

FOREST PULSE

Supporting children and young people with disabilities and their families

Trustees Annual Report, 1st April 2022 - 31st March 2023

Charity Management

A board of trustees comprised mainly of parents of children with additional needs oversaw the activities of the charity:

- | | |
|--|-----------------------------------|
| * Vikki Walters - Chair | * Rosie Powell—Trustee |
| * Vikki Fellows -Secretary | * Lorraine Styles—Trustee |
| * Helen Baker - Treasurer | * Nessa Thulbon—Trustee |
| * Chantel Gardiner - Trustee | * Christine Woolstencroft—Trustee |
| * Mark Joyce -Trustee (Resigned 24.7.22) | (Resigned 11.1.23) |
| * Ann Parry - Trustee | |

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 choice about things they do and places they go— something non-disabled children and young people take for granted.
- * 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.

Staff

Pamela Jones—Charity Director *

Kimberly Roberts—Charity Manager *

Amy Millin—Activity Manager

Sasha Snelling —Assistant Activity Manager

Jean Wilkinson— Office Administrator

In addition, 25 sessional staff.

(*Retitled Chief Executive Officers—Job Share)

Volunteers

We had 14 volunteers join us over the period. We are steadily increasing the number of volunteers again after decreased numbers due to COVID.

We would encourage all our members to share our volunteering opportunities with family members, friends and acquaintances and let us know of anyone who might be interested in working with us:-

- * As a trustee * As a minibus driver/escort
- * Helping at some of our fun activities
- * On our fundraising committee

Activities



Forest Friends



Whirlikidz



ASD Youth Group



Music



Weekend Activity



School Holiday

Club

Forest Pulse, 4th Floor, Carlson Suite, Vantage Point Business Village, Mitcheldean, Glos, GL17 0DD
Website: www.forestpulse.co.uk

Activities

Phone: 01594 826357

Family Support

We offered a varying amount of support to our families. Kim and Amy have been supporting individual families throughout the year via phone calls, home visits, providing supporting documents to complete forms, supporting to implement strategies, creating tools for families to use within the home etc.

Management staff also attend multi agency meetings.

We have received follow-on funding from Gloucestershire Carers Legacy Fund to deliver further workshops to give parent members the opportunity to link with other parents while learning a new skill, while support is provided for their children.

Membership increased from 288 to 302 families over the course of the year, incorporating 342 children/young people with additional needs.

112 children/young people actively involved in activities over the year

*489 people are part of the private Forest Pulse Facebook page.

*463 people follow the Forest Pulse Fundraising page on Facebook.

*70 followers on the Forest Pulse Twitter page.

In this period, we said goodbye to Sammy, Assistant Activity Manager who will be much missed but is still supporting some of our families as part of Gloucestershire CLDT. We appointed Sasha as her replacement, who many of you know from activities and she is settling into the role well.

We appointed 8 new sessional staff members to support children and young people attending activities.

Our Achievements

Holiday Activities Provided:

- * Easter — 6 sessions
- * Whit — 4 sessions
- * SAC — 20 sessions
- * October — 5 sessions
- * Christmas — 3 sessions
- * February — 5 sessions

After School/ Weekend Activity Sessions provided:

- * Forest Friends — 30 sessions
 - * Whirlikidz — 18 sessions
 - * Afterschool club — 11 sessions
 - * Performing Arts — 8 sessions
- (for jubilee event)
- * Youth Club — 33 sessions
 - * Music — 29 sessions
 - * WAC — 21 sessions

3,120 activity places provided

New Projects

* Platinum jubilee

We provided 5 sessions for children and young people aged 8—25 years to take part in inclusive dance, drama and crafts session to celebrate the Queen's jubilee. The group then showcased their projects at a party on 18th June. This project was able to take place due to funding awarded from Arts Council England.

* ASD Youth Group

During this period we developed our ASD Youth Group. This group started in September 2022. There were 11 young people involved. The ASD Youth Group was ran alongside 'Bream Devils' youth group very successfully with some planned joint interaction.

The project was able to take place due to funding awarded from NHS England.

Financial Review

We would like to acknowledge our appreciation for grants towards our activities from:-

£72,728	Gloucestershire County Council
£35,000	National Lottery
£30,000	Barnwood Trust
£5,000	Gloucestershire Disability Fund
£3,000	Arts Council (Queens Jubilee Fund)
£2,500	Primrose Trust
£2,320	Carers Legacy Fund
£1,500	Gloucester Masonic Lodge

We would also like to thank Gloucestershire Community Council for all their support in seeking grants.

We are delighted to have received over £3,000 in donations e.g. from local businesses, social groups, in memory of loved ones - a huge Thank You to everyone who supported us.

Our own internal fundraising raised well over £3,000

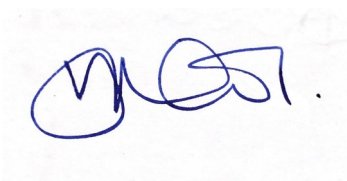
The trustees are delighted that following the financial challenges of the pandemic, the charity has emerged strong and in a healthy financial position, with a surplus of £9,135 for this financial year.

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:-

£178,809 reserves held, of which the charity has designated:

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

Signed by Vikki Walters, chair of Trustee Management Committee:



Date: 13th September 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

FOREST PULSE		Charity No (if any)	900216
Annual accounts for the period			
Period start date	01/04/2022	To	Period end date 31/03/2023

Section A

Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	15,213	-	-	15,213	6,460
Charitable activities	S02	131,015	75,940	-	206,955	203,263
Other trading activities	S03	-	-	-	-	-
Investments	S04	907	-	-	907	22
Separate material item of income	S05	-	-	-	-	3,435
Other	S06	-	-	-	-	-
Total	S07	147,135	75,940	-	223,075	213,179
Resources expended (Note 4)						
Expenditure on:						
Raising funds	S08	1,031	-	-	1,031	749
Charitable activities	S09	139,487	73,422	-	212,909	191,965
Separate material item of expense	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
Total	S12	140,518	73,422	-	213,940	192,714
Net income/(expenditure) before investment gains/(losses)						
Net gains/(losses) on investments	S13	6,617	2,518	-	9,135	20,465
Net income/(expenditure)	S14	-	-	-	-	-
Extraordinary items	S15	6,617	2,518	-	9,135	20,465
Transfers between funds	S16	-	-	-	-	-
Other recognised gains/(losses):	S17	-	-	-	-	-
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	6,617	2,518	-	9,135	20,465
Reconciliation of funds:						
Total funds brought forward	S21	150,788	18,877	-	169,665	149,200
Prior year adjustment		-	-	-	-	-
Transfer between funds		-	-	-	-	-
Total funds carried forward	S22	157,405	21,395	-	178,800	169,665

Section B

Balance sheet

	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
		£	£	£	£	£
		F01	F02	F03	F04	F05
Fixed assets						
Intangible assets		B01	-	-	-	-
Tangible assets (Note 8)		B02	14,371	-	14,371	18,371
Heritage assets		B03	-	-	-	-
Investments		B04	-	-	-	-
Total fixed assets		B05	14,371	-	14,371	18,371
Current assets						
Stocks		B06	-	-	-	-
Debtors (Note 9)		B07	6,575	-	6,575	27,939
Investments		B08	-	-	-	-
Cash at bank and in hand (Note 11)		B09	140,489	21,395	161,884	126,544
Total current assets		B10	147,064	21,395	168,459	154,483
Creditors: amounts falling due within one year (Note 10)		B11	4,030	-	4,030	3,189
Net current assets/(liabilities)		B12	143,034	21,395	164,429	151,294
Total assets less current liabilities		B13	157,405	21,395	178,800	169,665
Creditors: amounts falling due after one year		B14	-	-	-	-
Provisions for liabilities		B15	-	-	-	-
Total net assets or liabilities		B16	157,405	21,395	178,800	169,665
Funds of the Charity						
Endowment funds		B17	-	-	-	-
Restricted income funds (Note 12)		B18	-	21,395	21,395	18,877
Unrestricted funds		B19	157,405	-	157,405	150,788
Revaluation reserve		B20	-	-	-	-
Total funds		B21	157,405	21,395	178,800	169,665
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	11/10/23	

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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
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). 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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
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 <input type="checkbox"/>	No <input type="checkbox"/>	N/a <input checked="" type="checkbox"/>
Government grants	The charity has received government grants in the reporting period	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so. 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. 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'. 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. Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/a <input checked="" type="checkbox"/>
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. 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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
Support costs	The charity has incurred expenditure on support costs.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
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 <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/a <input type="checkbox"/>
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies. 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 <input type="checkbox"/>	No <input type="checkbox"/>	N/a <input checked="" type="checkbox"/>
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 <input type="checkbox"/>	No <input type="checkbox"/>	N/a <input checked="" type="checkbox"/>

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
		✓

They are valued at cost.

Yes	No	N/a
		✓

Heritage assets 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
		✓

They are valued at cost.

Yes	No	N/a
		✓

Investments 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.

Yes	No	N/a
		✓

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
		✓

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.

Yes	No	N/a
		✓

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.

Yes	No	N/a
		✓

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

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 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 3

Analysis of income

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Analysis						
Donations and legacies:	Donations and gifts	13,901	-	-	13,901	5,668
	Gift Aid	1,312	-	-	1,312	791
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	-
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
Total		15,213	-	-	15,213	6,459
Charitable activities:						
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
Other		131,015	75,940	-	206,955	203,263
Total		131,015	75,940	-	206,955	203,263
Other trading activities:						
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
Other		-	-	-	-	-
Total		-	-	-	-	-
Income from investments:						
Interest income		907	-	-	907	22
Dividend income		-	-	-	-	-
Rental and leasing income		-	-	-	-	-
Other		-	-	-	-	-
Total		907	-	-	907	22
Separate material item of income:						
Covid Support Scheme income		-	-	-	-	3,435
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
Total		-	-	-	-	3,435
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		147,135	75,940	-	223,075	213,179
Other information:						
All income in the prior year was unrestricted except for: (please provide description and amounts)						

Note 4

Analysis of expenditure

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
	Analysis					
Expenditure on raising funds:	Incurred seeking donations	-	-	-	-	-
	Incurred seeking legacies	-	-	-	-	-
	Incurred seeking grants					
	Operating membership schemes and social lotteries					
	Staging fundraising events	1,031			1,031	749
	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	1,031	-	-	1,031	749
Expenditure on charitable activities		-	-	-	-	-
	Other	139,487	73,422	-	212,909	191,965
		-	-	-	-	-
		-	-	-	-	-
	Total expenditure on charitable activities	139,487	73,422	-	212,909	191,965
Separate material item of expense		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other		-	-	-	-	-
		-	-	-	-	-
	Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE		140,518	73,422	-	213,940	192,714

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	-	-	54,925	27,308	82,233	
Disposals	-	-	-	-	-	
Depreciation	-	-	2,972	1,023	3,995	
Impairment	-	-	-	-	-	
Transfers*	-	-	-	-	-	
At end of the year	-	-	57,897	28,331	86,228	

8.3 Net book value

Net book value at the beginning of the year	-	-	11,892	6,474	18,366
Net book value at the end of the year	-	-	8,920	5,451	14,371

Note 9 **Debtors and prepayments**

	This year £	Last year £
Trade debtors	4,794	26,802
Prepayments and accrued income	1,781	1,137
Other debtors	-	-
Total	6,575	27,939

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	1,747	1,087	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	882	816	-	-
Taxation and social security	-	-	-	-
Other creditors	1,402	1,287	-	-
Total	4,031	3,190	-	-

Note 5 Details of certain items of expenditure**Fees for examination of the accounts**

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
360	335
0	0
0	0
522	481

Note 6 Paid employees**6.1 Staff Costs**

Salaries and wages

Social security costs

Pension costs (defined contribution scheme)

Other employee benefits

Total staff costs

This year £	Last year £
148,353	135,558
4,290	5,130
9,027	10,031
-	-
161,670	150,719

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	19	16
Other	2	2
Total	21	18

Note 7 Defined contribution pension scheme

Amount of contributions recognised in the SOFA as an expense

£9,027

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)
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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 £
-	-
-	-
161,884	126,544
-	-
161,884	126,544

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	None	
Between endowment and unrestricted funds	None	

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



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
FOREST PULSE

On accounts for the year
ended

31st March 2023

Charity no
(if any)

900216

Set out on pages

1 to 10

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Clare Phillips

Date:

16 / 10 / 2023

Name:

Clare Phillips

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

ICAEW FCA

Address:

Aubrey & Co

19 Church Street, Ross on Wye,

Herefordshire, HR9 5HN

Section B

Disclosure

None