

Registered number
NI055213

Zest - Healing The Hurt Limited

Annual Report and Accounts

Year Ended

31 March 2025

Zest - Healing The Hurt Limited
Report and accounts
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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

Chairperson

Eugene Moore

Vice-Chair

Gary Murray

Treasurer

Margaret Hasson

Mark Owens

Liam Quigley

Andrew Browne

Ellen Hegarty - appointed 10 October 2024

Erin Higgins - appointed 9 October 2024

Eva Czabanik - resigned 9 October 2024

David McGill - appointed 9 October 2024, resigned 20 December 2024

Secretary

Brigeeen McCloskey

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 2025. 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 2025 was 9.

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.

Organisational structure

The Board of Directors meets six times per year and is responsible for setting the charity's strategic direction and policy. In 2019, a CEO was appointed to oversee the organisation's day-to-day clinical and corporate services, a role that was partially funded by the Tudor Trust.

In 2024, the organisation participated in the tender process for the SHIP programme. At that time, it was the incumbent provider for both the Northern and Western Health and Social Care Trusts. The organisation tendered solely for the Western Health and Social Care Trust and was subsequently awarded the contract.

It was agreed that the CEO would remain in post until the tender process concluded; the CEO formally stepped down in Q4 of 2024/25. Day-to-day management responsibilities have since been transferred to the Clinical Director. The outgoing CEO has remained in a part-time role to support the transition and to continue providing training and other client services, ensuring the organisation can still draw on their expertise and experience.

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Trustees' Annual Report

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.

Achievements and performance

We successfully delivered the Protect Life 2 Suicide Strategy programme, SHIP (Self-Harm Intervention Programme), across both the Northern and Western Health and Social Care Trusts. Following a Board decision not to retender for the Northern area, our contract for that region concluded on 1 November 2024. From that date, we began delivering the updated SHIP contract exclusively for the Western Trust, having been successful in securing the tender.

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For 2024/25, we are projected to deliver 3,300 sessions to service users referred to the programme, as well as 365 sessions for parents and carers of individuals who self-harm. We remain on track to meet—and potentially exceed—these targets.

In our Omagh office, we delivered 525 sessions—a 20% increase on the previous year.

Our fundraising efforts have continued strongly. Combined with savings from reduced travel and rental costs during lockdown, this has enabled us to invest in updated technology, sustain our training services, and strengthen the organisation's long-term prospects.

Training activity remained slow during 2024/25 due to reduced funding from our usual commissioning partners, resulting in a 40% decrease in requests. However, early indicators for 2025/26 show a significant recovery, with a 60% increase in workshop bookings and strong demand projected for the year ahead.

Counselling, Support Services, and Education

Operating from our main office at 15A Queen Street, Derry, we provide counselling and support to individuals who self-harm or experience suicidal thoughts, as well as to their families and friends. Many of these individuals have not engaged with statutory services and self-refer directly to Zest.

Our volunteers remain central to our service delivery. They contribute across counselling, support, information provision, awareness activities, administration, and maintenance. In the year under review, volunteers donated more than 1,500 hours of service.

Self-Harm Intervention Programme (SHIP)

The SHIP programme, established under the Protect Life 2 Suicide Prevention Strategy, supports individuals assessed by statutory services following self-harm or suicidal ideation. Where no clinical condition is identified, clients are referred to SHIP for counselling—previously 6–8 sessions, now 8–10 under the updated contract. Family members receive information and education sessions to help them provide effective support; this allocation changed from 2–3 sessions to 1–2 sessions from November 2024.

In 2024/25, Zest received a total of 1,500 SHIP referrals:

- 825 from the Western Trust's mental health teams
- 675 from the Northern Trust's mental health teams

Referrals also included children and young people aged 11–18 from Child and Adolescent Mental Health Services (CAMHS). Across the year, more than 6,000 counselling sessions and 500 information/awareness sessions were delivered.

Other Projects

FLOURISH Project:

Zest continues to work in partnership with Lighthouse (Belfast) to deliver mental health and suicide awareness training to churches and clergy across Northern Ireland. This Public Health Agency-funded project is now in its 14th year.

Rose Patterson Foundation Award:

In late 2024, Zest was again selected to receive a £15,000 grant to support clients who are suicidal and disengaged from statutory services. Most of this work is scheduled for 2025 and is already on track to meet its targets.

Pilot Bereavement Support Service:

We have initiated a pilot programme providing support to families bereaved by suicide. This includes home visits, ongoing emotional support, and individual counselling where required.

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Trustees' Annual Report

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

The charity has incurred a deficit for the year of £43,911 and the total funds at 31 March 2025 were £141,047.

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 adopted a policy that requires the charity to maintain unrestricted funds—excluding those invested in tangible fixed assets—equivalent to six months of total operating costs. While total expenditure for the year ended 31 March 2025 was £489,330 this figure will decrease significantly in 2025/26 following the organisation's withdrawal from providing SHIP services for the Northern Board. The Board is satisfied that current cash reserves are broadly in line with the reserves policy, taking into account the substantial reduction in projected expenditure.

The Board remains focused on maintaining, and where possible increasing, cash reserves by identifying new funding opportunities, sustaining fundraising activities, and ensuring effective cost and expense management.

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.

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
Eugene Moore
Gary Murray
Margaret Hasson
Mark Owens
Liam Quigley
Andrew Browne
Ellen Hegarty - appointed 10 October 2024
Erin Higgins - appointed 9 October 2024
Eva Czabanik - resigned 9 October 2024
David McGill - appointed 9 October 2024, resigned 20 December 2024

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Trustees' Annual Report

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

Huw Griffiths

Gary Murray

Approved by the trustees on 11 December 2025

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 2025 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.

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

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

11 December 2025

Zest - Healing The Hurt Limited
Statement of Financial Activities
for the year ended 31 March 2025

	Notes	Unrestricted £	Restricted £	2025 £	2024 £
Income and endowments from:					
Charitable activities	4	445,419	-	445,419	498,141
Total income		445,419	-	445,419	498,141
Expenditure on:					
Charitable activities	5	480,279	-	480,279	549,016
Governance costs	6	9,051	-	9,051	6,488
Total expenditure		489,330	-	489,330	555,504
Net expenditure		(43,911)	-	(43,911)	(57,363)
Reconciliation of funds:					
Total funds brought forward		184,960	-	184,960	242,323
Total funds carried forward		141,049	-	141,049	184,960

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 2025

	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	9	971	2,832
		<u>971</u>	<u>2,832</u>
Current assets			
Debtors	10	5,340	7,290
Cash at bank and in hand		148,256	228,135
		<u>153,596</u>	<u>235,425</u>
Creditors: amounts falling due within one year	11	(13,518)	(53,297)
Net current assets		<u>140,078</u>	<u>182,128</u>
Total assets less current liabilities		<u>141,049</u>	<u>184,960</u>
Charity funds	14		
Unrestricted	15	141,049	184,960
Restricted	15	-	-
Total charity funds		<u>141,049</u>	<u>184,960</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 2024, 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 11 December 2025 and are signed on their behalf by:

Mr Gary Murray
Director

Mr Huw Griffiths
Director

Zest Healing the Hurt Ltd
Notes to the Accounts
for the year ended 31 March 2025

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 2025

(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 2025

2 Operating surplus	2025	2024
	£	£
<u>Net income is stated after charging:</u>		
Director's remuneration	-	-
Accountancy fees	1,676	1,657
Independent examination fee	400	800
Depreciation	1,861	4,870
	<hr/>	<hr/>

3 Staff costs	2025	2024
	£	£
Wages and salaries	195,806	201,949
Social security costs	18,581	16,750
	<hr/>	<hr/>
	214,387	218,699
	<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:

	2025	2024
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	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds 2025	Funds 2024
	£	£	£	£
Donations and flag days	54,267	-	54,267	33,943
Contribution to utilities	150	-	150	1,787
Rose Patterson Foundation	23,500	-	23,500	8,500
Public Health Agency	357,706	-	357,706	446,311
Training income	9,796	-	9,796	7,600
	<hr/>	<hr/>	<hr/>	<hr/>
	445,419	-	445,419	498,141
	<hr/>	<hr/>	<hr/>	<hr/>

Zest Healing the Hurt Ltd
Notes to the Accounts
for the year ended 31 March 2025

5 Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Salaries	214,387	-	214,387	218,699
Pension contributions	8,334	-	8,334	8,521
Pension admin costs	396	-	396	396
Staff training	134	-	134	960
Counselling fees	137,013	-	137,013	189,084
Volunteer costs	5,617	-	5,617	5,535
Complimentary therapies	3,000	-	3,000	1,650
Travel and subsistence	31,733	-	31,733	35,169
Rent and water rates	39,315	-	39,315	40,221
Telephone and internet	7,569	-	7,569	6,412
Postage and stationery	5,453	-	5,453	5,187
Reporting system costs & IT	881	-	881	2,215
Leasing of equipment	1,161	-	1,161	1,161
Light and heat	5,168	-	5,168	6,424
Repairs and maintenance	6,705	-	6,705	13,986
Housekeeping	4,917	-	4,917	2,809
Insurance	5,574	-	5,574	5,104
Bank interest and charges	308	-	308	243
Advertising and promotional material	-	-	-	90
General expenses	753	-	753	280
Depreciation charge	1,861	-	1,861	4,870
	480,279	-	480,279	549,016

6 Governance costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Accountancy fees	1,676	-	1,676	1,657
Independent examination fee	400	-	400	800
Legal and professional fees	6,975	-	6,975	4,031
	9,051	-	9,051	6,488

7 Independent Examiner's Remuneration

The independent examiner's remuneration amounts to an independent examination fee of £400 (2024 - £800) and accountancy fees of £1,676 (2024 - £1,657).

Zest Healing the Hurt Ltd
Notes to the Accounts
for the year ended 31 March 2025

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

	Office equipment & fixtures £	Total £
Cost		
At 1 April 2024	47,036	47,036
At 31 March 2025	47,036	47,036
Depreciation		
At 1 April 2024	44,204	44,204
Charge for the period	1,861	1,861
At 31 March 2025	46,065	46,065
Net book value		
At 31 March 2025	971	971
At 31 March 2024	2,832	2,832

10 Debtors

	2025 £	2024 £
Trade debtors	1,940	3,910
Prepayments and sundry debtors	3,400	1,504
Other debtors	-	1,876
	5,340	7,290

11 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	8,453	9,933
PAYE and NIC	2,990	5,004
Deferred income	-	36,344
Other creditors and accruals	2,075	2,016
	13,518	53,297

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 2025

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

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Funds brought forward	184,960	-	184,960	242,323
Net expenditure for year	(43,911)	-	(43,911)	(57,363)
Funds carried forward	141,049	-	141,049	184,960