

FOREST PULSE

Supporting children and young people with disabilities and their families

Trustees Annual Report 1st April 2020 - 31st March 2021

Aims & Objectives

To promote the education, welfare and benefit of children and young people with disabilities up to the age of 25 years who live or who attend school/college in the Forest of Dean, and their families. To provide activities and services in relation thereto:

- A range of accessible social, sport and recreational activities provided locally giving our members the same choices as their non-disabled peers for things to do and places to go.
- Support, advice and guidance for parents/carers
- Opportunities for parent members to meet for mutual support.
- To empower parents/carers to access the services they need for quality of life for them and their family members, both individually and by being part of a local group.
- To enable families as a whole to benefit from the group - not just the child with disabilities/additional needs.
- To promote interaction and good relations between the members and the community as a whole.

Charity Management— comprised mainly of parents of children with additional needs met regularly to oversee the activities of the charity. Trustees are recruited from parents members, recommendation and word of mouth, plus occasional newspaper appeals.

- * Helen Baker—Chair
- * Vikki Fellows—Trustee
- * Chantel Gardner—Trustee
- * Mark Joyce—Treasurer
- * Ann Parry—Trustee
- * Sharon Shirley (until 13th July 2020) - Vice chair
- * Christine Woolstencroft—Trustee

Staff

Pamela Jones—Charity Director

Kimberley Roberts—Charity Manager

Amy Millin—Activity Manager

Samantha Whittington—Assistant Activity Manager

Jean Wilkinson— Office Administrator

In addition we have 24 sessional staff.



Volunteers

We had 23 volunteers (including Trustees) join us over the period. Unfortunately, due to COVID 19 our volunteer numbers were much reduced compared to previous years. We made a conscious decision not to involve volunteers in activities in order to reduce the risk of virus transmission, and for this reason we did not actively recruit new volunteers during the height of the pandemic.

Prior to Summer Activity Club we would normally present talks at local schools and colleges to recruit volunteers but due to COVID 19 we were unable to do this. Instead, we created a poster and emailed all information to all the local schools and colleges and asked them to circulate the information to the relevant aged pupils. We hope to build our volunteer base up during the coming year.

Activities

Forest Friends



Whirllikidz



Performing Arts



Bream Devils



Music



Weekend Activity Club



School Holiday Activities

Achievements



58 children and young people accessed face to face or zoom sessions during the period.

273 families including 307 children and young people with special needs received circulated information.

Trustees of the charity are fully aware of their responsibilities in relation to Public Benefit, and ensure that all the activities of the charity meet Charity Commission Guidance and are in line with relevant Charity Commission Documentation, e.g. Public Benefit Requirement (PB1), Public Benefit Running a Charity (PB2), Public Benefit Reporting (PB3).

The trustees believe it is essential that all its activities (as outlined above) are for public benefit, and that focusing on this benefits not only our members but also the local community.

89 members received a Festive Activity Pack

107 activity sessions provided offering a total of 1838 places.

412 people are part of the private Forest Pulse Facebook page.

359 people follow the Forest Pulse Fundraising page on Facebook.

60 followers on the Forest Pulse Twitter page.

Our response to COVID 19

Activities offered:

Zoom:

Individual zoom sessions	Talent show
Sing along	Performing Arts
Music	Forest Friends

Facebook:

Story time	Sensory
Art & Craft	Spot the difference
Drawing	Wordsearches
Scavenger hunts	Science experiments
Meet the staff videos	Quizzes

Christmas packs:

Colouring	Sensory bags
Reindeer food pouches	Snowball dippers
Scavenger hunt	Quiz
Tissue paper stain glass window	

We also offered all our members support to collect medication, provisions etc.

We were so pleased when restrictions started to be eased so that we could get back to seeing our members in real life rather than through a screen!

We knew we had to be careful to get our activities back up and running so we did a very gradual introduction to activities.

We offered our members a choice of three face to face activities; Forest Friends, After school club or Weekend Activity Club. Numbers were kept to a minimum and young people were not able to mix groups. We were also very excited when we found out that we would be able to run a Summer Activity Club! Again, this was done with limited numbers and young people split into pods and that's where not only young people stayed for the duration of Summer but also staff.

Our response to COVID 19

We are hopeful that all restrictions will soon be lifted and we hope to be able to be back up and running to full capacity. We hope to be able to provide a more 'normal' looking Summer Activity Club with increased numbers and having outside activity providers come in.

We also plan to be back running all after school and weekend clubs in September.

Parent Support

We continue to offer parents individual support and guidance on a wide range of subjects on an individual basis as required, plus signposting to other organisations/professionals as appropriate.

Senior staff are available to attend multiagency and other meetings with parents on request

Regular newsletters, emails, website and Facebook keep parents up to date with activities and services provided not only by ourselves but by other organisations..

We are looking to provide workshops to give parents the opportunity to learn new skills but also link with other parents for mutual support - whilst our staff provide fun activities for their children.

Once the limitations of Covid are reduced we will also be looking at any training parents might wish to access.

Financial Review

We ended the year in a very healthy position financially. This was due in part to additional Covid emergency funding but also much appreciated continued funding from Gloucestershire County Council alongside donations and fundraising within the local community. Our thanks to:-

- Gloucestershire County Council funding for holiday, weekend and adult services
- The National Lottery Covid-19 Respose Fund
- Gloucestershire Funders/Gloucestershire Community Foundation/Barnwood Trust
- Forest of Dean District Council Business Fund
- Lydney Town Council / West Dean Parish Council / Forest Voluntary Action Forum
- Freemasons / Western Power / Masonic
- Everyone who donated to Forest Pulse, or were involved with fundraising on our behalf

The policy of the charity is to retain sufficient reserves to ensure the financial stability of the charity in the next financial year, whilst building up our designated funds as detailed below:-

£149,196 reserves held, of which the charity has designated

- £85,000 Building Fund
- £15,000 Sickness/Maternity/Redundancy Fund

Signed by chair of Trustee Management Committee *Helen Baker*.

Date 5/10/20201



CHARITY COMMISSION
FOR ENGLAND AND WALES

FOREST PULSE

Charity No
(if any)

900216

Annual accounts for the period

Period start date

01/04/2020

To

Period end
date

31/03/2021

Section A

Statement of financial activities

Guidance Notes

Recommended categories by
activity

Incoming resources (Note 3)

Income and endowments from:

Donations and legacies

Charitable activities

Other trading activities

Investments

Separate material item of income

Other

Total

Resources expended (Note 4)

Expenditure on:

Raising funds

Charitable activities

Separate material item of expense

Other

Total

Net income/(expenditure) before investment gains/(losses)

Net gains/(losses) on investments

Net income/(expenditure)

Extraordinary items

Transfers between funds

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for the charity's own use

Other gains/(losses)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Prior year adjustment

Transfer between funds

Total funds carried forward

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
S01	8,277	-	-	8,277	15,099
S02	160,641	-	-	160,641	150,128
S03	-	-	-	-	-
S04	49	-	-	49	205
S05	17,286	-	-	17,286	-
S06	-	-	-	-	-
S07	186,253	-	-	186,253	165,432
S08	735	-	-	735	2,696
S09	169,447	-	-	169,447	203,606
S10	-	-	-	-	-
S11	-	-	-	-	-
S12	170,182	-	-	170,182	206,302
S13	16,071	-	-	16,071	- 40,870
S14	-	-	-	-	-
S15	16,071	-	-	16,071	- 40,870
S16	-	-	-	-	-
S17	-	-	-	-	-
S18	-	-	-	-	-
S19	-	-	-	-	-
S20	16,071	-	-	16,071	- 40,870
S21	33,129	100,000	-	133,129	173,999
S22	49,200	100,000	-	149,200	133,129

Section B

Balance sheet

Guidance Notes

		Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets						
Intangible assets		-	-	-	-	-
Tangible assets	(Note 8)	23,510	-	-	23,510	30,145
Heritage assets		-	-	-	-	-
Investments		-	-	-	-	-
Total fixed assets		23,510	-	-	23,510	30,145
Current assets						
Stocks		-	-	-	-	-
Debtors	(Note 9)	558	-	-	558	1,887
Investments		-	-	-	-	-
Cash at bank and in hand (Note 11)		27,040	100,000	-	127,040	103,545
Total current assets		27,598	100,000	-	127,598	105,432
Creditors: amounts falling due within one year	(Note 10)	1,908	-	-	1,908	2,448
Net current assets/(liabilities)		25,690	100,000	-	125,690	102,984
Total assets less current liabilities		49,200	100,000	-	149,200	133,129
Creditors: amounts falling due after one year		-	-	-	-	-
Provisions for liabilities		-	-	-	-	-
Total net assets or liabilities		49,200	100,000	-	149,200	133,129
Funds of the Charity						
Endowment funds		-	-	-	-	-
Restricted income funds (Note 12)		-	100,000	-	100,000	100,000
Unrestricted funds		49,200	-	-	49,200	33,129
Revaluation reserve		-	-	-	-	-
Total funds		49,200	100,000	-	149,200	133,129

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
Helen Baker	Helen Baker	5/10/2021

Section C

Notes to the accounts

Note 1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and 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) issued on 16 July 2014
- and with ☒ the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity does not constitute a public benefit entity as defined by FRS 102.

1.2 Going concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Note 2

Accounting policies

2.1 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	Yes ✓	No	N/a
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes ✓	No	N/a
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes ✓	No	N/a
	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	Yes ✓	No	N/a
Legacies	Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a ✓
Government grants	The charity has received government grants in the reporting period	Yes ✓	No	N/a
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes ✓	No	N/a
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes ✓	No	N/a
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a ✓
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a ✓
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a ✓
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a ✓
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a ✓
Donated services and facilities	Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes ✓	No	N/a
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SoFA.	Yes	No	N/a ✓
Support costs	The charity has incurred expenditure on support costs.	Yes ✓	No	N/a
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes ✓	No	N/a
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes ✓	No	N/a
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a ✓
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.	Yes	No	N/a ✓
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.	Yes	No	N/a ✓

Investment gains and losses This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Yes	No	N/a
		✓

2.2 EXPENDITURE AND LIABILITIES

Liability recognition Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Redundancy cost The charity made no redundancy payments during the reporting period.

Deferred income No material item of deferred income has been included in the accounts.

Creditors The charity has creditors which are measured at settlement amounts less any trade discounts

Provisions for liabilities A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Basic financial instruments The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

Yes	No	N/a
✓		

Yes	No	N/a
✓		

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Yes	No	N/a
✓		

Yes	No	N/a
✓		

Yes	No	N/a
✓		

Yes	No	N/a
		✓

Yes	No	N/a
		✓

2.3 ASSETS

Tangible fixed assets for use by charity These are capitalised if they can be used for more than one year, and cost at least

£400

They are valued at cost.

Yes	No	N/a
✓		

Intangible fixed assets

The depreciation rates and methods used are disclosed in note 9.2.

The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5

Yes	No	N/a
		✓

Heritage assets

They are valued at cost.

The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Investments

They are valued at cost.

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Yes	No	N/a
✓		

Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
✓		

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
		✓

Note 3

Analysis of income

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	6,751	-	-	6,751	11,437
	Gift Aid	1,526	-	-	1,526	3,662
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	-
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	8,277	-	-	8,277	15,099
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	160,641	-	-	160,641	150,128
	Total	160,641	-	-	160,641	150,128
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Income from investments:	Interest income	49	-	-	49	205
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	49	-	-	49	205
Separate material item of income:	Covid Support Scheme income	17,286	-	-	17,286	-
		-	-	-	-	-
		-	-	-	-	-
	Total	17,286	-	-	17,286	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
	TOTAL INCOME	186,253	-	-	186,253	165,432

Other information:

All income in the prior year was unrestricted except for:
(please provide description and amounts)

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Note 4

Analysis of expenditure

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Expenditure on raising funds:	Incurred seeking donations	-	-	-	-	-
	Incurred seeking legacies	-	-	-	-	-
	Incurred seeking grants	-	-	-	-	-
	Operating membership schemes and social lotteries	-	-	-	-	-
	Staging fundraising events	735	-	-	735	2,696
	Fundraising agents	-	-	-	-	-
	Operating charity shops	-	-	-	-	-
	Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-
	Advertising, marketing, direct mail and publicity	-	-	-	-	-
	Start up costs incurred in generating new source of future income	-	-	-	-	-
	Database development costs	-	-	-	-	-
	Other trading activities	-	-	-	-	-
	Investment management costs:	-	-	-	-	-
	Portfolio management costs	-	-	-	-	-
	Cost of obtaining investment advice	-	-	-	-	-
	Investment administration costs	-	-	-	-	-
	Intellectual property licencing costs	-	-	-	-	-
	Rent collection, property repairs and maintenance charges	-	-	-	-	-
		-	-	-	-	-
	Total expenditure on raising funds	735	-	-	735	2,696
Expenditure on charitable activities		-	-	-	-	-
	Other	169,447	-	-	169,447	203,606
		-	-	-	-	-
	Total expenditure on charitable activities	169,447	-	-	169,447	203,606
Separate material item of expense		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other		-	-	-	-	-
		-	-	-	-	-
	Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE		170,182	-	-	170,182	206,302

Section C

Notes to the accounts

Note 5 Details of certain items of expenditure

Fees for examination of the accounts

	This year £	Last year £
Independent examiner's fees	310	310
Assurance services other than audit or independent examination	0	0
Tax advisory fees	0	0
Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner	458	458

Note 6 Paid employees

6.1 Staff Costs

	This year £	Last year £
Salaries and wages	126,232	137,576
Social security costs	3,374	5,806
Pension costs (defined contribution scheme)	8,746	7,914
Other employee benefits	-	-
Total staff costs	138,352	151,296

No employees received employee benefits

TRUE

6.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Charitable Activities	16	18
Other	2	2
Total	18	20

Note 7 Defined contribution pension scheme

Amount of contributions recognised in the SOFA as an expense

£8,746

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.

The liability and expense of the statutory auto-enrollment defined contribution pension scheme is allocated to unrestricted funds and is all in relating to the charitable activities.

Section C

Notes to the accounts

(cont)

Note 8

Tangible fixed assets

8.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	66,817	33,782	100,599
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	66,817	33,782	100,599

8.2 Depreciation and impairments

**Basis		Reducing Balance	Reducing Balance	Straight Line ("SL") or Reducing Balance ("RB")	
** Rate		25%	15%		
At beginning of the year	-	-	45,675	24,779	70,454
Disposals	-	-	-	-	-
Depreciation	-	-	5,285	1,350	6,635
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	50,960	26,129	77,089

8.3 Net book value

Net book value at the beginning of the year	-	-	21,142	9,003	30,145
Net book value at the end of the year	-	-	15,857	7,653	23,510

Note 9

Debtors and prepayments

	This year £	Last year £
Trade debtors	558	773
Prepayments and accrued income	-	-
Other debtors	-	-
Total	558	773

Note 10

Creditors and accruals

	Amounts falling due within		Amounts falling due after	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	592	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	780	768	-	-
Taxation and social security	-	-	-	-
Other creditors	1,132	1,092	-	-
Total	1,912	2,452	-	-

Section C

Notes to the accounts

(cont)

Note 11

Cash at bank and in hand

Short term cash investments (less than 3 months maturity date)

Short term deposits

Cash at bank and on hand

Other

Total

This year £	Last year £
-	-
-	-
127,040	103,545
-	-
127,040	103,545

Note 12

Charity funds

12.1 Transfers between funds

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	None	
Between endowment and restricted funds		
Between endowment and unrestricted funds		

12.2 Designated funds

Planned use	Purpose of the designation	Amount
Maternity, Sickness and Redundancy Fund	To ensure provision is maintained by ensuring ability to pay costs if required in future	£15,000
Building Fund	To build up a provision in readiness for the purchase of a suitable building/site	£85,000

Note 13

Transactions with trustees and related parties

13.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity

TRUE

13.2 Trustees' expenses

No trustee expenses have been incurred (True or False)

TRUE

13.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period (True or False)

TRUE


Section A
Independent Examiner's Report
**Report to the trustees/ members
of**

FOREST PULSE

On accounts for the year ended
31st MARCH 2021
**Charity no (if
any)**

900216

Set out on pages

1 to 10

**Respective responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's
statement**

My examination was carried out in accordance with 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 the 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 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act
 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.

Signed:
Date:

15/10/2021

Name:

Ms C A Phillips

**Relevant professional
qualification(s) or body (if any):**

FCA

Address:

Aubrey and Co Accountancy Limited,
19 Church Street, Ross on Wye, HR9 5HN

Section B
Disclosure

NONE