

# **STOCKPORT PROGRESS AND RECOVERY CENTRE**

## **FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022**

Registered Charity No. 515832  
Company Registration No. 1862257

# STOCKPORT PROGRESS AND RECOVERY CENTRE

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## Report of the trustees for the year ended 31<sup>st</sup> March 2022

The trustees present their annual directors' report and financial statements of the charity for the year ended 31<sup>st</sup> March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) (effective 1 January 2019).

## Objectives and activities

The purposes of the charity are as listed below and the main activities are as listed below.

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives, in planning future activities, and setting the policies for the year.

### Purposes and Aims

~ to reduce the likelihood of relapse by offering support to individuals with mental health needs living in the community or preparing to discharge from hospital.

~ to encourage individuals to feel a valued part of their community. Supporting individuals to make use of local resources.

~ to provide social, leisure and educational opportunities to help overcome the loneliness and isolation often associated with having a mental health problem.

~ to promote the active involvement of members in achieving the above through a combination of regular members meetings and member representation on the Management Committee, and through the provision of an environment of support and acceptance aimed at encouraging individuals to express their needs and interests.

### Ensuring our work delivers our aims:

This is achieved through the implementation of effective monitoring systems throughout all aspects of our work. We gain valuable knowledge from having open communication with service users and other stakeholders to ensure a high quality of service provision.

The charity furthers its charitable purposes for the public benefit through enabling people to live full and active lives and thereby contribute to public benefit. By responding to the expressed needs of local stakeholders and working in partnership with other services from both the private/voluntary sector and statutory services we are able to provide a holistic and creative approach to supporting the needs of those people in society whom are most vulnerable.

The main aspect of the charity's activities, funded by Stockport Metropolitan Borough Council via the Stockport Mental Health contract, is providing support and meaningful activities for our service users who are in the main residents in Stockport who are experiencing mental health problems. A variety of groups are provided aimed at supporting recovery through the participation of therapeutic activity. We have a staff team who are able to support people on a 1-1 basis both within the centre and out in the community.

We provide voluntary work opportunities and also placements for social work students for which we receive a daily monetary rate for the duration of the placement. This work enhances the main activities provided by the charity.



We have continued to provide some greenspace activity working alongside a local community group in the rejuvenation of a piece of local land.

We have supported the access for our service users in the use of Information and Technology equipment in order to participate in online sessions that remain a valued aspect of our service since their creation in response to the pandemic lockdown restrictions.

SPARC have continued to maintain our partnership working with Pennine Care Trust in the provision of therapeutic activities with the Mental Health Unit at the local hospital; these are now able to take place in person, since the lifting of lockdown restrictions.

Our Suicide Prevention project 'Man about a Dog'; which employs a project worker and provides peer support to people who have previously survived a suicide attempt has continued; we are currently seeking funding to allow this project to continue to operate.

SPARC4Wellbeing is a National Lottery- Reaching Communities funded project is the largest project outside of the core Stockport Council contract. SPARC4Wellbeing funds 3 therapists, and 2 project leads. This allows SPARC to provide SPARC4Counselling our bespoke counselling service, SPARC4Healing our mental and physical health service that promotes positive behaviour changes and SPARC4YoungAdults a service for 18-30 year olds suffering with the effects of mental ill-health as well as the existing pressures of their age group.

### **A review of our achievements and performance**

Challenges this year have been around covid recovery and tailoring SPARC to the needs of our stakeholders as the country emerged from pandemic restrictions. We have retained certain groups and ways of working. Telephone support is a necessity for some of our members who struggle with the anxiety of leaving the house. SPARC4Counselling has retained the excellent online workshops that proved so valuable during the pandemic and now offer a flexible, low intensity avenue into peer support and therapeutic tools and techniques. The return of groups has been received well by members, volunteers and facilitators; group attendance, although initially low is now increasing exponentially.

With the return of groups SPARC Café has again become the heart of the centre for many members. The café is able to run with the hard work and dedication of a group of Pathway Volunteers as well as a part time café facilitator.

The culture within SPARC remains one of empathy, open-mindedness and compassion.

SPARC continues to be successful in creating mutual partnership with local organisations. We continue our partnership with SMBC, Pure Innovations and Beacon Counselling in the Mental Health Network contract. In addition we have entered into a partnership with Beacon to utilise some Community Champions covid response funding. SPARC has also been invited into a new partnership with Pure Innovations on a new Community Hub service, with the potential for this partnership to last up to 7 years.

This year we have gained National Lottery funding that will allow the continuation and development of our Counselling Service as well as the rejuvenation of our young persons service, which was placed on hold due to funding needs. In addition this funding will allow us to create a new physical and mental health project.

Targets for the coming year include, increasing our volunteer team now that we are able to run groups, obtain continuation funding for our various projects and continue to learn and respond to the new and emerging needs of a newly post-lockdown community.

### **Financial review**

The finances for SPARC have been consistent over the past 12 months monitored closely by Trustees and Management. We have continued to manage the funding under the Stockport Mental Health Contract and have met the standards required in partnership with SMBC. We have been able to show added value by adapting the range of our activities in response to gaps in service provision and the identified needs of our service users. We have continued to employ a manager, social worker, support workers, a Peer Support Project Worker, administration and domestic staff enhanced by the recruitment of volunteers together with a range of student placements. We have also employed three therapists with funding from The National Lottery- Reaching Communities fund as well as one therapist with funding from Lloyds Bank Foundation and we have continued to provide in-reach creative sessions in partnership with the local hospital mental health unit. We have newly employed a Young Persons Project Worker and a Mental and Physical Health Practitioner funded by The National Lottery Community Fund and continue to fund SPARC Café through Stockport Local funds. We are seeking continuation funding for Man about a dog; our suicide peer support project, funding for our Lead Therapist and seeking top up funding for the coming two years of SPARC4Wellbeing.

### **Investment powers and policy**

Aside from retaining a prudent amount in reserves each year, most of the charity's funds are to be spent in the short term so there are few funds for any longer term investment.

### **Reserves policy and going concern**

The balance held in unrestricted reserves at 31<sup>st</sup> March 2022 was £45,095 of which £43,352 are free reserves, after allowing for funds tied up in tangible fixed assets.

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately three months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that support and governance costs are covered.

The company's main source of income is grant funding and member's income. The directors consider that it is appropriate to prepare the accounts on a going concern basis and, consequently, the accounts do not include any adjustments that would be necessary if the funding should cease.

### **Risk management**

The Management Committee has conducted a review of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Procedures are in place to ensure compliance with health and safety of staff, volunteers, parents, children and visitors.

### **Plans for Future**

The Management Committee in partnership with the staff team strive to develop the organisation to meet the needs of its service users and stakeholders. We will continue to provide a range of services via a contract with the Local Authority and continue to work with other partners in identifying gaps



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in service provision and ensuring efficiencies wherever possible. We aim to continue to provide the MaaD. We will continue to develop the service in line with SPARC's current business plan. We will continue to develop the newly created SPARC4Wellbeing project and community café project and continue to source funding for the maintenance of these projects and to establish new services in line with our Business Plan and gaps in provision as identified with our service users. We want to re-establish a volunteer team and restart student placements into the main structure of the service as we move forward.

### **Covid-19 recovery**

As all restrictions came to an end in July SPARC is now in a state of rejuvenation and adaptation. New and existing members have new needs and wants for the future. Mental health presentation seems to be more complex with crisis management required in a greater amount than pre-covid. In addition to this the Local Authority is under pressure to recuperate pandemic spending. In light of this SPARC aims to increase and diversify the service offered to those in our community who need support with their mental health and all the struggles that come with such difficulties. We continue to have extremely valuable dialogue with our members. This is key to continuing to provide a service that remains relevant and high quality into the future.

### **Structure, governance and management**

Stockport Progress and Recovery Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 8<sup>th</sup> November 1984. It is registered as a charity with the Charity Commission and is constituted under a trust deed dated 26<sup>th</sup> November 1984.

### **Appointment of trustees**

The directors of the company are also charity trustees for the purposes of charity law and under the company's articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, members of the Management Committee shall hold office until the end of the Annual General Meeting next following their election appointment or co-option and shall be eligible for re-election or re-co-option.

### **Trustee induction and training**

Most trustees are already familiar with the work of the charity as a result of longstanding connection with the organisation. Additionally, new trustees are invited and encouraged to attend the meetings and activities of the service to familiarise themselves with the work of the charity and the context within which it operates. The organisation has now produced a trustee induction pack in order to support and inform Trustees in their role.

### **Organisation**

The board of trustees administers the charity. The board normally meets every 6 weeks. A Centre Manager is appointed by the trustees to manage the day-to-day operations of the charity.

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### Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager with any service providers must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

### Reference and administrative information

Charity Name: Stockport Progress and Recovery Centre formerly known as Stockport Day Centre.

Charity Number: 515832

Company Registration Number: 1862257 (England and Wales)

### Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year-end were as follows:

### Key management personnel: Trustees and Directors

#### Directors:

Andrew Jones	Chair
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#### Trustees:

Andrew Jones	
Peter Evans	(resigned September 2021)
Kevin Brosnahan	Stockport Mind Representative
Robert Hart	Volunteers Representative (resigned September 2021)
Philip Davies	Secretary
Paul Browne	
Joanne Parfitt	Members Representative
Lawrence Gill	Co-opted Treasurer
Janice Carrington	
Jennifer Loynes	
Christopher Pringle	
Gerald Murtagh	(appointed September 2021)
Karen Bamforth	(appointed September 2021)

### Senior managers

Lynn Barrett  
Pete Wooldridge

### Registered Office

Progress House,  
35a Adswood Lane East,  
Stockport,  
SK2 6RE

**STOCKPORT PROGRESS AND RECOVERY CENTRE****Independent Examiners**

Community Accountancy Service Limited

The Grange

Pilgrim Drive

Beswick

Manchester

M11 3TQ

**Bankers**

Co-operative Bank plc

Balloon Street

Manchester

M4 4BE

**Solicitors**

Philip Davies & Company



## STOCKPORT PROGRESS AND RECOVERY CENTRE

### Trustees responsibilities in relation to the financial statements

The charity trustees (who are also the directors of Stockport Progress and Recovery Centre for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting principles and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the board of trustees

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Andrew Jones

Chair

Date: 28<sup>th</sup> June 2022

## **Independent examiner's report to the trustees of Stockport Progress and Recovery Centre**

I report on the accounts of the company for the year ended 31<sup>st</sup> March 2022, which are set out on pages 9 to 19.

### **Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of The Association of Chartered Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

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

### **Basis of independent examiner's report**

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

### **Independent examiner's statement**

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements
  - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006, and
  - with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

AM King FCCA *A.M. King*  
 Community Accountancy Service Ltd  
 The Grange, Pilgrim Drive  
 Beswick, Manchester, M11 3TQ

Date: 28<sup>th</sup> June 2022

**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED**  
**31 MARCH 2022**

		Unrestricted Funds	Restricted Funds	Total Funds Year Ended 31st March 2022	Total Funds Year Ended 31st March 2021
	Further Details	£	£	£	£
<b>Income from:</b>					
Donations and legacies	(3)	10,765	-	10,765	22,081
Charitable Activities	(4)	183,325	61,568	244,893	270,980
Other Trading Activities	(5)	23,914	-	23,914	8,688
Investment Income		-	-	-	-
Other		5,044	-	5,044	1,537
<b>Total</b>		<b>223,048</b>	<b>61,568</b>	<b>284,616</b>	<b>303,286</b>
<b>Expenditure on:</b>					
Raising Funds	(6)	5,219	-	5,219	662
Charitable Activities	(6)	217,890	80,530	298,420	250,375
Other	(6)	1,626	-	1,626	786
<b>Total</b>		<b>224,735</b>	<b>80,530</b>	<b>305,265</b>	<b>251,823</b>
<b>Net income/(expenditure)</b>		<b>(1,687)</b>	<b>(18,962)</b>	<b>(20,649)</b>	<b>51,463</b>
Transfers between funds	(16)	(10,683)	10,683	-	-
<b>Net movement in funds</b>		<b>(12,370)</b>	<b>(8,279)</b>	<b>(20,649)</b>	<b>51,463</b>
<b>Reconciliation of funds</b>					
Total funds brought forward	(16)	57,465	110,202	167,667	116,204
<b>Total funds carried forward</b>	<b>(16)</b>	<b>45,095</b>	<b>101,923</b>	<b>147,018</b>	<b>167,667</b>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 12 to 19 form part of these accounts



**BALANCE SHEET AS AT 31 MARCH 2022**

Company registration number: 01862257

	Notes	2022 £	2021 £
<b>Fixed assets:</b>			
Tangible assets	(10)	24,792	22,077
Total fixed assets		<u>24,792</u>	<u>22,077</u>
<b>Current assets:</b>			
Stocks	(11)	-	-
Debtors	(12)	49,301	3,126
Cash at Bank & in Hand		183,281	165,596
Total current assets		<u>232,582</u>	<u>168,722</u>
<b>Liabilities:</b>			
Creditors: Amounts falling due within one year	(14)	110,356	23,132
Net current assets or liabilities		<u>122,226</u>	<u>145,590</u>
Total assets less current liabilities		147,018	167,667
Creditors: Amounts falling due after more than one year	(15)	-	-
Provisions for liabilities		-	-
<b>Total net assets or liabilities</b>		<u>147,018</u>	<u>167,667</u>
<b>The funds of the charity:</b>			
Restricted income funds	(16)	101,923	110,202
Unrestricted income funds	(16)	45,095	57,465
<b>Total charity funds</b>		<u>147,018</u>	<u>167,667</u>

For the year in question the company was entitled to the exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 28th June 2022

Andrew Jones      Chair

The notes on pages 12 to 19 form part of these accounts

## Statement of Cash Flows for the year ending 31 March 2022

	Year Ended 31st March 2022 £	Year Ended 31st March 2021 £
<b>Reconciliation of net movement in funds to net cash flow from operating activities</b>		
	Year Ended 31st March 2022 £	Year Ended 31st March 2021 £
Net movement in funds	(20,649)	51,463
Add back depreciation	2,812	2,503
Deduct investment income	-	-
Decrease/(increase) in stocks	-	-
Decrease/(increase) in debtors	(46,175)	670
Increase/(decrease) in creditors	87,224	(1,533)
<b>Net cash used in operating activities</b>	<b>23,212</b>	<b>53,103</b>
<b>Cash flows from investment activities:</b>		
Interest	-	-
Purchase of fixed assets	(5,527)	(5,096)
<b>Net cash provided by investing activities</b>	<b>(5,527)</b>	<b>(5,096)</b>
Increase/(decrease) in cash and cash equivalents during the year	17,685	48,007
Cash and cash equivalents brought forward	165,596	117,589
<b>Cash and cash equivalents carried forward</b>	<b>183,281</b>	<b>165,596</b>

## Notes to the accounts

**1. Accounting policies****(a) Basis of preparation and assessment of going concern**

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

**(b) Funds structure**

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed. There are 19 restricted funds.

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Further details of each fund are disclosed in note 17.

**(c) Income recognition**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank. Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

**(d) Expenditure Recognition**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. For more information on this attribution refer to note (g) below.

**(e) Irrecoverable VAT**

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

**(f) Allocation of support and governance costs**

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to independent examination and legal fees together with an apportionment of overhead and support costs.

Governance costs and support costs relating to charitable activities have been apportioned based on type of expense. The allocation of support and governance costs is analysed in note 8.

**(g) Costs of raising funds**

The costs of raising funds consists of costs required to generate income.

**(h) Charitable Activities**

Costs of charitable activities include governance costs and an apportionment of support costs as shown in note 7.



**(i) Tangible fixed assets and depreciation**

All assets costing more than £500 are capitalised and valued at historical cost. Depreciation is charged on the following basis:

Furniture & Office Equipment	10% straight line
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**(j) Realised gains and losses**

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their varying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

**(k) Pensions**

The charity currently administers contributions to an auto enrolment pension scheme on behalf of individuals. The charity has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

**(l) Debtors**

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

**(m) 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 due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**2. Related party transactions and trustees' expenses and remuneration**

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2021: £nil). Expenses paid for the trustees in the year totalled £nil (2021: £nil).

**3. Donations and Legacies**

	Unrestricted Year Ended 31st March 2022 £	Restricted Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2021 £
Donations	10,765	-	10,765	22,081
	10,765	-	10,765	22,081

**Previous reporting period**

	Unrestricted Year Ended 31st March 2021 £	Restricted Year Ended 31st March 2021 £	Total Funds Year Ended 31st March 2021 £
Donations	21,881	200	22,081
	21,881	200	22,081

**4. Income from charitable activities**

	Unrestricted Year Ended 31st March 2022 £	Restricted Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2021 £
Restricted grants:				
Stockport MBC Alliance Funding	183,325	-	183,325	196,625
Stockport MBC Suicide Prevention	-	11,000	11,000	10,000
Stockport MBC Local Fund	-	-	-	9,800
Stockport Community Champions	-	11,650	11,650	-
CRH Charitable Trust - Counselling	-	-	-	12,000
CRH Charitable Trust - Young Person's Project	-	-	-	9,525
The Screwfix Foundation	-	3,700	3,700	-
Big Lottery Fund	-	24,998	24,998	-
Awards for All	-	-	-	8,107
Lloyds CBT	-	10,220	10,220	24,923
	183,325	61,568	244,893	270,980

**4. Income from charitable activities**

Previous reporting period

	Unrestricted Year Ended 31st March 2021 £	Restricted Year Ended 31st March 2021 £	Total Funds Year Ended 31st March 2021 £
Alliance Funding	-	-	-
Restricted grants:			
Stockport MBC Alliance Funding	196,625	-	196,625
Stockport MBC Suicide Prevention	-	10,000	10,000
Stockport MBC Local Fund	-	9,800	9,800
CRH Charitable Trust - Counselling	-	12,000	12,000
CRH Charitable Trust - Young Person's Project	-	9,525	9,525
Awards for All	-	8,107	8,107
Lloyds CBT	-	24,923	24,923
	<u>196,625</u>	<u>74,355</u>	<u>270,980</u>

**5. Income from other trading activities**

	Unrestricted Year Ended 31st March 2022 £	Restricted Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2021 £
Student Placement Fees	2,800	-	2,800	-
Training Income	150	-	150	200
Activities and Events	20,964	-	20,964	8,488
	<u>23,914</u>	<u>-</u>	<u>23,914</u>	<u>8,688</u>

Previous reporting period

	Unrestricted Year Ended 31st March 2021 £	Restricted Year Ended 31st March 2021 £	Total Funds Year Ended 31st March 2021 £
Training Income	200	-	200
Activities and Events	8,481	7	8,488
	<u>8,681</u>	<u>7</u>	<u>8,688</u>

## 6. Expenditure

	Activities £	Year Ended 31st March 2022 £	Year Ended 31st March 2021 £
<b>Expenditure on raising funds:</b>			
Food and Drink	4,793	4,793	376
Events and Activities	8	8	-
Licences	418	418	286
	<u>5,219</u>	<u>5,219</u>	<u>662</u>
<b>Expenditure on charitable activities:</b>			
Employment Costs	173,185	173,185	154,984
Training	2,897	2,897	646
Pensions	492	492	492
DBS Checks	214	214	138
Payroll Bureau Fees	1,702	1,702	1,527
Bad Debts	-	-	43
Sparc4me Expenses	987	987	-
Sessional Workers	40,385	40,385	31,055
Equipment Leasing	2,625	2,625	2,400
Staff and Volunteer Expenses	1,118	1,118	1,235
Group Activities and Equipment	5,990	5,990	1,104
Growing Together Expenses	32	32	50
Inreach Sessions	2,953	2,953	928
Heat, Light & Water	7,496	7,496	4,184
Subscriptions	333	333	7
Equipment and Maintenance	1,878	1,878	8
Telephone	4,157	4,157	3,275
Computer Costs	6,388	6,388	4,975
Domestic Supplies	751	751	370
Website	-	-	156
Insurance	1,755	1,755	1,538
Governance and Support Costs	38,046	38,046	37,336
Post, Printing & Stationery	2,224	2,224	1,421
Depreciation	2,812	2,812	2,503
	<u>298,420</u>	<u>298,420</u>	<u>250,375</u>
<b>Other expenditure:</b>			
Sundry Expenses	1,626	1,626	786
	<u>1,626</u>	<u>1,626</u>	<u>786</u>
	<u>305,265</u>	<u>305,265</u>	<u>251,823</u>
Restricted funds		80,530	66,726
Unrestricted funds		224,735	185,097
		<u>305,265</u>	<u>251,823</u>



**7. Allocation of governance and support costs**

The breakdown of support costs and how these were allocated between governance and other support costs is shown below:

	General Support	Governance	Total 2022	Basis of apportionment
Professional Services	3,700	-	3,700	type of expense
Employment Costs	33,596	-	33,596	percentage of work performed
Accountancy Fees	-	750	750	type of expense
	<u>37,296</u>	<u>750</u>	<u>38,046</u>	

Previous reporting period

	General Support	Governance	Total 2021	Basis of apportionment
Professional Services	3,426	-	3,426	type of expense
Employment Costs	33,190	-	33,190	percentage of work performed
Accountancy Fees	-	720	720	type of expense
	<u>36,616</u>	<u>720</u>	<u>37,336</u>	

**8. Analysis of staff costs**

	Year Ended 31st March 2022 £	Year Ended 31st March 2021 £
Wages and Salaries	195,948	174,073
Redundancy	-	1,279
Social Security Costs	8,221	7,460
Pension Costs	<u>2,612</u>	<u>2,767</u>
	<u>206,781</u>	<u>185,579</u>
Charitable activities	173,185	154,984
Support costs	<u>33,596</u>	<u>30,595</u>
	<u>206,781</u>	<u>185,579</u>

The average number of employees during the year was 15 (previous year: 13).

The charity considers its key management personnel comprises the trustees and Senior Managers. The total employment benefits, including employer pension contributions of the key management personnel were £49,863 (previous year: £53,117). No employee has benefits in excess of £60,000 (previous year: none).

**9. Independent Examiner Fees**

	Year Ended 31st March 2022 £	Year Ended 31st March 2021 £
Independent examination fees	750	720
	<u>750</u>	<u>720</u>

**10. Tangible Fixed Assets**

	Furniture & Office Equipment £	Total £
<b>Cost</b>		
At 1st April 2021	80,234	80,234
Additions	5,527	5,527
At 31st March 2022	<u>85,761</u>	<u>85,761</u>
<b>Depreciation</b>		
At 1st April 2021	58,157	58,157
Charge for Year	2,812	2,812
At 31st March 2022	<u>60,969</u>	<u>60,969</u>
<b>NET BOOK VALUE</b>		
At 31st March 2022	<u>24,792</u>	<u>24,792</u>
At 31st March 2021	<u>22,077</u>	<u>22,077</u>

**11. Stocks**

The charity did not hold any stocks at the year end.

**12. Analysis of debtors**

	2022 £	2021 £
Debtors	46,680	736
Prepayments	2,621	2,390
	<u>49,301</u>	<u>3,126</u>

Debtors and prepayments comprise £769 restricted funds and £48,532, unrestricted funds (2021: £353/£2,773).

**13. Creditors: amounts falling due within one year**

	2022 £	2021 £
Creditors	2,582	705
Short-term compensated absences (holiday pay)	4,144	-
Other creditors and accruals	1,401	1,221
Deferred income	99,304	18,325
Taxation and social security costs	2,925	2,881
	<u>110,356</u>	<u>23,132</u>

**14. Deferred income**

Deferred income comprises grants invoiced in advance for periods after the year end.

Balance as at 1st April 2021	83,000
Amount released to income earned from charitable activities	(83,000)
Amount deferred in year	<u>99,304</u>
Balance at 31st March 2022	<u>99,304</u>

**15. Creditors: amounts falling due after more than one year**

	2022 £	2021 £
Provisions for liabilities	-	-
	<u>-</u>	<u>-</u>

## 16. Analysis of charitable funds

## Analysis of movements in unrestricted funds

	Balance at 1st April 2021	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2022
	£	£	£	£	£
General Fund	57,465	223,048	(224,735)	(10,683)	45,095
	57,465	223,048	(224,735)	(10,683)	45,095

## Previous reporting period

	Balance at 1st April 2020	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2021
	£	£	£	£	£
General Fund	37,361	228,724	(185,097)	(23,523)	57,465
	37,361	228,724	(185,097)	(23,523)	57,465

## Name of unrestricted fund:

General Fund

## Description, nature and purpose of the fund

The "free reserves"

## Analysis of movements in restricted funds

	Balance at 1st April 2021	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2022
	£	£	£	£	£
Daytrippers (Member's Forum)	2,555	-	-	-	2,555
Horizons	3,586	-	(409)	634	3,811
Growing Together	479	-	(32)	21	468
Stockport MBC - Refurbishment	12,208	-	(156)	-	12,052
Peoples' Health Trust - Natural Progressions	196	-	(184)	184	196
Big Lottery Fund (1)	614	-	(308)	-	306
Big Lottery Fund (2)	1,860	-	(464)	-	1,396
Reablement Funding	96	-	(48)	-	48
Stockport MBC Suicide Prevention	12,449	11,000	(15,414)	5,080	13,115
Stockport MBC Local Fund	13,550	-	-	-	13,550
Stockport Community Champions	-	11,650	(4,876)	-	6,774
CRH Charitable Trust - Counselling	17,510	-	(17,520)	10	-
CRH Charitable Trust - Young Person's Project	5,019	-	-	-	5,019
The Screwfix Foundation	-	3,700	(418)	474	3,756
Big Lottery Fund	-	24,998	(10,397)	-	14,601
Awards for All	4,589	-	(567)	-	4,022
Lloyds CBT	33,053	10,220	(25,362)	-	17,911
Equity Foundation - Suicide Prevention	2,118	-	(1,388)	-	730
Pennine Care NHS Trust (Inreach Sessions)	320	-	(2,987)	4,280	1,613
	110,202	61,568	(80,530)	10,683	101,923

## Previous reporting period

	Balance at 1st April 2020	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2021
	£	£	£	£	£
Daytrippers (Member's Forum)	2,365	200	(10)	-	2,555
Horizons	3,586	-	-	-	3,586
Growing Together	552	7	(80)	-	479
Greggs Foundation	62	-	(62)	-	-
Stockport MBC - Refurbishment	12,364	-	(156)	-	12,208
Peoples' Health Trust - Natural Progressions	564	-	(368)	-	196
Big Lottery Fund (1)	923	-	(309)	-	614
Big Lottery Fund (2)	2,324	-	(464)	-	1,860
Reablement Funding	144	-	(48)	-	96
Stockport MBC Suicide Prevention	-	10,000	(16,964)	19,413	12,449
Stockport MBC Local Fund	-	9,800	-	3,750	13,550
CRH Charitable Trust - Counselling	27,699	12,000	(22,189)	-	17,510
CRH Charitable Trust - Young Person's Project	-	9,525	(4,686)	180	5,019
Awards for All	-	8,107	(3,518)	-	4,589
Lloyds CBT	26,002	24,923	(17,872)	-	33,053
Equity Foundation - Table Top Gardeners	(180)	-	-	180	-
Equity Foundation - Suicide Prevention	2,118	-	-	-	2,118
Pennine Care NHS Trust (Inreach Sessions)	320	-	-	-	320
	78,843	74,562	(66,726)	23,523	110,202



## Analysis of movements in restricted funds

Name of restricted fund:	Description, nature and purpose of the fund
Daytrippers (Member's Forum)	to facilitate activities of the member's forum
Horizons	for the purchase of equipment and sundry items for the Horizons group
Growing Together	to facilitate the activities of the Growing Together Project
Stockport MBC - Refurbishment	for purchase of equipment and sundry items for refurbishment of building
Peoples' Health Trust - Natural Progressions	to facilitate the activities of the Natural Progressions Project
Big Lottery Fund (1)	for the purchase of equipment
Big Lottery Fund (2)	for the purchase of musical equipment and provision of workshops for SPARC Music Project
Reablement Funding	to provide additional organisational support for the development of an Enablement and Recovery Service
Stockport MBC Suicide Prevention	for the Suicide Prevention project
Stockport MBC Local Fund	for the new Café Project
Stockport Community Champions	to work with residents at risk of Covid 19
CRH Charitable Trust - Counselling	to support the Counselling Service
CRH Charitable Trust - Young Person's Project	for the Young Person's Project
The Screwfix Foundation	for a therapy shed
Big Lottery Fund	to create a physical and mental health wellbeing package to support people accessing secondary care for mental health conditions for the Counselling Service
Awards for All	to support the Suicide Prevention project (Man About a Dog)
Lloyds CBT	for the Suicide Prevention project
Equity Foundation - Suicide Prevention	to provide therapeutic activities to patients in the Mental Health Unit at Stepping Hill Hospital
Pennine Care NHS Trust (Inreach Sessions)	

## 17. Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total 2022
	£	£	£	£
Tangible fixed assets	1,743	-	23,049	24,792
Cash at bank and in hand	64,043	-	119,238	183,281
Other net current assets/(liabilities)	(20,691)	-	(40,364)	(61,055)
Creditors of more than one year	-	-	-	-
<b>Total</b>	<b>45,095</b>	<b>-</b>	<b>101,923</b>	<b>147,018</b>

## Previous reporting period

	Unrestricted funds	Designated funds	Restricted funds	Total 2021
	£	£	£	£
Tangible fixed assets	14,541	-	7,536	22,077
Cash at bank and in hand	59,958	-	105,638	165,596
Other net current assets/(liabilities)	(17,034)	-	(2,972)	(20,006)
Creditors of more than one year	-	-	-	-
<b>Total</b>	<b>57,465</b>	<b>-</b>	<b>110,202</b>	<b>167,667</b>

## 18. Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised on a transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at an amortised cost using the effective interest method.

## Income and Expenditure Account

	Year Ended 31st March 2022 £	Year Ended 31st March 2021 £
<b>Income</b>		
Donations	10,765	22,081
Restricted grants:		
Stockport MBC Alliance Funding	183,325	196,625
Stockport MBC Suicide Prevention	11,000	10,000
Stockport MBC Local Fund	-	9,800
Stockport Community Champions	11,650	-
CRH Charitable Trust - Counselling	-	12,000
CRH Charitable Trust - Young Person's Project	-	9,525
The Screwfix Foundation	3,700	-
Big Lottery Fund	24,998	-
Awards for All	-	8,107
Lloyds CBT	10,220	24,923
Student Placement Fees	2,800	-
Training Income	150	200
Activities and Events	20,964	8,488
Investment Income	-	-
Other	5,044	1,537
<b>Total Income</b>	<b>284,616</b>	<b>303,286</b>
<b>Expenditure</b>		
Food and Drink	4,793	376
Events and Activities	8	-
Licences	418	286
Employment Costs	173,185	154,984
Training	2,897	646
Pensions	492	492
DBS Checks	214	138
Payroll Bureau Fees	1,702	1,527
Bad Debts	-	43
Sparc4me Expenses	987	-
Sessional Workers	40,385	31,055
Equipment Leasing	2,625	2,400
Staff and Volunteer Expenses	1,118	1,235
Group Activities and Equipment	5,990	1,104
Growing Together Expenses	32	50
Inreach Sessions	2,953	928
Heat, Light & Water	7,496	4,184
Subscriptions	333	7
Equipment and Maintenance	1,878	8
Telephone	4,157	3,275
Computer Costs	6,388	4,975
Domestic Supplies	751	370
Website	-	156
Insurance	1,755	1538
Governance and Support Costs	38,046	37336
Post, Printing & Stationery	2,224	1421
Depreciation	2,812	2503
Sundry Expenses	1,626	786
<b>Total Expenditure</b>	<b>305,265</b>	<b>251,823</b>
<b>Surolus/(Deficit) for the Year</b>	<b>(20,649)</b>	<b>51,463</b>