | | | | | |
| Total funds brought forward | 17 | 723,213 | - | **723,213** | 585,912 |
| **Total funds carried forward** | | 790,528 | - | **790,528** | 723,213 |

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

# FAMILY GROUPS LIMITED
## Balance Sheet as at 31 March 2025

| | Notes | 2025 £ | 2024 £ |
|---|---|---|---|
| **Fixed Assets** | | | |
| Property | 10 | 188,340 | 193,340 |
| Tangible assets | 10 | 6,339 | 4,700 |
| Investments | 12 | 30,254 | 28,615 |
| | | **224,933** | 226,655 |
| **Current Assets** | | | |
| Stock | 11 | 49,663 | 76,598 |
| Debtors | 13 | 60,752 | 60,283 |
| Cash at bank and in hand | 14 | 475,687 | 428,315 |
| | | **586,102** | 565,196 |
| **Creditors: Amounts falling due with one year** | | | |
| | 15 | 20,507 | 43,282 |
| **Net current assets/(liabilities)** | | **565,595** | 521,914 |
| **Creditors: Amounts falling due after one year** | | | |
| | 16 | - | 25,356 |
| **Net assets/(liabilities)** | | **790,528** | 723,213 |
| **Unrestricted Funds** | | | |
| Fixed Assets | 17 | 194,679 | 163,684 |
| Investment reserve fund | 17 | 199,303 | 191,534 |
| General fund | 17 | 396,546 | 367,995 |
| **Total Funds** | | **790,528** | 723,213 |

For the year ended 31 March 2025 the Charity was entitled to exemption under sections 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

(i) The members have not required the Charity to obtain an audit of its accounts for the year in question in accordance with section 476.
(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies' subject to the small companies' regime. They were approved, and authorised for issue, by the directors on ______________________ and signed on their behalf by:

**Angela Lidster**
*Chairperson*

**Nicola Davies-Hall**
*Treasurer*

# FAMILY GROUPS LIMITED
## Cash Flow Statement for the year ended 31 March 2025

| | Notes | 2025 | 2024 |
|---|---|---|---|
| | | £ | £ |
| **Net cash flow from operating activities** | 19 | **74,411** | 155,550 |
| | | | |
| **Cash flow from investing activities** | | | |
| Interest received | | 3,123 | 2,516 |
| Payments to acquire tangible fixed assets | | (3,450) | (1,752) |
| **Net cash flow from investing activities** | | **(327)** | **764** |
| | | | |
| **Cash flow from financing activities** | | | |
| Repayment of long term loans | | (25,356) | (13,129) |
| Interest paid | | (1,356) | (1,356) |
| **Net cash flow from financing activities** | | **(26,712)** | (14,485) |
| | | | |
| **Net increase/(decrease) in cash and cash equivalents** | | **47,372** | 141,829 |
| | | | |
| **Cash and cash equivalents at 1 April 2024** | | 428,315 | 286,486 |
| | | | |
| **Cash and cash equivalents at 31 March 2025** | | **475,687** | 428,315 |
| | | | |
| **Cash and cash equivalents consists of:** | | | |
| Cash at bank and in hand | | 475,687 | 428,315 |
| **Cash and cash equivalents at 31 March 2025** | | **475,687** | 428,315 |

# FAMILY GROUPS LIMITED
## Notes to the Financial Statements for the year ended 31 March 2025

### 1) Accounting Policies

**Basis of preparation of financial statements**
Family Groups Limited is a company registered in England and Wales. The address of the registered office is given in the Charity information on page 3 of these financial statements. The nature of the Charity's operations and principal activities are set out in the Trustees Report.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**Going Concern**

There are no material uncertainties about the Charity's ability to continue.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

**Company status**
Family Groups Limited is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of guarantee is limited to £1 per member of the Charity.

**Fund accounting**
The General Fund represents those unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. The Investment Reserve fund, representing long-term investments made by the General Service Board, has been designed to ensure that essential Al-Anon services can continue in the event of severe economic recession. The working capital fund has been designated to represent the Charity's resources tied up in fixed assets, stock and debtors to the extent these are not financed by creditors.

Restricted funds are funds which are to be used in accordance with specific instructions imposed by donors or which have been raised by the Charity for particular purposes.

**Incoming resources**
All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income from the sale of goods and services is recognised on delivery.

Income tax recoverable on Gift Aid donations is recognised at the time of receipt of the donations.

**Resources expended**
All expenditure is accounted for on an accrual's basis. Irrecoverable VAT is included as part of the cost of the expenditure to which it relates. Support costs are allocated to activities as set out in note 5.

**Investments**
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the year.

**Intangible assets**
Intangible assets represent website development costs and are amortised over 5 years.

**Tangible fixed assets and depreciation**
All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

| | |
|---|---|
| Office equipment | - 4 years |
| Furniture & fittings | - 4 years |
| Computer equipment | - 5 years |
| Land & Buildings | - 50 years |

**Stock**
Stock is valued at the lower of cost and net realisable value.

**Debtors and prepayments**
Trade and other debtors are recognised at the settlement amount due after any trade discounts. Prepayments are valued at the amount prepaid net of any discounts.

**Creditors and provisions**
Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount to settle the obligation can be measured or estimated reliably.

**Operating leases**
Rentals applicable to operating leases are charged to the Statement of Financial Activities over the period in which the cost is incurred.

**Foreign currencies**
Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the Statement of Financial Activities.

**Pensions**
The company operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

## 2) Donations and legacies

| | Unrestricted | Restricted | 2025 Total | 2024 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| General donations | 207,631 | - | **207,631** | 194,968 |
| Gift Aid | 17,140 | - | **17,140** | 5,888 |
| Legacies | 59,449 | - | **59,449** | 114,080 |
| | 284,220 | - | **284,220** | 314,936 |

All income from donations and legacies is unrestricted for the current and prior year.

# FAMILY GROUPS LIMITED

## Notes to the Financial Statements for the year ended 31 March 2025

### 3) Incoming Resources from Activities to further the Charity's Objectives

| | Unrestricted | Restricted | 2025 Total | 2024 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| General literature sales | 126,979 | - | **126,979** | 132,390 |
| Conference and Events | 17,524 | - | **17,524** | 16,459 |
| | 144,503 | - | **144,503** | 148,849 |

All income from charitable activities is unrestricted for the current and prior year.

### 4) Investment income

| | Unrestricted | Restricted | 2025 Total | 2024 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Interest receivable | 3,123 | - | **3,123** | 2,516 |
| Income from investments | 6,130 | - | **6,130** | 5,685 |
| Exchange gain/(loss) | (3,240) | - | **(3,240)** | (3,414) |
| | 6,013 | - | **6,013** | 4,787 |

All income from investments is unrestricted for the current and prior year.

### 5) Analysis of expenditure on charitable activities

| | Activities undertaken directly | Support costs | 2025 Total | 2024 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Support administration | - | 120,503 | **120,503** | 112,844 |
| General literature | 63,039 | 66,595 | **129,634** | 123,689 |
| Conference and events | 14,933 | 47,566 | **62,499** | 59,998 |
| Telephone helpline | 1,031 | 9,514 | **10,545** | 9,210 |
| Public information activities | 419 | 72,935 | **73,354** | 68,797 |
| | 79,422 | 317,113 | **396,535** | 374,538 |

All expenditure on charitable activities was unrestricted for the current and prior year.

### 6) Allocation of support costs

| | Support Administration | General Literature | Conference and TEAM events | Telephone Helpline | Public Information Activities | 2025 Total | 2024 Total |
|---|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | | £ | £ |
| Governance | 5,282 | 2,919 | 2,085 | 417 | 3,196 | **13,899** | 13,073 |
| Staff costs | 70,271 | 38,834 | 27,739 | 5,548 | 42,533 | **184,925** | 174,886 |
| Pension contributions | 1,439 | 795 | 568 | 114 | 872 | **3,788** | 3,712 |
| Volunteer expenses | 72 | 40 | 28 | 6 | 43 | **189** | 307 |
| Finance | 7,777 | 4,298 | 3,070 | 614 | 4,708 | **20,467** | 19,455 |
| Information technology | 7,256 | 4,010 | 2,864 | 573 | 4,392 | **19,095** | 17,161 |
| Office costs | 24,135 | 13,338 | 9,527 | 1,905 | 14,607 | **63,512** | 51,566 |
| Depreciation | 2,589 | 1,431 | 1,022 | 204 | 1,566 | **6,812** | 6,395 |
| Professional fees | 876 | 484 | 345 | 69 | 529 | **2,303** | 5,283 |
| Other | 806 | 446 | 318 | 64 | 489 | **2,123** | 5,124 |
| Total | 120,503 | 66,595 | 47,566 | 9,514 | 72,935 | **317,113** | 296,962 |

*Support costs allocation is based on staff time.

### 7) Governance costs

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Trustee expenses | **807** | 1,182 |
| AGM and committee meeting costs | **10,485** | 9,578 |
| Independent Examiners costs in the current year | **1,550** | 1,500 |
| Other | **1,057** | 813 |
| | **13,899** | 13,073 |

No members of the General Service Board received any remuneration (2024: £nil). Members of the General Service Board received reimbursement of expenses for travel costs amounting to £807 during the year (2024: £1,182).

No Trustee or other person related to the Charity had any personal interest in any contract or transaction entered into by the Charity during the year (2024: £nil).

 

# FAMILY GROUPS LIMITED
## Notes to the Financial Statements for the year ended 31 March 2025

### 8) Employee Remuneration

| Payroll Details: | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Wages and Salaries | 176,409 | 166,949 |
| Social Security Costs | 8,515 | 7,537 |
| Pension Costs | 3,788 | 3,712 |
| Other Staff Costs | - | 444 |
| | 188,712 | 178,642 |

No employee received remuneration of more than £60,000.

The total staff headcount throughout the year was 12 (2024: 12) and the average number of full-time equivalent employees during the year was 9.42 (2023: 9.17).
The total amount of employee benefits received by key management personnel is £47,236 (2024 - £49,860). The Charity considers its key management personnel compromise of the General Secretary, The Chairman of the Executive Committee, and The Treasurer.

### 9) Taxation

As a Charity, Family Groups Limited is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

### 10) Tangible Fixed Assets

| | Computer Equipment | Office Equipment | Furniture & Fittings | Total | Long Leasehold Property |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | |
| **Cost** | | | | | |
| At 1 April 2024 | 32,067 | 9,758 | 3,123 | 44,948 | 245,000 |
| Additions | 3,450 | - | - | 3,450 | - |
| At 31 March 2025 | 35,517 | 9,758 | 3,123 | 48,398 | 245,000 |
| **Accumulated Depreciation** | | | | | |
| At 1 April 2024 | 27,367 | 9,758 | 3,123 | 40,248 | 51,660 |
| Charge for the year | 1,811 | - | - | 1,811 | 5,000 |
| At 31 March 2025 | 29,178 | 9,758 | 3,123 | 42,059 | 56,660 |
| **Net book value** | | | | | |
| At 31 March 2024 | 4,700 | - | - | 4,700 | 193,340 |
| At 31 March 2025 | 6,339 | - | - | 6,339 | 188,340 |

## 11) Stock

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Opening stock at 1 April 2024 | 76,598 | 71,134 |
| Movements in stock | (26,935) | 5,464 |
| Closing stock at 31 March 2025 | 49,663 | 76,598 |

## 12) Investments

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Family Groups Limited have non-current investments: | | |
| Market value at 1 April 2024 | 28,615 | 28,315 |
| Unrealised gains on investments | 1,639 | 300 |
| Disposal of investments | - | - |
| At 31 March 2025 | 30,254 | 28,615 |

| | 2025 | 2025 | 2024 | 2024 |
|---|---|---|---|---|
| | Cost | Value | Cost | Value |
| | £ | £ | £ | £ |
| Santander - Ordinary shares | 104 | 431 | 104 | 318 |
| Charity common investment funds: | | | | |
| M&G - Charifund | 7,500 | 17,703 | 7,500 | 16,345 |
| CCLA - COIF Charities Property Fund (Accumulation) | 10,000 | 12,120 | 10,000 | 11,952 |
| Total market value at 31 March 2025 | 17,604 | 30,254 | 17,604 | 28,615 |

The market value of all quoted investments is stated as at the year-end.

## 13) Debtors

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Trade Debtors | 34,551 | 49,305 |
| Income Tax Recoverable (Gift Aid) | 14,218 | 1,665 |
| VAT Recoverable | 2,995 | 4,249 |
| Prepayments and accrued income | 8,988 | 5,064 |
| | 60,752 | 60,283 |

# FAMILY GROUPS LIMITED
## Notes to the Financial Statements for the year ended 31 March 2025

### 14) Cash at bank and in hand

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Long Term Deposits: | **169,049** | 162,919 |
| Short Term Deposits | **147,327** | 141,572 |
| Cash at Bank and in Hand | **159,311** | 123,824 |
| | **475,687** | 428,315 |

### 15) Creditors: Amounts Falling Due within One Year

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Trade Creditors | **5,236** | 7,458 |
| Accruals and deferred income | **11,592** | 18,308 |
| PAYE payable | **2,747** | 2,068 |
| Pension Contributions | **932** | 787 |
| Mortgage payment due in next financial year | - | 9,000 |
| Other creditors | - | 5,661 |
| | **20,507** | 43,282 |

Included in accruals and deferred income is £3,692 of deferred income. This relates to conference income for 2025/26.

### 16) Creditors: Amounts Falling Due After One Year

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Mortgage | **149,500** | 149,500 |
| Mortgage Repayment | **(149,500)** | (115,144) |
| Reclassification of mortgage as current liability | - | (9,000) |
| | - | 25,356 |

Amounts repayable by instalments which fall due after 5 years are nil (2024: nil). The total value of secured liabilities is £nil (2024: £34,356).

### 17) Movement in Funds

| Current Year: | At 1 April 2024 £ | Incoming Resources £ | Outgoing Resources £ | Transfers and investment gains/ (losses) £ | At 31 March 2025 £ |
|---|---|---|---|---|---|
| **Restricted Funds** | | | | | |
| | - | - | - | - | - |
| Investment Reserve | 191,534 | - | - | 7,769 | **199,303** |
| Fixed Assets | 163,684 | - | - | 30,995 | **194,679** |
| General fund | 367,995 | 463,919 | 398,243 | (37,125) | **396,546** |
| **Unrestricted Funds** | 723,213 | 463,919 | 398,243 | 1,639 | **790,528** |

| Prior Year: | At 1 April 2023 £ | Incoming Resources £ | Outgoing Resources £ | Transfers and investment gains/ (losses) £ | At 31 March 2024 £ |
|---|---|---|---|---|---|
| **Restricted Funds** | | | | | |
| | - | - | - | - | - |
| Investment Reserve | 185,549 | - | - | 5,985 | **191,534** |
| Fixed Assets | 155,198 | - | - | 8,486 | **163,684** |
| General fund | 245,165 | 513,341 | 376,340 | (14,171) | **367,995** |
| **Unrestricted Funds** | 585,912 | 513,341 | 376,340 | 300 | **723,213** |

### 18) Analysis of net assets between funds

| Current Year: | Unrestricted funds £ | Restricted funds £ | Unrestricted Funds Total £ |
|---|---|---|---|
| Fund balances at **31 March 2025** are represented by: | | | |
| Tangible fixed assets, net of long term mortgage liability | 194,679 | - | **194,679** |
| Investments | 30,254 | - | **30,254** |
| Current assets | 586,102 | - | **586,102** |
| Creditors: amounts falling due within one year | (20,507) | - | **(20,507)** |
| | 790,528 | - | **790,528** |

| Prior Year: | Unrestricted funds £ | Restricted funds £ | Unrestricted Funds Total £ |
|---|---|---|---|
| Fund balances at **31 March 2024** are represented by: | | | |
| Tangible fixed assets, net of long term mortgage liability | 172,684 | - | **172,684** |
| Investments | 28,615 | - | **28,615** |
| Current assets | 565,196 | - | **565,196** |
| Creditors: amounts falling due within one year | (43,282) | - | **(43,282)** |
| | 723,213 | - | **723,213** |

## 19) Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Net income/(expenditure) for year/period | 67,315 | 137,301 |
| Interest receivable | (3,123) | (2,516) |
| Interest payable | 1,356 | 1,356 |
| Depreciation and impairment of tangible fixed assets | 6,811 | 6,395 |
| (Gains)/losses on investments | (1,639) | (300) |
| (Increase)/decrease in stock | 26,935 | (5,464) |
| Decrease/(increase) in debtors | (469) | 1,570 |
| Increase/(decrease) in creditors | (22,775) | 17,208 |
| **Net cash flow from operating activities** | **74,411** | 155,550 |

**FAMILY GROUPS LIMITED**

England & Wales - Charity number 261622

# Accounts

# Family Groups Limited

**(A company limited by guarantee)**

**Report and Financial Statements**

**For the Year Ended 31 March 2024**

**Charity Number: 261622**

**Company Registration Number: 984912**

# Contents

# FAMILY GROUPS LIMITED
## General Service Board and Professional Advisers

| | | |
|---|---|---|
| **General Service Board:** | Karen Murdoch | Retired February 2024 |
| | Nicola Davies-Hall | Appointed February 2024 |
| | Elisabeth Pritchard | |
| | Angela Lidster | |
| | Marie MacGrath | |
| | Heather McKaig | |
| | Nicola Lavis | |
| | Paul Stonebrook | |
| | Isobel Durbidge | |
| | Michael Donnelly | |
| | Susan McDonald | Retired February 2024 |
| | Lorna Hall | Appointed June 2023 |
| | Annie Smirk | Appointed February 2024 |
| | Anthony Smith | Appointed February 2024 |
| | Elizabeth Wade | Appointed February 2024 |
| **Company Secretary:** | Patricia Bainbridge | |
| **Registered office and Principal address:** | 57B Great Suffolk Street<br>London, SE1 0BB | |
| **Banker:** | HSBC Bank plc.<br>London Bridge Branch<br>28 Borough High Street<br>London SE1 1YB | Bank of Ireland<br>Baggot Street Branch<br>P O Box 3131<br>Dublin 2 |
| **Accounts Preparation:** | ExcluServ Limited<br>133 Deepcut Bridge Road<br>Camberley<br>Surrey<br>GU16 6SD | |
| **Independent Examiner:** | Sue Plumb ACA<br>Haines Watts Chartered Accountants<br>Old Station House, Station Approach<br>Newport St.<br>Swindon<br>SN1 3DU | |

## Report of the Trustees

The members of the General Service Board (GSB), who are also the directors of the Charity for the purposes of company law and trustees for charity law purposes, submit their annual report and the financial statements of Family Groups Limited for the year ended 31st March 2024. The General Service Board confirms that the Annual Report and financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102).

The Trustees' report covers the Directors' report as required by the Companies Act.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

Family Groups Limited is a company limited by guarantee. It was formed on 17th July 1970 to incorporate Al-Anon Family Groups UK & Eire. It is governed by its Articles of Association and is a Registered Charity in England and Wales number 261622. The Charity is subject to the provisions of charity law as well as company law.

Funds held by the Charity exclude the funds of groups who operate independently and without access to the Charity's funds. There are no restrictions imposed by the Articles of Association on the holding of investments providing that they are in furtherance of the Company's primary objective as noted below.

Trustees are selected by the Board and given Traditional Approval by the Annual Conference. Areas nominate Regional Trustee candidates, whilst Trustee at Large candidates apply for the vacancy. All Trustee applications go through a grading procedure. An induction meeting for new Trustees is held before the February EGM. The UK and Eire are divided into six geographical Regions and one virtual Area each of which is represented by a Trustee. The in-person Regions are further divided into Areas. Delegates from Areas meet with the Trustees annually at Conference in September. The Conference approves and monitors the actions of the General Service Board and the Standing Committees. Current members of the General Service Board and those serving during the year are shown on page three.

In order to comply with legislation in Eire, Al-Anon Family Groups CLG was incorporated on 12th August 2019 to manage the finances of Groups in Eire. Income and expenditure for Al-Anon Groups in Eire are now reported separately and are not included within this document. This company achieved charitable status in October 2021, Groups in Eire now send all donations to this charity (Al-Anon Family Groups CLG) who make a financial contribution to the fellowship through a management fee.

The Charity is recognised by the Office of Scottish Charity Registration (OSCR) as a cross-border Charity. Our Annual Accounts and Trustees reports are submitted to OSCR each year, although The Charities Commission will be our main regulatory body.

The Executive Committee is authorised by the GSB to be responsible for the routine administration of Al-Anon Family Groups in the UK & Eire. Members of the Executive Committee are appointed by the GSB and include the Vice Chairperson of the GSB, the Treasurer and the General Secretary.

Day to day management is devolved to the General Secretary reporting back to the GSB and to the Executive Committee. The General Secretary reports directly to the GSB.

Management remuneration is based on market rates.

## PURPOSE AND AIMS

Al-Anon has but one purpose: to help families of alcoholics. We do this by practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

The Charity's objectives, as set out in the Articles of Association, are to relieve poverty and distress among families and dependents of those who suffer from alcoholism.

The following is Al-Anon's suggested preamble at group meetings, which is a code of practice adopted by members:

"The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organisation or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions."

The primary activities of the Charity are as follows: Public Information – seven-day-a-week helpline, public information enquiries, a website and other social media. Member support – group registration and insurance, annual Conference, sale of literature, membership information and guidance page on website**.**

### PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit. Al-Anon Groups are open to all members of the public. The Charity's activities focus on supporting those within Al-Anon who have been affected by someone else's drinking and to make its name known to potential members.

### ACHIEVEMENTS AND PERFORMANCE

**Public Information (PI) Activities**

The Al-Anon strategy is twofold: to raise awareness of the Al-Anon name and to provide information to potential members and any professionals who may wish to recommend our fellowship. We do this by attending events, giving presentations and meeting outside organisations as well as having a social media presence. Our Facebook page, Twitter and Instagram accounts seem to be helping us connect with younger potential members. A biannual Public Information campaign was launched to the public in May 2023 and focusses on talking about the effects of someone's drinking on loved ones.

**Telephone Helpline**

Al-Anon provides a 0800 telephone helpline 365 days a year (8am-10pm weekdays, 10am-10pm weekends). The provision of the free telephone helpline in the UK is staffed by volunteers working from home all of whom receive annual training on call handling.

In addition to the helpline, the charity receives distress emails. Al-Anon members have volunteered and have been trained on writing responses to emails.

**Website**

The website is regularly updated. It has a simple and friendly design, a search facility and is proving to be a popular method for new members and professionals to obtain information.

### MEMBER SUPPORT

**Groups**

Total Group numbers are 687 (2022-2023: 707), of which 14 are active Alateen groups.

**Annual Conference**

The Annual Conference was held at Hillscourt Hotel, Birmingham in September 2023. This was our first Conference at this venue and was very well received as it was ~~a~~ much more spacious and had superior technical equipment. The full details of the Conference are in the Conference Summary, available to download from the members' website.

**Literature**

Al-Anon continues to provide an extensive literature list. Callers to the helpline are offered some free leaflets. The daily reader 'Courage to Change' continues to be the largest seller with 2,643 copies sold. A new daily reader 'A Little Time for Myself' is now available to purchase in the UK & Eire and should generate more revenue.

Literature is also distributed via the Information Service–in Belfast. It is not part of Family Groups Limited as it is administered independently. Postage costs to Groups in Eire have increased significantly as Members order directly from the UK.

**TEAM (Together Empowering Al-Anon Members) Events**

There have been no events organised this year and the TEAM Committee have asked members to give feedback and ideas on how we can encourage members to participate in service events.

### FACTORS AFFECTING ACHIEVEMENTS IN THE YEAR

Like many small charities we continue to experience the effects of the rise in inflation. The office remains understaffed as we struggle to attract office-based workers.

Donations have declined this year, although we have received a number of legacy donations which have helped considerably.

Our website and intranet was updated in line with our IT requirements, and our IT support providers reduced and streamlined to increase speed and efficiency when changes are required.

The total number of in-person Groups declined again this year. Online meetings were first registered within the UK & Eire Service Structure in March 2023, and to date there are 100 online Groups. Our first Virtual Area has been formed with all service roles of the Area Committee filled. It is hoped, we will experience an increase in donations as a result.

### VOLUNTEERS

Al-Anon could not exist without its volunteers who operate at every level of the organisation. It would be impossible to calculate the number of volunteer members who give of their time to run groups, Districts and Areas. The strength of volunteering in Al-Anon reflects the gratitude of its members for the help they have found and a desire that this message be available to others.

### FINANCIAL REVIEW

The financial position of the charity at the year-end is set out on page 10.

**Financial Risks**

The major financial risk in the long term is the slow decline in Group numbers leading to a decline in income, coupled with the pressure to control costs whilst improving the service. The Charity has adequate reserves to take a long-term view in developing its role in supporting members and growing the Charity to reach others affected by someone else's drinking.

**Reserves Policy**

The Trustees of Family Groups Limited consider it prudent to maintain funds at a level which will enable it to meet its future commitments and ensure that there are adequate realisable reserves to fund the Charity's costs for a period of nine to twelve months. This level of reserves takes into account that the Charity receives no funding from external bodies, and is entirely reliant on membership contributions, literature sales and interest received. The cost of running the Charity is defined in the Charity's Reserves Policy as total expenditure less literature, Conference and TEAM costs and was £192,653 (2022-23: £188,566).

Total reserves at the year-end amount to £723,213 (2022-23: £585,912), Designated funds at the year-end amount to £355,218 (2022-23: £340,747) and details of these are set out in note 17.

Free reserves, defined by the Charities Statement of Recommended Practice (Charities SORP) as total reserves less that tied up in functional fixed assets, less mortgage commitments, are £564,229 at 31st March 2024 (2022-23: £435,057) which would cover the cost of running the Charity for the next 12 months.

**Financial Performance**

Total donations this year were £314,936 (2022-23: £221,048) which included legacy donations of £114,080.
Literature sales increased to £132,390 (2022-23 £90.656).
Expenditure increased to £376,340 (2022-23: £350,097).

### SHORT AND LONGTERM OBJECTIVES

#### Short Term Objectives

1. Social Media: We will continue to explore the use of social media to communicate with a wider and more diverse audience.
2. Encourage more volunteers to come forward to answer helpline calls and distress emails.
3. Use our media campaign, launched in May 2023, to keep our communications with public, professionals and media fresh and relevant.

#### Long Term Objectives

The GSB's long-term objective is to maintain the financial stability of the charity and grow the number of Groups and members, thereby helping the still suffering families and friends of alcoholics.

### PREPARATION OF THE REPORT

This report of the General Service Board has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006. It was approved, and authorised for issue by the General Service Board on 29th June 2024 and signed on its behalf by:

| | |
|---|---|
| **Angela Lidster** | **Nicola Davies-Hall** |
| **Chairperson** | **Treasurer** |

## Independent Examiner's Report to the Trustees of Family Groups Limited

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 9 to 20.

## Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

**S Plumb ACA**
ICAEW
Haines Watts
Old Station House
Station Approach
Newport Street
Swindon
SN1 3DU

Date

# FAMILY GROUPS LIMITED

## Statement of Financial Activities (incorporating income and expenditure account) for the year ended 31 March 2024

| | Notes | Unrestricted 2024 | Restricted 2024 | Total Funds 2024 | Total Funds 2023 |
|---|---|---|---|---|---|
| **Income and endowments from:** | | £ | £ | £ | £ |
| Donations and legacies | 2 | 314,936 | - | **314,936** | 221,048 |
| Charitable activities | 3 | 148,849 | - | **148,849** | 102,445 |
| Investments | 4 | 4,787 | - | **4,787** | 3,208 |
| Other income | | 44,769 | - | **44,769** | 42,974 |
| **Total income and endowments** | | 513,341 | - | **513,341** | 369,675 |
| **Expenditure on:** | | | | | |
| Raising funds | | 1,802 | - | **1,802** | 1,554 |
| Charitable activities | 5 | 374,538 | - | **374,538** | 348,543 |
| **Total expenditure** | | 376,340 | - | **376,340** | 350,097 |
| Net gain on investments | 12 | 300 | - | **300** | (2,737) |
| **Net income/(expenditure)** | | 137,301 | - | **137,301** | 16,841 |
| **Transfers between funds** | | - | - | **-** | - |
| **Net movement of funds** | | 137,301 | - | **137,301** | 16,841 |
| **Reconciliation of funds** | | | | | |
| Total funds brought forward | 17 | 585,912 | - | **585,912** | 569,071 |
| **Total funds carried forward** | | 723,213 | - | **723,213** | 585,912 |

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

# FAMILY GROUPS LIMITED
## Balance Sheet as at 31 March 2024

| | Notes | 2024 £ | 2023 £ |
|---|---|---|---|
| **Fixed Assets** | | | |
| Property | 10 | 193,340 | 198,340 |
| Tangible assets | 10 | 4,700 | 4,343 |
| Investments | 12 | 28,615 | 28,315 |
| | | **226,655** | 230,998 |
| **Current Assets** | | | |
| Stock | 11 | 76,598 | 71,134 |
| Debtors | 13 | 60,283 | 61,853 |
| Cash at bank and in hand | 14 | 428,315 | 286,486 |
| | | **565,196** | 419,473 |
| **Creditors: Amounts falling due with one year** | | | |
| | 15 | 43,282 | 26,074 |
| **Net current assets/(liabilities)** | | **521,914** | 393,399 |
| **Creditors: Amounts falling due after one year** | | | |
| | 16 | 25,356 | 38,485 |
| **Net assets/(liabilities)** | | **723,213** | 585,912 |
| **Unrestricted Funds** | | | |
| Fixed Assets | 17 | 163,684 | 155,198 |
| Investment reserve fund | 17 | 191,534 | 185,549 |
| General fund | 17 | 367,995 | 245,165 |
| **Total Funds** | | **723,213** | 585,912 |

For the year ended 31 March 2024 the Charity was entitled to exemption under sections 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

(i) The members have not required the Charity to obtain an audit of its accounts for the year in question in accordance with section 476.

(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies' subject to the small companies' regime. They were approved, and authorised for issue, by the directors on ______________________________ and signed on their behalf by:

______________________

**Angela Lidster**
*Chairperson*

______________________

**Nicola Davies-Hall**
*Treasurer*

# FAMILY GROUPS LIMITED
## Cash Flow Statement for the year ended 31 March 2024

| | Notes | 2024 | 2023 |
|---|---|---|---|
| | | **£** | **£** |
| **Net cash flow from operating activities** | **19** | **155,550** | (73,563) |
| | | | |
| **Cash flow from investing activities** | | | |
| Interest received | | 2,516 | 395 |
| Payments to acquire tangible fixed assets | | (1,752) | (3,134) |
| **Net cash flow from investing activities** | | **764** | **(2,739)** |
| | | | |
| **Cash flow from financing activities** | | | |
| Repayment of long term loans | | (13,129) | (13,128) |
| Interest paid | | (1,356) | (2,075) |
| **Net cash flow from financing activities** | | **(14,485)** | (15,203) |
| | | | |
| **Net increase/(decrease) in cash and cash equivalents** | | **141,829** | (91,505) |
| | | | |
| **Cash and cash equivalents at 1 April 2023** | | 286,486 | 377,991 |
| | | | |
| **Cash and cash equivalents at 31 March 2024** | | **428,315** | 286,486 |
| | | | |
| **Cash and cash equivalents consists of:** | | | |
| Cash at bank and in hand | | 428,315 | 286,486 |
| **Cash and cash equivalents at 31 March 2024** | | **428,315** | 286,486 |

### 1) Accounting Policies

**Basis of preparation of financial statements**
Family Groups Limited is a company registered in England and Wales. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are set out in the Trustees' Report.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**Going Concern**

There are no material uncertainties about the charity's ability to continue.

The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

**Company status**
Family Groups Limited is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of guarantee is limited to £1 per member of the Charity.

**Fund accounting**
The General Fund represents those unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. The Investment Reserve fund, representing long-term investments made by the General Service Board, has been designed to ensure that essential Al-Anon services can continue in the event of severe economic recession. The working capital fund has been designated to represent the Charity's resources tied up in fixed assets, stock and debtors to the extent these are not financed by creditors.

Restricted funds are funds which are to be used in accordance with specific instructions imposed by donors or which have been raised by the Charity for particular purposes.

**Incoming resources**
All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income from the sale of goods and services is recognised on delivery.

Income tax recoverable on Gift Aid donations is recognised at the time of receipt of the donations.

**Resources expended**
All expenditure is accounted for on an accrual's basis. Irrecoverable VAT is included as part of the cost of the expenditure to which it relates. Support costs are allocated to activities as set out in note 5.

**Investments**
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the year.

**Intangible assets**
Intangible assets represent website development costs and are amortised over 5 years.

**Tangible fixed assets and depreciation**
All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

| | |
|---|---|
| Office equipment | - 4 years |
| Furniture & fittings | - 4 years |
| Computer equipment | - 5 years |
| Land & Buildings | - 50 years |

**Stock**
Stock is valued at the lower of cost and net realisable value.

**Debtors and prepayments**
Trade and other debtors are recognised at the settlement amount due after any trade discounts. Prepayments are valued at the amount prepaid net of any discounts.

**Creditors and provisions**
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount to settle the obligation can be measured or estimated reliably.

**Operating leases**
Rentals applicable to operating leases are charged to the Statement of Financial Activities over the period in which the cost is incurred.

**Foreign currencies**
Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the Statement of Financial Activities.

**Pensions**
The company operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

## 2) Donations and legacies

| | Unrestricted | Restricted | 2024 Total | 2023 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| General donations | 171,424 | - | **171,424** | 164,520 |
| Gift Aid donations | 23,544 | - | **23,544** | 27,390 |
| Gift Aid | 5,888 | - | **5,888** | 6,820 |
| Legacies | 114,080 | - | **114,080** | 22,318 |
| | 314,936 | - | **314,936** | 221,048 |

All income from donations and legacies is unrestricted for the current and prior year.

### 3) Incoming Resources from Activities to further the Charity's Objectives

| | Unrestricted | Restricted | 2024 Total | 2023 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| General literature sales | 132,390 | - | **132,390** | 90,656 |
| Conference and TEAM Events | 16,459 | - | **16,459** | 11,789 |
| | 148,849 | - | **148,849** | 102,445 |

All income from charitable activities is unrestricted for the current and prior year.

### 4) Investment income

| | Unrestricted | Restricted | 2024 Total | 2023 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Interest receivable | 2,516 | - | **2,516** | 395 |
| Income from investments | 5,685 | - | **5,685** | 2,239 |
| Exchange gain/(loss) | (3,414) | - | **(3,414)** | 574 |
| | 4,787 | - | **4,787** | 3,208 |

All income from investments is unrestricted for the current and prior year.

### 5) Analysis of expenditure on charitable activities

| | Activities undertaken directly | Support costs | 2024 Total | 2023 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Support administration | - | 112,844 | **112,844** | 110,412 |
| General literature | 61,327 | 62,362 | **123,689** | 105,856 |
| Conference and TEAM events | 15,454 | 44,544 | **59,998** | 55,675 |
| Telephone helpline | 301 | 8,909 | **9,210** | 8,974 |
| Public information activities | 494 | 68,303 | **68,797** | 67,626 |
| | 77,576 | 296,962 | **374,538** | 348,543 |

All expenditure on charitable activities was unrestricted for the current and prior year.

## 6) Allocation of support costs

| | Support Administration £ | General Literature £ | Conference and TEAM events £ | Telephone Helpline £ | Public Information Activities | 2024 Total £ | 2023 Total £ |
|---|---|---|---|---|---|---|---|
| Governance | 4,968 | 2,745 | 1,961 | 392 | 3,007 | **13,073** | 11,084 |
| Staff costs | 66,456 | 36,726 | 26,233 | 5,247 | 40,224 | **174,886** | 161,326 |
| Pension contributions | 1,410 | 780 | 557 | 111 | 854 | **3,712** | 3,213 |
| Volunteer expenses | 117 | 64 | 46 | 9 | 71 | **307** | 603 |
| Finance | 7,392 | 4,086 | 2,918 | 584 | 4,475 | **19,455** | 15,222 |
| Information technology | 6,521 | 3,604 | 2,574 | 515 | 3,947 | **17,161** | 21,285 |
| Office costs | 19,595 | 10,829 | 7,735 | 1,547 | 11,860 | **51,566** | 61,990 |
| Depreciation | 2,430 | 1,343 | 959 | 192 | 1,471 | **6,395** | 5,941 |
| Professional fees | 2,009 | 1,109 | 792 | 158 | 1,215 | **5,283** | 5,518 |
| Other | 1,946 | 1,076 | 769 | 154 | 1,179 | **5,124** | 4,387 |
| **Total** | 112,844 | 62,362 | 44,544 | 8,909 | 68,303 | **296,962** | 290,569 |

*Support costs allocation is based on staff time.

## 7) Governance costs

| | 2024 £ | 2023 £ |
|---|---|---|
| Trustee expenses | **1,182** | 2,699 |
| AGM and committee meeting costs | **9,578** | 6,317 |
| Independent examiners costs in the current year | **1,500** | 1,450 |
| Other | **813** | 618 |
| | **13,073** | 11,084 |

No members of the General Service Board received any remuneration (2023: £nil). Members of the General Service Board received reimbursement of expenses for travel costs amounting to £1,182 during the year (2023: £2,699).

No Trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2023: £nil).

## 8) Employee Remuneration

| **Payroll Details:** | **2024** | **2023** |
|---|---|---|
| | **£** | **£** |
| Wages and Salaries | **166,949** | 148,391 |
| Social Security Costs | **7,537** | 12,746 |
| Pension Costs | **3,712** | 3,213 |
| Other Staff Costs | **444** | 189 |
| | **178,642** | 164,539 |

No employee received remuneration of more than £60,000.

The total staff headcount throughout the year was 12 (2023: 7) and the average number of full-time equivalent employees during the year was 9.17 (2023: 7.08).

The total amount of employee benefits received by key management personnel is £49,860 (2023 - £48,602). The charity considers its key management personnel to be the General Secretary, The Chairperson of the Executive Committee, and The Treasurer.

## 9) Taxation

As a charity, Family Groups Limited is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

## 10) Tangible Fixed Assets

| | **Computer Equipmen t** | **Office Equipmen t** | **Furniture & Fittings** | **Total** | **Long Leasehold Property** |
|---|---|---|---|---|---|
| | **£** | **£** | **£** | **£** | |
| **Cost** | | | | | |
| At 1 April 2023 | 30,315 | 9,758 | 3,123 | **43,196** | 245,000 |
| Additions | 1,752 | - | - | **1,752** | - |
| At 31 March 2024 | 32,067 | 9,758 | 3,123 | **44,948** | 245,000 |
| **Accumulated Depreciation** | | | | | |
| At 1 April 2023 | 25,992 | 9,738 | 3,123 | **38,853** | 46,660 |
| Charge for the year | 1,375 | 20 | - | **1,395** | 5,000 |
| At 31 March 2024 | 27,367 | 9,758 | 3,123 | **40,248** | 51,660 |
| **Net book value** | | | | | |
| At 31 March 2023 | 4,323 | 20 | - | **4,343** | **198,340** |
| At 31 March 2024 | 4,700 | - | - | **4,700** | **193,340** |

## 11) Stock

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Opening stock at 1 April 2023 | **71,134** | 25,263 |
| Movements in stock | **5,464** | 45,871 |
| Closing stock at 31 March 2024 | **76,598** | 71,134 |

## 12) Investments

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Family Groups Limited have non-current investments: | | |
| Market value at **1 April 2023** | **28,315** | 31,052 |
| Unrealised gains on investments | **300** | (2,737) |
| Disposal of investments | **-** | - |
| At **31 March 2024** | **28,615** | 28,315 |

| | 2024 Cost | 2024 Value | 2023 Cost | 2023 Value |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Santander - Ordinary shares | **104** | **318** | 104 | 318 |
| Charity common investment funds: | | | | |
| M&G - Charifund | **7,500** | **16,345** | 7,500 | 15,395 |
| CCLA - COIF Charities Property Fund (Accumulation) | **10,000** | **11,952** | 10,000 | 12,602 |
| Total market value at **31 March 2024** | **17,604** | **28,615** | 17,604 | 28,315 |

The market value of all quoted investments is stated as at the year-end.

## 13) Debtors

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Trade Debtors | **49,305** | 155 |
| Income Tax Recoverable (Gift Aid) | **1,665** | 1,790 |
| VAT Recoverable | **4,249** | 1,107 |
| Prepayments and accrued income | **5,064** | 4,290 |
| Other debtors | **-** | 54,511 |
| | **60,283** | 61,853 |

### 14) Cash at bank and in hand

| | 2024 | 2023 |
|---|---|---|
| | **£** | **£** |
| Long Term Deposits: | **162,919** | 157,234 |
| Short Term Deposits | **141,572** | 19,575 |
| Cash at Bank and in Hand | **123,824** | 109,677 |
| | **428,315** | 286,486 |

### 15) Creditors: Amounts Falling Due within One Year

| | 2024 | 2023 |
|---|---|---|
| | **£** | **£** |
| Trade Creditors | **7,458** | 4,512 |
| Accruals and deferred income | **18,308** | 8,704 |
| PAYE payable | **2,068** | 2,757 |
| Pension Contributions | **787** | 1,101 |
| Mortgage payment due in next financial year | **9,000** | 9,000 |
| Other creditors | **5,661** | - |
| | **43,282** | 26,074 |

Included in accruals and deferred income is £10,994 of deferred income. This relates to conference income for 2024/25.

### 16) Creditors: Amounts Falling Due After One Year

| | 2024 | 2023 |
|---|---|---|
| | **£** | **£** |
| Mortgage | **149,500** | 149,500 |
| Mortgage Repayment Control Account | **(115,144)** | (102,015) |
| Reclassification of mortgage as current liability | **(9,000)** | (9,000) |
| | **25,356** | 38,485 |

Amounts repayable by instalments which fall due after 5 years are nil (2023: nil). The total value of secured liabilities is £34,356 (2023: £47,485).

## 17) Movement in Funds

| Current Year: | At 1 April 2023 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2024 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Restricted Funds** | | | | | |
| | - | - | - | - | **-** |
| **Designated Funds** | | | | | |
| Investment Reserve | 185,549 | - | - | 5,985 | **191,534** |
| Fixed Assets | 155,198 | - | - | 8,486 | **163,684** |
| **General fund** | 245,165 | 513,341 | 376,340 | (14,171) | **367,995** |
| **Unrestricted Funds** | 585,912 | 513,341 | 376,340 | 300 | **723,213** |

*****_The designated investment reserve represents funds invested in long term deposits (see note 14) and investments (see Note 12_).

| Prior Year: | At 1 April 2022 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2023 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Designated Funds** | | | | | |
| Investment Reserve | 186,047 | - | - | (498) | **185,549** |
| Fixed Assets | 144,878 | - | - | 10,320 | **155,198** |
| **General fund** | 238,146 | 369,675 | 350,097 | (12,559) | **245,165** |
| **Unrestricted Funds** | 569,071 | 369,675 | 350,097 | (2,737) | **585,912** |

## 18) Analysis of net assets between funds

| Current Year: | Unrestricted funds | Restricted funds | Unrestricted Funds Total |
|---|---|---|---|
| | £ | £ | £ |
| Fund balances at **31 March 2024** are represented by: | | | |
| Tangible fixed assets, net of long term mortgage liability | 172,684 | - | **172,684** |
| Investments | 28,615 | - | **28,615** |
| Current assets | 565,196 | - | **565,196** |
| Creditors: amounts falling due within one year | (43,282) | - | **(43,282)** |
| | 723,213 | - | **723,213** |

| **Prior Year:** | **Unrestricted funds** | **Restricted funds** | **Unrestricted Funds Total** |
|---|---|---|---|
| | **£** | **£** | **£** |
| Fund balances at **31 March 2023** are represented by: | | | |
| Tangible fixed assets, net of long term mortgage liability | 164,198 | - | **164,198** |
| Investments | 28,315 | - | **28,315** |
| Current assets | 419,473 | - | **419,473** |
| Creditors: amounts falling due within one year | (26,074) | - | **(26,074)** |
| | 585,912 | - | **585,912** |

## 19) Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | **2024** | **2023** |
|---|---|---|
| | **£** | **£** |
| Net income/(expenditure) for year/period | 137,301 | 16,841 |
| | | |
| Interest receivable | (2,516) | (395) |
| Interest payable | 1,356 | 2,075 |
| Depreciation and impairment of tangible fixed assets | 6,395 | 5,942 |
| (Gains)/losses on investments | (300) | 2,737 |
| (Increase)/decrease in stock | (5,464) | (45,871) |
| Decrease/(increase) in debtors | 1,570 | (40,349) |
| Increase/(decrease) in creditors | 17,208 | (14,543) |
| **Net cash flow from operating activities** | **155,550** | (73,563) |

**FAMILY GROUPS LIMITED**

England & Wales - Charity number 261622

# Accounts

# Family Groups Limited

**(A company limited by guarantee)**

**Report and Financial Statements**

**For the Year Ended 31 March 2023**

**Charity Number: 261622**

**Company Registration Number: 984912**

# Contents

# FAMILY GROUPS LIMITED
## General Service Board and Professional Advisers

| | | |
|---|---|---|
| **General Service Board:** | Nuala Carroll | Retired January 2023 |
| | Karen Murdoch | |
| | Elisabeth Pritchard | |
| | Angela Lidster | |
| | Miriam MacGrath | |
| | Heather McKaig | |
| | Nicola Lavis | Appointed January 2023 |
| | Katherine Lanham | Retired January 2023 |
| | Isobel Durbidge | |
| | Michael Donnelly | |
| | Susan McDonald | |
| | Paul Stonebrook | Appointed January 2023 |
| | Helen McMorrow | Retired January 2023 |
| **Company Secretary:** | Patricia Bainbridge | |
| **Registered office and Principal address:** | 57B Great Suffolk Street<br>London, SE1 0BB | |
| **Banker:** | HSBC Bank plc.<br>London Bridge Branch<br>28 Borough High Street<br>London SE1 1YB | Bank of Ireland<br>Baggot Street Branch<br>P O Box 3131<br>Dublin 2 |
| **Accounts Preparation:** | ExcluServ Limited<br>133 Deepcut Bridge Road<br>Camberley<br>Surrey<br>GU16 6SD | |
| **Independent Examiner:** | Sue Plumb ACA<br>Haines Watts Chartered Accountants<br>Old Station House, Station Approach<br>Newport St.<br>Swindon<br>SN1 3DU | |

## Report of the Trustees

The members of the General Service Board (GSB), who are also the directors of the Charity for the purposes of company law and trustees for charity law purposes, submit their annual report and the financial statements of Family Groups Limited for the year ended 31st March 2023. The General Service Board confirms that the Annual Report and financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102).

The Trustees' report covers the Directors' report as required by the Companies Act.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

Family Groups Limited is a company limited by guarantee. It was formed on 17th July 1970 to incorporate Al-Anon Family Groups UK & Eire. It is governed by its Articles of Association and is a Registered Charity in England and Wales number 261622. The Charity is subject to the provisions of charity law as well as company law.

Funds held by the Charity exclude the funds of groups who operate independently and without access to the Charity's funds. There are no restrictions imposed by the Articles of Association on the holding of investments providing that they are in furtherance of the Company's primary objective as noted below.

Trustees are selected by the Board and given Traditional Approval by the Annual Conference. Areas nominate Regional Trustee candidates, whilst Trustee at Large candidates apply for the vacancy. All Trustee applications go through a grading procedure. An induction meeting for new Trustees is held before the January EGM. The UK and Eire are divided into six geographical Regions each of which is represented by a Trustee. The Regions are further divided into Areas. Delegates from Areas meet with the Trustees annually at Conference in September. The Conference approves and monitors the actions of the General Service Board and the Standing Committees. Current members of the General Service Board and those serving during the year are shown on page three.

In order to comply with legislation in Eire, Al-Anon Family Groups CLG was incorporated on 12th August 2019 to manage the finances of Groups in Eire. Income and expenditure for Al-Anon Groups in Eire are now reported separately and are not included within this document. This company achieved charitable status in October 2021, Groups in Eire now send all donations to this charity (Al-Anon Family Groups CLG) who make a financial contribution to the fellowship through a management fee.

The Charity is registered with the Office of Scottish Charity Registration (OSCR) as a cross border Charity. Our Annual Accounts and Trustees reports are submitted to OSCR each year, although The Charities Commission will be our main regulatory body.

The Executive Committee is authorised by the GSB to be responsible for the routine administration of Al-Anon Family Groups in the UK & Eire. Members of the Executive Committee are appointed by the GSB and include the Vice Chairman of the GSB, the Treasurer and the General Secretary.

Day to day management is devolved to the General Secretary reporting back to the GSB and to the Executive Committee. The General Secretary reports directly to the GSB.

Management remuneration is based on market rates.

## PURPOSE AND AIMS

Al-Anon has but one purpose: to help families of alcoholics. We do this by practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

The Charity's objectives, as set out in the Articles of Association, are to relieve poverty and distress among families and dependents of those who suffer from alcoholism.

The following is Al-Anon's suggested preamble at group meetings, which is a code of practice adopted by members:

"The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organisation or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions."

The primary activities of the Charity are as follows: Public Information – seven-day-a-week helpline, public information enquiries, a website and other social media. Member support – group registration and insurance, annual Conference, sale of literature, membership information and guidance page on website.

## PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit. Al-Anon Groups are open to all members of the public. The Charity's activities focus on supporting those within Al-Anon who have been affected by someone else's drinking and to make its name known to potential members.

## ACHIEVEMENTS AND PERFORMANCE

### Public Information (PI) Activities

The Al-Anon strategy is twofold: to raise awareness of the Al-Anon name and to provide information to potential members and any professionals who may wish to recommend our fellowship. We do this by attending events, giving presentations and meeting outside organisations as well as having a social media presence. Our Facebook page, Twitter and Instagram accounts seem to be helping us connect with younger potential members. A biannual Public Information campaign was launched to the members at Conference 2022 and will go live to the public in May 2023 and focusses on talking about the effects of someone's drinking on loved ones.

### Telephone Helpline

Al-Anon provides a 0800 telephone helpline 365 days a year (8am-10pm weekdays, 10am-10pm weekends). The provision of the free telephone helpline in the UK is staffed by volunteers working from home all of whom receive annual training on call handling.

In addition to the helpline, the charity is receiving an increasing number of distress emails. Al-Anon members have volunteered and have been trained on call handling and writing responses to emails.

### Website

The website is regularly updated. It has a simple and friendly design, a search facility and is proving to be a popular method for new members and professionals to obtain information.

## MEMBER SUPPORT

### Groups

Total Group numbers are 707 (2021-2022: approximately 700), of which 14 are active Alateen groups.

### Annual Conference

The Annual Conference was held at Hinsley Hall, Leeds in September 2022. This was our first Conference since the pandemic and for third year delegates it was their first experience of an in-person Conference. The full details of the Conference are in the Conference Summary, available to download from the members' website.

### Literature

Al-Anon continues to provide an extensive literature list. Callers to the helpline are offered some free leaflets. The daily reader 'Courage to Change' continues to be the largest seller with 2,059 copies sold.

Literature is also distributed via the Information Service–in Belfast. It is not part of Family Groups Limited as it is administered independently. Sadly, the Dublin Information Service closed during the year which means that postage costs to Groups in Eire have increased significantly as Members now order directly from the UK.

**TEAM (Together Empowering Al-Anon Members) Events**
There have been no events organised this year and the TEAM Committee have asked members to give feedback and ideas on how we can encourage members to participate in service events.

## FACTORS AFFECTING ACHIEVEMENTS IN THE YEAR

Like many small charities we continue to experience the after-effects of the global pandemic and the subsequent rise in inflation. The office remains understaffed as we struggle to attract office-based workers.

Donations have declined this year, although we have received a number of legacy donations which have helped considerably.

Our website and intranet was updated in line with our IT requirements, and our IT support providers reduced and streamlined to increase speed and efficiency when changes are required.

As expected, the total number of Groups declined this year due to closure during the pandemic and a requirement for permanent online meetings to register with the World Service Office. Therefore, during Conference 2022 it was decided to include online meetings within the UK & Eire Service Structure. Policies were put in place and online meetings have subsequently registered. It is hoped, we will experience an increase in donations as a result.

## VOLUNTEERS

Al-Anon could not exist without its volunteers who operate at every level of the organisation. It would be impossible to calculate the number of volunteer members who give of their time to run groups, Districts and Areas. The strength of volunteering in Al-Anon reflects the gratitude of its members for the help they have found and a desire that this message be available to others.

## FINANCIAL REVIEW

The financial position of the charity at the year-end is set out on page 10.

**Financial Risks**
The major financial risk in the long term is the slow decline in Group numbers leading to a decline in income, coupled with the pressure to control costs whilst improving the service. The Charity has adequate reserves to take a long-term view in developing its role in supporting members and growing the Charity to reach others affected by someone else's drinking. We await to see the continuing impact of the Coronavirus pandemic on the Charity going forward and whether the total number of Groups will change.

**Reserves Policy**
The Trustees of Family Groups Limited consider it prudent to maintain funds at a level which will enable it to meet its future commitments and ensure that there are adequate realisable reserves to fund the Charity's costs for a period of nine to twelve months. This level of reserves takes into account that the Charity receives no funding from external bodies, and is entirely reliant on membership contributions, literature sales and interest received. The cost of running the Charity is defined in the Charity's Reserves Policy as total expenditure less literature, Conference and TEAM costs and was £188,566 (2021-22: £159,052).

Total reserves at the year-end amount to £585,912 (2021-22: £569,071), Designated funds at the year-end amount to £340,747 (2021-22: £330,925) and details of these are set out in note 17.

Free reserves, defined by the Charities Statement of Recommended Practice (Charities SORP) as total reserves less that tied up in functional fixed assets, less mortgage commitments, are £402,399 at 31st March 2023 (2021-22: £393,141) which would cover the cost of running the Charity for the next 12 months.

**Financial Performance**
Total donations this year were £221,048 (2021-22: £266,796) which included legacy donations of £22,318.
Literature sales increased to £90,656 (2021-22 £72,894). We are still slightly below pre-pandemic sales levels.
Expenditure increased to £350,097 (2021-22: £285,147).

### SHORT- AND LONG-TERM OBJECTIVES

#### Short Term Objectives

1. Social Media: We will continue to explore the use of social media to communicate with a wider and more diverse audience.
2. Encourage more volunteers to come forward to answer helpline calls and distress emails.
3. Use our media campaign, to be launched in May 2023, to keep our communications with public, professionals and media fresh and relevant.

#### Long Term Objectives

The GSB's long-term objective is to maintain the financial stability of the charity and grow the number of Groups and members, thereby helping the still suffering families and friends of alcoholics.

### PREPARATION OF THE REPORT

This report of the General Service Board has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006. It was approved, and authorised for issue by the General Service Board on 24th June 2023 and signed on its behalf by:

| | |
|---|---|
| ________________________ | ________________________ |
| **Karen Murdoch** | **Angela Lidster** |
| **Chairperson** | **Treasurer** |

## Independent Examiner's Report to the Trustees of Family Groups Limited

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 9 to 20.

## Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

______________________________

**S Plumb ACA**
ICAEW
Haines Watts
Old Station House
Station Approach
Newport Street
Swindon
SN1 3DU

Date

# FAMILY GROUPS LIMITED
## Statement of Financial Activities (incorporating income and expenditure account) for the year ended 31 March 2023

| | Notes | Unrestricted 2023 £ | Restricted 2023 £ | Total Funds 2023 £ | Total Funds 2022 £ |
|---|---|---|---|---|---|
| **Income and endowments from:** | | | | | |
| Donations and legacies | 2 | 221,048 | - | **221,048** | 266,796 |
| Charitable activities | 3 | 102,445 | - | **102,445** | 73,844 |
| Investments | 4 | 3,208 | - | **3,208** | (2,032) |
| Other income | | 42,974 | - | **42,974** | 8,347 |
| **Total income and endowments** | | 369,675 | - | **369,675** | 346,955 |
| **Expenditure on:** | | | | | |
| Raising funds | | 1,554 | - | **1,554** | 2,320 |
| Charitable activities | 5 | 348,543 | - | **348,543** | 282,827 |
| **Total expenditure** | | 350,097 | - | **350,097** | 285,147 |
| Net gain on investments | 12 | (2,737) | - | **(2,737)** | 3,703 |
| **Net income/(expenditure)** | | 16,841 | - | **16,841** | 65,511 |
| **Transfers between funds** | | - | - | **-** | - |
| **Net movement of funds** | | 16,841 | - | **16,841** | 65,511 |
| **Reconciliation of funds** | | | | | |
| Total funds brought forward | 17 | 569,071 | - | **569,071** | 503,560 |
| **Total funds carried forward** | | 585,912 | - | **585,912** | 569,071 |

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

# FAMILY GROUPS LIMITED
## Balance Sheet as at 31 March 2023

| | Notes | 2023 £ | 2022 £ |
|---|---|---|---|
| **Fixed Assets** | | | |
| Property | 10 | 198,340 | 203,340 |
| Tangible assets | 10 | 4,343 | 2,151 |
| Investments | 12 | 28,315 | 31,052 |
| | | **230,998** | 236,543 |
| **Current Assets** | | | |
| Stock | 11 | 71,134 | 25,263 |
| Debtors | 13 | 61,853 | 21,504 |
| Cash at bank and in hand | 14 | 286,486 | 377,991 |
| | | **419,473** | 424,758 |
| **Creditors: Amounts falling due with one year** | | | |
| | 15 | 26,074 | 40,617 |
| **Net current assets/(liabilities)** | | **393,399** | 384,141 |
| **Creditors: Amounts falling due after one year** | | | |
| | 16 | 38,485 | 51,613 |
| **Net assets/(liabilities)** | | **585,912** | 569,071 |
| **Unrestricted Funds** | | | |
| Fixed Assets | 17 | 155,198 | 144,878 |
| Investment reserve fund | 17 | 185,549 | 186,047 |
| General fund | 17 | 245,165 | 238,146 |
| **Total Funds** | | **585,912** | 569,071 |

For the year ended 31 March 2023 the Charity was entitled to exemption under sections 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

(i) The members have not required the Charity to obtain an audit of its accounts for the year in question in accordance with section 476.
(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies' subject to the small companies' regime. They were approved, and authorised for issue, by the directors on 24th June 2023 and signed on their behalf by:

**Karen Murdoch**
*Chairperson*

**Angela Lidster**
*Treasurer*

# FAMILY GROUPS LIMITED
## Cash Flow Statement for the year ended 31 March 2023

| | Notes | 2023 | 2022 |
|---|---|---|---|
| | | £ | £ |
| **Net cash flow from operating activities** | 19 | **(73,563)** | 73,139 |
| | | | |
| **Cash flow from investing activities** | | | |
| Interest received | | 395 | 12 |
| Payments to acquire tangible fixed assets | | (3,134) | (651) |
| **Net cash flow from investing activities** | | **(2,739)** | **(639)** |
| | | | |
| **Cash flow from financing activities** | | | |
| Repayment of long-term loans | | (13,128) | (13,140) |
| Interest paid | | (2,075) | (2,458) |
| **Net cash flow from financing activities** | | **(15,203)** | (15,598) |
| | | | |
| **Net increase/(decrease) in cash and cash equivalents** | | **(91,505)** | 56,902 |
| | | | |
| **Cash and cash equivalents at 1 April 2022** | | 377,991 | 321,089 |
| | | | |
| **Cash and cash equivalents at 31 March 2023** | | **286,486** | 377,991 |
| | | | |
| **Cash and cash equivalents consists of:** | | | |
| Cash at bank and in hand | | 286,486 | 377,991 |
| **Cash and cash equivalents at 31 March 2023** | | **286,486** | 377,991 |

### 1) Accounting Policies

**Basis of preparation of financial statements**
Family Groups Limited is a company registered in England and Wales. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are set out in the Trustees Report.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**Going Concern**
There are no material uncertainties about the charity's ability to continue.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

**Company status**
Family Groups Limited is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of guarantee is limited to £1 per member of the Charity.

**Fund accounting**
The General Fund represents those unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. The Investment Reserve fund, representing long-term investments made by the General Service Board, has been designed to ensure that essential Al-Anon services can continue in the event of severe economic recession. The working capital fund has been designated to represent the Charity's resources tied up in fixed assets, stock and debtors to the extent these are not financed by creditors.

Restricted funds are funds which are to be used in accordance with specific instructions imposed by donors or which have been raised by the Charity for particular purposes.

**Incoming resources**
All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income from the sale of goods and services is recognised on delivery.

Income tax recoverable on Gift Aid donations is recognised at the time of receipt of the donations.

**Resources expended**
All expenditure is accounted for on an accrual's basis. Irrecoverable VAT is included as part of the cost of the expenditure to which it relates. Support costs are allocated to activities as set out in note 5.

**Investments**
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the year.

**Intangible assets**
Intangible assets represent website development costs and are amortised over 5 years.

**Tangible fixed assets and depreciation**
All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

| | |
|---|---|
| Office equipment | - 4 years |
| Furniture & fittings | - 4 years |
| Computer equipment | - 5 years |
| Land & Buildings | - 50 years |

**Stock**
Stock is valued at the lower of cost and net realisable value.

**Debtors and prepayments**
Trade and other debtors are recognised at the settlement amount due after any trade discounts. Prepayments are valued at the amount prepaid net of any discounts.

**Creditors and provisions**
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount to settle the obligation can be measured or estimated reliably.

**Operating leases**
Rentals applicable to operating leases are charged to the Statement of Financial Activities over the period in which the cost is incurred.

**Foreign currencies**
Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the Statement of Financial Activities.

**Pensions**
The company operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

## 2) Donations and legacies

| | Unrestricted | Restricted | 2023 Total | 2022 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| General donations | 164,520 | - | **164,520** | 152,604 |
| Gift Aid donations | 27,390 | - | **27,390** | 38,648 |
| Gift Aid | 6,820 | - | **6,820** | 9,093 |
| Legacies | 22,318 | - | **22,318** | 66,421 |
| | 221,048 | - | **221,048** | 266,766 |

All income from donations and legacies is unrestricted for the current and prior year.

### 3) Incoming Resources from Activities to further the Charity's Objectives

| | Unrestricted | Restricted | 2023 Total | 2022 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| General literature sales | 90,656 | - | **90,656** | 72,894 |
| Conference and TEAM Events | 11,789 | - | **11,789** | 950 |
| | 102,445 | - | **102,445** | 73,844 |

All income from charitable activities is unrestricted for the current and prior year.

### 4) Investment income

| | Unrestricted | Restricted | 2023 Total | 2022 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Bank interest receivable | 395 | - | **395** | 12 |
| Interest and dividends from investments | 2,239 | - | **2,239** | 694 |
| Exchange gain/(loss) | 574 | - | **574** | (2,738) |
| | 3,208 | - | **3,208** | (2,032) |

All income from investments is unrestricted for the current and prior year.

### 5) Analysis of expenditure on charitable activities

| | Activities undertaken directly | Support costs | 2023 Total | 2022 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Support administration | - | 110,412 | **110,412** | 93,618 |
| General literature | 44,835 | 61,021 | **105,856** | 88,190 |
| Conference and TEAM events | 12,089 | 43,586 | **55,675** | 37,905 |
| Telephone helpline | 255 | 8,719 | **8,974** | 7,645 |
| Public information activities | 795 | 66,831 | **67,626** | 55,469 |
| | 57,974 | 290,569 | **348,543** | 282,827 |

All expenditure on charitable activities was unrestricted for the current and prior year.

## 6) Allocation of support costs

| | Support Administration | General Literature | Conference and TEAM events | Telephone Helpline | Public Information Activities | 2023 Total | 2022 Total |
|---|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | | £ | £ |
| Governance | 4,211 | 2,328 | 1,663 | 333 | 2,549 | **11,084** | 2,290 |
| Staff costs | 61,304 | 33,878 | 24,199 | 4,840 | 37,105 | **161,326** | 153,543 |
| Pension contributions | 1,221 | 675 | 482 | 96 | 739 | **3,213** | 2,777 |
| Volunteer expenses | 229 | 127 | 90 | 18 | 139 | **603** | - |
| Finance | 5,784 | 3,197 | 2,283 | 457 | 3,501 | **15,222** | 14,810 |
| Information technology | 8,087 | 4,470 | 3,193 | 639 | 4,896 | **21,285** | 11,013 |
| Office costs | 23,555 | 13,018 | 9,299 | 1,860 | 14,258 | **61,990** | 51,221 |
| Depreciation | 2,258 | 1,248 | 891 | 178 | 1,366 | **5,941** | 6,243 |
| Professional fees | 2,096 | 1,159 | 828 | 166 | 1,269 | **5,518** | 1,205 |
| Other | 1,667 | 921 | 658 | 132 | 1,009 | **4,387** | 3,261 |
| **Total** | 110,412 | 61,021 | 43,586 | 8,719 | 66,831 | **290,569** | 246,363 |

*Support costs allocation is based on staff time.

## 7) Governance costs

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Trustee expenses | **2,699** | 150 |
| AGM and committee meeting costs | **6,317** | - |
| Independent examiners costs in the current year | **1,450** | 1,500 |
| Other | **618** | 640 |
| | **11,084** | 2,290 |

No members of the General Service Board received any remuneration (2022: £nil). Members of the General Service Board received reimbursement of expenses for travel costs amounting to £2,699 during the year (2022: £150).

No Trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2022: £nil).

### 8) Employee Remuneration

| **Payroll Details:** | **2023** | **2022** |
|---|---|---|
| | **£** | **£** |
| Wages and Salaries | **148,391** | 142,668 |
| Social Security Costs | **12,746** | 10,660 |
| Pension Costs | **3,213** | 2,777 |
| Other Staff Costs | **189** | 215 |
| | **164,539** | 156,320 |

No employee received remuneration of more than £60,000.

The total staff headcount throughout the year was 7 (2022: 6) and the average number of full-time equivalent employees during the year was 7.08 (2022: 7.17).

The total amount of employee benefits received by key management personnel is £48,602 (2022 - £43,280).The charity considers its key management personnel compromise of the General Secretary, The Chairman of the Executive Committee, and The Treasurer.

### 9) Taxation

As a charity, Family Groups Limited is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

### 10) Tangible Fixed Assets

| | **Computer Equipment** | **Office Equipment** | **Furniture & Fittings** | **Total** | **Long Leasehold Property** |
|---|---|---|---|---|---|
| | **£** | **£** | **£** | **£** | |
| **Cost** | | | | | |
| At 1 April 2022 | 27,181 | 9,758 | 3,123 | **40,062** | 245,000 |
| Additions | 3,134 | - | - | **3,134** | - |
| At 31 March 2023 | 30,315 | 9,758 | 3,123 | **43,196** | 245,000 |
| **Accumulated Depreciation** | | | | | |
| At 1 April 2022 | 25,381 | 9,407 | 3,123 | **37,911** | 41,660 |
| Charge for the year | 611 | 331 | - | **942** | 5,000 |
| At 31 March 2023 | 25,992 | 9,738 | 3,123 | **38,853** | 46,660 |
| **Net book value** | | | | | |
| At 31 March 2022 | 1,800 | 351 | - | **2,151** | **203,340** |
| At 31 March 2023 | 4,323 | 20 | - | **4,343** | **198,340** |

## 11) Stock

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Opening stock at 1 April 2022 | **25,263** | 31,849 |
| Movements in stock | **45,871** | (6,586) |
| Closing stock at 31 March 2023 | **71,134** | 25,263 |

## 12) Investments

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Family Groups Limited have non-current investments: | | |
| Market value at 1 April 2022 | **31,052** | 27,349 |
| Unrealised gains on investments | **(2,737)** | 3,703 |
| Disposal of investments | **-** | - |
| At 31 March 2023 | **28,315** | 31,052 |

| | 2023 Cost | 2023 Value | 2022 Cost | 2022 Value |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Santander - Ordinary shares | **104** | **318** | 83 | 290 |
| Charity common investment funds: | | | | |
| M&G - Charifund | **7,500** | **15,395** | 7,500 | 15,784 |
| CCLA - COIF Charities Property Fund (Accumulation) | **10,000** | **12,602** | 10,000 | 14,978 |
| Total market value at 31 March 2023 | **17,604** | **28,315** | 17,583 | 31,052 |

The market value of all quoted investments is stated as at the year-end.

## 13) Debtors

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Trade Debtors | **155** | 532 |
| Income Tax Recoverable (Gift Aid) | **1,790** | 9,093 |
| VAT Recoverable | **1,107** | 221 |
| Prepayments and accrued income | **4,290** | 4,328 |
| Other debtors | **54,511** | 7,330 |
| | **61,853** | 21,504 |

## 14) Cash at bank and in hand

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Long Term Deposits: | **157,234** | 154,995 |
| Short Term Deposits | **19,575** | 177,396 |
| Cash at Bank and in Hand | **109,677** | 45,600 |
| | **286,486** | 377,991 |

## 15) Creditors: Amounts Falling Due within One Year

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Trade Creditors | **4,512** | 8,407 |
| Accruals and deferred income | **8,704** | 19,555 |
| PAYE payable | **2,757** | 2,682 |
| Pension Contributions | **1,101** | 973 |
| Mortgage payment due in next financial year | **9,000** | 9,000 |
| | **26,074** | 40,617 |

Included in accruals and deferred income is £3,318 of deferred income. This relates to conference income for 2023/24.

## 16) Creditors: Amounts Falling Due After One Year

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Mortgage | **149,500** | 149,500 |
| Mortgage Repayment Control Account | **(102,015)** | (88,887) |
| Reclassification of mortgage as current liability | **(9,000)** | (9,000) |
| | **38,485** | 51,613 |

Amounts repayable by instalments which fall due after 5 years are nil (2022: nil). The total value of secured liabilities is £47,485 (2022: £60,613).

## 17) Movement in Funds

| Current Year: | At 1 April 2022 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2023 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Designated Funds** | | | | | |
| Investment Reserve | 186,047 | - | - | (498) | **185,549** |
| Fixed Assets | 144,878 | - | - | 10,320 | **155,198** |
| **General fund** | 238,146 | 369,675 | 350,097 | (12,559) | **245,165** |
| **Unrestricted Funds** | 569,071 | 369,675 | 350,097 | (2,737) | **585,912** |

***The designated investment reserve represents funds invested in long term deposits (see note 14) and investments (see Note 12*).**

| Prior Year: | At 1 April 2021 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2022 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Designated Funds** | | | | | |
| Investment Reserve | 181,652 | - | - | 4,395 | **186,047** |
| Fixed Assets | 137,330 | - | - | 7,548 | **144,878** |
| **General fund** | 184,578 | 346,955 | 285,147 | (8,240) | **238,146** |
| **Unrestricted Funds** | 503,560 | 346,955 | 285,147 | 3,703 | **569,071** |

## 18) Analysis of net assets between funds

| Current Year: | Unrestricted funds | Restricted funds | Unrestricted Funds Total |
|---|---|---|---|
| | £ | £ | £ |
| Fund balances at **31 March 2023** are represented by: | | | |
| Tangible fixed assets, net of long term mortgage liability | 164,198 | - | **164,198** |
| Investments | 28,315 | - | **28,315** |
| Current assets | 419,473 | - | **419,473** |
| Creditors: amounts falling due within one year | (26,074) | - | **(26,074)** |
| | 585,912 | - | **585,912** |

| **Prior Year:** | **Unrestricted funds** | **Restricted funds** | **Unrestricted Funds Total** |
|---|---|---|---|
| | **£** | **£** | **£** |
| Fund balances at **31 March 2022** are represented by: | | | |
| Tangible fixed assets, net of long-term mortgage liability | 153,878 | - | **153,878** |
| Investments | 31,052 | - | **31,052** |
| Current assets | 424,758 | - | **424,758** |
| Creditors: amounts falling due within one year | (40,617) | - | **(40,617)** |
| | 569,071 | - | **569,071** |

### 19) Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | **2023** | **2022** |
|---|---|---|
| | **£** | **£** |
| Net income/(expenditure) for year/period | 16,841 | 89,583 |
| Interest receivable | (395) | (37) |
| Interest payable | 2,075 | 3,092 |
| Depreciation and impairment of tangible fixed assets | 5,942 | 7,126 |
| (Gains)/losses on investments | 2,737 | (2,919) |
| (Increase)/decrease in stock | (45,871) | 1,210 |
| (Increase)/decrease in debtors | (40,349) | (10,504) |
| Increase/(decrease) in creditors | (14,543) | (12) |
| **Net cash flow from operating activities** | **(73,563)** | 87,539 |

FAMILY GROUPS LIMITED

England & Wales - Charity number 261622

# Accounts

# Family Groups Limited

## (A company limited by guarantee)

## Report and Financial Statements

## For the Year Ended 31 March 2022

**Charity Number: 261622**

**Company Registration Number: 984912**

## Contents

# FAMILY GROUPS LIMITED
## General Service Board and Professional Advisers

| | | |
|---|---|---|
| **General Service Board:** | Nuala Carroll | |
| | Elisabeth Pritchard | |
| | Angela Lidster | |
| | Miriam MacGrath | |
| | Heather McKaig | Appointed February 2022 |
| | Peter Colton | Retired February 2022 |
| | Katherine Lanham | |
| | Marie Barkey | Retired February 2022 |
| | Isobel Durbidge | Appointed February 2022 |
| | Michael Donnelly | Appointed February 2022 |
| | Susan McDonald | Appointed February 2022 |
| | Karen Murdoch | |
| | Rebecca Donoher | Retired February 2022 |
| | Helen McMorrow | |
| **Company Secretary:** | Patricia Bainbridge | |
| **Registered office and Principal address:** | 57B Great Suffolk Street<br>London, SE1 0BB | |
| **Banker:** | HSBC Bank plc.<br>London Bridge Branch<br>28 Borough High Street<br>London SE1 1YB | Bank of Ireland<br>Baggot Street Branch<br>P O Box 3131<br>Dublin 2 |
| **Accounts Preparation:** | ExcluServ Limited<br>133 Deepcut Bridge Road<br>Camberley<br>Surrey<br>GU16 6SD | |
| **Independent Examiner:** | Sue Plumb ACA<br>Haines Watts Chartered Accountants<br>Old Station House, Station Approach<br>Newport St.<br>Swindon<br>SN1 3DU | |

## Report of the Trustees

The members of the General Service Board (GSB), who are also the directors of the Charity for the purposes of company law and trustees for Charity law purposes, submit their annual report and the financial statements of Family Groups Limited for the year ended 31 March 2022. The General Service Board confirms that the Annual Report and financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) “Accounting and Reporting by Charities” (FRS 102).

The Trustees’ report covers the Directors’ report as required by the Companies Act.

### STRUCTURE, GOVERNANCE AND MANAGEMENT

Family Groups Limited is a company limited by guarantee. It was formed on 17 July 1970 to incorporate Al-Anon Family Groups UK & Eire. It is governed by its Articles of Association and is a Registered Charity in England and Wales number 261622. The Charity is subject to the provisions of Charity law as well as company law.

Funds held by the Charity exclude the funds of groups who operate independently and without access to the Charity's funds. There are no restrictions imposed by the Articles of Association on the holding of investments providing that they are in furtherance of the Company's primary objective as noted below.

Trustees are selected by the Board and given Traditional Approval by the Annual Conference. Areas nominate Regional Trustee candidates, whilst Trustee at Large candidates apply for the vacancy. All Trustee applications go through a grading procedure. An induction meeting for new Trustees is held before the January EGM. The UK and Eire are divided into six geographical Regions each of which is represented by a Trustee. The Regions are further divided into Areas. Delegates from Areas meet with the Trustees annually at Conference in September. The Conference approves and monitors the actions of the General Service Board and the Standing Committees. Current members of the General Service Board and those serving during the year are shown on page three.

In order to comply with legislation in Eire, a new company Al-Anon Family Groups CLG was incorporated on 12th August 2019 in order to manage the finances of Groups in Eire. Income and expenditure for Al-Anon Groups in Eire are now reported separately and are not included within this document. This new company achieved charitable status in October 2021, Groups in Eire now send all donations to the new Charity (Al-Anon Family Groups CLG) who make a financial contribution to the fellowship through a management fee.

The Charity is registered with the Office of Scottish Charity Registration (OSCR) as a cross border Charity. Our Annual Accounts and Trustees report will be submitted to OSCR each year although The Charities Commission will be our main regulatory body.

The Executive Committee is authorised by the GSB to be responsible for the routine administration of Al-Anon Family Groups in the UK & Eire. Members of the Executive Committee are appointed by the GSB and include the Vice Chairman of the GSB, the Treasurer and the General Secretary.

Day to day management is devolved to the General Secretary reporting back to the GSB and to the Executive Committee. The General Secretary reports directly to the GSB.

Management remuneration is based on market rates.

### PURPOSE AND AIMS

Al-Anon has but one purpose: to help families of alcoholics. We do this by practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

The Charity's objectives, as set out in the Articles of Association, are to relieve poverty and distress among families and dependents of those who suffer from alcoholism.

The following is Al-Anon's suggested preamble at group meetings, which is a code of practice adopted by members:

"The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organisation or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. AI-Anon is self-supporting through its own voluntary contributions."

The primary activities of the Charity are as follows: Public Information – seven-day-a-week helpline, public information enquiries, a website and other social media. Member support – group registration and insurance, annual Conference, sale of literature, membership information and guidance page on website.

## PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit. Al-Anon Groups are open to all members of the public. The Charity's activities focus on supporting those within Al-Anon who have been affected by someone else's drinking and to make its name known to potential members.

## ACHIEVEMENTS AND PERFORMANCE

### Public Information (PI) Activities

The Al-Anon strategy is twofold: to raise awareness of the Al-Anon name and to provide information to potential members and any professionals who may wish to recommend our fellowship. We do this by attending events, giving presentations and meeting outside organisations as well as having a social media presence.
Our Facebook page, Twitter and Instagram accounts seem to be helping us connect with younger potential members. A Public Information campaign focussing on the emotional, physical, mental and financial impact of living with alcoholism was launched in January 2021 and will run until the end of 2022.

### Telephone Helpline

Al-Anon provides a 0800 telephone helpline 365 days a year (8am-10pm weekdays, 10am-10pm weekends). The provision of the free telephone helpline in the UK has seen an increase of calls since its installation. During the pandemic, all calls to the helpline were diverted to the homes of trained volunteers and we did not experience any disruption to this service.

In addition to the helpline, the Charity is receiving an increasing number of distress emails. Al-Anon members have volunteered and have been trained on call handling and writing responses to emails.

### Website

The website is regularly updated. It has a simple and friendly design, a search facility and is proving to be a popular method for new members and professionals to obtain information.

## MEMBER SUPPORT

### Groups

Total Group numbers are approximately 700 (2020-2021: 740), of which 16 are active Alateen Groups.

### Annual Conference

Due to the on-going pandemic, we held our annual Conference virtually using Zoom. All invited Delegates were able to join and a specialist IT support company was engaged to ensure everything went smoothly. We were able to use the 'breakout' function to hold workshops and Delegates voted electronically on all motions. Conference materials were provided prior to the event and Delegates were unanimous in their positive feedback.

### Literature

Al-Anon continues to provide an extensive literature list. Callers to the helpline are offered some free leaflets. The daily reader 'Courage to Change' continues to be the largest seller with 1,831 copies sold.

Literature is also distributed via the Information Services in Belfast and Dublin. These are not part of Family Groups Limited as separate bodies administer them, however they are the largest customers for literature and there is close co-operation between them and the General Service Office.

**TEAM (Together Empowering Al-Anon Members) Events**
Due to the pandemic, none were arranged this year.

## FACTORS AFFECTING ACHIEVEMENTS IN THE YEAR

Like many small charities the overwhelming factor affecting our operations has been the ongoing pandemic. The General Service Office (GSO) which closed in March 2020 has only fully reopened in February 2022. We have been very fortunate that our office staff embraced the challenges of homeworking and ensured that services were maintained.

All Groups closed down initially and during this year we have seen some close permanently and others remain as online meetings. Although donations remained steady in the initial stages of the pandemic, we have now experienced a reduction in donations as the fellowship readjusts to the changing circumstances. The reduction in donations, fortunately, has been offset by reduced costs due to the office closure.

We received a large legacy in July 2021 which is reflected in the surplus published in the annual accounts.

## VOLUNTEERS

Al-Anon could not exist without its volunteers who operate at every level of the organisation. It would be impossible to calculate the number of volunteers in the traditional structure, members who give of their time to run groups, Districts and Areas. The strength of volunteering in Al-Anon reflects the gratitude of its members for the help they have found and a desire that this message be available to others.

## FINANCIAL REVIEW

The financial position of the Charity at the year-end is set out on page 10.

**Financial Risks**
The major financial risk in the long term is the slow decline in Group numbers leading to a decline in income, coupled with the pressure to control costs whilst improving the service. The Charity has adequate reserves to take a long-term view in developing its role in supporting members and growing the Charity to reach others affected by someone else’s drinking. We await to see the continuing impact of the Coronavirus pandemic on the Charity going forward and whether the total number of Groups will change.

**Reserves Policy**
The Trustees of Family Groups Limited consider it prudent to maintain funds at a level which will enable it to meet its future commitments and ensure that there are adequate realisable reserves to fund the Charity’s costs for a period of nine to twelve months. This level of reserves takes into account that the Charity receives no funding from external bodies, and is entirely reliant on membership contributions, literature sales and interest received. The cost of running the Charity is defined in the Charity’s Reserves Policy as total expenditure less literature, Conference and TEAM costs and was £159,052 (2020-21: £150,092).

Total reserves at the year-end amount to £569,071 (2020-21: £503,560), Designated funds at the year-end amount to £330,925 (2020-21: £318,982) and details of these are set out in note 17.

Free reserves, defined by the Charities Statement of Recommended Practice (Charities SORP) as total reserves less that tied up in functional fixed assets less mortgage commitments, are £393,141 at 31 March 2022 (2020-21: £338,881) which would cover the cost of running the Charity for 12 months.

**Financial Performance**
Total donations this year were £266,796 (2020-21: £280,666) which included legacy donations of £66,421.Our members responded generously to a Treasurer’s appeal and donations totalled £152,604.
Literature sales increased to £72,894 (2020-21: £59,223), this increase is entirely due to the level of sales in the first year of the pandemic when we could only offer a reduced service. We are still below pre-pandemic sales levels.
Expenditure increased to £285,147 (2020-21: £267,037) as we returned to the office and resumed more normal operations.

### SHORT- AND LONG-TERM OBJECTIVES

### Short Term Objectives

1. Social Media: We will continue to explore the use of social media to communicate with a wider and more diverse audience.
2. Continue to use our media campaign, launched in January 2021, throughout the year to keep our communications with public, professionals and media fresh and relevant.
3. Create a new PI Campaign to be launched to the fellowship at Conference in September and to go live in 2023.
4. Investigate what policies and procedures are required to incorporate online meetings permanently into our Service Structure.
5. Encourage more volunteers to come forward to answer helpline calls.

### Long Term Objectives

The GSB's long-term objective is to maintain the financial stability of the Charity and grow the number of Groups and members thereby helping the still suffering families and friends of alcoholics.

### PREPARATION OF THE REPORT

This report of the General Service Board has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006. It was approved, and authorised for issue, by the General Service Board on 25th June 2022 and signed on its behalf by:

| | |
|---|---|
| ______________________ | ______________________ |
| **Nuala Carroll** | **Angela Lidster** |
| **Chairman** | **Treasurer** |

## Independent Examiner's Report to the Trustees of Family Groups Limited

I report to the Charity trustees on my examination of the accounts of the company for the year ended 31 March 2022 which are set out on pages 9 to 20.

## Responsibilities and basis of report

As the Charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

______________________________

S Plumb ACA
ICAEW
Haines Watts
Old Station House
Station Approach
Newport Street
Swindon
SN1 3DU

Date

# FAMILY GROUPS LIMITED
## Statement of Financial Activities (incorporating income and expenditure account) for the year ended 31 March 2022

| | Notes | Unrestricted 2022 £ | Restricted 2022 £ | Total Funds 2022 £ | Total Funds 2021 £ |
|---|---|---|---|---|---|
| **Income and endowments from:** | | | | | |
| Donations and legacies | 2 | 266,796 | - | **266,796** | 280,666 |
| Charitable activities | 3 | 73,844 | - | **73,844** | 59,223 |
| Investments | 4 | (2,032) | - | **(2,032)** | (424) |
| Other income (Management fee) | | 8,347 | - | **8,347** | 14,236 |
| **Total income and endowments** | | 346,955 | - | **346,955** | 353,701 |
| **Expenditure on:** | | | | | |
| Raising funds | | 2,320 | - | **2,320** | 2,434 |
| Charitable activities | 5 | 282,827 | - | **282,827** | 264,603 |
| **Total expenditure** | | 285,147 | - | **285,147** | 267,037 |
| Net gain on investments | 12 | 3,703 | - | **3,703** | 2,919 |
| **Net income/(expenditure)** | | 65,511 | - | **65,511** | 89,583 |
| **Transfers between funds** | | - | - | **-** | - |
| **Net movement of funds** | | 65,511 | - | **65,511** | 89,583 |
| **Reconciliation of funds** | | | | | |
| Total funds brought forward | 17 | 503,560 | - | **503,560** | 413,977 |
| **Total funds carried forward** | | 569,071 | - | **569,071** | 503,560 |

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

# FAMILY GROUPS LIMITED
## Balance Sheet as at 31 March 2022

| | Notes | 2022<br>£ | 2021<br>£ |
|---|---|---|---|
| **Fixed Assets** | | | |
| Property | 10 | 203,340 | 208,340 |
| Tangible assets | 10 | 2,151 | 2,743 |
| Investments | 12 | 31,052 | 27,349 |
| | | **236,543** | 238,432 |
| **Current Assets** | | | |
| Stock | 11 | 25,263 | 31,849 |
| Debtors | 13 | 21,504 | 22,283 |
| Cash at bank and in hand | 14 | 377,991 | 321,089 |
| | | **424,758** | 375,221 |
| **Creditors: Amounts falling due within one year** | 15 | 40,617 | 45,340 |
| **Net current assets/(liabilities)** | | **384,141** | 329,881 |
| **Creditors: Amounts falling due after one year** | 16 | 51,613 | 64,753 |
| **Net assets/(liabilities)** | | **569,071** | 503,560 |
| **Unrestricted Funds** | | | |
| Fixed Assets | 17 | 144,878 | 137,330 |
| Investment reserve fund | 17 | 186,047 | 181,652 |
| General fund | 17 | 238,146 | 184,578 |
| **Total Funds** | | **569,071** | 503,560 |

For the year ended 31 March 2022 the Charity was entitled to exemption under sections 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

(i) The members have not required the Charity to obtain an audit of its accounts for the year in question in accordance with section 476.
(ii) The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies' subject to the small companies' regime. They were approved, and authorised for issue, by the Directors on ______________________ and signed on their behalf by:

**Nuala Carroll**
*Chairman*

**Angela Lidster**
*Treasurer*

# FAMILY GROUPS LIMITED
## Cash Flow Statement for the year ended 31 March 2022

| | Notes | 2022 | 2021 |
|---|---|---|---|
| | | **£** | **£** |
| **Net cash flow from operating activities** | **19** | **73,139** | 87,539 |
| | | | |
| **Cash flow from investing activities** | | | |
| Interest received | | 12 | 37 |
| Payments to acquire tangible fixed assets | | (651) | (838) |
| **Net cash flow from investing activities** | | **(639)** | **(801)** |
| | | | |
| **Cash flow from financing activities** | | | |
| Repayment of long term loans | | (13,140) | (12,921) |
| Interest paid | | (2,458) | (3,092) |
| **Net cash flow from financing activities** | | **(15,598)** | (16,013) |
| | | | |
| **Net increase/(decrease) in cash and cash equivalents** | | **56,902** | 70,725 |
| | | | |
| **Cash and cash equivalents at 1 April 2021** | | 321,089 | 250,364 |
| | | | |
| **Cash and cash equivalents at 31 March 2022** | | **377,991** | 321,089 |
| | | | |
| **Cash and cash equivalents consists of:** | | | |
| Cash at bank and in hand | | 377,991 | 321,089 |
| **Cash and cash equivalents at 31 March 2022** | | **377,991** | 321,089 |

## 1) Accounting Policies

**Basis of preparation of financial statements**
Family Groups Limited is a company registered in England and Wales. The address of the registered office is given in the Charity information on page 3 of these financial statements. The nature of the Charity's operations and principal activities are set out in the Trustees Report.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**Going Concern**

The COVID-19 viral pandemic is one of the most significant economic events for the UK with unprecedented levels of uncertainty of outcomes. It is therefore difficult to evaluate all of the potential implications on the Charity's operations, funding, suppliers and wider economy. The Trustees' view on the impact of COVID-19 is that, given the measures that could be undertaken to mitigate the current adverse conditions and the current resources available, they can continue to adopt the going concern basis in preparing the financial statements.

**Company status**
Family Groups Limited is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of guarantee is limited to £1 per member of the Charity.

**Fund accounting**
The General Fund represents those unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. The Investment Reserve fund, representing long-term investments made by the General Service Board, has been designed to ensure that essential Al-Anon services can continue in the event of severe economic recession. The working capital fund has been designated to represent the Charity's resources tied up in fixed assets, stock and debtors to the extent these are not financed by creditors.

Restricted funds are funds which are to be used in accordance with specific instructions imposed by donors or which have been raised by the Charity for particular purposes.

**Incoming resources**
All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income from the sale of goods and services is recognised on delivery.

Income tax recoverable on Gift Aid donations is recognised at the time of receipt of the donations.

**Resources expended**
All expenditure is accounted for on an accrual's basis. Irrecoverable VAT is included as part of the cost of the expenditure to which it relates. Support costs are allocated to activities as set out in note 5.

**Investments**
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the year.

**Intangible assets**
Intangible assets represent website development costs and are amortised over 5 years.

**Tangible fixed assets and depreciation**
All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

| | |
|---|---|
| Office equipment | - 4 years |
| Furniture & fittings | - 4 years |
| Computer equipment | - 5 years |
| Land & Buildings | - 50 years |

**Stock**
Stock is valued at the lower of cost and net realisable value.

**Debtors and prepayments**
Trade and other debtors are recognised at the settlement amount due after any trade discounts. Prepayments are valued at the amount prepaid net of any discounts.

**Creditors and provisions**
Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount to settle the obligation can be measured or estimated reliably.

**Operating leases**
Rentals applicable to operating leases are charged to the Statement of Financial Activities over the period in which the cost is incurred.

**Foreign currencies**
Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the Statement of Financial Activities.

**Pensions**
The company operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

## 2) Donations and legacies

| | 2022 Total | 2021 Total |
|---|---|---|
| | £ | £ |
| General donations | **152,604** | 160,456 |
| Gift Aid donations | **38,678** | 59,821 |
| Gift Aid HMRC claim | **9,093** | 11,636 |
| Legacies | **66,421** | 48,753 |
| | **266,796** | 280,666 |

All income from donations and legacies is unrestricted for the current and prior year.

## 3) Incoming Resources from Activities to further the Charity's Objectives

| | 2022 Total | 2021 Total |
|---|---|---|
| | £ | £ |
| General literature sales | **72,894** | 59,223 |
| Conference and TEAM Events | **950** | - |
| | **73,844** | 59,223 |

All income from charitable activities is unrestricted for the current and prior year.

## 4) Investment income

| | 2022 Total | 2021 Total |
|---|---|---|
| | £ | £ |
| Interest receivable | **12** | 37 |
| Income from investments | **694** | 1,174 |
| Exchange gain/(loss) | **(2,738)** | (1,635) |
| | **(2,032)** | (424) |

All income from investments is unrestricted for the current and prior year.

## 5) Analysis of expenditure on charitable activities

| | Activities undertaken directly | Support costs | 2022 Total | 2021 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Support administration | - | 93,618 | **93,618** | 87,668 |
| General literature | 36,454 | 51,736 | **88,190** | 81,838 |
| Conference and TEAM events | 950 | 36,955 | **37,905** | 34,607 |
| Telephone helpline | 255 | 7,390 | **7,645** | 7,422 |
| Public information activities | (1,195) | 56,664 | **55,469** | 53,068 |
| | 36,464 | 246,363 | **282,827** | 264,603 |

All expenditure on charitable activities is unrestricted for the current and prior year.

### 6) Allocation of support costs

| | Support Admin | General Literature | Conference and TEAM events | Telephone Helpline | Public Information Activities | 2022 Total | 2021 Total |
|---|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | | £ | £ |
| Governance | 870 | 480 | 344 | 69 | 527 | **2,290** | 3,126 |
| Staff costs | 58,346 | 32,245 | 23,031 | 4,606 | 35,315 | **153,543** | 132,597 |
| Pension contributions | 1,055 | 583 | 417 | 83 | 639 | **2,777** | 2,797 |
| Volunteer expenses | - | - | - | - | - | **-** | 53 |
| Finance | 5,628 | 3,110 | 2,222 | 444 | 3,406 | **14,810** | 14,834 |
| Information technology | 4,185 | 2,313 | 1,652 | 330 | 2,533 | **11,013** | 11,003 |
| Office costs | 19,464 | 10,756 | 7,683 | 1,537 | 11,781 | **51,221** | 53,251 |
| Depreciation | 2,373 | 1,311 | 936 | 187 | 1,436 | **6,243** | 7,126 |
| Professional fees | 458 | 253 | 181 | 36 | 277 | **1,205** | 1,835 |
| Other | 1,239 | 685 | 489 | 98 | 750 | **3,261** | 4,085 |
| **Total** | 93,618 | 51,736 | 36,955 | 7,390 | 56,664 | **246,363** | 230,707 |

*Support costs allocation is based on staff time.

### 7) Governance costs

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Trustee expenses | **150** | 138 |
| AGM and committee meeting costs | **-** | - |
| Independent examiners costs in the current year | **1,500** | 1,400 |
| Other | **640** | 1,588 |
| | **2,290** | 3,126 |

No members of the General Service Board received any remuneration (2020-21: £nil). Members of the General Service Board received reimbursement of expenses for printing and travel costs amounting to £150 during the year (2020-21: £138).

No Trustee or other person related to the Charity had any personal interest in any contract or transaction entered into by the Charity during the year (2020-21: £nil).

### 8) Employee Remuneration

| Payroll Details: | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Wages and Salaries | **142,668** | 128,124 |
| Social Security Costs | **10,660** | 6,523 |
| Pension Costs | **2,777** | 2,797 |
| Other Staff Costs | **215** | (2,050) |
| | **156,320** | 135,394 |

No employee received remuneration of more than £60,000.

The total staff headcount throughout the year was 8 (2020-21: 6) and the average number of full-time equivalent employees during the year was 7.17 (2020-21: 6.17).

The total amount of employee benefits received by key management personnel is £43,280 (2020-21: £41,303).The Charity considers its key management personnel compromise of the General Secretary, The Chairman of the Executive Committee, and The Treasurer.

### 9) Taxation

As a Charity, Family Groups Limited is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

### 10) Tangible Fixed Assets

| | Computer Equipment | Office Equipment | Furniture & Fittings | Total | Long Leasehold Property |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | |
| **Cost** | | | | | |
| At 1 April 2021 | 26,530 | 9,758 | 3,123 | **39,411** | 245,000 |
| Additions | 651 | - | - | **651** | - |
| At 31 March 2022 | 27,181 | 9,758 | 3,123 | **40,062** | 245,000 |
| **Accumulated Depreciation** | | | | | |
| At 1 April 2021 | 24,469 | 9,076 | 3,123 | **36,668** | 36,660 |
| Charge for the year | 912 | 331 | - | **1,243** | 5,000 |
| At 31 March 2022 | 25,381 | 9,407 | 3,123 | **37,911** | 41,660 |
| **Net book value** | | | | | |
| At 31 March 2021 | 2,061 | 682 | - | **2,743** | **208,340** |
| At 31 March 2022 | 1,800 | 351 | - | **2,151** | **203,340** |

## 11) Stock

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Opening stock at 1 April 2021 | **31,849** | 33,059 |
| Movements in stock | **(6,586)** | (1,210) |
| Closing stock at 31 March 2022 | **25,263** | 31,849 |

## 12) Investments

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Family Groups Limited have non-current investments: | | |
| Market value at 1 April 2021 | **27,349** | 24,430 |
| Unrealised gains on investments | **3,703** | 2,919 |
| At 31 March 2022 | **31,052** | 27,349 |

| | 2022 | 2022 | 2021 | 2021 |
|---|---|---|---|---|
| | Cost | Value | Cost | Value |
| | £ | £ | £ | £ |
| Santander - Ordinary shares | **83** | **290** | 83 | 301 |
| Charity common investment funds: | | | | |
| M&G - Charifund | **7,500** | **15,784** | 7,500 | 14,016 |
| CCLA - COIF Charities Property Fund (Accumulation) | **10,000** | **14,978** | 10,000 | 13,032 |
| Total market value at 31 March 2022 | **17,583** | **31,052** | 17,583 | 27,349 |

The market value of all quoted investments is stated as at the year-end.

## 13) Debtors

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Trade Debtors | **532** | 2,357 |
| Income Tax Recoverable (Gift Aid) | **9,093** | 11,633 |
| VAT Recoverable | **221** | 1,021 |
| Prepayments and accrued income | **4,328** | 7,272 |
| Other Creditors | **7,330** | - |
| | **21,504** | 22,283 |

## 14) Cash at bank and in hand

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Long Term Deposits: | **154,995** | 154,303 |
| Short Term Deposits | **177,396** | 106,071 |
| Cash at Bank and in Hand | **45,600** | 60,715 |
| | **377,991** | 321,089 |

## 15) Creditors: Amounts Falling Due within One Year

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Trade Creditors | **8,407** | 16,258 |
| Accruals and deferred income | **19,555** | 16,690 |
| PAYE payable | **2,682** | 2,531 |
| Pension Contributions | **973** | 886 |
| Mortgage payment due in next financial year | **9,000** | 9,000 |
| Other creditors | **-** | (25) |
| | **40,617** | 45,340 |

Included in accruals and deferred income is £11,726 of deferred income. This relates to Conference income received for the 2022 Conference but is now carried forward to the 2023 Conference.

## 16) Creditors: Amounts Falling Due After One Year

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Mortgage | **149,500** | 149,500 |
| Mortgage Repayment Control Account | **(88,887)** | (75,747) |
| Reclassification of mortgage as current liability | **(9,000)** | (9,000) |
| | **51,613** | 64,753 |

Amounts repayable by instalments which fall due after 5 years are £Nil (2020-21: £14,833).
The total value of secured liabilities is £60,613 (2020-21: £73,753).

## 17) Movement in Funds

| Current Year: | At 1 April 2021 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2022 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Designated Funds** | | | | | |
| Investment Reserve | 181,652 | - | - | 4,395 | **186,047** |
| Fixed Assets | 137,330 | - | - | 7,548 | **144,878** |
| **General fund** | 184,578 | 346,955 | 285,147 | (8,240) | **238,146** |
| **Unrestricted Funds** | 503,560 | 346,955 | 285,147 | 3,703 | **569,071** |

***The designated investment reserve represents funds invested in long term deposits (see note 14) and investments (see Note 12*).

| Prior Year: | At 1 April 2020 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2021 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Designated Funds** | | | | | |
| Investment Reserve | 177,560 | - | - | 4,092 | **181,652** |
| Fixed Assets | 130,697 | - | - | 6,633 | **137,330** |
| **General fund** | 105,720 | 353,701 | 267,037 | (7,806) | **184,578** |
| **Unrestricted Funds** | 413,977 | 353,701 | 267,037 | 2,919 | **503,560** |

## 18) Analysis of net assets between funds

| Current Year: | Unrestricted funds | Restricted funds | Unrestricted Funds Total |
|---|---|---|---|
| | £ | £ | £ |
| Fund balances at 31 March 2022 are represented by: | | | |
| Tangible fixed assets, net of long-term mortgage liability | 153,878 | - | **153,878** |
| Investments | 31,052 | - | **31,052** |
| Current assets | 424,758 | - | **424,758** |
| Creditors: amounts falling due within one year | (40,617) | - | **(40,617)** |
| | 569,071 | - | **569,071** |

| Prior Year: | Unrestricted funds | Restricted funds | Unrestricted Funds Total |
|---|---|---|---|
| | £ | £ | £ |
| Fund balances at 31 March 2021 are represented by: | | | |
| Tangible fixed assets, net of long term mortgage liability | 146,330 | - | **146,330** |
| Investments | 27,349 | - | **27,349** |
| Current assets | 375,221 | - | **375,221** |
| Creditors: amounts falling due within one year | (45,340) | - | **(45,340)** |
| | 503,560 | - | **503,560** |

## 19) Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Net income/(expenditure) for year/period | 65,511 | 89,583 |
| | | |
| Interest receivable | (12) | (37) |
| Interest payable | 2,458 | 3,092 |
| Depreciation and impairment of tangible fixed assets | 6,243 | 7,126 |
| (Gains)/losses on investments | (3,703) | (2,919) |
| (Increase)/decrease in stock | 6,586 | 1,210 |
| (Increase)/decrease in debtors | 779 | (10,504) |
| Increase/(decrease) in creditors | (4,723) | (12) |
| **Net cash flow from operating activities** | **73,139** | 87,539 |

# Accounts

# Family Groups Limited

**(A company limited by guarantee)**

**Report and Financial Statements**

**For the Year Ended 31 March 2021**

**Charity Number: 261622**

**Company Registration Number: 984912**

## Contents

## General Service Board and Professional Advisers

| | | |
|---|---|---|
| **General Service Board:** | Nuala Carroll | |
| | Elisabeth Pritchard | |
| | Angela Lidster | |
| | Miriam MacGrath | |
| | Carol Ashcroft | Resigned 20 June 2020 |
| | Peter Colton | |
| | Katherine Lanham | |
| | Marie Barkey | |
| | Karen Murdoch | |
| | Rebecca Donoher | |
| | Helen McMorrow | |
| **Company Secretary:** | Patricia Bainbridge | |
| **Registered office and Principal address:** | 57B Great Suffolk Street<br>London, SE1 0BB | |
| **Banker:** | HSBC Bank plc.<br>London Bridge Branch<br>28 Borough High Street<br>London SE1 1YB | Bank of Ireland<br>Baggot Street Branch<br>P O Box 3131<br>Dublin 2 |
| **Accounts Preparation:** | ExcluServ Limited<br>133 Deepcut Bridge Road<br>Camberley<br>Surrey<br>GU16 6SD | |
| **Independent Examiner:** | Sue Plumb ACA<br>Haines Watts Chartered Accountants<br>Old Station House, Station Approach<br>Newport St.<br>Swindon<br>SN1 3DU | |

## Report of the Trustees

The members of the General Service Board (GSB), who are also the directors of the Charity for the purposes of company law and trustees for charity law purposes, submit their annual report and the financial statements of Family Groups Limited for the year ended 31 March 2021. The General Service Board confirms that the Annual Report and financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102).

The Trustees' report covers the Directors' report as required by the Companies Act.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

Family Groups Limited is a company limited by guarantee. It was formed on 17 July 1970 to incorporate Al-Anon Family Groups UK & Eire. It is governed by its Articles of Association and is a Registered Charity in England and Wales number 261622 and in Scotland number SC050561. The Charity is subject to the provisions of charity law as well as company law.

Funds held by the Charity exclude the funds of groups who operate independently and without access to the Charity's funds. There are no restrictions imposed by the Articles of Association on the holding of investments providing that they are in furtherance of the Company's primary objective as noted below.

Trustees are selected by the Board and given Traditional Approval by the Annual Conference. Areas nominate Regional Trustee candidates, whilst Trustee at Large candidates apply for the vacancy. All Trustee applications go through a grading procedure. An induction meeting for new Trustees is held before the January EGM. The UK and Eire are divided into six geographical Regions each of which is represented by a Trustee. The Regions are further divided into Areas. Delegates from Areas meet with the Trustees annually at Conference in September. The Conference approves and monitors the actions of the General Service Board and the Standing Committees. Current members of the General Service Board and those serving during the year are shown on page three.

In order to comply with legislation in Eire, a new company Al-Anon Family Groups CLG was incorporated on 12th August 2019 in order to manage the finances of Groups in Eire. Income and expenditure for Al-Anon Groups in Eire are now reported separately and are not included within this document.

In November 2020, the Charity was registered with the Office of Scottish Charity Registration (OSCR) as a cross border Charity. Our Annual Accounts and Trustees report will be submitted to OSCR each year although The Charities Commission will be our main regulatory body.

The Executive Committee is authorised by the GSB to be responsible for the routine administration of Al-Anon Family Groups in the UK & Eire. Members of the Executive Committee are appointed by the GSB and include the Vice Chairman of the GSB, the Treasurer and the General Secretary.

Day to day management is devolved to the General Secretary reporting back to the GSB and to the Executive Committee. The General Secretary reports directly to the GSB.

Management remuneration is based on market rates.

## PURPOSE AND AIMS

Al-Anon has but one purpose: to help families of alcoholics. We do this by practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

The Charity's objectives, as set out in the Articles of Association, are to relieve poverty and distress among families and dependents of those who suffer from alcoholism.

The following is Al-Anon's suggested preamble at group meetings, which is a code of practice adopted by members:

"The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organisation or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. AI-Anon is self-supporting through its own voluntary contributions."

The primary activities of the Charity are as follows: Public Information – seven-day-a-week helpline, website, public information enquiries. Member support – group registration and insurance, annual Conference, sale of literature, membership page on website**.**

**PUBLIC BENEFIT STATEMENT**

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit. Al-Anon Groups are open to all members of the public. The Charity's activities focus on supporting those within Al-Anon who have been affected by someone else's drinking and to make its name known to potential members.

**ACHIEVEMENTS AND PERFORMANCE**

### Public Information (PI) Activities

The Al-Anon strategy is twofold: to raise awareness of the Al-Anon name and to provide information to potential members and any professionals who may wish to recommend our Fellowship.

Since November 2018 we have continued to improve our presence on social media, as well as maintaining links to broadcast and print media journalists. A Facebook page, Twitter and Instagram accounts seem to be helping us connect with younger potential members. A Public Information campaign focussing on the emotional, physical, mental and financial impact of living with alcoholism was launched in January 2021.

### Telephone Helpline

Al-Anon provides a free 0800 telephone helpline 365 days a year (8am-10pm weekdays, 10am-10pm weekends). The provision of the free telephone helpline has seen an increase of calls since its installation in 2018. During the pandemic, all calls to the helpline were diverted to the homes of trained volunteers and we did not experience any disruption to this service.

In addition to the helpline, the charity is receiving an increasing number of distress emails. Al-Anon members have volunteered and have been trained on call handling and writing responses to emails.

### Website

The website is regularly updated. It has a simple and friendly design, a search facility and is proving to be a popular method for new members and professionals to obtain information.

**MEMBER SUPPORT**

### Groups

Total Group numbers are 740 (2019-20: 750), of which 16 are active Alateen groups.

### Annual Conference

It was with regret that our Conference, due to occur in September 2020, was cancelled due to the pandemic. The Annual Accounts, amended and proposed Budgets were circulated online to the Conference Delegates, along with a synopsis of the new PI campaign. The Regional Trustees were extremely helpful in ensuring the information reached all members via Area Delegates. The Conference material is available to download from the members' section of the website.

### Literature

Al-Anon continues to provide an extensive literature list. Callers to the helpline are offered some free leaflets. The daily reader 'Courage to Change' continues to be the largest seller with 1,025 copies sold. The online shop continued to operate during the pandemic, albeit at a much-reduced capacity.

Literature is also distributed via the Information Services in Belfast and Dublin. These are not part of Family Groups Limited as separate bodies administer them, however they are the largest customers for literature and there is close co-operation between them and the General Service Office.

### TEAM (Together Empowering Al-Anon Members) Events

Planned events were cancelled due to the pandemic.

## FACTORS AFFECTING ACHIEVEMENTS IN THE YEAR

Like many Charities we were initially extremely concerned that our donations would be drastically reduced due to the pandemic. We had reserves to cover nine months operating costs and assumed that we would use them to keep the Charity funded. Fortunately, our Groups which had to close, reopened virtually using a variety of technology in order to meet. Zoom meetings became very popular and instructions of how to join these virtual meetings are now published on the website. Members were encouraged to donate directly to the General Fund and they have responded very positively and consistently through the year. As a result, the donations did not reduce this year and we did not need to use our financial reserves.

The General Service Office closed in March 2020 and staff have been provided with the equipment to work from home. In order to fulfil literature orders, a member of staff went into the office alone, one day per week, in order to maintain the service.

Volunteers were not able to come to the office to help with routine tasks and literature despatch, this has meant additional pressure on employees.

## VOLUNTEERS

Al-Anon could not exist without its volunteers who operate at every level of the organisation. It would be impossible to calculate the number of volunteers in the traditional structure, members who give of their time to run groups, Districts and Areas. The strength of volunteering in Al-Anon reflects the gratitude of its members for the help they have found and a desire that this message be available to others.

## FINANCIAL REVIEW

The financial position of the charity at the year-end is set out on page 10.

### Financial Risks

The major financial risk in the long term is the slow decline in Group numbers leading to a decline in income, coupled with the pressure to control costs whilst improving the service. The Charity has adequate reserves to take a long-term view in developing its role in supporting members and growing the Charity to reach others affected by someone else's drinking. We await to see the impact of the Coronavirus pandemic on the Charity going forward and whether the total number of Groups will change.

### Reserves Policy

The Trustees of Family Groups Limited consider it prudent to maintain funds at a level which will enable it to meet its future commitments and ensure that there are adequate realisable reserves to fund the Charity's costs for a period of nine to twelve months. This level of reserves takes into account that the Charity receives no funding from external bodies, and is entirely reliant on membership contributions, literature sales and interest received. The cost of running the Charity is defined in the Charity's Reserves Policy as total expenditure less literature, Conference and TEAM costs and was £150,092 (2019-20: £165,620).

Total reserves at the year-end amount to £503,560 (2019-20: £413,977). Designated funds at the year-end amount to £318,982 (2019-20: £308,257) and details of these are set out in note 17.

Free reserves, defined by the Charities Statement of Recommended Practice (Charities SORP) as total reserves less that tied up in functional fixed assets less mortgage commitments, are £338,881 at 31 March 2021 (2019-20: £258,850) which would cover the cost of running the Charity for 12 months.

### Financial Performance

Total donations this year were £280,666 (2019-20: £235,176) which included legacy donations of £48,753 Our members responded generously to a Treasurer's appeal and donations excluding legacies remained the same as last year with a difference of only £87. Literature sales decreased to £59,223 (2019-20: £106,988), this decrease of 44% is entirely due to the pandemic. Expenditure decreased to £267,037 (2019-20: £325,146) due to the General Office closure, Conference cancellation and volunteer travel.

## SHORT- AND LONG-TERM OBJECTIVES

### Short Term Objectives

1. Social Media: We will continue to explore the use of social media to communicate with a wider and more diverse audience.
2. Continue to use our new media campaign, launched in January 2021, throughout the year to keep our communications with public, professionals and media fresh and relevant.
3. Achieve charitable status in Eire for Al-Anon Family Groups CLG.
4. Re-open our Group meetings once it is safe to do so by providing clear information and guidelines to members based on Government advice.
5. Re-open our General Service Office for staff and volunteers when it is safe to do so and fully restore services.
6. Decide whether electronic meetings can continue to operate after the pandemic and if so, develop the necessary policies and practices to allow them to function within our existing Service Structure.

### Long Term Objectives

The GSB's long-term objective is to maintain the financial stability of the charity and grow the number of Groups and members thereby helping the still suffering families and friends of alcoholics.

## PREPARATION OF THE REPORT

This report of the General Service Board has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006. It was approved, and authorised for issue, by the General Service Board on 27th June 2021 and signed on its behalf by:

| | |
|---|---|
| ________________________ | ________________________ |
| **Nuala Carroll** | **Angela Lidster** |
| **Chairman** | **Treasurer** |

## Independent Examiner's Report to the Trustees of Family Groups Limited

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021 which are set out on pages 9 to 19.

## Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

S Plumb ACA
ICAEW
Haines Watts
Old Station House
Station Approach
Newport Street
Swindon
SN1 3DU

Date

# FAMILY GROUPS LIMITED
## Statement of Financial Activities (incorporating income and expenditure account) for the year ended 31 March 2021

| | Notes | Total Funds 2021 £ | Total Funds 2020 £ |
|---|---|---|---|
| **Income and endowments from:** | | | |
| Donations and legacies | 2 | **280,666** | 235,176 |
| Charitable activities | 3 | **59,223** | 119,642 |
| Investments | 4 | **(424)** | 496 |
| Other income | | **14,236** | 11,560 |
| **Total income and endowments** | | **353,701** | 366,874 |
| | | | |
| **Expenditure on:** | | | |
| Raising funds | | **2,434** | 1,136 |
| Charitable activities | 5 | **264,603** | 324,010 |
| **Total expenditure** | | **267,037** | 325,146 |
| | | | |
| Net gain/ (loss) on investments | 12 | **2,919** | (3,084) |
| | | | |
| **Net income/(expenditure)** | | **89,583** | 38,644 |
| | | | |
| **Transfers between funds** | | **-** | - |
| | | | |
| **Net movement of funds** | | **89,583** | 38,644 |
| | | | |
| **Reconciliation of funds** | | | |
| Total funds brought forward | 17 | **413,977** | 375,333 |
| **Total funds carried forward** | | **503,560** | 413,977 |

**The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.**

# FAMILY GROUPS LIMITED
## Balance Sheet as at 31 March 2021

| | Notes | 2021 | 2020 |
|---|---|---|---|
| | | £ | £ |
| **Fixed Assets** | | | |
| Property | 10 | 208,340 | 213,340 |
| Tangible assets | 10 | 2,743 | 4,031 |
| Investments | 12 | 27,349 | 24,430 |
| | | **238,432** | 241,801 |
| **Current Assets** | | | |
| Stock | 11 | 31,849 | 33,059 |
| Debtors | 13 | 22,283 | 11,779 |
| Cash at bank and in hand | 14 | 321,089 | 250,364 |
| | | **375,221** | 295,202 |
| **Creditors: Amounts falling due with one year** | | | |
| | 15 | 45,340 | 45,352 |
| **Net current assets/(liabilities)** | | **329,881** | 249,850 |
| **Creditors: Amounts falling due after one year** | | | |
| | 16 | 64,753 | 77,674 |
| **Net assets/(liabilities)** | | **503,560** | 413,977 |
| **Unrestricted Funds** | | | |
| Fixed Assets | 17 | 137,330 | 130,697 |
| Investment reserve fund | 17 | 181,652 | 177,560 |
| General fund | 17 | 184,578 | 105,720 |
| **Total Funds** | | **503,560** | 413,977 |

For the year ended 31 March 2021 the Charity was entitled to exemption under sections 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

(i) The members have not required the Charity to obtain an audit of its accounts for the year in question in accordance with section 476.
(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies' subject to the small companies' regime. They were approved, and authorised for issue, by the directors on 27th June 2021 and signed on their behalf by:

**Nuala Carroll**
*Chairman*

**Angela Lidster**
*Treasurer*

# FAMILY GROUPS LIMITED
## Cash Flow Statement for the year ended 31 March 2021

| | Notes | 2021 | 2020 |
|---|---|---|---|
| | | £ | £ |
| **Net cash flow from operating activities** | 19 | **87,539** | 60,157 |
| **Cash flow from investing activities** | | | |
| Interest received | | 37 | 80 |
| Payments to acquire tangible fixed assets | | (838) | (977) |
| **Net cash flow from investing activities** | | **(801)** | **(917)** |
| **Cash flow from financing activities** | | | |
| Repayment of long-term loans | | (12,921) | (10,152) |
| Interest paid | | (3,092) | (5,214) |
| **Net cash flow from financing activities** | | **(16,013)** | (15,366) |
| **Net increase/(decrease) in cash and cash equivalents** | | **70,725** | 43,874 |
| **Cash and cash equivalents at 1 April 2020** | | 250,364 | 206,490 |
| **Cash and cash equivalents at 31 March 2021** | | **321,089** | 250,364 |
| **Cash and cash equivalents consist of:** | | | |
| Cash at bank and in hand | | 321,089 | 250,364 |
| **Cash and cash equivalents at 31 March 2021** | | **321,089** | 250,364 |

### 1) Accounting Policies

**Basis of preparation of financial statements**
Family Groups Limited is a company registered in England and Wales. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are set out in the Trustees Report.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**Going Concern**

The COVID-19 viral pandemic is one of the most significant economic events for the UK with unprecedented levels of uncertainty of outcomes. It is therefore difficult to evaluate all of the potential implications on the charity's operations, funding, suppliers and wider economy. The Trustees' view on the impact of COVID-19 is that, given the measures that could be undertaken to mitigate the current adverse conditions and the current resources available, they can continue to adopt the going concern basis in preparing the financial statements.

**Company status**
Family Groups Limited is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of guarantee is limited to £1 per member of the Charity.

**Fund accounting**
The General Fund represents those unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. The Investment Reserve fund, representing long-term investments made by the General Service Board, has been designed to ensure that essential Al-Anon services can continue in the event of severe economic recession. The working capital fund has been designated to represent the Charity's resources tied up in fixed assets, stock and debtors to the extent these are not financed by creditors.

Restricted funds are funds which are to be used in accordance with specific instructions imposed by donors or which have been raised by the Charity for particular purposes.

**Incoming resources**
All incoming resources are included in the Statement of Financial Activities when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income from the sale of goods and services is recognised on delivery.

Income tax recoverable on Gift Aid donations is recognised at the time of receipt of the donations.

**Resources expended**
All expenditure is accounted for on an accrual's basis. Irrecoverable VAT is included as part of the cost of the expenditure to which it relates. Support costs are allocated to activities as set out in note 5.

**Investments**
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the year.

**Intangible assets**
Intangible assets represent website development costs and are amortised over 5 years.

**Tangible fixed assets and depreciation**
All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

| | |
|---|---|
| Office equipment | - 4 years |
| Furniture & fittings | - 4 years |
| Computer equipment | - 5 years |
| Land & Buildings | - 50 years |

**Stock**
Stock is valued at the lower of cost and net realisable value.

**Debtors and prepayments**
Trade and other debtors are recognised at the settlement amount due after any trade discounts. Prepayments are valued at the amount prepaid net of any discounts.

**Creditors and provisions**
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount to settle the obligation can be measured or estimated reliably.

**Operating leases**
Rentals applicable to operating leases are charged to the Statement of Financial Activities over the period in which the cost is incurred.

**Foreign currencies**
Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the Statement of Financial Activities.

**Pensions**
The company operates a defined contribution pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

## 2) Donations and legacies

| | 2021 Total | 2020 Total |
|---|---|---|
| | £ | £ |
| General donations | **160,456** | 206,846 |
| Gift Aid donations | **59,821** | 19,950 |
| Gift Aid | **11,636** | 5,030 |
| Legacies | **48,753** | 3,350 |
| | **280,666** | 235,176 |

All income from donations and legacies is unrestricted for the current and prior year.

### 3) Incoming Resources from Activities to further the Charity's Objectives

| | 2021 Total | 2020 Total |
|---|---|---|
| | £ | £ |
| General literature sales | **59,223** | 106,988 |
| Conference and TEAM Events | **-** | 12,654 |
| | **59,223** | 119,642 |

All income from charitable activities is unrestricted for the current and prior year.

### 4) Investment income

| | 2021 Total | 2020 Total |
|---|---|---|
| | £ | £ |
| Interest receivable | **37** | 80 |
| Income from investments | **1,174** | 1,793 |
| Exchange gain/(loss) | **(1,635)** | (1,377) |
| | **(424)** | 496 |

All income from investments is unrestricted for the current and prior year.

### 5) Analysis of expenditure on charitable activities

| | Activities undertaken directly | Support costs | 2021 Total | 2020 Total |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Support administration | - | 87,668 | **87,668** | 91,541 |
| General literature | 33,391 | 48,447 | **81,838** | 110,280 |
| Conference and TEAM events | - | 34,607 | **34,607** | 49,246 |
| Telephone helpline | 499 | 6,923 | **7,422** | 11,424 |
| Public information activities | 5 | 53,063 | **53,068** | 61,519 |
| | 33,895 | 230,708 | **264,603** | 324,010 |

All expenditure on charitable activities is unrestricted for the current and prior year.

## 6) Allocation of support costs

| | Support Administration | General Literature | Conference and TEAM events | Telephone Helpline | Public Information Activities | 2021 Total | 2020 Total |
|---|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | | £ | £ |
| Governance | 1,188 | 656 | 469 | 94 | 719 | **3,126** | 13,198 |
| Staff costs | 50,387 | 27,845 | 19,890 | 3,978 | 30,497 | **132,597** | 133,875 |
| Pension contributions | 1,063 | 587 | 420 | 84 | 643 | **2,797** | 2,575 |
| Volunteer expenses | 20 | 11 | 8 | 2 | 12 | **53** | 1,185 |
| Finance | 5,637 | 3,115 | 2,225 | 445 | 3,412 | **14,834** | 14,921 |
| Information technology | 4,181 | 2,311 | 1,650 | 330 | 2,531 | **11,003** | 11,150 |
| Office costs | 20,235 | 11,183 | 7,988 | 1,598 | 12,248 | **53,251** | 49,655 |
| Depreciation | 2,708 | 1,496 | 1,069 | 214 | 1,639 | **7,126** | 7,374 |
| Professional fees | 697 | 385 | 275 | 55 | 422 | **1,835** | 4,589 |
| Other | 1,552 | 858 | 613 | 123 | 940 | **4,085** | 2,383 |
| **Total** | 87,668 | 48,447 | 34,607 | 6,923 | 53,063 | **230,707** | 240,905 |

*Support costs allocation is based on staff time.

## 7) Governance costs

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Trustee expenses | **138** | 5,449 |
| AGM and committee meeting costs | **-** | 2,608 |
| Independent examiners costs in the current year | **1,400** | 1,450 |
| Other | **1,588** | 3,691 |
| | **3,126** | 13,198 |

No members of the General Service Board received any remuneration (2020: £nil). Members of the General Service Board received reimbursement of expenses for travel costs amounting to £138 during the year (2020: £5,449).

No Trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2020: £nil).

## 8) Employee Remuneration

| Payroll Details: | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Wages and Salaries | **128,124** | 125,493 |
| Social Security Costs | **6,523** | 6,157 |
| Pension Costs | **2,797** | 2,575 |
| Other Staff Costs | **(2,050)** | 2,225 |
| | **135,394** | 136,450 |

No employee received remuneration of more than £60,000.

The total staff headcount throughout the year was 6 (2020: 8) and the average number of full-time equivalent employees during the year was 6.17 (2020: 6.92).

The total amount of employee benefits received by key management personnel is £41,303 (2020 - £46,998).The charity considers its key management personnel compromise of the General Secretary, The Chairman of the Executive Committee, and The Treasurer.

## 9) Taxation

As a charity, Family Groups Limited is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

## 10) Tangible Fixed Assets

| | Computer Equipment | Office Equipment | Furniture & Fittings | Total | Long Leasehold Property |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | |
| **Cost** | | | | | |
| At 1 April 2020 | 25,692 | 9,758 | 3,123 | **38,573** | 245,000 |
| Additions | 838 | - | - | **838** | - |
| At 31 March 2021 | 26,530 | 9,758 | 3,123 | **39,411** | 245,000 |
| **Accumulated Depreciation** | | | | | |
| At 1 April 2020 | 22,754 | 8,665 | 3,123 | **34,542** | 31,660 |
| Charge for the year | 1,715 | 411 | - | **2,126** | 5,000 |
| At 31 March 2021 | 24,469 | 9,076 | 3,123 | **36,668** | 36,660 |
| **Net book value** | | | | | |
| At 31 March 2020 | 2,938 | 1,093 | - | **4,031** | **213,340** |
| At 31 March 2021 | 2,061 | 682 | - | **2,743** | **208,340** |

## 11) Stock

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Opening stock at 1 April 2020 | **33,059** | 37,309 |
| Movements in stock | **(1,210)** | (4,250) |
| Closing stock at 31 March 2021 | **31,849** | 33,059 |

## 12) Investments

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Family Groups Limited have non-current investments: | | |
| Market value at 1 April 2020 | **24,430** | 27,514 |
| Unrealised gains on investments | **2,919** | (3,084) |
| At 31 March 2021 | **27,349** | 24,430 |

| | 2021 | 2021 | 2020 | 2020 |
|---|---|---|---|---|
| | Cost | Value | Cost | Value |
| | £ | £ | £ | £ |
| Santander - Ordinary shares | **83** | **301** | 83 | 301 |
| Charity common investment funds: | | | | |
| M&G - Charifund | **7,500** | **14,016** | 7,500 | 10,802 |
| CCLA - COIF Charities Property Fund (Accumulation) | **10,000** | **13,032** | 10,000 | 13,327 |
| Total market value at 31 March 2021 | **17,583** | **27,349** | 17,583 | 24,430 |

The market value of all quoted investments is stated as at the year-end.

## 13) Debtors

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Trade Debtors | **2,357** | 346 |
| Income Tax Recoverable (Gift Aid) | **11,633** | 2,724 |
| VAT Recoverable | **1,021** | (825) |
| Prepayments and accrued income | **7,272** | 9,534 |
| | **22,283** | 11,779 |

## 14) Cash at bank and in hand

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Long Term Deposits: | **154,303** | 153,130 |
| Short Term Deposits | **106,071** | 52,899 |
| Cash at Bank and in Hand | **60,715** | 44,335 |
| | **321,089** | 250,364 |

## 15) Creditors: Amounts Falling Due within One Year

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Trade Creditors | **16,258** | 17,309 |
| Accruals and deferred income | **16,690** | 14,325 |
| PAYE payable | **2,531** | 2,412 |
| Pension Contributions | **886** | 811 |
| Mortgage payment due in next financial year | **9,000** | 9,000 |
| Other creditors | **(25)** | 1,495 |
| | **45,340** | 45,352 |

Included in accruals and deferred income is £11,668 of deferred income. This relates to conference income for 2021/22.

## 16) Creditors: Amounts Falling Due After One Year

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Mortgage | **149,500** | 149,500 |
| Mortgage Repayment Control Account | **(75,747)** | (62,826) |
| Reclassification of mortgage as current liability | **(9,000)** | (9,000) |
| | **64,753** | 77,674 |

Amounts repayable by instalments which fall due after 5 years are £14,833 (2020 - £27,650).

The total value of secured liabilities is £73,753 (2020 - £86,674).

### 17) Movement in Funds

| | At 1 April 2020 | Incoming Resources | Outgoing Resources | Transfers and investment gains/ (losses) | At 31 March 2021 |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Designated Funds** | | | | | |
| Investment Reserve | 177,560 | - | - | 4,092 | **181,652** |
| Fixed Assets | 130,697 | - | - | 6,633 | **137,330** |
| **General fund** | 105,720 | 353,701 | 267,037 | (7,806) | **184,578** |
| **Unrestricted Funds** | 413,977 | 353,701 | 267,037 | 2,919 | **503,560** |

*****_The designated Investment Reserve_ represents funds invested in long term deposits (see Note 14) and investments (see Note 12).

### 18) Analysis of net assets between funds

| | Unrestricted funds | Restricted funds | Unrestricted Funds Total |
|---|---|---|---|
| | £ | £ | £ |
| Fund balances at 31 March 2020 are represented by: | | | |
| Tangible fixed assets, net of long-term mortgage liability | 146,330 | - | **146,330** |
| Investments | 27,349 | - | **27,349** |
| Current assets | 375,221 | - | **375,221** |
| Creditors: amounts falling due within one year | (45,340) | - | **(45,340)** |
| | 503,560 | - | **503,560** |

### 19) Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Net income/(expenditure) for year/period | 89,583 | 38,644 |
| | | |
| Interest receivable | (37) | (80) |
| Interest payable | 3,092 | 5,214 |
| Depreciation and impairment of tangible fixed assets | 7,126 | 7,374 |
| (Gains)/losses on investments | (2,919) | 3,084 |
| (Increase)/decrease in stock | 1,210 | 4,250 |
| (Increase)/decrease in debtors | (10,504) | 4,482 |
| Increase/(decrease) in creditors | (12) | (2,811) |
| **Net cash flow from operating activities** | **87,539** | 60,157 |