

Registered Charity Number: 1149125

Company number: 08194767

# **Light Peer Support Ltd**

**(Formally known as  
Light Sheffield)**

## **ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 JUNE 2019**

# Light Peer Support Ltd

## Contents

	Page
Chair's report	1 - 2
Trustees' annual report	3 - 13
Independent examiner's report	14
Statement of financial activities	15
Balance sheet	16
Notes to the financial statements	15 - 20

### **Name change**

The charity formally changed its name from "Light Sheffield" to "Light Peer Support Ltd" on 3 March 2020, by a resolution of the trustees, who are also directors for the purposes of company law. As this name change had been confirmed at the date of signing of the accounts, the name has been adopted throughout the annual report and accounts.

# **Light Peer Support Ltd**

## **Chair's Report**

This is the eighth annual report for Light Peer Support Ltd (Light).

Having been with Light since it was founded 9 years ago by some local mums, myself included, I can confidently say I am very excited about the future of Light and feel proud that we have achieved so much this year. I know I said that last year but this year we have really expanded. We now have more volunteers and an amazing team of staff to support them. We have supported more women and families than ever and have regular groups running not only in Sheffield but also Rotherham and Doncaster. I am delighted to say we are no longer 'Light Sheffield' but actually will use the name 'Light Peer Support' which we have been commonly known as but this means that the expansion possibilities are endless! Our new website will be [lightpeersupport.org.uk](http://lightpeersupport.org.uk)

The last few years have been hard and there is less money to go around every year now for charities such as Light. Despite this we have kept going as we were always confident that there was a huge need for a charity like Light to raise awareness of mental health needs around childbirth and to offer support for mums and their families. Despite being successful in a consortium bid for a Council Tender the partnership with Homestart in the Best Start project did not continue and the Homestart charity in Sheffield closed unexpectedly. This shows the challenges the charity sector faces as well established organisations are subjected to the same struggles.

We are now working with Sheffield city council to deliver 7 peer support groups across the whole of Sheffield, including pregnant and postnatal families and Light supports all the family, including dads.

We are currently in partnership with the NHS Perinatal Mental Health Service, who were successful in a bid to NHS England and we are currently working closely with them to offer peer support services.

This has meant Light has been able to offer support in Rotherham and Doncaster, which resulted in a large recruitment drive as we had to staff the new locations and groups and find volunteers in these locations with which we were not as familiar.

This year has not been without its ups and downs, our offices were burgled and some of our equipment was stolen which meant an upheaval for staff. Then just as things were running smooth again a contractor cut through a power cable in the area and blew all our IT and electrical equipment. This has set us back a few weeks as its not quite as easy for a small charity to pick themselves up so quickly. I would like to thank the resilience of the CEO and all the staff and volunteers though as they coped remarkably well and got the job done despite the setbacks! I would also like to thank the trustees for their support during these two difficult periods.

I would also thank all our supporters and funders, as without their support, Light would not be in the position it is this year.

## **Light Peer Support Ltd**

### **Chair's Report – continued**

The positives are that Perinatal Mental Health is attracting more public funding and there has definitely been increased awareness of mental health as a whole in the UK, so hopefully even though we are a small charity we might just get a slice of the pie! Our CEO went on Maternity leave in the middle of this year; however we were lucky to have Tracy who is filling in for her. She has been instrumental in getting new contacts and working collaboratively with Sheffield City council and the Perinatal Mental Health services in all three locations. She has managed to find us a patron, Cat Cowan from BBC Radio Sheffield. Watch this space for more radio airtime!

Jan, our Secretary attended the Perinatal Launch event for the new contract and secured us some funds from 'Friends of Light' through car boot sales and craft events. Lucy, one of our trustees organized a 'Pie n' Peas' quiz night fundraising event which was a huge success.

Savi Robinson

# **Light Peer Support Ltd**

## **Trustees' annual report**

### **For the year ended 30 June 2019**

#### **About Light**

Light Peer Support Ltd (Light) is a registered charity providing support to Sheffield women and their families who are affected by mental health problems in pregnancy and around childbirth. Light does not employ health professionals and cannot prescribe medication – we provide peer support, via support groups, buddying, text and email support.

Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of post natal depression and Savi Robinson, an NHS Volunteer.

#### **Mission and objectives of Light**

Light aims to reduce isolation, reduce stigma, and increase confidence so that mothers are able to participate in normal life, interact with their babies and enjoy life as other new mothers.

It is common for mothers suffering from depression to stay inside, isolate themselves and worry that people will see them as a bad mother.

Light's long term vision is to establish a centrally located centre that will be accessible to mothers and provide a safe place where they can feel secure enough to come, receive support and talk about their illness with others who have experienced their illness and who are now recovered, promoting recovery through self help.

Mothers often experience difficulties accessing psychological services, particularly where there are childcare issues and the centre will aim to provide a counselling room where these services can be offered.

Light also aims to raise awareness of postnatal depression throughout Sheffield and further afield by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of postnatal depression and can be preventative rather than reactive when they encounter a mother with these issues.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from postnatal depression and pregnancy-related illnesses and, in particular, the relief of sickness and protection and promotion of good health (both physical and mental) by the provision of support and counselling and the advancement in education in matters relating to postnatal depression and pregnancy-related illnesses and their effects in particular by the provision of advice and guidance.

# **Light Peer Support Ltd**

## **Trustees' annual report - continued**

### **For the year ended 30 June 2019**

#### **Light's Aims**

- To provide support for women and their families who are suffering from mental health problems in pregnancy and around childbirth.
- To raise awareness of Post Natal Depression in Sheffield
- To create an easily accessible citywide network of agencies that can provide information for mothers and their families on mental illness in pregnancy and around and childbirth

#### **Analysis of Need**

Postnatal depression is a worldwide phenomenon for reasons that are unknown, though causes and effective treatments are being researched. There is good research into the incidence, which is 10% to 15% following childbirth. Sheffield has a birthrate of 7000 rising, which means an estimate across Sheffield of 700 to 1000 women who will suffer mental health problems around the time of childbirth each year.

#### **What has Light done this year?**

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

#### **Staffing**

We have recruited a new administrator for the office and a maternity cover replacement for our CEO. We have recruited peer support coordinators and new volunteers for Rotherham and Doncaster as well as additional support for Sheffield groups.

# **Light Peer Support Ltd**

## **Trustees' annual report - continued**

### **For the year ended 30 June 2019**

#### **Support for women**

We have supported over 130 women during 2018/19. In addition, 170 extra mums have been given support at enquiry level and have either chosen not to go forward with further support after speaking with us, we have sign-posted them to more suitable support, or their child is over 2.

We have started new groups at Ferham and Maltby in Rotherham, and Rossington and Bentley in Doncaster. In Sheffield we have also maintained our current groups at Chancet, Primrose (Upperthorpe) and Shortbrook, with the addition of Wybourn, Sharrow and First Start (Firth Park).

We have worked hard to make improvements to our One to One Service, which gives women support directly from a volunteer either face to face, via email or telephone/text. We have robust processes in place to ensure volunteers and mums are well supported and feedback has been very positive. This is in addition to the support we provide on 5 days of the week with the above support groups in locations across South Yorkshire.

We have still been able to continue the Light counselling service that we started last year. It was initially launched with one volunteer counsellor but, demand led to an expansion of the offer to two counsellors, they have provided a total of 280 hours of counselling to mums in need of support over the last year. The feedback we have received from those attending the counselling is very good.

We have developed Busy Bumps activity sessions aimed at antenatal mums. Activities have included quilting. This has been very successful.

Light has been able to provide 'Mindfulness' sessions with a crèche provided at Chancet Wood Family Centre.

We have developed our Men-Tale Group with a dad volunteer. So far 6 dad's have joined the group and there is a obvious need to develop the support we offer to dad's based on the number of requests for one – to one we have received. We continue to actively seek dad volunteers.

# **Light Peer Support Ltd**

## **Trustees' annual report - continued**

### **For the year ended 30 June 2019**

#### **Volunteers**

We have recruited and trained 12 new volunteers in the last year and have recently had a number of volunteers approach us who were previously volunteering with HomeStart South Yorkshire. We have retained 12 faithful volunteers from previous year. Additionally, we currently have 15 volunteer enquiries who we hope to recruit for year 2019-2020.

#### **Fundraising**

We have had some fantastic fundraisers this year. Neil and his wife Sarah have worked tirelessly to support Light. Last year Neil raised money for us via the London Marathon and this year he has put us forward for an award from his company Outokumpu who has donated £1000.

Lucy, one of our trustees organized a 'Pie 'n Peas' quiz night in Sharrow, which raised funds and was a fabulous night with great music and an opportunity for staff and volunteers to let their hair down and mingle!

Lucy's husband and some friends did a 'three Peaks' walk and raised money for light and other charities in this very challenging walk/ climbing event.

Light is Charity of the Year for 3 W.I's - Wadsley Bridge, Netheredge and Dore. The Wadsley Bridge group has generously donated refreshments to use at groups and have held a fundraising coffee morning for Light. We are excited to see the results of the fundraising activities from these groups.

Jan Cubison has some 'Friends of Light' who raise money yearly for Light. This year they had a car boot sale in Bakewell that raised £250 and also a craft fair at De La Salle raising £300.



# **Light Peer Support Ltd**

## **Trustees' annual report - continued**

### **For the year ended 30 June 2019**

#### **Networking & Communication**

Light's CEO has concentrated on trying to develop relationships with partners from across Sheffield and the perinatal mental health arena. Some of the meetings and organisations we work with are listed below:

- Perinatal Mental Health Network Event
- Maternity Voices Partnership (formerly the Maternity Services Liaison Committee)
- Citywide Perinatal Mental Health Steering Group
- Sheffield Perinatal Service User Engagement Forum
- MAST teams again to engage and get closer links
- Health Visitor Teams
- Leg Up Social
- Sheffield Hallam University Conference on mental health
- Sheffield Perinatal Mental Health Conference
- Sheffield Health and Social Care Trust.
- Sheffield City Council Public Health Commissioners.
- Volunteer Coordinators Forum
- Sheffield Sling Surgery
- IAPT Risk awareness Training
- Sheffield Hallam University Students Business and Finance Presentation
- Rotherham Midwives
- Doncaster Midwives
- NCT

#### **Raising Awareness**

Raising awareness continues to be a major aim of Light, as we constantly hear from women that are fearful of asking for help for their mental health. Women have told us that they have been frightened to "Like" the Sheffield Light Facebook page because it may identify them as a postnatal depression sufferer. This is a great shame and prevents women from receiving the help they need. Light will continue to work with others to raise awareness of this dreadful illness.

Light has decided after trialing with service users the three separate Facebook pages for Sheffield, Rotherham and Doncaster that a single page for the organization is better and meets our user needs. Going forward there will be one page for Light.

Lucy attended two 'Leg Up social' events this organisation helps charities present themselves on social media, including Twitter, Facebook and Instagram. Light are always grateful for any advice we can obtain to raise awareness.

Other events include:

- Mental Health Awareness Day in October: we celebrated this day using the mental health alliance model of "Tea and Talk", using their conversation starter's pack with the service users we saw on that day.
- Social media
- Encouraged coffee and chat

**Light Peer Support Ltd**  
**Trustees' annual report - continued**  
**For the year ended 30 June 2019**

**Social Media**

Shannon Turner has lead on developing our presence on Facebook. For the period we are reporting on we have 1408 followers. Lucy Ann Wood leads on twitter and Instagram.

We continue to promote Light on twitter and reach other audiences, as of end of June 2019 we have 803 followers and we are building this up.

2018 has saw the establishment of a Light Instagram account and we have 336 followers to date. This has proven really useful in our fundraising efforts.

We worked hard to raise awareness of Light during Maternal Mental Health Week. We were very active on Facebook, Twitter and Instagram with new posts each day focusing on each of the themes.

**Other media:**

- Light has spoken on local radio to raise awareness of perinatal mental health and the support that Light can offer.
- Josanne went to Kat Cowen's home for her Saturday morning live show where she spent 2 hours talking with another mum about the impact of mental health in the perinatal period and the services that Light can offer.

**Light Peer Support Ltd**  
**Trustees' annual report - continued**  
**For the year ended 30 June 2019**

**Feedback**

Below are some quotes that some mums have given us this year at the groups or the support sessions. It shows the benefits that we provide for mums who are at their lowest.

*"I just wanted to give you some feedback on the Mindfulness course that I have been attending at Chancet Wood!...I have really enjoyed the course this far and have noticed that people around me have commented on how refreshed I look, especially after classes, so it must be having some effect!*

*Finally, I am really appreciative that there is a crèche available - it has meant that I am actually able to attend groups without having to worry about childcare, and the ladies who run the crèche are lovely! "*

***"I love how Light try to put on extra activities, such as Mindfulness, because it means I can take part in something new, without feeling too anxious about joining a new group, or not fitting in!"***

***"I feel like I'm me again... something I never thought I would be. The doctor has lowered my dose of antidepressants and I should be off them completely by the end of the month. Although I still have the occasional rocky moment, that's all it is, a moment. I just want to say the most heartfelt thank you to you (staff name) you have no idea how your support helped me through the darkest of days."***

***"Keep doing what you are doing, you are all amazing and I am so glad I could turn to you when I needed support the most."***

***"Days out last summer were really good & helped you to get out"***

# **Light Peer Support Ltd**

## **Trustees' annual report - continued**

### **For the year ended 30 June 2019**

#### **Funding**

We have secured a number of grants and contracts this year which has been very important for the sustainability of Light, we are extremely grateful to all our funders:

- Sheffield City Council
- Sheffield Health and Social Care Trust
- National Lottery Awards for All (secured by SCHARR)
- South Yorkshire's Community Foundation

We will continue the hard work to secure funding for Light, engaging with new and existing funders and expanding to work on more varied funding streams such as corporate fundraising etc.

#### **Future Plans**

##### **Light Inspire**

We have filmed a series of talks from women who have experienced perinatal mental ill health and will be using their stories to inspire others.

##### **Light Air**

We held some of our Light Peer Support Ltd groups outside in the natural environment exploring the impact of nature on emotional wellbeing.

##### **Networking & Partnerships**

We will be continuing to work with partners across Sheffield, South Yorkshire and the rest of the UK.

#### **Financial review**

Total income this year has more than doubled since the previous financial year which is largely due to Light securing new contracts with the NHS and Sheffield City Council to provide peer support in Sheffield, Rotherham and Doncaster.

The delivery of NHS and SCC contracts has required a rapid expansion of Light this year which translates into a significant increase in expenditure. This is predominantly staff wages and associated costs of growing the workforce. This has led to an increased expenditure of around 70%. Cash flow has also become more relevant to Light as the monthly wage bill has increased. Late payment from a contract holder has caused financial concern this year. This is being addressed for 2019-2020 year.

Looking forward to 2019-2020 year it is imperative that Light continue to strengthen their financial tracking and management to ensure that it is robust. Expenditure is expected to increase further in the next year, and with it income must increase. Few grants have been secured in this period and this needs to be addressed next year. Corporate funding needs to be pursued to give more financial sustainability – funding those activities not covered by the 2 contracts.

**Light Peer Support Ltd**  
**Trustees' annual report - continued**  
**For the year ended 30 June 2019**

**Reserves policy**

Light is dependent to some extent on high risk forms of fundraising activities to sustain some income. Light does not have a sole source of income. Currently Light relies on a number of sources of funding, from one off donations, fundraising activities, small grants and contracts.

Light believes it needs reserves for unforeseen emergency, for example theft of office hardware or IT. and to cover unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sick absence/ maternity leave. Light will need to fund short-term deficits in a cash budget, e.g. money may need to be spent before a funding grant is received.

The trustees have determined that at least two months operational costs plus some provision for unforeseen costs is required, which is set at approximately £24,000.

This policy will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by the Charities Service Manager with support from the Treasurer.

As at 30 June 2019 the charity had unrestricted free reserves of £50,438 – this is above the target.

**Light Peer Support Ltd**  
**Trustees' annual report - continued**  
**For the year ended 30 June 2019**

**Reference and administration details**

**Company Number**

08194767

**Charity number**

1149125

**Directors**

Savi Robinson

Judith Buck

resigned 10 February 2019

Alice Curren

Lucy Wood

appointed on 1 September 2018

Sally Evans

appointed on 1 September 2018

Jan Cubison

resigned 1 September 2018

**Secretary**

Lucy Wood

resigned 1 September 2018

Jan Cubison

appointed on 1 September 2018

**CEO/Service Manager**

Jo McGarrigle

July 2018 to February 2019 (maternity leave), returned February 2020

Tracy Haycox

February 2019 to September 2019

Josanne Ratcliffe

September 2019 to February 2020 (part time maternity cover)

**Registered office**

Knowle House

4 Norfolk Park Road

Sheffield

S2 3QE

**Independent Examiner**

Sarah Lightfoot, FCA DChA

*On behalf of:*

VAS Community Accountancy

The Circle

33 Rockingham Lane

Sheffield

S1 4FW

**Light Peer Support Ltd**  
**Trustees' annual report - continued**  
**For the year ended 30 June 2019**

**Structure and governance**

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

**Management**

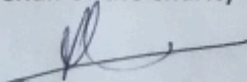
Light has 6 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and is currently setting up her own business, Sally Evans who is a successful business woman running her own business and Lucy Ann Wood, a former teacher who runs a successful events business.

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please contact us via the website [www.lightpeersupport.org.uk](http://www.lightpeersupport.org.uk) or email us at [contactus@lightpeersupport.org.uk](mailto:contactus@lightpeersupport.org.uk)

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above on 24.3.20

Signed on behalf of the charity's trustees:



Print name: SAVI ROBINSON

Position: CHAIR OF TRUSTEES

# **Independent examiner's report to the trustees of Light Peer Support Ltd Charitable Company ('the Company')**

I report to the trustees on my examination of the accounts of the Company for the year ended 30 June 2019.

## **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

## **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



Signed: \_\_\_\_\_

Sarah Lightfoot, FCA DChA

*On behalf of:*

VAS Community Accountancy

The Circle

33, Rockingham Lane

Sheffield

S1 4FW

Date: 23 March 2020



**Light Peer Support Ltd**
**Statement of financial activities (incorporating the income and expenditure account)**
**for the year ended 30 June 2019**

	Notes	Unrestricted funds £	Restricted funds £	2019 Total £	Unrestricted funds £	Restricted funds £	2018 Total £
<b>Income from:</b>							
Donations and grants	2	3,176	21,970	25,146	7,226	9,970	17,196
Charitable activities	3	69,561	-	69,561	13,500	-	13,500
Fundraising events		2,536	-	2,536	-	-	-
<b>Total income</b>		<b>75,273</b>	<b>21,970</b>	<b>97,243</b>	<b>20,726</b>	<b>9,970</b>	<b>30,696</b>
<b>Expenditure on:</b>							
Group and drop-in centre costs		757	596	1,353	-	-	-
Volunteers expenses		145	-	145	701	577	1,278
<b>Staff costs</b>							
Salary costs	4	41,423	14,374	55,797	22,535	11,179	33,714
Staff travel and expenses		763	-	763	402	60	462
Payroll fees		697	-	697	205	-	205
Training		45	-	45	125	670	795
<b>Office and administration costs</b>							
Office rental		5,518	-	5,518	4,998	-	4,998
Insurance		344	-	344	245	-	245
Telephone		891	-	891	738	-	738
DBS checks		901	-	901	206	72	278
Website		-	-	-	-	119	119
Computers and software		404	-	404	429	-	429
Printing, postage and stationery		229	-	229	265	-	265
Administrative costs		68	-	68	38	-	38
Fundraising expenditure		377	-	377	-	-	-
Other expenses		113	-	113	507	-	507
Bank charges		72	-	72	-	-	-
Equipment		15	-	15	-	-	-
<b>Governance costs</b>							
Independent examination	5	540	-	540	360	-	360
Trustee expenses		-	-	-	48	-	48
<b>Total expenditure</b>		<b>53,302</b>	<b>14,970</b>	<b>68,272</b>	<b>31,802</b>	<b>12,677</b>	<b>44,479</b>
Net income/(expenditure)		21,971	7,000	28,971	(11,076)	(2,707)	(13,783)
Transfers	8	-	-	-	(465)	465	-
<b>Net movement in funds</b>		<b>21,971</b>	<b>7,000</b>	<b>28,971</b>	<b>(11,541)</b>	<b>(2,242)</b>	<b>(13,783)</b>
<b>Total funds brought forward</b>		<b>28,467</b>	<b>7,960</b>	<b>36,427</b>	<b>40,008</b>	<b>10,202</b>	<b>50,210</b>
<b>Total funds carried forward</b>		<b>50,438</b>	<b>14,960</b>	<b>65,398</b>	<b>28,467</b>	<b>7,960</b>	<b>36,427</b>

**Light Peer Support Ltd**  
**Balance Sheet**  
**As at 30 June 2019**

	Notes	2019 £	2018 £
<b>Current Assets</b>			
Balance at bank and cash		26,982	36,591
Debtors	6	39,971	3,375
<b>Total current assets</b>		66,953	39,966
 Creditors: amounts falling due within one year	7	(1,555)	(3,539)
<b>Net current assets</b>		65,398	36,427
 <b>Total assets less current liabilities</b>		65,398	36,427
 Creditors: amounts falling due after one year		-	-
<b>Total net assets</b>		65,398	36,427
 <b>Represented By</b>			
Unrestricted funds		50,438	28,467
Restricted funds	8	14,960	7,960
<b>Total funds</b>	9	65,398	36,427

For the year ending 30 June 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

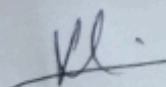
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 24.3.20

Signed on the board's behalf by:

Sign: 

Print: SAVI ROBINSON

Position: CHAIR OF TRUSTEES.

**Light Peer Support Ltd**  
**Notes to the financial statements**  
**For the year ended 30 June 2019**

**1 Accounting Policies**

**(a) General**

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is 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 company information on page 1 of these financial statements.

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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The financial statements have adopted Charities SORP (FRS 102) Bulletin 1 and taken advantage of the exemption not to produce a Statement of cashflows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

**(b) Income**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

**(c) Expenditure and irrecoverable VAT**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**(d) Tangible fixed assets**

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:

Fixtures, fittings and equipment: 3 years straight line

**(e) Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

**(f) Trade debtors**

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

**(g) Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

**Light Peer Support Ltd**  
**Notes to the financial statements - continued**  
**For the year ended 30 June 2019**

**1 Accounting Policies - continued**

**(h) Fund accounting**

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the donor.

**(i) Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**(j) 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.

**2 Income from donations and grants**

	<b>Unrestricted Fund £</b>	<b>Restricted Funds £</b>	<b>Total 2019 £</b>	<b>Unrestricted Fund £</b>	<b>Restricted Funds £</b>	<b>Total 2018 £</b>
South Yorkshire Community Foundation Community Grant	-	5,000	5,000	-	-	-
Rosa UK - Woman to Woman	-	5,970	5,970	-	5,970	5,970
National Lottery Awards for All	-	10,000	10,000	-	-	-
The Woodward Charitable Trust	-	-	-	-	500	500
The Scurrah Wainwright Charity	-	-	-	-	3,500	3,500
General Donations	3,176	1,000	4,176	7,226	-	7,226
	<b>3,176</b>	<b>21,970</b>	<b>25,146</b>	<b>7,226</b>	<b>9,970</b>	<b>17,196</b>

**3 Income from charitable activities**

	<b>Unrestricted Fund £</b>	<b>Restricted Funds £</b>	<b>Total 2019 £</b>	<b>Unrestricted Fund £</b>	<b>Restricted Funds £</b>	<b>Total 2018 £</b>
Sheffield Health and Social Care	56,270	-	56,270	-	-	-
Sheffield City Council	16,666	-	16,666	-	-	-
Best start	(3,375)	-	(3,375)	13,500	-	13,500
	<b>69,561</b>	<b>-</b>	<b>69,561</b>	<b>13,500</b>	<b>-</b>	<b>13,500</b>

The Best Start contract balance of £3,375 was not received due the discontinuation of the project, so the debtor was written off in the accounts.

**Light Peer Support Ltd**  
**Notes to the financial statements - continued**  
**For the year ended 30 June 2019**

**4 Staff costs, trustees remuneration and expenses, and the cost of key management personnel**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Gross salaries	55,422	33,613
Employer's national insurance contributions	1,911	1,469
Employer's allowance	(1,911)	(1,469)
Employer's pension contributions	375	101
	<b><u>55,797</u></b>	<b><u>33,714</u></b>

No employees had employee benefits in excess of £60,000 (2018: nil). There was an average of 6.2 employees during the year (2018: 2.0).

The charity trustees were not paid and did not receive any other benefits from employment with the charity in the year (2018: nil). No trustees were paid for travel expenses during the year (2018: £48).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel was £21,674 (2018: £17,027). This is higher than the previous year as this year includes maternity pay and the maternity cover.

**5 Independent examiner's fees**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Independent examiner's fees	<u>540</u>	<u>360</u>
Other fees paid to the independent examiner's organisation for payroll and training provision	<u>697</u>	<u>425</u>

**6 Debtors**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Trade debtors	34,314	3,375
Other debtors	2,029	-
Other taxes and social security	3,628	-
	<b><u>39,971</u></b>	<b><u>3,375</u></b>

**7 Creditors: amounts due within one year**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Trade creditors	1,015	3,179
Accruals	540	360
	<b><u>1,555</u></b>	<b><u>3,539</u></b>

**Light Peer Support Ltd**  
**Notes to the financial statements - continued**  
**For the year ended 30 June 2019**

**8 Analysis of movements in restricted funds**

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
Rosa UK - Woman to Woman	3,960	5,970	(5,970)	-	3,960
The Woodward Charitable Trust	500	-	(500)	-	-
The Scurrah Wainwright Charity	3,500	-	(3,500)	-	-
South Yorkshire's Community Foundation	-	5,000	(5,000)	-	-
National Lottery Awards for All	-	10,000	-	-	10,000
Room rental	-	1,000	-	-	1,000
	<b>7,960</b>	<b>21,970</b>	<b>(14,970)</b>	<b>-</b>	<b>14,960</b>

**Description, nature and purposes of the fund**

**Rosa UK - Woman to Woman**

Monies given to fund volunteer costs and volunteer co-ordinators.

**The Woodward Charitable Trust**

Monies given towards welcome packs for mothers with perinatal mental health illness.

**The Scurrah Wainwright Charity**

Monies given towards mindfulness sessions for pregnant women and new mothers.

**South Yorkshire's Community Foundation**

This grant was received from the Comic Relief Core Strength funding to support a service manager.

**National Lottery Awards for All**

Also a grant received from the lottery, secured by SCHARR, 25% of which is for Light, the remainder is due to be transferred to SCHARR.

**Room rental**

A donation given to support room rental costs.

*Analysis of movements in restricted funds - previous year*

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
Comic Relief Large Grant - South Yorkshire's Community Foundation	6,585	-	(6,585)	-	-
South Yorkshire's Community Foundation Community Grant	4,082	-	(4,082)	-	-
Best start	(465)	-	-	465	-
Rosa UK - Woman to Woman	-	5,970	(2,010)	-	3,960
The Woodward Charitable Trust	-	500	-	-	500
The Scurrah Wainwright Charity	-	3,500	-	-	3,500
	<b>10,202</b>	<b>9,970</b>	<b>(12,677)</b>	<b>465</b>	<b>7,960</b>

**9 Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Unrestricted Funds £	Restricted Funds £	Total 2018 £
Net current assets	50,438	14,960	65,398	28,467	7,960	36,427
	<b>50,438</b>	<b>14,960</b>	<b>65,398</b>	<b>28,467</b>	<b>7,960</b>	<b>36,427</b>

**10 Related party transactions**

There were no related party transactions during the year, other than those detailed in note 4.