

# **STOCKPORT PROGRESS AND RECOVERY CENTRE**

## **FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025**

Registered Charity No. 515832  
Company Registration No. 1862257

# STOCKPORT PROGRESS AND RECOVERY CENTRE

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## STOCKPORT PROGRESS AND RECOVERY CENTRE

### Report of the trustees for the year ended 31<sup>st</sup> March 2025

The trustees present their annual directors' report and financial statements of the charity for the year ended 31<sup>st</sup> March 2025 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 collating members feedback 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 until August 2025 and the National Lottery Reaching Communities Fund, is providing support, therapy 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, talking therapies and therapeutic interventions are provided; aimed at supporting recovery. 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.

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We provide voluntary work opportunities and 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 a variety of greenspace activities working alongside local community groups towards various aims such as the rejuvenation and maintaining 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.

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 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 a continuing and increasing demand on our organisation. Both in terms of higher numbers of service users and financially, as the need to replenish existing funding was exacerbated due to the cost-of-living crisis and energy price increases. We work continually to gather data that proves the value of our service to provide that information to prospective future funding bodies. We have also strengthened our partnership working with Pure Innovations and endeavoured to become fully appraised of and enmeshed in the changes that are occurring in the social care and charity sector, both nationally and locally.

SPARC is busier with more varied projects and groups than in the past. This creates a situation where many of our service users are able to get many of their therapeutic and wellbeing needs met from our service alone.

We have been successful in applying for funding to enhance our gender specific work with our members in the development of the Women's Movement Project funded by the Lottery's Award for All funding. This has provided Sparc with the opportunity to work together with women from both inside and outside of our main service in the planning and delivery of women focussed interventions, e.g. Menopause workshops, confidence building, 1-1 therapy sessions, young women's project in partnership with Stockport Women's Centre, support and advocacy.

The culture within SPARC remains one of empathy, open-mindedness and compassion. We continue our partnership with SMBC and Pure Innovations in the Mental Health Network contract. SPARC has continued to be a partner of the Stockport Living Well Collaboration which is a network of voluntary and statutory organisations to guide the creation of new working practices throughout Stockport.

This year we have continued to maintain and adapt our group-based activities which has necessitated an increase in the number of volunteers that support our service. We have been successful in our application for continuation funding for our Lottery funded SPARC4Wellbeing project for a further 3 years.

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Our main priority for the coming year is to successfully complete the procurement process for our core council funding. And adapting our service to ensure that we remain relevant for the people that we are here to help and sustainable into the future.

### 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, Peer Support/Project Workers, administration and domestic staff enhanced by the recruitment of volunteers. We have continued to employ three therapists with funding from The National Lottery- Reaching Communities fund and we have continued to provide in-reach creative sessions in partnership with the local hospital mental health unit. We have a Young Persons Project Worker funded by The National Lottery Community Fund and continue to fund and support SPARC Café which provides volunteering opportunities for our service users. We are seeking top up funding for the coming year of SPARC4Wellbeing as well as new funding to enhance our Women's Group and Greenspace projects and increase our sustainability.

### 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 2025 was £62,985 of which £50,006 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 aim to provide a range of services via a contract with the Local Authority and continue to work with other partners in identifying gaps in service provision and ensuring efficiencies wherever possible. We will continue to develop the

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service in line with SPARC's current business plan. We will continue to develop the SPARC4Wellbeing project, Greenspace and Women's projects 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 continue to grow our volunteer team and host constructive student placements. We will continue to build resources into the main structure of the service as we move forward.

### 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 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.

### 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:

## STOCKPORT PROGRESS AND RECOVERY CENTRE

### Key management personnel: Trustees and Directors

#### Directors:

Andrew Jones	Chair
Philip Davies	Company Secretary

#### Trustees:

Andrew Jones	
Philip Davies	
Paul Browne	
Joanne Parfitt	Members Representative
Lawrence Gill	Treasurer
Janice Carrington	
Jennifer Loynes	
Christopher Pringle	Vice Chair
Gerald Murtagh	
Karen Bamforth	
Edward Garry	Volunteers Rep
James Hobbins	
Mark Wilde	Deputy Members Representative

#### Senior Manager

Pete Wooldridge

#### Registered Office

Disability Stockport  
23 High Street  
Stockport  
SK1 1EG

#### Independent Examiners

Hilton-Jones t/a Community Accountancy Service  
Hollinwood Business Centre  
Albert Street  
Oldham  
OL8 3QL

#### 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: 4<sup>th</sup> September 2025



## **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 2024, which are set out on pages 8 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.



James Hilton Jones FCCA  
Hilton Jones t/a Community Accountancy Service  
Hollinwood Business Centre, Albert Street, Oldham OL8 3QL

Date: 4<sup>th</sup> September 2025

**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED**  
**31 MARCH 2025**  
**(Incorporating Income and Expenditure Account)**

		Unrestricted Funds	Restricted Funds	Total Funds Year Ended 31st March 2025	Total Funds Year Ended 31st March 2024
	Further Details	£	£	£	£
<b>Income from:</b>					
Donations and legacies	(3)	2,206	-	2,206	15,912
Charitable Activities	(4)	195,480	82,974	278,454	297,517
Other Trading Activities	(5)	11,477	2,758	14,235	28,019
Other		235	-	235	-
<b>Total</b>		<b>209,398</b>	<b>85,732</b>	<b>295,130</b>	<b>341,448</b>
<b>Expenditure on:</b>					
Raising Funds	(6)	3,712		3,712	8,819
Charitable Activities	(6)	164,795	138,222	303,017	354,866
Other	(6)	539		539	1,451
<b>Total</b>		<b>169,046</b>	<b>138,222</b>	<b>307,268</b>	<b>365,136</b>
<b>Net income/(expenditure)</b>		<b>40,352</b>	<b>(52,490)</b>	<b>(12,138)</b>	<b>(23,688)</b>
Transfers between funds	(16)	-	-	-	-
<b>Net movement in funds</b>		<b>40,352</b>	<b>(52,490)</b>	<b>(12,138)</b>	<b>(23,688)</b>
<b>Reconciliation of funds</b>					
Total funds brought forward	(16)	22,633	154,465	177,098	200,786
<b>Total funds carried forward</b>	<b>(16)</b>	<b>62,985</b>	<b>101,975</b>	<b>164,960</b>	<b>177,098</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 11 to 19 form part of these accounts

**BALANCE SHEET AS AT 31 MARCH 2025**

Company registration number: 01862257

	Notes	2025 £	2024 £
<b>Fixed assets:</b>			
Tangible assets	(10)	18,785	21,245
Total fixed assets		<u>18,785</u>	<u>21,245</u>
<b>Current assets:</b>			
Stocks	(11)	-	-
Debtors	(12)	9,353	13,200
Cash at Bank & in Hand		145,569	163,388
Total current assets		<u>154,922</u>	<u>176,588</u>
<b>Liabilities:</b>			
Creditors: Amounts falling due within one year	(14)	8,747	20,735
Net current assets or liabilities		<u>146,175</u>	<u>155,853</u>
Total assets less current liabilities		164,960	177,098
Creditors: Amounts falling due after more than one year	(15)	-	-
Provisions for liabilities		-	-
Total net assets or liabilities		<u>164,960</u>	<u>177,098</u>
<b>The funds of the charity:</b>			
Restricted income funds	(16)	101,975	154,465
Unrestricted income funds	(16)	62,985	22,633
Total charity funds		<u>164,960</u>	<u>177,098</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 4th September 2025

Andrew Jones      Chair

The notes on pages 11 to 19 form part of these accounts

## Statement of Cash Flows for the year ending 31 March 2025

## Reconciliation of net movement in funds to net cash flow from operating activities

	Year Ended 31st March 2025 £	Year Ended 31st March 2024 £
Net movement in funds	(12,138)	(23,688)
Add back depreciation	2,460	2,460
Deduct investment income	-	-
Decrease/(increase) in stocks	-	-
Decrease/(increase) in debtors	3,847	(3,270)
Increase/(decrease) in creditors	(11,988)	(6,694)
<b>Net cash used in operating activities</b>	<b>(17,819)</b>	<b>(31,192)</b>
<b>Cash flows from investment activities:</b>		
Interest	-	-
Purchase of fixed assets	-	-
<b>Net cash provided by investing activities</b>	<b>-</b>	<b>-</b>
Increase/(decrease) in cash and cash equivalents during the year	(17,819)	(31,192)
Cash and cash equivalents brought forward	163,388	194,580
<b>Cash and cash equivalents carried forward</b>	<b>145,569</b>	<b>163,388</b>

## Notes to the accounts for the year ended 31st March 2025

**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 21 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.

## Notes to the accounts for the year ended 31st March 2025

**(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 (2024: £nil). Expenses paid for the trustees in the year totalled £nil (2024: £nil).

**3. Donations and Legacies**

	Unrestricted Year Ended 31st March 2025 £	Restricted Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2024 £
Donations	2,206	-	2,206	15,912
	<u>2,206</u>	<u>-</u>	<u>2,206</u>	<u>15,912</u>

**Previous reporting period**

	Unrestricted Year Ended 31st March 2024 £	Restricted Year Ended 31st March 2024 £	Total Funds Year Ended 31st March 2024 £
Donations	5,442	10,470	15,912
	<u>5,442</u>	<u>10,470</u>	<u>15,912</u>

**4. Income from charitable activities**

	Unrestricted Year Ended 31st March 2025 £	Restricted Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2024 £
Restricted and Unrestricted grants:				
Stockport MBC Alliance Funding	195,480	-	195,480	180,000
Awards for All	-	19,952	19,952	-
Community Hub	-	27,000	27,000	25,970
Local Funding	-	792	792	8,707
Dowager Countess Fund	-	-	-	2,500
CRH Charitable Trust - Counselling	-	5,000	5,000	10,000
Big Lottery Fund	-	30,230	30,230	70,340
Lloyds CBT	-	-	-	-
	<u>195,480</u>	<u>82,974</u>	<u>278,454</u>	<u>297,517</u>

## Notes to the accounts for the year ended 31st March 2025

## 4. Income from charitable activities

Previous reporting period

	Unrestricted Year Ended 31st March 2024 £	Restricted Year Ended 31st March 2024 £	Total Funds Year Ended 31st March 2024 £
Restricted and Unrestricted grants:			
Stockport MBC Alliance Funding	180,000	-	180,000
Community Hub	-	25,970	25,970
Local Funding	-	8,707	8,707
Dowager Countess Fund	-	2,500	2,500
CRH Charitable Trust - Counselling	-	10,000	10,000
Big Lottery Fund	-	70,340	70,340
	<u>180,000</u>	<u>117,517</u>	<u>297,517</u>

## 5. Income from other trading activities

	Unrestricted Year Ended 31st March 2025 £	Restricted Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2024 £
Student Placement Fees	-	-	-	1,400
Activities and Events	11,477	2,758	14,235	26,619
	<u>11,477</u>	<u>2,758</u>	<u>14,235</u>	<u>28,019</u>

Previous reporting period

	Unrestricted Year Ended 31st March 2024 £	Restricted Year Ended 31st March 2024 £	Total Funds Year Ended 31st March 2024 £
Student Placement Fees	1,400	-	1,400
Activities and Events	22,056	4,563	26,619
	<u>23,456</u>	<u>4,563</u>	<u>28,019</u>

## Notes to the accounts for the year ended 31st March 2025

## 6. Expenditure

	Activities £	Year Ended 31st March 2025 £	Year Ended 31st March 2024 £
<b>Expenditure on raising funds:</b>			
Food and Drink	3,117	3,117	7,828
Events and Activities	292	292	704
Licences	303	303	287
	<u>3,712</u>	<u>3,712</u>	<u>8,819</u>
<b>Expenditure on charitable activities:</b>			
Employment Costs	201,645	201,645	216,798
Training	135	135	204
Pensions	492	492	492
Staff Supervision	-	-	180
DBS Checks	114	114	492
Payroll Bureau Fees	1,585	1,585	1,953
Bad Debts	498	498	-
Sparc4me Expenses	570	570	1,539
Partnership Working	-	-	16,400
Sessional Workers	32,852	32,852	29,410
Equipment Leasing	3,661	3,661	2,755
Staff and Volunteer Expenses	747	747	1,333
Group Activities and Equipment	4,608	4,608	5,542
Inreach Sessions	1,349	1,349	2,239
Heat, Light & Water	12,165	12,165	15,642
Equipment and Maintenance	94	94	353
Telephone	3,341	3,341	3,578
Computer Costs	6,370	6,370	10,637
Stolen Cash	-	-	116
Domestic Supplies	487	487	652
Website	188	188	153
Insurance	2,067	2,067	1,624
Governance and Support Costs	25,363	25,363	38,171
Post, Printing & Stationery	2,226	2,226	2,143
Depreciation	2,460	2,460	2,460
	<u>303,017</u>	<u>303,017</u>	<u>354,866</u>
<b>Other expenditure:</b>			
Sundry Expenses	539	539	1,451
	<u>539</u>	<u>539</u>	<u>1,451</u>
	<u>307,268</u>	<u>307,268</u>	<u>365,136</u>
 Restricted funds		138,222	112,665
Unrestricted funds		<u>169,046</u>	<u>252,471</u>
		<u>307,268</u>	<u>365,136</u>



## Notes to the accounts for the year ended 31st March 2025

**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 2025	Basis of apportionment
AGM Expenses	-	42	42	type of expense
Professional Services	4,621	-	4,621	type of expense
Employment Costs	19,866	-	19,866	percentage of work performed
Accountancy Fees	-	834	834	type of expense
	<u>24,487</u>	<u>876</u>	<u>25,363</u>	

## Previous reporting period

	General Support	Governance	Total 2024	Basis of apportionment
Professional Services	4,149	-	4,149	type of expense
Employment Costs	33,207	-	33,207	percentage of work performed
Accountancy Fees	-	815	815	type of expense
	<u>37,356</u>	<u>815</u>	<u>38,171</u>	

**8. Analysis of staff costs**

	Year Ended 31st March 2025 £	Year Ended 31st March 2024 £
Wages and Salaries	209,144	236,035
Holiday Pay Accrual Adjustment	-	-
Social Security Costs	9,373	10,844
Pension Costs	3,486	3,618
	<u>222,003</u>	<u>250,497</u>
Charitable activities	202,137	217,290
Support costs	19,866	33,207
	<u>222,003</u>	<u>250,497</u>

The average number of employees during the year was 15 (previous year: 17).

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 £52,691 (previous year: £65,819). No employee has benefits in excess of £60,000 (previous year: none).

## Notes to the accounts for the year ended 31st March 2025

## 9. Independent Examiner Fees

	Year Ended 31st March 2025	Year Ended 31st March 2024
	£	£
Independent examination fees	834	815
	<u>834</u>	<u>815</u>

## 10. Tangible Fixed Assets

	Furniture & Office Equipment	Total
Cost	£	£
At 1st April 2024	87,673	87,673
Additions	-	-
At 31st March 2025	<u>87,673</u>	<u>87,673</u>
<b>Depreciation</b>		
At 1st April 2024	66,428	66,428
Charge for Year	2,460	2,460
At 31st March 2025	<u>68,888</u>	<u>68,888</u>
<b>NET BOOK VALUE</b>		
At 31st March 2025	<u>18,785</u>	<u>18,785</u>
At 31st March 2024	<u>21,245</u>	<u>21,245</u>

## 11. Stocks

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

## 12. Analysis of debtors

	2025	2024
	£	£
Debtors	4,451	8,847
Prepayments	4,902	4,353
	<u>9,353</u>	<u>13,200</u>

Debtors and prepayments comprise £672 restricted funds and £8,681 unrestricted funds (2024: £8,075/£5,125).

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

	2025	2024
	£	£
Creditors	4,134	706
Short-term compensated absences (holiday pay)	-	-
Other creditors and accruals	1,425	1,619
Deferred income	-	15,000
Taxation and social security costs	3,188	3,410
	<u>8,747</u>	<u>20,735</u>

## 14. Deferred income

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

Balance as at 1st April 2024	15,000
Amount released to income earned from charitable activities	(15,000)
Amount deferred in year	-
Balance at 31st March 2025	<u>-</u>

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

	2025	2024
	£	£
Provisions for liabilities	-	-
	<u>-</u>	<u>-</u>

## Notes to the accounts for the year ended 31st March 2025

## 16. Analysis of charitable funds

## Analysis of movements in unrestricted funds

	Balance at 1st April 2024	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2025
	£	£	£	£	£
General Fund	22,633	209,398	(169,046)	-	62,985
	22,633	209,398	(169,046)	-	62,985

## Previous reporting period

	Balance at 1st April 2023	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2024
	£	£	£	£	£
General Fund	70,556	208,898	(252,471)	(4,350)	22,633
	70,556	208,898	(252,471)	(4,350)	22,633

## 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 2024	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2025
	£	£	£	£	£
Daytrippers (Member's Forum)	2,530	-	(2,530)	-	-
Horizons	4,500	1,078	(5,578)	-	-
Growing Together	468	-	(468)	-	-
Stockport MBC - Refurbishment	11,740	-	(11,740)	-	-
Peoples' Health Trust - Natural Progressions	7	-	(7)	-	-
Big Lottery Fund (2)	467	-	(467)	-	-
Restricted Donations	14,733	-	(84)	-	14,649
Stockport MBC Suicide Prevention	639	-	(182)	-	457
Stockport MBC Local Fund	9,417	-	(9,417)	-	-
10GM	27,710	-	(27,710)	-	-
Awards for All	-	19,952	(418)	-	19,534
Community Hub	7,564	27,000	(19,915)	-	14,649
Local Funding	5,986	792	(5,557)	-	1,221
Dowager Countess Fund	2,500	-	(2,500)	-	-
CRH Charitable Trust - Counselling	8,099	5,000	(10,044)	-	3,055
CRH Charitable Trust - Young Person's Project	4,939	-	(4,939)	-	-
The Screwfix Foundation	2,922	-	(417)	-	2,505
Big Lottery Fund	43,481	30,230	(33,934)	-	39,777
Awards for All	2,511	-	(418)	-	2,093
Equity Foundation - Suicide Prevention	548	-	(548)	-	-
Inreach Sessions	3,704	1,680	(1,349)	-	4,035
	154,465	85,732	(138,222)	-	101,975

## Notes to the accounts for the year ended 31st March 2025

## 16. Analysis of charitable funds

## Analysis of movements in restricted funds

Previous reporting period

	Balance at 1st April 2023	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2024
	£	£	£	£	£
Daytrippers (Member's Forum)	2,535	-	(5)	-	2,530
Horizons	4,115	1,116	(731)	-	4,500
Growing Together	468	-	-	-	468
Stockport MBC - Refurbishment	11,896	-	(156)	-	11,740
Peoples' Health Trust - Natural Progressions	14	-	(7)	-	7
Big Lottery Fund (2)	932	-	(465)	-	467
Restricted Donations	4,875	10,470	(612)	-	14,733
Stockport MBC Suicide Prevention	639	-	-	-	639
Stockport MBC Local Fund	9,417	-	-	-	9,417
10GM	27,710	-	-	-	27,710
Community Hub	1,772	25,970	(20,178)	-	7,564
Local Funding	-	8,707	(2,721)	-	5,986
Dowager Countess Fund	-	2,500	-	-	2,500
CRH Charitable Trust - Counselling	-	10,000	(1,901)	-	8,099
CRH Charitable Trust - Young Person's Project	4,939	-	-	-	4,939
The Screwfix Foundation	3,339	-	(417)	-	2,922
Big Lottery Fund	50,433	70,340	(77,353)	61	43,481
Awards for All	2,929	-	(418)	-	2,511
Lloyds CBT	1,082	-	(5,371)	4,289	-
Equity Foundation - Suicide Prevention	639	-	(91)	-	548
Pennine Care NHS Trust (Inreach Sessions)	2,496	3,447	(2,239)	-	3,704
	130,230	132,550	(112,665)	4,350	154,465

## Notes to the accounts for the year ended 31st March 2025

## 16. Analysis of charitable funds

## 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 (2)	for the purchase of musical equipment and provision of workshops for SPARC Music Project
Restricted Donations	for the purchase of a defibrillator and new equipment
Stockport MBC Suicide Prevention	for the Suicide Prevention project
Stockport MBC Local Fund	for the new Café Project
10GM	for engagement with local Primary Care Network
Awards for All	for the Women's Movement
Community Hub	for community mental health support in partnership with Pure Innovations
Local Funding	for the development of women's work
Dowager Countess Fund	towards the Declutterer Counselling work
CRH Charitable Trust - Counselling	for counselling services
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
Awards for All	for the Counselling Service
Equity Foundation - Suicide Prevention	for the Suicide Prevention project
Inreach Sessions	to provide therapeutic activities to patients in the Mental Health Unit at Stepping Hill Hospital

## 17. Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total 2025
	£	£	£	£
Tangible fixed assets	12,979	-	5,806	18,785
Cash at bank and in hand	47,333	-	98,236	145,569
Other net current assets/(liabilities)	2,673	-	(2,067)	606
Creditors of more than one year	-	-	-	-
<b>Total</b>	<b>62,985</b>	<b>-</b>	<b>101,975</b>	<b>164,960</b>

## Previous reporting period

	Unrestricted funds	Designated funds	Restricted funds	Total 2024
	£	£	£	£
Tangible fixed assets	576	-	20,669	21,245
Cash at bank and in hand	37,667	-	125,721	163,388
Other net current assets/(liabilities)	(15,610)	-	8,075	(7,535)
Creditors of more than one year	-	-	-	-
<b>Total</b>	<b>22,633</b>	<b>-</b>	<b>154,465</b>	<b>177,098</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 2025 £	Year Ended 31st March 2024 £
<b>Income</b>		
Donations	2,206	15,912
Restricted and Unrestricted grants:		
Stockport MBC Alliance Funding	195,480	180,000
Awards for All	19,952	-
Community Hub	27,000	25,970
Local Funding	792	8,707
Dowager Countess Fund	-	2,500
CRH Charitable Trust - Counselling	5,000	10,000
Big Lottery Fund	30,230	70,340
Lloyds CBT	-	-
Student Placement Fees	-	1,400
Activities and Events	14,235	26,619
Other	235	-
<b>Total Income</b>	<b>295,130</b>	<b>341,448</b>
<b>Expenditure</b>		
Food and Drink	3,117	7,828
Events and Activities	292	704
Licences	303	287
Employment Costs	201,645	216,798
Training	135	204
Pensions	492	492
Staff Supervision	-	180
DBS Checks	114	492
Payroll Bureau Fees	1,585	1,953
Bad Debts	498	-
Sparc4me Expenses	570	1,539
Partnership Working	-	16,400
Sessional Workers	32,852	29,410
Equipment Leasing	3,661	2,755
Staff and Volunteer Expenses	747	1,333
Group Activities and Equipment	4,608	5,542
Inreach Sessions	1,349	2,239
Heat, Light & Water	12,165	15,642
Equipment and Maintenance	94	353
Telephone	3,341	3,578
Computer Costs	6,370	10,637
Stolen Cash	-	116
Domestic Supplies	487	652
Website	188	153
Insurance	2,067	1624
Governance and Support Costs	25,363	38171
Post, Printing & Stationery	2,226	2143
Depreciation	2,460	2460
Sundry Expenses	539	1451
<b>Total Expenditure</b>	<b>307,268</b>	<b>365,136</b>
<b>Surplus/(Deficit) for the Year</b>	<b>(12,138)</b>	<b>(23,688)</b>

40  
Years  
of  
Service

# ANNUAL REPORT 2024-2025

SPARC

Stockport Progress And Recovery Centre



## Annual Report 2024 - 2025.

### **A few words from our Chair**

The past year at SPARC has been, to say the least, eventful. It began with a commitment to developing our services to meet new challenges, especially the the new direction of mental health provision envisaged by the NHS, SMBC and GMCA.

We awaited the tender procedure with some uncertainty, but felt more confident when we got the STAR documentation. In line with the requirements of the tender, we formed an alliance with Pure Innovations - this was very positive and dynamic, with good cooperation, communication and teamwork. Unfortunately, we were all unaware that there was another bidder, so were shocked to find out that the tender had been awarded to Making Space. We were involved in the formal TUPE transfer of our staff to this new employer.

However, because SPARC has funding and support from the Big Lottery, we can continue to offer the Counselling and Young Persons Projects from our new Base at Disability Stockport. Lynn is staying on as Manager, and has the full support of the Management Committee.

I wish to offer my sincere appreciation of our manager, Pete for all his hard work and dedication to SPARC during the year, and especially his and Lynn's efforts throughout the tender process. We wish Pete all the best for the future.

My thoughts go out to our members and friends who are now being cared for by a new provider.

The coming year will have its challenges, but by working together, we will develop a new future for SPARC.

Take care everyone.

**Andy Jones**



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# Manager's Report

I write this report in a very different role than I have ever had with SPARC as, sadly, after being based at Progress House for more than 20 years, we were unsuccessful in our bid to continue providing the SMBC mental health day service contract. This included the loss of funding and premises.

Fortunately The National Lottery were keen to continue to support our Counselling and Young Adults project which has meant that SPARC can continue and I have taken on the role of Coordinator of the charity.

The service that we provided at Progress House during the financial year of 2024 – 2025 was filled with the usual ups and downs, and it was both challenging and eventful in so many ways. We had planned a celebration for our 40<sup>th</sup> anniversary - which had to be cancelled when the utility supply to our building conspired against us, leaving us without heating and electricity at the time when our party was planned. We had hoped to hold the celebration during the summer of 2025 however, because of the cancellation of our contract with SMBC this wasn't to be.

I am hopeful that we will be able to hold a big celebration for our 45<sup>th</sup> anniversary - in 2029 (which is not as far away as it sounds!) - instead.

So many groups and activities took place at Progress House during our final year there. We introduced new health sessions in partnership with ABL and - having been successful in an application to the Awards 4 All Lottery fund - we were able to extend our offer to women. This meant that we were able to fill the Women Only Wednesday session with a variety of options and opportunities to build confidence, improve health and promote wellbeing.

Our Lottery funded projects have both continued - providing therapy sessions, group workshops (both online and face to face), one to one support and social sessions both in the building and out and about. Using funding from CRHT, our Counselling service delivered Declutter group support sessions.

Our reach in the community continued with the Walks on the Mild Side and Football sessions, a variety of Community Greenspace sessions and James Campbell also introduced Library Link sessions supporting people to make the most of community resources. Our partnership with Pure Innovations continued with Chris in his Community Hub role supporting people in the community and also helping SPARC members to build confidence to engage in opportunities in the community.

Café SPARC was able to continue with the support of Cathy, David, Ged and all the lovely volunteers; Dean, Mark, Mike, Nick, Paul, Jordan and we can't forget Katie who baked the most delicious cakes. Cathy facilitated the introduction of new members at Cathy's Café on a Friday. This was supported by pathway volunteers offering valuable peer support; and became a very valuable part of SPARC which met and illustrated our aims and values completely.

Other regular sessions continued to thrive: Art, Crafty Crew, Music, Singing, Textiles, Tea@3, IT sessions with Phil, Relaxation and Tai Chi. Most of these sessions were able to take place because of the commitment of all our wonderful volunteers. SPARC would never have been the charity it was without this contribution, and I can only hope that we can build back up to this level of support over time.

I want to take this opportunity to wish ALL of my SPARC colleagues - volunteers, staff, Management Committee - everyone who has played a part in making SPARC the success that it has been - nothing but the best for the future. The past year has been so difficult in so many ways. I thank each and every one of them for their commitment, skill, knowledge, support and tenacity in making SPARC at Progress House the fabulous, caring and supportive environment it was. I can only hope that with the support of my 'New' team we will be able to carry forward the fantastic work ethic that was such an essential part of our success over the year.

Lastly I want to thank the members of SPARC for sharing their lives with us, for providing the essential peer support and for creating such a safe oasis for everyone that ventured through the doors at Progress House. My hope is to continue and emulate this in to the future and all of my learning over the years is certainly with me in every decision and move we make going forward.

As the news of the SMBC funding ending for SPARC was made known, we were inundated with messages and emails from members, ex-students, ex-volunteers, other mental health professionals and carers telling us how much SPARC was valued and illustrated the positive impact we had on the lives of so many people and how much social impact SPARC added to the value of the SMBC contract over the years. It was overwhelming to learn just how much SPARC has been appreciated and how important and influential it has been in supporting so many people over the years.

I hope that our continued service, limited as it is at the moment - will grow and thrive over the coming months and years.

**Lynn Barrett**

# SPARC4YOUNG ADULTS

Our **Monday 'Out and About'** sessions continued with trips to Liverpool, Chester, Lyme Park, and an idyllic walk with afternoon tea in Knutsford. 'At home' in Progress House we enjoyed baking, pottery painting, and pizza making. We have also ventured into Manchester more frequently, taking part in an exploratory street art walk, and visiting the quaint book cafés the city has to offer.

The **S4YA Book Club** is, sadly, no more - but in its place is the shiny new **SPARC Book Club!** which is now peer led, organised by our dutiful member Tom Waters who stepped in to ensure a love of books and connection could continue. The array of books read included; *The Great Gatsby*, *The ABC Murders*, *Knots and Crosses* and *The Glass Castle* - provided interesting perspectives and a great opportunity to vicariously experience different lifestyles and identities.

Thursday's **Talking it Through** group has gone from strength to strength, developing a real sense of community. The peer support and the acceptance amongst group members has been a perfect example of the power of compassion. The topics and tools discussed include anxiety and depression, emotional intelligence, self-esteem, Dialectical Behavioural Therapy techniques such as the wise mind, self-care, identity exploration.

Our **Friday Sessions** were great fun! We played games, made chocolate bars, created resin trinket dishes, decorated tote bags and painted pumpkins. We also created some origami to celebrate the lunar new year, and created bunting to jazz up the café to leave our S4YA mark.

In July and August of 2024, SPARC4YA worked collaboratively with **Stockport Women's Centre** in order to provide a series of 6 well-being sessions. These sessions covered self-esteem, and boundaries, in a safe and non-judgemental manner. In addition, we took part in some creative activities such as jewellery making and collaging.

A crossover project between SPARC Café and S4YA was forged when SPARC4YA member Katie Quinn created stunning cakes and bakes for the café. **Katie's Bakes** brought so much joy into the café with her weekly creations, and we want to thank her for giving her time to support SPARC in this way.

This year, we have welcomed Ria Richards, Lucy Wignall and Tom Waters as volunteers to support the running of our groups. Lucy and Ria are helping to facilitate the young adults Monday and Friday groups, with Tom helping to facilitate the Thursday group and taking over facilitating SPARC's book club. This has made it possible to run the groups at full capacity. We are excited to see how the groups grow and adapt during the upcoming year!

**BETH JONES Young Adults Project Leader**



SPARC4YoungAdults

# The SPARCLERS!

SPARC's regular weekly singing group which we call 'The Sparclers Choir' continued to thrive. Led by myself and Laura, it often had 8-10 members attending.

Our bright and breezy approach encouraged people who were very nervous and apprehensive or thought they couldn't sing, to join in. All of our members were invited to join us and for some people just stepping in to the room changed their weekly routine and they then joined in most weeks.

Each week we chose a different theme - or a particular group or artist - and we would then sing a selection of related songs. If we find that a particular song did not work for us - too high, too low, not as familiar to us as we thought - we would have a laugh and give it a go before moving on to something else. Earlier in the year we sadly lost one of our regular members; David Bush. David was one of the original group members and was known for his choice of obscure songs including 'Stepping Out' by Joe Jackson which in its way became a bit of a theme tune for the group. David, like the group, will be greatly missed.

## Lynn Barrett

### SPARC Music Group

We all know how valuable music is. And we know about the therapeutic powers it can bring to players, singers and listeners.

Since Covid the music group was a Peer-Led activity. We were very lucky to have a number of talented and musical members able to support each other to enable the group to survive.

The Music Room provided access to great facilities including:

- a drum kit - always set up and ready for use!
- a keyboard
- acoustic and electric guitars
- boxes of smaller instruments that you can just pick up and try out
- microphones for anyone who wants to sing
- a vast selection of music books, chords and lyrics

There really is something for everyone and music to suit all tastes.

The Music Group was open to all members - we always welcomed new people, even if they said they just wanted to come in and listen and enjoy the music.

The equipment at Progress House was purchased with funds from The Lottery and belongs to all the people who accessed the Music group and for them to continue should they wish.

# Horizons Group

Horizons was the longest running group at SPARC, and through all these years it preserved its ethos and traditions of openness, welcoming, compassion, safe place, consistency and warmth. It provided a space in which lots of new groups brought with them new ideas, new ways of working and generally tried to re-invent the wheel; the consistency of Horizons' philosophy, its character, and its exceptional spirit is the very reason it works which is incredibly heart-warming to know.

Held every Wednesday evening from 7:00pm till 9:30pm at SPARC, the Horizons social group was for adults in the Stockport area who experience some form of mental health difficulty. The aim was to provide a friendly and supportive meeting place where people can make friends have fun and engage in therapeutic activities. Our weekly activities list was regularly reviewed, renewed, and updated in consultation with group members. All the old favourite activities have been well supported, namely food nights along with 'old faithfuls' such as the weekly favourite - bingo! - and quizzes never seem to age. In addition, to these we introduced newer external activities which have gone down extremely well.

Every now and then we held special events that made us feel very honoured to know that our members took joy in celebrating their birthday with us at Horizons. This created that "family feel" which made Horizons special. An extra benefit happily crept in: we saw members motivating, encouraging, and supporting each other to participate which is an evident sign of the power of Horizons and its core value of socialising.

Horizons' members have stated that the reason for the continued popularity and success lay in its deep-rooted values, standards, and ethics and putting members firmly at the centre of the group. That this format works is a testament to the basic human need for social contact. I believe this is due to the "no frills" - what you see is what you get" approach of this person-centred group.

Thanks go to my colleague-in-arms Ken Hazeldine for his support and co-facilitation over the years. I feel we complement each other and work well as a team and on that note, long may it continue.

Heart felt appreciation goes to Jim Whittaker, our dedicated volunteer. He was always on hand to support, comfort and offer help and advice as well as call bingo and help out where needed.

Last, but not least; thank you to all our Horizons members for making Horizons a special place where everyone could feel safe, welcomed and wanted.

**David Richards, Facilitator**

## Walks on the Mild Side

Our "Walks on the Mild Side" sessions have been enjoyed by many members, and taken place on Tuesdays and Fridays at 1pm. The stroll covers a distance of around 1.5 miles and takes in Hallam Mill Gardens, the Davenport shopping area and Cale Green Park before returning to SPARC. We allow around 50 minutes for each walk - so no one is under pressure to walk quickly or 'keep up'. If the weather is nice we usually have a sit down in the park and watch the world go by for a few minutes.

These sessions would not have been the same without the support of SPARC staff and volunteers Cathy Millward and Eddie Garry, whose relationships with the members, sense of humour and banter have made them so enjoyable.

## Social and Therapeutic Horticulture [Gardening Group]

The year has seen lots of changes in the garden and lots of plans made for how the gardening group will develop.

I have appreciated the support of SPARC volunteer Karen Bamforth as we sowed vegetable and salad seedlings in the Kitchen Garden, which has become a good source of produce for use in SPARC's Café. This year Gary and Chris have tried their hand at growing carrots, radishes and potatoes - all of which produced good crops.

## Green Space Community Connections

In the 'post-COVID period SPARC forged a number of community links that allowed us to work with a variety of groups in the Stockport area.

The sense of mutual support was beneficial to all who took part, and it would be nice to think that - should the possibility arise in the future - these links could be re-established.

Our thanks go to:

Barnfield Road East Allotments, Davenport  
Cale Green Women's Institute Community Bee Garden  
Growing Together Project, Plot 50, Whitehill Allotments  
Heaton Norris Community Peaceful Garden  
Olive Branch Woodland Garden, Shaw Heath  
The Landing, Merseyway Precinct

## James Campbell, Facilitator



## **ABL: Smoking Cessation and Weight Management**

The SPARC/ABL link up has proved to be very good for those of our members who want to improve their physical health as many studies have shown a link between physical health and mental wellbeing.

During this year Stacey and Rhianna have run Wednesday and Friday sessions helping members to reduce their smoking habits and control their weight or lose weight. These sessions were available to all members and supporting products were offered to those who wanted them. Programmes ran for a total of 12 weeks.

## **James Campbell, Activities Co-ordinator & Senior Support Worker**

### **Expression 4 Depression**

When Expression for Depression started, the prospects and possibilities of what could be achieved, were very exciting - and I was delighted to be a part of it. Having suffered with depression on and off throughout my adult life, the idea bringing together people from all walks of life to meet weekly and talk about their personal journeys, brought a lot of hope to me.

A priority for the group was to offer a safe, empathic environment for all where members are encouraged to discuss their feelings, their worries, their pain, their experiences and develop their own self-acceptance and self-discovery through their expression. We remind ourselves that, when it comes to depressions, there is no such thing as a 'quick fix' and that regular support can be a great help in so many ways. It has been amazing spending quality time with so many inspiring, brave and interesting individuals.

One of the worst feelings surrounding depression is the feeling of loneliness and isolation. Our group emphasises that, although each of us has our own different experiences, we are not alone - we have each other. This is a beautiful, unique, group and nothing brings me more happiness than seeing the members build relationships gradually with each other.

In recent months the group has benefitted from the input of James Hobbins. He has made a big difference and is proving to be a very welcome co-facilitator of the group.

## **Cathy Milward, Facilitator**



# Football Group

It's been quite a journey for SPARC's football group and I'm proud to say that its evolution over the last 10 years has been driven by the commitment, compassion, teamwork, and friendships of the members.

Having facilitated the football group, I must say that the standout development for me has been the creation of SPARC Football Committee. The committee is a service user led group that is ran by a small number of the football players for the benefit of football group. They are a constituted group with a Chair person, Vice Chair, Secretary and a Treasurer meaning that they manage their own finances and bank account. Since the Committee was formed they have negotiated with likeminded businesses and organisations with great success and have raised several thousands of pounds.

The commitment to this group and the game is magnificent. Members turn up every week, regardless of the weather. As a facilitator I can see how your support and encouragement for each other has grown and the continuing benefits of this. I have witnessed your empathy and compassion towards each other especially those who feel not as good or able as others.

Thank you to all the volunteers whose dedicated support for this group has been as always outstanding!

Wholehearted thanks go to Paul Lake, Manchester City Hall of Famer and SPARC Therapist, whose help and dedication has provided great networking avenues for the committee and helped us develop a link between SPARC Football Committee and Manchester City business partners.

Thank you to Brinnington Life Leisure for the use of their Astro turf pitch and making us feel welcome. Their staff team are great and very helpful.

On a personal note: no other SPARC group has given me more job satisfaction or has taught me the value of peer support and comradery than this football group. All the guys know my personal history and relationship with football; which has now completely changed and I honestly could not be prouder and more honoured to facilitate this group.

**David Richards, Facilitator**

# SPARC ART GROUP

It was our ongoing aim to provide a peaceful and supportive atmosphere in which our members could create artworks and develop their skills and confidence. in a calm and relaxed atmosphere. As a facilitator I continued to strive to meet the needs of individuals with a warm, caring and friendly approach.

Our Monday sessions were very well attended and members achieved a good standard of work. Because numbers attending were limited by the size of the room I am able to spend time with individuals developing their skills and offering one-to-one input and support. This has meant that many of those who attended have improved and were able to work with less input from me as facilitator.

In our sessions we accepted the evidence from a growing body of research that activities like drawing and painting can relieve stress and depression as well as developing new skills and increasing self-confidence. This was clearly evident within our sessions.

## Marc Murphy, Facilitator

## The Crafty Crew at SPARC

This was a long running group that has continued to meet each week at SPARC and our long time motto, "You can do it: try!" is still our mantra.

We created paper based art projects including greeting cards. home décor items and gifts.

Our participants enjoyed practicing their basic paper crafting creative techniques and were often given tutorials where they watched demonstrations of more difficult techniques carried out by the facilitator. These demos proved popular and were enjoyed as a social and educational event.

The Crafty Crew forged a strong link with the work that SPARC delivered as part for the Inreach Programme at Stepping Hill Hospital, with new referrals from the hospital often remembering the groups at the hospital and opting to join the Crew.

Remember our motto: YOU CAN DO IT: TRY! can be applied to all aspects of your life.

## Robert Hart, Facilitator

## **Textiles at SPARC**

For the past year I have facilitated a Textiles Session every Monday at SPARC for any members who wish to attend. Each week there has been a task that I teach and support people through, but members have also brought in their own projects where they wanted some support or guidance on how to complete them, this included blankets, curtains and clothing. Projects completed throughout the year included patchwork tea cosies, tote bags, crochet Christmas snowflakes, gift bows, cross-stitch and felt hanging decorations, Christmas crackers, glasses cases and Easter bunny felt decorations to name a few.

A number of people were nervous about trying the machines but then really enjoyed using them and developed new skills and their confidence has increased enormously. Members felt comfortable with the tasks and the other members of the group. It's a lovely supportive atmosphere where people talk as they sit and work on their projects. The whole group contributed to making lots of lovely things to display what they can do for an open day.

## **Jennifer Murray**

## **Women's Group**

This group has been in existence almost as long as Stockport Day Centre and SPARC itself, providing a safe environment for women only.

Peer support has always played a vital part in this group and many friendships have been formed that have grown allowing the ladies to enjoy theatre trips, shopping and lunches together away from the Centre.

In many ways this group has been a blend of traditional activities - Bingo, day trips, social outings and celebrations - as much as it has been a focus on providing support and opportunities to share ideas and experiences.

We have loved being part of the group and have learned a great deal from sharing our time with you all.

## **Amanda McClenaghan and Sue Heaps, Support Workers**

## SPARC Café

Thanks to the determination of members, staff and volunteers to keep it going our Café has remained open on two days each week. Both sessions offered a place in which members could socialise and enjoy a bite to eat and a drink. Feedback consistently reinforced how important this provision has been to our members, and how much they appreciate the efforts made to keep it as an active part of what SPARC provides.

We were well supported in our efforts by other groups that operated at SPARC. In Summer some of our seasonal salad ingredients have been grown by members of the SPARC Gardening Group, either on-site at SPARC or on Plot 50 at Whitehill Allotments. In a new, and very popular initiative, S4YA member Katie Quinn - an amazing baker -regularly provided us with a range of delicious home-made blondies, brownies, cakes and sweet treats that she baked in the kitchen here at SPARC.

The Café was a success because **everyone** pulled together - whether by doing the shopping, preparing, cooking or serving food, making brews, washing up and cleaning, or serving customers and operating the till - to make it what it was: a much appreciated and valuable part of the SPARC community.

## Take time to Breathe and Relax...

Relaxation Sessions were held every Monday and Thursday.

Tai Chi style exercises provided an opportunity to practice meditation in motion for those who wish to achieve deep breathing in time with gentle movement and are not so comfortable with seated meditation. The benefits of the exercises include reduced heart rate, lowered blood pressure and improved balance. We also completed a 20 minute seated relaxation called Progressive Muscle Relaxation. This involves a kind of 'body scan' which helps us to recognise tension in the body as it occurs and to deal with it in the moment.

Every Thursday we held a Relaxation Session in the Music Room. This was popular with members who wanted to take some 'me time' to absorb information and wind down. The session included diaphragmatic breathing to focus, before moving on to a progressive relaxation. Every session included some yoga-style exercises that can be done while seated, before moving on to standing exercises which focus on posture.

**Karen Bamforth, Facilitator**

**Jim Whittaker, Facilitator [VTCT in Complementary Therapies]**

## **SPARC's Counselling Service**

Through SPARC Counselling I have the privilege of working with a wonderful team of Therapists who have brought their skills, knowledge, and talents into SPARC. Through their compassion and integrity and their genuine desire to help, they are encouraging and enabling people to achieve their goals and self-fulfilment.

Our Therapists take a holistic approach in order to best serve and support our clients as they work towards making the necessary change they are aiming for. In order to achieve this our team work hard to keep their skills and knowledge of models and theories fresh and up to date so that they can be sure that the root cause of problems or distress to be attended to.

We pride ourselves on being an evolving provision - constantly adapting and changing to the ever-growing needs and demands of each individual we work with. In order to achieve this we offer individualised face to face therapy, as well as online and telephone session and consultations. Additionally, we run in house and online workshops based on the demands of our clients.

Every week we work with an average client group of 15 people all of whom present with a wide range of issues, problems, concerns, and matters. We work towards long lasting self-sufficiency and change, because we know that there is no such thing as "a quick fix".

Although SPARC's circumstances will change from June 2025, I look forward to continuing to work with and support the therapists in their provision of services in a volunteer capacity as SPARC moves into its next phase.

## **Our Referral Process**

You can request referral forms for this service through SPARC. Once completed they are to be returned to the Counselling Co-ordinator. Your information will be entered into our database, in compliance with GDPR, and you will then be placed on our waiting list. Once a Therapist becomes available, they will conduct an initial assessment to determine suitability. Once you have been assessed and it is agreed that treatment is viable you will be offered therapy.

## **DAVID RICHARDS, COUNSELLING LEAD**



## Volunteering at SPARC

Volunteers come from a very wide range of backgrounds, and it's interesting to note that a high percentage of our volunteers are either SPARC members themselves or are people who, as both Pathways Volunteers and regular volunteers, have family and friends who have personal 'Lived Experiences' of mental health.

Having been a volunteer myself, I'm aware of how much time and dedication it takes. You have to be both able and willing to commit yourself to being there for others – mentally and physically. Volunteers bring all sorts of skills to SPARC. Some of these may seem simple – such as listening, learning and remembering names, and showing friendship – while others may seem more 'professional' such as musical gardening, cooking and creative skills. But what makes a good volunteer is that willingness to be with people and support them in whatever they need in the moment.

Our volunteer team continues to grow and all relevant information available can be found online through our website or Facebook page, or by speaking to me directly. Given the success of our SPARC 4 YOUNG ADULTS project we are hoping to attract some younger volunteers.

Our volunteers bring dynamics to our team, they are a very caring bunch and always have a willingness to listen to, interact with and help our members. They provide an integral support to our core staff.

**On behalf of all SPARC I would like to say a massive THANK YOU  
to all our current volunteers for their ongoing support  
and the time that they have given so freely  
to either facilitate groups or work alongside our core staff team.**

**SPARC WOULD NOT HAVE BEEN THE SAME WITHOUT YOU!**

**Amanda McClenaghan, Volunteer Co-Ordinator**

## Funding & Fundraising

As many will know the primary funding for SPARC came via a commissioned contract with the Local Authority. This funding provided us with the monies to pay salaries, our utility bills, insurance and other necessary costs. Our lovely building and grounds, appreciated and maintained by so many of us, were also provided under the terms of this contract. Having this contract provided SPARC with the foundation needed to explore other funding opportunities such as sponsorships, donations and grants for particular programmes. During the last financial year we were able to acquire funding pots from The National Lottery, Cheadle Royal Hospital Trust and Ralph Pendlebury Trust. We also continue to be a partner of the Stockport Community Hub providing a mental health worker to support people who are social isolated to access community based social and leisure facilities.

For the past 3 years SPARC Counselling service and Young Adults project has developed due to funding provided by The National Lottery and we have had confirmation that this will now continue for a further 3 years with a focus on sustainability. We were able to continue with the Declutters group with funding provided by Cheadle Royal Hospital Trust and the Ralph Pendlebury Trust enabled us to focus on service user involvement and employ Cathy Millward as the Service User Involvement Worker. We received grants from both Stockport Local Fund and Awards4All to support our offer for Women. We also received funding via fundraising and donations from individuals. We thank each and every one who has supported us; every penny really does make a difference.

Our efforts to find funding has continued and this will be one of the main aspects of our work as we now move on to pastures new. The continued support from The National Lottery has been amazing and we now look forward to many more successful years continuing to provide support to the people of Stockport who need us.

In January 2025 Ged Murtagh - volunteer and member of the Management Committee - set himself the challenge of walking 100km as a way of raising some money in support of SPARC. Yes, people thought he was daft to choose January – what with the short days and wintry weather – but that's part of what made it a challenge

By the end of the month I'd completed 10 walks, covering 106km [66 miles], and raised the ridiculous total of £1465 in the process.

Obviously we've thanked everyone who supported Ged [probably more than once] and reassured them the their very generous donations have made a huge difference not only to SPARC as an organisation but to everyone who works, volunteers and attends the centre.



## **InReach at Stepping Hill Hospital - tribute to Rob!**

We continued in our partnership with the Mental Health Unit at Stepping Hill Hospital by facilitating art and craft sessions. This strong bond between SPARC and the Mental Health Unit has been in place for 14 years.

Providing weekly visits to the unit, Rob was able to facilitate therapeutic art sessions that engaged the patients in a creative activity by exploring both artistic ability and dexterity. All of the planned activities were aimed to give the participants a sense of achievement by making the projects suitable for most levels of artistic ability. These sessions encouraged social interaction between the patients and staff, contributed to breaking down the barriers that may be present on the wards.

Over the years Rob also provided these sessions in numerous environments on the Mental Health Unit and he was an amazing ambassador for SPARC charity as a whole.

We wish Rob nothing but the best for the future and would like to thank him for all his years of commitment and support.

## **Computer Courses at SPARC - tribute to Phil**

In October 2005 Phil began teaching computer courses in the SPARC Computer Room - and this continued until earlier this year.

The main aim for the courses was to ensure that students would gain confidence in order to make better use of computers, but also that they should enjoy the experience of learning and practicing new skills. Working at SPARC allowed the luxury being able to ensure that each student followed their own individual learning plan and made progress at their own pace.

Over the past few years Phil began teaching individuals on a one to one basis which provided a much more focussed approach for those who wanted to participate in learning. We would like to pay tribute to Phil for all of his hard work, tenacity, commitment and care that he brought to his work with SPARC members. His kindness and dedication to this role was simply amazing. Thank you.





# **Our SPARC Team: 2024 - 2025**

## **TRUSTEES:**

**Andrew Jones  
Chris Pringle  
Lawrence Gill  
Philip Davies  
Eddie Garry  
James Hobbins  
Jennifer Loynes  
Ged Murtagh  
Mark Wilde**

## **STAFF:**

**Peter Sherry-Woolridge  
Lynn Barrett  
James Campbell  
David Richards  
Sue Heaps  
Amanda McClenaghan  
James Bamgbose  
Rob Hart  
Ken Hazeldine  
Beth Jones  
Laura Lemard  
Cathy Millward  
Marc Murphy  
Chris Platt  
Ria Richards  
Jim Whittaker**

## **VOLUNTEERS:**

**Karen Bamforth  
James Bamgbose  
Eddie Garry  
Rob Hart  
Phil Hounsell  
Chloe Lawrence  
Laura Lemard  
Cathy Millward  
Marc Murphy  
Jennifer Murray  
Jim Whittaker**

## **Therapists:**

**Jenny Knowles  
Paul Lake  
Ovanda Nicol**

**Paula Brown  
Diana Darlak  
Jo Kirrane**

## **CAFE:**

**Cathy Millward  
Ged Murtagh  
David Richards**

**Nick Hutton  
Paul Leyden  
Dean McDonough  
Mike Popadopolis  
Katie Quinn  
Mark Romagnoli  
Jordan Whitter**

# THANK YOU

## to all of our supporters:

**Awards For All SMBC Social Services Pennine Care NHS Trust Pure Innovations Barry Tildsley Disability Stockport Rashida Bhim TNL Community Fund Judith Stroble Stockport Public Health Karen & John Spencer [Gravitas] APH CMHT Councillor Lane CMHT Baker Street North West Digital Stockport Local Fund Stockport ABL Signpost For Carers Mental Health Unit, Stepping Hill Hospital Cornerstone Resources Stockport Good Gym Cathal Sherry Peter Jacobs Steve Flynn Life Leisure, Brinnington Age UK Stockport SPARC Football Committee Give As You Live Lee Wolstenholme Community Accountancy Services Christadelphian Church Cheshire Freemasons Sector 3 Margaret White The Alex Quiz Team Chris Penney Raplh Pendlebury Trust M. Wood Everyone who sponsored Ged Murtagh on his sponsored walks and our Patron: Paul Lake**

# **STOCKPORT PROGRESS AND RECOVERY CENTRE**

## **FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025**

Registered Charity No. 515832  
Company Registration No. 1862257

# STOCKPORT PROGRESS AND RECOVERY CENTRE

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## STOCKPORT PROGRESS AND RECOVERY CENTRE

### Report of the trustees for the year ended 31<sup>st</sup> March 2025

The trustees present their annual directors' report and financial statements of the charity for the year ended 31<sup>st</sup> March 2025 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 collating members feedback 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 until August 2025 and the National Lottery Reaching Communities Fund, is providing support, therapy 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, talking therapies and therapeutic interventions are provided; aimed at supporting recovery. 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.

## STOCKPORT PROGRESS AND RECOVERY CENTRE

We provide voluntary work opportunities and 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 a variety of greenspace activities working alongside local community groups towards various aims such as the rejuvenation and maintaining 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.

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 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 a continuing and increasing demand on our organisation. Both in terms of higher numbers of service users and financially, as the need to replenish existing funding was exacerbated due to the cost-of-living crisis and energy price increases. We work continually to gather data that proves the value of our service to provide that information to prospective future funding bodies. We have also strengthened our partnership working with Pure Innovations and endeavoured to become fully appraised of and enmeshed in the changes that are occurring in the social care and charity sector, both nationally and locally.

SPARC is busier with more varied projects and groups than in the past. This creates a situation where many of our service users are able to get many of their therapeutic and wellbeing needs met from our service alone.

We have been successful in applying for funding to enhance our gender specific work with our members in the development of the Women's Movement Project funded by the Lottery's Award for All funding. This has provided Sparc with the opportunity to work together with women from both inside and outside of our main service in the planning and delivery of women focussed interventions, e.g. Menopause workshops, confidence building, 1-1 therapy sessions, young women's project in partnership with Stockport Women's Centre, support and advocacy.

The culture within SPARC remains one of empathy, open-mindedness and compassion. We continue our partnership with SMBC and Pure Innovations in the Mental Health Network contract. SPARC has continued to be a partner of the Stockport Living Well Collaboration which is a network of voluntary and statutory organisations to guide the creation of new working practices throughout Stockport.

This year we have continued to maintain and adapt our group-based activities which has necessitated an increase in the number of volunteers that support our service. We have been successful in our application for continuation funding for our Lottery funded SPARC4Wellbeing project for a further 3 years.

## STOCKPORT PROGRESS AND RECOVERY CENTRE

Our main priority for the coming year is to successfully complete the procurement process for our core council funding. And adapting our service to ensure that we remain relevant for the people that we are here to help and sustainable into the future.

### 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, Peer Support/Project Workers, administration and domestic staff enhanced by the recruitment of volunteers. We have continued to employ three therapists with funding from The National Lottery- Reaching Communities fund and we have continued to provide in-reach creative sessions in partnership with the local hospital mental health unit. We have a Young Persons Project Worker funded by The National Lottery Community Fund and continue to fund and support SPARC Café which provides volunteering opportunities for our service users. We are seeking top up funding for the coming year of SPARC4Wellbeing as well as new funding to enhance our Women's Group and Greenspace projects and increase our sustainability.

### 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 2025 was £62,985 of which £50,006 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 aim to provide a range of services via a contract with the Local Authority and continue to work with other partners in identifying gaps in service provision and ensuring efficiencies wherever possible. We will continue to develop the

## STOCKPORT PROGRESS AND RECOVERY CENTRE

service in line with SPARC's current business plan. We will continue to develop the SPARC4Wellbeing project, Greenspace and Women's projects 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 continue to grow our volunteer team and host constructive student placements. We will continue to build resources into the main structure of the service as we move forward.

### 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 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.

### 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:



## STOCKPORT PROGRESS AND RECOVERY CENTRE

### Key management personnel: Trustees and Directors

#### Directors:

Andrew Jones	Chair
Philip Davies	Company Secretary

#### Trustees:

Andrew Jones	
Philip Davies	
Paul Browne	
Joanne Parfitt	Members Representative
Lawrence Gill	Treasurer
Janice Carrington	
Jennifer Loynes	
Christopher Pringle	Vice Chair
Gerald Murtagh	
Karen Bamforth	
Edward Garry	Volunteers Rep
James Hobbins	
Mark Wilde	Deputy Members Representative

#### Senior Manager

Pete Wooldridge

#### Registered Office

Disability Stockport  
23 High Street  
Stockport  
SK1 1EG

#### Independent Examiners

Hilton-Jones t/a Community Accountancy Service  
Hollinwood Business Centre  
Albert Street  
Oldham  
OL8 3QL

#### 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: 4<sup>th</sup> September 2025

## **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 2024, which are set out on pages 8 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.



James Hilton Jones FCCA  
Hilton Jones t/a Community Accountancy Service  
Hollinwood Business Centre, Albert Street, Oldham OL8 3QL

Date: 4<sup>th</sup> September 2025

**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED**  
**31 MARCH 2025**  
**(Incorporating Income and Expenditure Account)**

		Unrestricted Funds	Restricted Funds	Total Funds Year Ended 31st March 2025	Total Funds Year Ended 31st March 2024
	Further Details	£	£	£	£
<b>Income from:</b>					
Donations and legacies	(3)	2,206	-	2,206	15,912
Charitable Activities	(4)	195,480	82,974	278,454	297,517
Other Trading Activities	(5)	11,477	2,758	14,235	28,019
Other		235	-	235	-
<b>Total</b>		<b>209,398</b>	<b>85,732</b>	<b>295,130</b>	<b>341,448</b>
<b>Expenditure on:</b>					
Raising Funds	(6)	3,712		3,712	8,819
Charitable Activities	(6)	164,795	138,222	303,017	354,866
Other	(6)	539		539	1,451
<b>Total</b>		<b>169,046</b>	<b>138,222</b>	<b>307,268</b>	<b>365,136</b>
<b>Net income/(expenditure)</b>		<b>40,352</b>	<b>(52,490)</b>	<b>(12,138)</b>	<b>(23,688)</b>
Transfers between funds	(16)	-	-	-	-
<b>Net movement in funds</b>		<b>40,352</b>	<b>(52,490)</b>	<b>(12,138)</b>	<b>(23,688)</b>
<b>Reconciliation of funds</b>					
Total funds brought forward	(16)	22,633	154,465	177,098	200,786
<b>Total funds carried forward</b>	<b>(16)</b>	<b>62,985</b>	<b>101,975</b>	<b>164,960</b>	<b>177,098</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 11 to 19 form part of these accounts

**BALANCE SHEET AS AT 31 MARCH 2025**

Company registration number: 01862257

	Notes	2025 £	2024 £
<b>Fixed assets:</b>			
Tangible assets	(10)	18,785	21,245
Total fixed assets		<u>18,785</u>	<u>21,245</u>
<b>Current assets:</b>			
Stocks	(11)	-	-
Debtors	(12)	9,353	13,200
Cash at Bank & in Hand		145,569	163,388
Total current assets		<u>154,922</u>	<u>176,588</u>
<b>Liabilities:</b>			
Creditors: Amounts falling due within one year	(14)	8,747	20,735
Net current assets or liabilities		<u>146,175</u>	<u>155,853</u>
Total assets less current liabilities		164,960	177,098
Creditors: Amounts falling due after more than one year	(15)	-	-
Provisions for liabilities		-	-
Total net assets or liabilities		<u>164,960</u>	<u>177,098</u>
<b>The funds of the charity:</b>			
Restricted income funds	(16)	101,975	154,465
Unrestricted income funds	(16)	62,985	22,633
Total charity funds		<u>164,960</u>	<u>177,098</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 4th September 2025

Andrew Jones      Chair

The notes on pages 11 to 19 form part of these accounts

## Statement of Cash Flows for the year ending 31 March 2025

## Reconciliation of net movement in funds to net cash flow from operating activities

	Year Ended 31st March 2025 £	Year Ended 31st March 2024 £
Net movement in funds	(12,138)	(23,688)
Add back depreciation	2,460	2,460
Deduct investment income	-	-
Decrease/(increase) in stocks	-	-
Decrease/(increase) in debtors	3,847	(3,270)
Increase/(decrease) in creditors	(11,988)	(6,694)
<b>Net cash used in operating activities</b>	<b>(17,819)</b>	<b>(31,192)</b>
<b>Cash flows from investment activities:</b>		
Interest	-	-
Purchase of fixed assets	-	-
<b>Net cash provided by investing activities</b>	<b>-</b>	<b>-</b>
Increase/(decrease) in cash and cash equivalents during the year	(17,819)	(31,192)
Cash and cash equivalents brought forward	163,388	194,580
<b>Cash and cash equivalents carried forward</b>	<b>145,569</b>	<b>163,388</b>

## Notes to the accounts for the year ended 31st March 2025

**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 21 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.

## Notes to the accounts for the year ended 31st March 2025

**(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
------------------------------	-------------------

**(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 (2024: £nil). Expenses paid for the trustees in the year totalled £nil (2024: £nil).

**3. Donations and Legacies**

	Unrestricted Year Ended 31st March 2025 £	Restricted Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2024 £
Donations	2,206	-	2,206	15,912
	<u>2,206</u>	<u>-</u>	<u>2,206</u>	<u>15,912</u>

**Previous reporting period**

	Unrestricted Year Ended 31st March 2024 £	Restricted Year Ended 31st March 2024 £	Total Funds Year Ended 31st March 2024 £
Donations	5,442	10,470	15,912
	<u>5,442</u>	<u>10,470</u>	<u>15,912</u>

**4. Income from charitable activities**

	Unrestricted Year Ended 31st March 2025 £	Restricted Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2024 £
Restricted and Unrestricted grants:				
Stockport MBC Alliance Funding	195,480	-	195,480	180,000
Awards for All	-	19,952	19,952	-
Community Hub	-	27,000	27,000	25,970
Local Funding	-	792	792	8,707
Dowager Countess Fund	-	-	-	2,500
CRH Charitable Trust - Counselling	-	5,000	5,000	10,000
Big Lottery Fund	-	30,230	30,230	70,340
Lloyds CBT	-	-	-	-
	<u>195,480</u>	<u>82,974</u>	<u>278,454</u>	<u>297,517</u>



## Notes to the accounts for the year ended 31st March 2025

## 4. Income from charitable activities

Previous reporting period

	Unrestricted Year Ended 31st March 2024 £	Restricted Year Ended 31st March 2024 £	Total Funds Year Ended 31st March 2024 £
Restricted and Unrestricted grants:			
Stockport MBC Alliance Funding	180,000	-	180,000
Community Hub	-	25,970	25,970
Local Funding	-	8,707	8,707
Dowager Countess Fund	-	2,500	2,500
CRH Charitable Trust - Counselling	-	10,000	10,000
Big Lottery Fund	-	70,340	70,340
	<u>180,000</u>	<u>117,517</u>	<u>297,517</u>

## 5. Income from other trading activities

	Unrestricted Year Ended 31st March 2025 £	Restricted Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2025 £	Total Funds Year Ended 31st March 2024 £
Student Placement Fees	-	-	-	1,400
Activities and Events	11,477	2,758	14,235	26,619
	<u>11,477</u>	<u>2,758</u>	<u>14,235</u>	<u>28,019</u>

Previous reporting period

	Unrestricted Year Ended 31st March 2024 £	Restricted Year Ended 31st March 2024 £	Total Funds Year Ended 31st March 2024 £
Student Placement Fees	1,400	-	1,400
Activities and Events	22,056	4,563	26,619
	<u>23,456</u>	<u>4,563</u>	<u>28,019</u>

## Notes to the accounts for the year ended 31st March 2025

## 6. Expenditure

	Activities £	Year Ended 31st March 2025 £	Year Ended 31st March 2024 £
<b>Expenditure on raising funds:</b>			
Food and Drink	3,117	3,117	7,828
Events and Activities	292	292	704
Licences	303	303	287
	<u>3,712</u>	<u>3,712</u>	<u>8,819</u>
<b>Expenditure on charitable activities:</b>			
Employment Costs	201,645	201,645	216,798
Training	135	135	204
Pensions	492	492	492
Staff Supervision	-	-	180
DBS Checks	114	114	492
Payroll Bureau Fees	1,585	1,585	1,953
Bad Debts	498	498	-
Sparc4me Expenses	570	570	1,539
Partnership Working	-	-	16,400
Sessional Workers	32,852	32,852	29,410
Equipment Leasing	3,661	3,661	2,755
Staff and Volunteer Expenses	747	747	1,333
Group Activities and Equipment	4,608	4,608	5,542
Inreach Sessions	1,349	1,349	2,239
Heat, Light & Water	12,165	12,165	15,642
Equipment and Maintenance	94	94	353
Telephone	3,341	3,341	3,578
Computer Costs	6,370	6,370	10,637
Stolen Cash	-	-	116
Domestic Supplies	487	487	652
Website	188	188	153
Insurance	2,067	2,067	1,624
Governance and Support Costs	25,363	25,363	38,171
Post, Printing & Stationery	2,226	2,226	2,143
Depreciation	2,460	2,460	2,460
	<u>303,017</u>	<u>303,017</u>	<u>354,866</u>
<b>Other expenditure:</b>			
Sundry Expenses	539	539	1,451
	<u>539</u>	<u>539</u>	<u>1,451</u>
	<u>307,268</u>	<u>307,268</u>	<u>365,136</u>
 Restricted funds		138,222	112,665
Unrestricted funds		<u>169,046</u>	<u>252,471</u>
		<u>307,268</u>	<u>365,136</u>

## Notes to the accounts for the year ended 31st March 2025

**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 2025	Basis of apportionment
AGM Expenses	-	42	42	type of expense
Professional Services	4,621	-	4,621	type of expense
Employment Costs	19,866	-	19,866	percentage of work performed
Accountancy Fees	-	834	834	type of expense
	<u>24,487</u>	<u>876</u>	<u>25,363</u>	

## Previous reporting period

	General Support	Governance	Total 2024	Basis of apportionment
Professional Services	4,149	-	4,149	type of expense
Employment Costs	33,207	-	33,207	percentage of work performed
Accountancy Fees	-	815	815	type of expense
	<u>37,356</u>	<u>815</u>	<u>38,171</u>	

**8. Analysis of staff costs**

	Year Ended 31st March 2025 £	Year Ended 31st March 2024 £
Wages and Salaries	209,144	236,035
Holiday Pay Accrual Adjustment	-	-
Social Security Costs	9,373	10,844
Pension Costs	3,486	3,618
	<u>222,003</u>	<u>250,497</u>
Charitable activities	202,137	217,290
Support costs	19,866	33,207
	<u>222,003</u>	<u>250,497</u>

The average number of employees during the year was 15 (previous year: 17).

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 £52,691 (previous year: £65,819). No employee has benefits in excess of £60,000 (previous year: none).

## Notes to the accounts for the year ended 31st March 2025

## 9. Independent Examiner Fees

	Year Ended 31st March 2025	Year Ended 31st March 2024
	£	£
Independent examination fees	834	815
	<u>834</u>	<u>815</u>

## 10. Tangible Fixed Assets

	Furniture & Office Equipment	Total
Cost	£	£
At 1st April 2024	87,673	87,673
Additions	-	-
At 31st March 2025	<u>87,673</u>	<u>87,673</u>
<b>Depreciation</b>		
At 1st April 2024	66,428	66,428
Charge for Year	2,460	2,460
At 31st March 2025	<u>68,888</u>	<u>68,888</u>
<b>NET BOOK VALUE</b>		
At 31st March 2025	<u>18,785</u>	<u>18,785</u>
At 31st March 2024	<u>21,245</u>	<u>21,245</u>

## 11. Stocks

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

## 12. Analysis of debtors

	2025	2024
	£	£
Debtors	4,451	8,847
Prepayments	4,902	4,353
	<u>9,353</u>	<u>13,200</u>

Debtors and prepayments comprise £672 restricted funds and £8,681 unrestricted funds (2024: £8,075/£5,125).

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

	2025	2024
	£	£
Creditors	4,134	706
Short-term compensated absences (holiday pay)	-	-
Other creditors and accruals	1,425	1,619
Deferred income	-	15,000
Taxation and social security costs	3,188	3,410
	<u>8,747</u>	<u>20,735</u>

## 14. Deferred income

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

Balance as at 1st April 2024	15,000
Amount released to income earned from charitable activities	(15,000)
Amount deferred in year	-
Balance at 31st March 2025	<u>-</u>

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

	2025	2024
	£	£
Provisions for liabilities	-	-
	<u>-</u>	<u>-</u>

## Notes to the accounts for the year ended 31st March 2025

## 16. Analysis of charitable funds

## Analysis of movements in unrestricted funds

	Balance at 1st April 2024	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2025
	£	£	£	£	£
General Fund	22,633	209,398	(169,046)	-	62,985
	22,633	209,398	(169,046)	-	62,985

## Previous reporting period

	Balance at 1st April 2023	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2024
	£	£	£	£	£
General Fund	70,556	208,898	(252,471)	(4,350)	22,633
	70,556	208,898	(252,471)	(4,350)	22,633

## 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 2024	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2025
	£	£	£	£	£
Daytrippers (Member's Forum)	2,530	-	(2,530)	-	-
Horizons	4,500	1,078	(5,578)	-	-
Growing Together	468	-	(468)	-	-
Stockport MBC - Refurbishment	11,740	-	(11,740)	-	-
Peoples' Health Trust - Natural Progressions	7	-	(7)	-	-
Big Lottery Fund (2)	467	-	(467)	-	-
Restricted Donations	14,733	-	(84)	-	14,649
Stockport MBC Suicide Prevention	639	-	(182)	-	457
Stockport MBC Local Fund	9,417	-	(9,417)	-	-
10GM	27,710	-	(27,710)	-	-
Awards for All	-	19,952	(418)	-	19,534
Community Hub	7,564	27,000	(19,915)	-	14,649
Local Funding	5,986	792	(5,557)	-	1,221
Dowager Countess Fund	2,500	-	(2,500)	-	-
CRH Charitable Trust - Counselling	8,099	5,000	(10,044)	-	3,055
CRH Charitable Trust - Young Person's Project	4,939	-	(4,939)	-	-
The Screwfix Foundation	2,922	-	(417)	-	2,505
Big Lottery Fund	43,481	30,230	(33,934)	-	39,777
Awards for All	2,511	-	(418)	-	2,093
Equity Foundation - Suicide Prevention	548	-	(548)	-	-
Inreach Sessions	3,704	1,680	(1,349)	-	4,035
	154,465	85,732	(138,222)	-	101,975

## Notes to the accounts for the year ended 31st March 2025

## 16. Analysis of charitable funds

## Analysis of movements in restricted funds

Previous reporting period

	Balance at 1st April 2023	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2024
	£	£	£	£	£
Daytrippers (Member's Forum)	2,535	-	(5)	-	2,530
Horizons	4,115	1,116	(731)	-	4,500
Growing Together	468	-	-	-	468
Stockport MBC - Refurbishment	11,896	-	(156)	-	11,740
Peoples' Health Trust - Natural Progressions	14	-	(7)	-	7
Big Lottery Fund (2)	932	-	(465)	-	467
Restricted Donations	4,875	10,470	(612)	-	14,733
Stockport MBC Suicide Prevention	639	-	-	-	639
Stockport MBC Local Fund	9,417	-	-	-	9,417
10GM	27,710	-	-	-	27,710
Community Hub	1,772	25,970	(20,178)	-	7,564
Local Funding	-	8,707	(2,721)	-	5,986
Dowager Countess Fund	-	2,500	-	-	2,500
CRH Charitable Trust - Counselling	-	10,000	(1,901)	-	8,099
CRH Charitable Trust - Young Person's Project	4,939	-	-	-	4,939
The Screwfix Foundation	3,339	-	(417)	-	2,922
Big Lottery Fund	50,433	70,340	(77,353)	61	43,481
Awards for All	2,929	-	(418)	-	2,511
Lloyds CBT	1,082	-	(5,371)	4,289	-
Equity Foundation - Suicide Prevention	639	-	(91)	-	548
Pennine Care NHS Trust (Inreach Sessions)	2,496	3,447	(2,239)	-	3,704
	130,230	132,550	(112,665)	4,350	154,465

## Notes to the accounts for the year ended 31st March 2025

## 16. Analysis of charitable funds

## 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 (2)	for the purchase of musical equipment and provision of workshops for SPARC Music Project
Restricted Donations	for the purchase of a defibrillator and new equipment
Stockport MBC Suicide Prevention	for the Suicide Prevention project
Stockport MBC Local Fund	for the new Café Project
10GM	for engagement with local Primary Care Network
Awards for All	for the Women's Movement
Community Hub	for community mental health support in partnership with Pure Innovations
Local Funding	for the development of women's work
Dowager Countess Fund	towards the Declutterer Counselling work
CRH Charitable Trust - Counselling	for counselling services
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
Awards for All	for the Counselling Service
Equity Foundation - Suicide Prevention	for the Suicide Prevention project
Inreach Sessions	to provide therapeutic activities to patients in the Mental Health Unit at Stepping Hill Hospital

## 17. Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total 2025
	£	£	£	£
Tangible fixed assets	12,979	-	5,806	18,785
Cash at bank and in hand	47,333	-	98,236	145,569
Other net current assets/(liabilities)	2,673	-	(2,067)	606
Creditors of more than one year	-	-	-	-
<b>Total</b>	<b>62,985</b>	<b>-</b>	<b>101,975</b>	<b>164,960</b>

## Previous reporting period

	Unrestricted funds	Designated funds	Restricted funds	Total 2024
	£	£	£	£
Tangible fixed assets	576	-	20,669	21,245
Cash at bank and in hand	37,667	-	125,721	163,388
Other net current assets/(liabilities)	(15,610)	-	8,075	(7,535)
Creditors of more than one year	-	-	-	-
<b>Total</b>	<b>22,633</b>	<b>-</b>	<b>154,465</b>	<b>177,098</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 2025 £	Year Ended 31st March 2024 £
<b>Income</b>		
Donations	2,206	15,912
Restricted and Unrestricted grants:		
Stockport MBC Alliance Funding	195,480	180,000
Awards for All	19,952	-
Community Hub	27,000	25,970
Local Funding	792	8,707
Dowager Countess Fund	-	2,500
CRH Charitable Trust - Counselling	5,000	10,000
Big Lottery Fund	30,230	70,340
Lloyds CBT	-	-
Student Placement Fees	-	1,400
Activities and Events	14,235	26,619
Other	235	-
<b>Total Income</b>	<b>295,130</b>	<b>341,448</b>
<b>Expenditure</b>		
Food and Drink	3,117	7,828
Events and Activities	292	704
Licences	303	287
Employment Costs	201,645	216,798
Training	135	204
Pensions	492	492
Staff Supervision	-	180
DBS Checks	114	492
Payroll Bureau Fees	1,585	1,953
Bad Debts	498	-
Sparc4me Expenses	570	1,539
Partnership Working	-	16,400
Sessional Workers	32,852	29,410
Equipment Leasing	3,661	2,755
Staff and Volunteer Expenses	747	1,333
Group Activities and Equipment	4,608	5,542
Inreach Sessions	1,349	2,239
Heat, Light & Water	12,165	15,642
Equipment and Maintenance	94	353
Telephone	3,341	3,578
Computer Costs	6,370	10,637
Stolen Cash	-	116
Domestic Supplies	487	652
Website	188	153
Insurance	2,067	1624
Governance and Support Costs	25,363	38171
Post, Printing & Stationery	2,226	2143
Depreciation	2,460	2460
Sundry Expenses	539	1451
<b>Total Expenditure</b>	<b>307,268</b>	<b>365,136</b>
<b>Surplus/(Deficit) for the Year</b>	<b>(12,138)</b>	<b>(23,688)</b>