

Registered number  
NI055213

Zest - Healing The Hurt Limited

Annual Report and Accounts

Year Ended

31 March 2023

**Zest - Healing The Hurt Limited**  
**Report and accounts**  
**Contents**

|   | <b>Page</b> |
|---|-------------|
| Charity reference and administrative details  | 1           |
| Trustees report (including directors' report) | 2 to 6      |
| Independent examiner's report                 | 7           |
| Statement of financial activities             | 8           |
| Balance sheet                                 | 9           |
| Notes to the accounts                         | 10-15       |

## **Zest - Healing The Hurt Limited Company Information**

**Company registration number**  
NI055213

**Charity tax reference**  
XR21132

**Charity registration number**  
NIC100174

### **The board of directors (charity's trustees)**

|  |                    |
|--|--------------------|
| William Huw Griffiths                      | <i>Chairperson</i> |
| Eugene Moore                               | <i>Vice-Chair</i>  |
| Gary Murray                                | <i>Treasurer</i>   |
| Andrew Browne                              |                    |
| Margaret Hasson                            |                    |
| Eva Czabanik                               |                    |
| Liam Quigley                               |                    |
| Brigeeen McCloskey - appointed 10 Aug 2023 |                    |
| Mark Owens - appointed 10 Aug 2023         |                    |

**Secretary**  
Eva Czabanik

**Registered office**  
15A Queen Street  
Derry  
BT48 7EQ

**Independent examiners**  
Satori Accounting  
Chartered Accountants  
11 Orchard Business Park  
Derry  
Northern Ireland  
BT48 0LU

**Bankers**  
Bank of Ireland  
15 Strand Road  
Derry  
BT47 7BT

**Solicitors**  
Suzanne Bryson  
1A Shipquay Place  
Derry  
BT48 6DH

**Zest - Healing The Hurt Limited**  
**Registered number: NI055213**  
**Trustees' Annual Report**

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

**Structure, governance and management**

The charity is a charitable company limited by guarantee. It is governed by memorandum and articles of association. The trustees have had regard to guidance issued by the Charities Commission of Northern Ireland on public benefit in carrying out their statutory duties in the governance of the charity.

**Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 17 May 2005 and accepted as a charity by HM Revenue and Customs from 17 May 2005. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Article of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1. The number of members at 31 March 2023 was 7.

**Recruitment and appointment of directors**

The directors of the company are also charity trustees for the purposes of charity law. All directors retire at the Annual General Meeting and are eligible for appointment to the Board of directors for the incoming year to hold office until the Annual General Meeting. The traditional business, educational, medical skills, along with service users, community and voluntary groups are well represented on the board of directors and the directors are requested to provide an updated list of skills they are able to bring to the company each year and, in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the board of directors.

**Risk management**

The board of directors conduct, on a regular basis, a review of the major risks to which the charity is exposed. This review is updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Significant external risks to funding have led to the development of a rolling strategic plan to allow for alternative funding methods for the charity's activities. Internal control risks are minimised by the projects. Procedures are in place to ensure compliance with health and safety rules for staff, volunteers and visitors. All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

**Zest - Healing The Hurt Limited**  
**Registered number: NI055213**  
**Trustees' Annual Report**

**Organisational structure**

The board of directors meets 6 times a year and is responsible for the strategic direction and policy of the charity. as a result of the Tudor Trust funding there has been in place since September 2019 a Chiel Executive Officer with the day to day responsibility for the provision of services previously held by the director of clinical services and the director of corporate services. The day-to-day management of the charity is delegated to Mr C McCafferty, CEO, who oversees all operational and financial matters on behalf of the board and reports directly to the board on all such matters.

**Objectives and activities**

The company's objects and principal activities are to:

- (1) Work for the assistance of persons in despair or distress and thus reduce the incidence of self-harm and suicide;
- (2) Promote any charitable purpose directed to alleviating those who have lost through suicide a relative or friend and, in particular, the protection and promotion of good health, both physical and mental; and
- (3) Advance public education in factors associated with self-harm and suicide

The main objectives and activities for the year focused on counselling of those affected by self-harm or suicide and provision of training and information to all interested parties.

The strategies employed to assist the charity to meet these objectives included the following:

- To raise awareness among the general public of factors associated with self-harm and suicide;
- To provide a support service to those who are currently involved with a person who is self-harming or suicidal;
- To provide and equip premises and centres required for the purposes of the company;
- To organise sponsor and conduct educational and training courses and meetings, conferences and exhibitions;
- To publish and distribute materials relating to the work of the company;
- To collect, coordinate and make available (by publication or any form of communication) information relative to the activities of the company;
- To receive and administer and allocate grants and gifts available to the company under the terms and conditions attached to such grants and gifts;
- To act as trustees and to undertake or accept any such tasks or responsibilities where same will advance the objects of the company.

**Winding up**

Upon the winding up or dissolution of the company, any surplus shall be given to some other body, institution, or institutions charitable in law, and having objectives similar to the objectives of the company, which shall also prohibit distribution of income or property to its or their members. No sum whatsoever shall be distributed to members of the company.

**Zest - Healing The Hurt Limited**  
**Registered number: NI055213**  
**Trustees' Annual Report**

**Achievements and performance**

The main areas of charitable activity are the provision of counselling and support, information, outreach work, hosting SHIP (Self Harm Intervention Programme to assist people who self-harm who present throughout the Western Health and Social care Trust and the Northern Health and Social Care Trust areas. The project is currently on the 8th year. Zest was very successful in moving to remote service delivery, by telephone and video due to the Covid lockdown regulations. The careful oversight and planning by the Board and the CEO enabled the service not only to maintain the number of referrals received but also to deal with the increase in referrals that the lockdown created. Zest would like to acknowledge the receipt of 3-year funding from Tudor Trust towards the salary of a Chief Executive Officer Post. The funding helped towards the salary of the current CEO who had intended to step down in 2020/21 when the new tender for the SHIP service would be awarded. However due to Covid the tender process has been delayed and 4 extensions have been given to the SHIP contract thus delaying the departure of the CEO.

The Zest fundraising programme has been extremely successful and along with monies saved due to lockdown and savings in travel and rents Zest was able to improve technology, secure a training arm to the organisation and greatly improve the future prospects for the organisation as we move forward. The training programme in 2022/2023 was much slower than 21/22 due to lack of training funding available to our usual training-commissioning agencies. Zest experienced a 40% decrease in requests. However 2023/2024 is showing a significant improvement in requests for our training workshops and is looking very positive for the coming year.

The counselling, support services and education and training programme is based at the main operational office at 15A Queen Street, Derry and provides counselling support to individuals who self-harm or attempt suicide and their family or friends. This would involve work with those who haven't attended statutory services and who self-refer to Zest services.

The mainstay of our service remains our volunteers, who undertake a number of functions, including counselling, support, information, awareness, administration and upkeep of the house. In the year under review, over 3,000 volunteer hours were donated. Over 6,000 counselling sessions took place during the year and 500 information/awareness sessions were held.

**SHIP (Self-harm Intervention Programme)**

The SHIP programme is a direct service created in the Protect Life 2, the N. Ireland Suicide Strategy. When a person self-harms or has suicidal ideation a mental health assessment is carried out by the Statutory services. If there is an underlying clinical condition then the person is treated by the statutory services. However if the problems are existential i.e. life circumstances, then the person is offered the SHIP service for between 6-8 sessions of counselling and family members can access 2-3 sessions of information/education to help support the person in difficulty especially to risk manage the family member/friend. Zest holds the contract for 2 Health and Social Care Trusts, the Western and the Northern. In 2022/23 we received 1,500 referrals in total. The SHIP service also includes referrals from the Child and Adolescent Mental Health Teams in both Trusts for children and young people aged between 12 and 18 years. We received 825 referrals from the Western Health and Social Care mental Health teams and 675 referrals from the Northern Health and Social Care teams in the year 2022/2023.

**Zest - Healing The Hurt Limited**  
**Registered number: NI055213**  
**Trustees' Annual Report**

**Other projects**

Zest is still involved with the FLOURISH project in partnership with Lighthouse Ireland, based in Belfast offering training courses to the Churches/clergy in N. Ireland on the issue of mental health in general and suicide in particular. This is funded by the Public Health Agency and is currently in its 13<sup>th</sup> year.

Towards the end of 22/23 we were chosen by the Rose Patterson Foundation for an award of £17,000 to target those clients who are suicidal and do not engage with statutory services. The bulk of this work will be carried out in the 2023/2024 financial year.

**Financial review**

The charity continues to adopt the new accounting framework applicable in the UK under "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic Of Ireland (FRS 102)". The date of transition was 1 April 2015. There were no transition adjustments arising from the adoption of the new accounting framework.

**Results**

Against the backdrop of limited resources and insecurities over funding, the charity has continued to be difficult to plan or develop services. The charity has incurred a deficit for the year of £15,219 and the total funds at 31 March 2023 were £240,323.

**Investment policy**

Any surplus funds and grants received in advance are placed on deposit until such time as they are required for the day to day expenditure.

**Reserves policy**

The directors have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of total costs. Total expenditure for the year ended 31 March 2023 was £509,825 and therefore the target is £254,913 in general funds. The reserves are needed to meet the working capital requirements of the charity and the directors are confident that at this level they would be able to continue the current activities of the charity while negotiating continuation funding. The present level of liquid reserves available to the charity are £327,827 exceeds this target level, and the strategy is to continue to maintain reserves through planned operating surpluses.

**Plans for future periods**

There are no significant changes planned for the forthcoming financial year. The directors will continue to govern the company in line with the constitution in order to achieve the objectives noted above.

**Zest - Healing The Hurt Limited**  
**Registered number: NI055213**  
**Trustees' Annual Report**

**Trustees of the charity**

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end were as follows:

William Huw Griffiths  
 Gary Murray  
 Andrew Browne  
 Margaret Hasson  
 Eugene Moore  
 Orla O'Kane - resigned 25 May 2023  
 Eva Czabanik - appointed 25 May 2022  
 Liam Quigely

**Trustees' responsibilities**

The trustees (who are also the directors) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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

**Small company exemptions**

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Signed by order of the Board  
 On behalf of the Board

H Griffiths  
 13/12/2023 19:20:24

*Huw Griffiths*

G Murray  
 13/12/2023 12:01:13

*Gary Murray*

**Huw Griffiths**

**Gary Murray**

**Approved by the trustees on 7 December 2023**



**Zest - Healing The Hurt Limited****Report of the Independent Examiner to the Trustees of Zest - Healing The Hurt Limited**

I report on the accounts of the company for the year ended 31 March 2023 which are set out on pages 8 to 15.

**Respective responsibilities of directors and auditors**

As charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the Companies Act 2006. 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 65 of the Charities Act
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

**Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached

**Independent Examiner's Statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Chartered Accountants Ireland which is one of the listed bodies.

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

S Accounting  
07/12/2023 15:21:20

*Satori Accounting*

**Mr Kieran Phelan  
for and on behalf of  
Satori Accounting  
Chartered Accountants**

**11 Orchard Business Park  
Derry  
Northern Ireland  
BT48 0LU**

**7 December 2023**

**Zest - Healing The Hurt Limited**  
**Statement of Financial Activities**  
**for the year ended 31 March 2023**

|                                    | Notes | Unrestricted<br>£ | Restricted<br>£ | 2023<br>£       | 2022<br>£ |
|------------------------------------|-------|-------------------|-----------------|-----------------|-----------|
| <b>Income and endowments from:</b> |       |                   |                 |                 |           |
| Charitable activities              | 4     | 479,606           | 15,000          | <b>494,606</b>  | 481,396   |
| <b>Total income</b>                |       | <b>479,606</b>    | <b>15,000</b>   | <b>494,606</b>  | 481,396   |
| <b>Expenditure on:</b>             |       |                   |                 |                 |           |
| Charitable activities              | 5     | 489,357           | 15,000          | <b>504,357</b>  | 415,981   |
| Governance costs                   | 6     | 5,468             | -               | <b>5,468</b>    | 1,800     |
| <b>Total expenditure</b>           |       | <b>494,825</b>    | <b>15,000</b>   | <b>509,825</b>  | 417,781   |
| <b>Net income / (expenditure)</b>  |       | <b>(15,219)</b>   | -               | <b>(15,219)</b> | 63,615    |
| <b>Reconciliation of funds:</b>    |       |                   |                 |                 |           |
| Total funds brought forward        |       | 255,542           | -               | <b>255,542</b>  | 191,927   |
| <b>Total funds carried forward</b> |       | <b>240,323</b>    | -               | <b>240,323</b>  | 255,542   |

All income and expenditure derive from continuing activities

The statement of financial activities includes all gains and losses recognised during the year

**Zest - Healing The Hurt Limited**  
**Balance Sheet**  
**as at 31 March 2023**

|   | Notes | 2023<br>£      | 2022<br>£      |
|---|-------|----------------|----------------|
| <b>Fixed assets</b>                                   |       |                |                |
| Tangible assets                                       | 9     | 7,703          | 12,313         |
|   |       | <u>7,703</u>   | <u>12,313</u>  |
| <b>Current assets</b>                                 |       |                |                |
| Debtors   | 10    | 3,625          | 1,972          |
| Cash at bank and in hand                              |       | 327,827        | 300,882        |
|   |       | <u>331,452</u> | <u>302,854</u> |
| <b>Creditors: amounts falling due within one year</b> | 11    | (98,832)       | (59,624)       |
| <b>Net current assets</b>                             |       | <u>232,620</u> | <u>243,229</u> |
| <b>Total assets less current liabilities</b>          |       | <u>240,323</u> | <u>255,542</u> |
| <b>Charity funds</b>                                  | 14    |                |                |
| Unrestricted  | 15    | 240,323        | 255,542        |
| Restricted  | 15    | -              | -              |
| <b>Total charity funds</b>                            |       | <u>240,323</u> | <u>255,542</u> |

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic Of Ireland (FRS 102)".

The directors confirm that:

- (i) For the year ended 31 March 2023, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies;
- (ii) The members have not required the company to obtain and audit of its accounts for the year in question in accordance with section 476;
- (iii) the directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts;
- (iv) These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime

These financial statements were approved by the directors and authorised for issue on 7 December 2023 and are signed on their behalf by:

G Murray  
13/12/2023 12:01:13

*Gary Murray*

**Mr Gary Murray**  
**Director**

H Griffiths  
13/12/2023 19:20:24

*Huw Griffiths*

**Mr Huw Griffiths**  
**Director**

**Zest Healing the Hurt Ltd**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

**1 Accounting policies**

***(i) General information and basis of preparation***

Zest – Healing The Hurt Limited is a charitable company limited by guarantee registered in Northern Ireland. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are to:

- Work for the assistance of persons in despair or distress and thus reduce the incidence of self-harm and suicide;
- Promote any charitable purpose directed to alleviating those who have lost through suicide a relative or friend and, in particular, the protection and promotion of good health, both physical and mental; and
- Advance public education in factors associated with self-harm and suicide.

The main objectives and activities for the year focused on counselling of those affected by self-harm or suicide and provision of training and information to all interested parties.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act (Northern Ireland) 2008, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The charity has applied Update Bulletin 1 as published on 2 February 2016 and does not include a cash flow statement on the grounds that it is applying FRS 102 Section 1A.

The financial statements have been prepared to give a 'true and fair' view.

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

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

**Zest Healing the Hurt Ltd**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

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

Tangible fixed assets are initially measured at historical cost. Depreciation has been provided at the following rates in order to write off their assets over their estimated useful life:

Office equipment and furniture                      - 10% to 20% straight line

**(iii) Incoming resources**

Incoming resources from generated funds consists of donations and other income received from a variety of sources. Such income is usually received with no preconditions attached and is recognized in the SOFA when received.

Incoming resources from charitable activities consists of grants received from various funding bodies to assist the charity in achieving its objectives. Grants of this nature are recognized in the SOFA when the charity is legally entitled to the income and all preconditions for receipt of the funds have been met.

**(iv) Resources expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources. Staff costs have been allocated on the basis of time spent on each of the main activities of the charity, which are:

- Charitable activities (those activities associated with the charity's objects)
- Governance costs (management and administration of the charity)

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

**(v) Debtors and creditors receivable/ payable within one year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

**(viii) Going concern**

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

**Zest Healing the Hurt Ltd**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

| <b>2 Operating surplus</b>                  | <b>2023</b> | <b>2022</b> |
|---|-------------|-------------|
|   | <b>£</b>    | <b>£</b>    |
| <u>Net income is stated after charging:</u> |             |             |
| Director's remuneration                     | -           | -           |
| Accountancy fees                            | 1,300       | 1,300       |
| Independent examination fee                 | 750         | 500         |
| Depreciation                                | 4,870       | 5,420       |
|   | <hr/>       | <hr/>       |

| <b>3 Staff costs</b>  | <b>2023</b> | <b>2022</b> |
|-----------------------|-------------|-------------|
|                       | <b>£</b>    | <b>£</b>    |
| Wages and salaries    | 185,061     | 176,793     |
| Social security costs | 16,750      | 10,315      |
|                       | <hr/>       | <hr/>       |
|                       | 201,811     | 187,108     |
|                       | <hr/>       | <hr/>       |

There are no high paid staff whose emoluments as defined for taxation purposes amounted to over £60,000 in the year.

The average number of employees, calculated on a full-time equivalent basis, by function was:

|                                | <b>2023</b> | <b>2022</b> |
|--------------------------------|-------------|-------------|
| Director of clinical services  | 1           | 1           |
| Director of corporate services | 1           | 1           |
| Clerical                       | 1           | 1           |
| Finance officer                | 1           | 1           |
| Client support team            | 2           | 2           |
|                                | <hr/>       | <hr/>       |
|                                | 6           | 6           |
|                                | <hr/>       | <hr/>       |

**4 Incoming resources from charitable activities**

|                              | <b>Unrestricted</b> | <b>Restricted</b> | <b>Total</b>      | <b>Total</b>      |
|------------------------------|---------------------|-------------------|-------------------|-------------------|
|                              | <b>Funds</b>        | <b>Funds</b>      | <b>Funds 2023</b> | <b>Funds 2022</b> |
|                              | <b>£</b>            | <b>£</b>          | <b>£</b>          | <b>£</b>          |
| Donations and flag days      | 52,775              | -                 | 52,775            | 45,707            |
| Fundraising                  | -                   | -                 | -                 | 105               |
| Contribution to utilities    | 2,994               | -                 | 2,994             | 2,399             |
| ARN Mental Health Foundation | -                   | -                 | -                 | 10,417            |
| Tudor Trust                  | -                   | 15,000            | 15,000            | 27,500            |
| Comic Relief                 | -                   | -                 | -                 | -                 |
| Acorn MAN Fund               | -                   | -                 | -                 | -                 |
| Public Health Agency         | 414,958             | -                 | 414,958           | 390,218           |
| Training income              | 8,879               | -                 | 8,879             | 5,050             |
|                              | <hr/>               | <hr/>             | <hr/>             | <hr/>             |
|                              | <b>479,606</b>      | <b>15,000</b>     | <b>494,606</b>    | <b>481,396</b>    |
|                              | <hr/>               | <hr/>             | <hr/>             | <hr/>             |

**Zest Healing the Hurt Ltd**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

**5 Expenditure on charitable activities**

|                             | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>Funds 2023<br>£ | Total<br>Funds 2022<br>£ |
|-----------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| Salaries                    | 186,811                    | 15,000                   | 201,811                  | 187,108                  |
| Pension contributions       | 7,129                      | -                        | 7,129                    | 7,318                    |
| Pension admin costs         | 396                        | -                        | 396                      | 396                      |
| Staff training              | 484                        | -                        | 484                      | 687                      |
| Counselling fees            | 188,126                    | -                        | 188,126                  | 156,920                  |
| Volunteer costs             | 3,142                      | -                        | 3,142                    | 1,609                    |
| Complimentary therapies     | 2,790                      | -                        | 2,790                    | 4,160                    |
| Travel and subsistence      | 31,296                     | -                        | 31,296                   | 6,741                    |
| Rent and water rates        | 35,803                     | -                        | 35,803                   | 17,245                   |
| Telephone and internet      | 5,923                      | -                        | 5,923                    | 5,029                    |
| Postage and stationery      | 4,750                      | -                        | 4,750                    | 3,062                    |
| Reporting system costs & IT | 1,359                      | -                        | 1,359                    | 7,214                    |
| Leasing of equipment        | 1,279                      | -                        | 1,279                    | 1,092                    |
| Light and heat              | 7,867                      | -                        | 7,867                    | 5,530                    |
| Repairs and maintenance     | 1,075                      | -                        | 1,075                    | 1,528                    |
| Housekeeping                | 1,672                      | -                        | 1,672                    | 807                      |
| Insurance                   | 4,164                      | -                        | 4,164                    | 2,567                    |
| Bank interest and charges   | 165                        | -                        | 165                      | 225                      |
| General expenses            | 256                        | -                        | 256                      | 1,322                    |
| Depreciation charge         | 4,870                      | -                        | 4,870                    | 5,420                    |
|                             | <b>489,357</b>             | <b>15,000</b>            | <b>504,357</b>           | <b>415,981</b>           |

**6 Governance costs**

|                             | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>Funds 2023<br>£ | Total<br>Funds 2022<br>£ |
|-----------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| Accountancy fees            | 1,300                      | -                        | 1,300                    | 1,300                    |
| Independent examination fee | 750                        | -                        | 750                      | 500                      |
| Legal and professional fees | 3,418                      | -                        | 3,418                    | -                        |
|                             | <b>5,468</b>               | <b>-</b>                 | <b>5,468</b>             | <b>1,800</b>             |

**7 Independent Examiner's Remuneration**

The independent examiner's remuneration amounts to an independent examination fee of £750 (2022 - £500) and accountancy fees of £1,300 (2022 - £800).

**Zest Healing the Hurt Ltd**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

**8 Trustees and key management remuneration and expenses**

The trustees neither received nor waived any remuneration during the year, nor did the trustees have any expenses reimbursed during the year.

**9 Tangible fixed assets**

|                       | <b>Office<br/>equipment<br/>&amp; fixtures<br/>£</b> | <b>Total<br/>£</b> |
|-----------------------|--|--------------------|
| <b>Cost</b>           |  |                    |
| At 1 April 2022       | 46,777   | 46,777             |
| Additions             | 260  | 260                |
| At 31 March 2023      | <u>47,037</u>  | <u>47,037</u>      |
| <b>Depreciation</b>   |  |                    |
| At 1 April 2022       | 34,464   | 34,464             |
| Charge for the period | 4,870  | 4,870              |
| At 31 March 2023      | <u>39,334</u>  | <u>39,334</u>      |
| <b>Net book value</b> |  |                    |
| At 31 March 2023      | <u>7,703</u>   | <u>7,703</u>       |
| At 31 March 2022      | <u>12,313</u>  | <u>12,313</u>      |

**10 Debtors**

|                                | <b>2023<br/>£</b> | <b>2022<br/>£</b> |
|--------------------------------|-------------------|-------------------|
| Trade debtors                  | 2,139             | (514)             |
| Prepayments and sundry debtors | 1,486             | 1,486             |
|                                | <u>3,625</u>      | <u>1,972</u>      |

**11 Creditors: amounts falling due within one year**

|                              | <b>2023<br/>£</b> | <b>2022<br/>£</b> |
|------------------------------|-------------------|-------------------|
| Trade creditors              | 24,835            | 15,627            |
| PAYE and NIC                 | 5,165             | 4,410             |
| Deferred income              | 67,072            | 37,987            |
| Other creditors and accruals | 1,760             | 1,600             |
|                              | <u>98,832</u>     | <u>59,624</u>     |

**12 Trustees and key management remuneration and expenses**

There were no transactions with related parties that require disclosure in the financial statements.



**Zest Healing the Hurt Ltd**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

**13 Tax status**

The company is a registered charity for tax purposes (reference number XR 21132) and is exempt from corporation tax on any income or capital gains arising.

**14 Company limited by guarantee**

The company is limited by guarantee and, therefore, there is no issued share capital.

Every member of the company undertakes to contribute to the assets of the company in the event of it being wound up during a period in which they are still a member of the company, including a period of one year from the date that they ceased to be a member, providing the debts were incurred during their period as a member of the company or the debt relates to costs and expenses of a winding up.

The liability of each member in such circumstances is limited to £1.

**15 Funds**

|                                     | <b>Unrestricted<br/>Funds</b> | <b>Restricted<br/>Funds</b> | <b>Total<br/>Funds 2023</b> | <b>Total<br/>Funds 2022</b> |
|-------------------------------------|-------------------------------|-----------------------------|-----------------------------|-----------------------------|
|                                     | <b>£</b>                      | <b>£</b>                    | <b>£</b>                    | <b>£</b>                    |
| Funds brought forward               | 255,542                       | -                           | 255,542                     | 191,927                     |
| Net income / (expenditure) for year | ( 15,219)                     | -                           | (15,219)                    | 63,615                      |
| <b>Funds carried forward</b>        | <b>240,323</b>                | <b>-</b>                    | <b>240,323</b>              | <b>255,542</b>              |



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