

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**  
**FOR**  
**FUTURE LIVING HERTFORD**



**FUTURE LIVING**  
**HERTFORD**

**FUTURE LIVING HERTFORD**

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**FOR THE YEAR ENDED 31 DECEMBER 2019**

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**FUTURE LIVING HERTFORD**  
**CHAIRMAN'S AND CEO'S REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**



**Chairman's Report**

It has been another year of progress, variety and moving forward at Future Living Hertford, working more closely in the community.

The addiction group has modified somewhat into doing, not just talking. All aspects of domestic abuse are covered on a wide basis while we are recognising the need for help in the areas of families and children. Art proves to be a great healer.

I wish to thank and commend the hard work of our staff, small in number though it is, and of our many volunteers while it is most encouraging to see the closer links with the University of Hertfordshire.

Funding all this remains a real challenge but we do get through in a most encouraging way.



**CEO's Report**

Another year has passed and so quickly - I feel we are consolidating all of our work and knowledge in a really positive fashion. Understanding from those who fund our work has increased and we are really proud as professionals to be supported in this way. The culmination of this came with the High Sheriff's Award earlier in the year and the team's recognition for their hard work supporting clients - we were both honoured and humbled to receive this Award.

New projects spring up all of the time in response to client feedback and combine to give clients a real sense of belonging with something to suit everyone. We know that one size doesn't fit all and we research best practice and models that might work well with our clients. This year we launched the Family Law Clinic supporting those who need free advice connected to Family Law, Art Therapy was another first for this year and has proved really satisfying in the pilot such that the group are staying together and continuing throughout 2020 with a collaborative exhibition for the AGM in September 2020.

We have new plans for 2020 that embrace Complementary Therapy and the Young Hearts programme launching in schools. Both services will have an enormous impact and benefit to those who participate.

We are, as ever, really grateful to our charitable grant makers and donors who continue their support and are responsive to our needs, enabling us to offer such diverse choices to clients.

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2019. The trustees have adopted the provisions of 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).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

**Who we are**

We provide free, non-judgemental, confidential and impartial support to those seeking recovery from domestic abuse and addictions.

We provide personal counselling, group therapy, training, work access and training, social meet up community café, legal support and advocacy and volunteering opportunities.

We raise awareness in the community of issues surrounding domestic abuse through networking events and awareness training. We carry our research and programme writing connected to domestic abuse and addictions.

We provide support programmes for young people connected to addiction and abuse.

**Our aims**

To provide therapy and support for vulnerable people who are in recovery from domestic abuse and addiction.

To provide educational opportunities via our community awareness surrounding domestic abuse and addiction.

**Our values**

We value diversity, promote equality and challenge discrimination.

We promote a non-judgemental attitude towards people.

We value the freedom to enjoy a full and independent life.

**Our service**

Drop-In Advice

by attending our offices Monday to Friday 9am - 4pm at:

Vale House  
4 Cowbridge  
Hertford  
SG14 1PN

by telephoning our offices on 01992 537344

by telephoning our dedicated abuse line on 07775 107520

attending our Drop In café at our Offices every Wednesday from 9am - 1pm.

by referral from other service providers

for appointments contact 01992 537344

e-mail: [info@futurelivingherford.co.uk](mailto:info@futurelivingherford.co.uk)

website: <http://www.futurelivinghertford.co.uk>

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**OBJECTIVES AND ACTIVITIES**

**Public benefit**

We continue to strive to engage with service users from a variety of backgrounds and offer a level of service using our holistic environment that puts healing at the centre of our work.

To offer opportunity, training in voluntary and paid for work within community, cementing an ongoing relationship between them.

Through our work we aim to reduce crime, encourage members of our service to embrace a healthy and happy life, and take up volunteering and work opportunities.

The trustees have considered the provisions of Section 17(5) of the 2011 Charities Act and consider that the objectives and aims of the Charity are for the public benefit.

**Volunteers**

Future Living Hertford is volunteer led and enjoys a large team of placement counsellors, psychologists and admin volunteers, who support our clients and the rest of the team. We have access to specialists who provide a range of ad hoc services such as art therapy, health and wellbeing, fitness, relaxation, debt counselling, legal advice, training, employment and benefit advice.

The trustees are grateful to the work of all volunteers who have helped to ensure that the charity achieves its objectives and aims.

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

Future Living Hertford continued it's commissioned Sunflower Domestic Abuse Awareness Training to the public and local businesses during the year training a huge number of people within our community in advance of the J9 Campaign to the public in 2020.

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**ACHIEVEMENT AND PERFORMANCE**

**2019 At a Glance**

We supported over 400 client's and enquiries with 85% engagement

We provided group therapy to 83 clients in recovery from addictions

We provided group therapy for 47 women and 15 men in recovery from domestic abuse

We provided over 2000 hours of personal counselling to clients

We supported isolated community members with 240 hours of meet ups

We provided over 500 hours of group therapy to clients

We helped prevent 129 women from returning to abusive relationships

We provided free training for over 160 people

Income gained:  
Our specialist fund raiser raised over £148, 000 for the charities work

We worked with over 50 volunteers during the period

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**ACHIEVEMENT AND PERFORMANCE**

**2019 At a Glance**



**Client comments**

**From the Monica Programme:**

This programme has given me the tools to manage my life in future. I've made new friends and realise I am not alone. I love all the different programmes that I can access that make me feel good about myself.

**From Wise Guys programme for men:**

The charity has pushed me outside of my comfort zone and made me realise that I can do things for myself. I'm a new man with passion and enthusiasm again now I'm accessing counselling too. The people here are really professional and knowledgeable - they have reinstated my trust.

**Addictions group**

The facilitator is great and encourages me to embrace my future once more. I love that we are now working in a community café and feel part of my community again for the first time.

**Art Therapy**

Having a connection to others helps me to remember the person I was and still am. Art has given me insight & momentum at a time when I was hopelessly stuck and lost. Art therapy has given me a good social group and a confidential space to be myself, time to play and rediscover the best of myself.

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**ACHIEVEMENT AND PERFORMANCE**

**Case Study**

43 year old female presented to us in February 2019 after losing her tenancy some months ago with housing society through her addiction to Crack Cocaine, domestic abuse from a partner and subsequent arrears. Her housing provider had gone that extra mile for her but it was decided that ultimately she would be better placed in a supported housing project for her own safety. She was initially moved out of area to avoid her supplier connections but ultimately ended up in a local supported housing project .

She attended the addictions programme regularly and also completed the Monica programme. She accessed personal counselling, auricular acupuncture and job club at Future Living. She remains with the service with her personal counselling.

Her achievements from the work she has done:

Preparing to move into her own rented accommodation  
Reunited with her family and grandchildren  
Views herself as a responsible and abstinent person.  
Taken up a volunteer post two days a week in a charity shop.  
Is taking up first aid training as she would ultimately like a paid job as carer.  
Has taught and inspired others to knit for relaxation  
Has volunteered with the charity at several events.

Her outcomes questionnaires indicate an overall 40% reduction in anxiety and depression.  
A need to take control of her life and not depend on others in the decision making process.  
A huge increase in self esteem and confidence in her new found ability to volunteer and contribute to her community  
A desire to give back to her community  
A realisation that no relationship is better than an unhealthy one.

**Ways you can support us**

Sponsor our Events and services

Fundraise for us

Commission our service - Employers for example can commission our services to provide bespoke support to their staff for training opportunities. They can commission us to provide counselling to their staff.

Donate via our donation partners Golden Giving: <https://www.goldengiving.com/secure/donation/future-living>

Leave a legacy

Volunteer with us to learn new skills, explore career options and support the community in which you live. You can volunteer in lots of ways at our events or by fund raising for us.

Placements, we also engage placement counsellors, psychologists and research assistants through a variety of educational establishments. An application form can be found on our website. <https://www.futurelivinghertford.co.uk>



**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**FINANCIAL REVIEW**

**Financial position**

During the year the charity made a surplus on normal operating activities of £36,227 (2018 loss £21,402). Non designated unrestricted funds at the period were £8,255 (2018 £(603)).

The trustees consider the results achieved for the year to be satisfactory in the current economic climate

**Principal funding sources**

The Charity's principal funding sources for the period continue to be for the Sunflower commission income from the Hertfordshire Community Foundation and Lloyds Bank for the CEO salary grant. The trustees wish to thank these organisations for their ongoing support.

**Reserves policy**

The Charity is committed to being an organisation that grows and develops in a sustainable manner. To this end we will work towards ensuring a diverse funding stream and to achieve unrestricted reserves that is in line with Charity Commission guidance of being no less than three months running costs. At present the unrestricted funds are short of this aim but the Charity is actively trying to increase these funds.

**Going concern**

The trustees have reviewed the Charities financial position and ongoing funding and financial obligations, the trustees that the charity has adequate resources available to fund the activities of the charity for the foreseeable future.

The trustees regularly review the Charity's financial position to ensure that sufficient resources are available

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**FUTURE PLANS**

**Services within the community**

Work with survivors of domestic abuse continues to expand into areas we had previously not foreseen such as Family Law and Complementary Therapy. The Monica programme proves time and time again to be the programme of choice for women. During the coming months this programme will receive accreditation by the University of Hertfordshire culminating in a standalone qualification worth 15 credits. We are very proud of this achievement and the power of the work. We plan to market the programme nationwide in the future.

Men are engaging with needs surrounding surviving domestic abuse. Future Living Hertford developed a specialist programme for men only, 'Wise Guys', in 2017 and continues to deliver this to men in small groups or one on one. We have taken a new approach to delivery of our addiction recovery work. With feedback from clients and other service providers we launched a community based recovery meeting in our community café, which has proved highly successful, allowing clients to re-join the community in which they live and engage with ordinary everyday life, building confidence and self-esteem.

Personal counselling is still on our list of high priorities supporting the work carried out in group therapy. The public also now makes up over 50% of our client list enjoying highly discounted rates for the service.

**Reaching out to Young People**

During 2019 and through our research and client feedback with the support of East Herts Council, we were able to launch a young people's programme dedicated to those who struggled with over use of mobile phones and social media. This culminated in an art project where youngsters handed in their phones for four days and worked together on a joint art project. The sculptures made during this project stand proudly in our front gardens at Vale House, a testament to what can be achieved when young people find their passion.

**Digital Support In 2019**

We launched our first phone app that offers a variety of digital tools and also access some of our specific programmes. This will not replace the personal and individual attention we provide for our clients, but will offer them choice, out of hours and emergency opportunities. The app allows participants to build a profile and access many of our services and tools.

**Partnership Working**

Over the past year we have reached out to other service providers we have worked with for some time and cemented our working relationship through a partnership arrangement. Currently we have partnerships with the University of Hertfordshire, Network Homes and the DWP. These partnerships build strong cohesion within our community and enhance the quality of services we are able to provide.

**Accreditation**

Throughout the coming year the charity is focusing on gaining accreditation for one of its programmes with a view to rolling out co-curricular activities within other organisations, and promoting the use of their programmes throughout the UK.

**Funding**

Future Living Hertford is reliant on a combination of local and Hertfordshire authority grants, project funding from charitable trust, support from fundraising activities, private donations and social enterprise. It is our plan for the future to market some of our ad hoc services to the public and competitive rates. We feel this will enhance the opportunities for members of the public and ensure that the charity receives the necessary funding to continue its services to its clients.

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is a Charitable Incorporated Organisation established on 31 December 2013.

The charity is controlled by its governing document, a deed of trust, and is registered with the Charity Commission number 1155145.

**Organisational structure**

**Patron**

The Lord-Lieutenant Robert Voss, CBE as our Patron attends the majority of our public events and is a great link to our Community.

**Trustees**

The affairs of the Charity are controlled and managed by the board of trustees. Our board of trustees is made up of senior representative from business, legal, academic and judiciary fields along with other sectors. The board is responsible for the strategic direction, investment and reserves policy of the Charity.

The day to day operations of the Charity are delegated by the board of trustees to the Charities Chief Executive Officer (CEO), Mrs Sandra Conte, who reports directly to the board and she is supported by the Charities staff.

**Staff**

We currently have seven staff made up of three full time members and four part time members. They manage and support our services, clients and volunteer team with a range of specialist skills including Domestic Abuse and Addiction. Healthy Relationships with young people in schools together with a range of holistic programmes. Our team all enjoy a personal development programmes providing them with additional skills and support.

**Staff Training**

We offer a bespoke personal development plan for each staff member and volunteer in order to provide them with the skills to carry out their duties to the best of their ability and enhance their overall knowledge. This provides our clients with the best possible opportunity of recovery in a pair of 'safe hands'. The team including the trustees undertake a DBS check and safeguarding vulnerable adults training together with domestic abuse awareness, addiction awareness, mental health awareness and the counselling process.

**Induction and training of new trustees**

All new trustees are given full training with regards to the workings of the Charity prior to their induction.

Following induction, any appropriate training is undertaken to ensure all trustees are kept up to date with all current legislation and directives regarding the charity and their position as trustees.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1155145

**Principal address**

Vale House  
43 Cowbridge  
Hertford  
Hertfordshire  
SG14 1PN

**FUTURE LIVING HERTFORD**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**Trustees**

C Melluish – (Chairman)  
F McMullen  
Mrs R Eames  
C Fraser  
Mrs S Harvey

**Independent Examiner**

Colin Wilkinson  
FCCA  
Barker Wilkinson Limited  
108 High Street  
Stevenage  
Hertfordshire  
SG1 3DW

Approved by order of the board of trustees on 26<sup>th</sup> March 2020 and signed on its behalf by:

.....  
C Melluish - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FUTURE LIVING HERTFORD**

**Independent examiner's report to the trustees of Future Living Hertford**

I report to the charity trustees on my examination of the accounts of Future Living Hertford (the Trust) for the year ended 31 December 2019.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Colin Wilkinson  
FCCA  
Barker Wilkinson Limited  
108 High Street  
Stevenage  
Hertfordshire  
SG1 3DW

26<sup>th</sup> March 2020

**FUTURE LIVING HERTFORD**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

	Notes	Unrestricted fund £	Restricted funds £	2019 Total funds £	2018 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	8,675	4,000	12,675	23,785
<b>Charitable activities</b>					
Core Funding	4	56,500	82,471	138,971	65,534
Other trading activities	3	<u>29,271</u>	<u>-</u>	<u>29,271</u>	<u>9,275</u>
<b>Total</b>		94,446	86,471	180,917	98,594
<b>EXPENDITURE ON</b>					
Raising funds	5	6,222	4,817	11,039	4,752
<b>Charitable activities</b>					
Core Funding	6	84,920	48,731	133,651	115,244
<b>Total</b>		<u>91,142</u>	<u>53,548</u>	<u>144,690</u>	<u>119,996</u>
<b>NET INCOME/(EXPENDITURE)</b>		3,304	32,923	36,227	(21,402)
Transfers between funds	15	<u>5,554</u>	<u>(5,554)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		8,858	27,369	36,227	(21,402)
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>(603)</u>	<u>6,337</u>	<u>5,734</u>	<u>27,136</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>8,255</u></u>	<u><u>33,706</u></u>	<u><u>41,961</u></u>	<u><u>5,734</u></u>

The notes form part of these financial statements

**FUTURE LIVING HERTFORD**

**BALANCE SHEET**  
**31 DECEMBER 2019**

	Notes	Unrestricted fund £	Restricted funds £	2019 Total funds £	2018 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	11	6,806	-	6,806	13,275
<b>CURRENT ASSETS</b>					
Debtors	12	24,061	-	24,061	6,250
Cash at bank		<u>9,804</u>	<u>33,706</u>	<u>43,510</u>	<u>15,495</u>
		33,865	33,706	67,571	21,745
<b>CREDITORS</b>					
Amounts falling due within one year	13	(32,416)	-	(32,416)	(29,286)
<b>NET CURRENT ASSETS</b>		<u>1,449</u>	<u>33,706</u>	<u>35,155</u>	<u>(7,541)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>8,255</u>	<u>33,706</u>	<u>41,961</u>	<u>5,734</u>
<b>NET ASSETS/(LIABILITIES)</b>		<u>8,255</u>	<u>33,706</u>	<u>41,961</u>	<u>5,734</u>
<b>FUNDS</b>	15				
Unrestricted funds				8,255	(603)
Restricted funds				<u>33,706</u>	<u>6,337</u>
<b>TOTAL FUNDS</b>				<u>41,961</u>	<u>5,734</u>

The financial statements were approved by the Board of Trustees on 26<sup>th</sup> March 2020 and were signed on its behalf by:

.....  
C Fraser - Trustee

## **FUTURE LIVING HERTFORD**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 DECEMBER 2019**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Fixtures and fittings	- 25% on cost

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

##### **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.



**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**2. DONATIONS AND LEGACIES**

	2019	2018
	£	£
Gifts	4	3
Donations	8,710	23,782
Gift aid	<u>3,961</u>	<u>-</u>
	<u>12,675</u>	<u>23,785</u>

**3. OTHER TRADING ACTIVITIES**

	2019	2018
	£	£
Run Hertford	7,199	5,330
Café income	3,576	1,689
Counselling & therapy income	<u>18,496</u>	<u>2,256</u>
	<u>29,271</u>	<u>9,275</u>

**4. INCOME FROM CHARITABLE ACTIVITIES**

	2019	2018
	£	£
Grants	104,971	65,534
Contract income	<u>34,000</u>	<u>-</u>
	<u>138,971</u>	<u>65,534</u>

Grants received, included in the above, are as follows:

	2019	2018
	£	£
Lloyds Bank - CEO Salary	50,000	25,000
Hertfordshire Community Fund - Wise Guys	10,000	5,000
Hertfordshire Community Fund - Monica Programme	10,000	-
Hertfordshire Community Fund - Iwill	2,010	2,010
Hertford Town Council - Clinical Supervision	800	-
East Herts District Council - D2C	2,955	4,355
Hertfordshire County Council - D2C	1,000	-
Hertfordshire County Council - DA-App	1,000	-
Hertfordshire Community Fund - Young Hearts	4,706	-
QBE Foundation - Unrestricted	10,000	-
Network Homes - Unrestricted	10,000	-
High Sheriff Award - Unrestricted	1,500	-
Tesco Groundworks - Unrestricted	1,000	-
Hertfordshire County Council	-	16,000
Hertfordshire County Council - Wise Guys	-	2,125
Lottery Fund - Wise Guys	-	9,489
Other grants recieved	<u>-</u>	<u>1,305</u>
	<u>104,971</u>	<u>65,284</u>

**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**5. RAISING FUNDS**

**Other trading activities**

	2019	2018
	£	£
Purchases	1,010	383
Run Hertford expenditure	3,724	1,307
Counselling & therapy expenditure	4,214	2,655
Other event costs	<u>2,091</u>	<u>407</u>
	<u>11,039</u>	<u>4,752</u>

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 7) £	Totals £
Core Funding	<u>127,722</u>	<u>5,929</u>	<u>133,651</u>

**7. SUPPORT COSTS**

	Finance £	Governance costs £	Totals £
Core Funding	<u>52</u>	<u>5,877</u>	<u>5,929</u>

**8. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2019 nor for the year ended 31 December 2018.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2019 nor for the year ended 31 December 2018.

**9. STAFF COSTS**

	2019	2018
	£	£
Wages and salaries	74,975	50,798
Social security costs	4,951	5,067
Other pension costs	<u>97</u>	<u>-</u>
	<u>80,023</u>	<u>55,865</u>

The average monthly number of employees during the year was as follows:

	2019	2018
CEO	1	1
Support Workers	<u>2</u>	<u>2</u>
	<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	23,783	2	23,785
<b>Charitable activities</b>			
Core Funding	250	65,284	65,534
Other trading activities	<u>7,889</u>	<u>1,386</u>	<u>9,275</u>
<b>Total</b>	31,922	66,672	98,594
<b>EXPENDITURE ON</b>			
Raising funds	2,845	1,907	4,752
<b>Charitable activities</b>			
Core Funding	38,326	76,918	115,244
<b>Total</b>	<u>41,171</u>	<u>78,825</u>	<u>119,996</u>
<b>NET INCOME/(EXPENDITURE)</b>	(9,249)	(12,153)	(21,402)
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	8,646	18,490	27,136
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>(603)</u></u>	<u><u>6,337</u></u>	<u><u>5,734</u></u>

**11. TANGIBLE FIXED ASSETS**

	Plant and machinery £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 January 2019 and 31 December 2019	<u>32,581</u>	<u>3,171</u>	<u>35,752</u>
<b>DEPRECIATION</b>			
At 1 January 2019	19,609	2,868	22,477
Charge for year	<u>6,236</u>	<u>233</u>	<u>6,469</u>
At 31 December 2019	<u>25,845</u>	<u>3,101</u>	<u>28,946</u>
<b>NET BOOK VALUE</b>			
At 31 December 2019	<u><u>6,736</u></u>	<u><u>70</u></u>	<u><u>6,806</u></u>
At 31 December 2018	<u><u>12,972</u></u>	<u><u>303</u></u>	<u><u>13,275</u></u>

**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019	2018
	£	£
Trade debtors	17,015	-
Prepayments	<u>7,046</u>	<u>6,250</u>
	<u>24,061</u>	<u>6,250</u>

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019	2018
	£	£
Bank loans and overdrafts (see note 14)	-	7,368
Trade creditors	8,691	9,785
Taxation and social security	2,529	556
Other creditors	<u>21,196</u>	<u>11,577</u>
	<u>32,416</u>	<u>29,286</u>

**14. LOANS**

An analysis of the maturity of loans is given below:

	2019	2018
	£	£
Amounts falling due within one year on demand:		
Bank overdraft	<u>-</u>	<u>7,368</u>

**15. MOVEMENT IN FUNDS**

	At 1.1.19	Net movement in funds	Transfers between funds	At 31.12.19
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	(603)	3,304	5,554	8,255
<b>Restricted funds</b>				
Other restricted funds	6,337	-	(6,337)	-
Lloyds Bank - CEO Salary	-	25,000	-	25,000
D2C	-	(7)	7	-
DA - App	-	(776)	776	-
Hertfordshire Community Foundation - Young Hearts	-	4,706	-	4,706
Monica Accreditation	<u>-</u>	<u>4,000</u>	<u>-</u>	<u>4,000</u>
	<u>6,337</u>	<u>32,923</u>	<u>(5,554)</u>	<u>33,706</u>
<b>TOTAL FUNDS</b>	<u>5,734</u>	<u>36,227</u>	<u>-</u>	<u>41,961</u>

**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**15. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	94,446	(91,142)	3,304
<b>Restricted funds</b>			
Lloyds Bank - CEO Salary	50,000	(25,000)	25,000
Hertfordshire Community Foundation - Wise Guys	10,000	(10,000)	-
Hertfordshire Community Foundation - Monica programme	10,000	(10,000)	-
Hertfordshire Community Foundation - Iwill	2,010	(2,010)	-
Hertford Town Council - Clinical Supervision	800	(800)	-
D2C	3,955	(3,962)	(7)
DA - App	1,000	(1,776)	(776)
Hertfordshire Community Foundation - Young Hearts	4,706	-	4,706
Monica Accreditation	4,000	-	4,000
	<u>86,471</u>	<u>(53,548)</u>	<u>32,923</u>
<b>TOTAL FUNDS</b>	<u>180,917</u>	<u>(144,690)</u>	<u>36,227</u>

**Comparatives for movement in funds**

	At 1.1.18 £	Net movement in funds £	At 31.12.18 £
<b>Unrestricted funds</b>			
General fund	8,646	(9,249)	(603)
<b>Restricted funds</b>			
Other restricted funds	18,490	(12,153)	6,337
	<u>27,136</u>	<u>(21,402)</u>	<u>5,734</u>
<b>TOTAL FUNDS</b>	<u>27,136</u>	<u>(21,402)</u>	<u>5,734</u>

**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**15. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	31,922	(41,171)	(9,249)
<b>Restricted funds</b>			
Other restricted funds	66,672	(78,825)	(12,153)
<b>TOTAL FUNDS</b>	<u>98,594</u>	<u>(119,996)</u>	<u>(21,402)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.18 £	Net movement in funds £	Transfers between funds £	At 31.12.19 £
<b>Unrestricted funds</b>				
General fund	8,646	(5,945)	5,554	8,255
<b>Restricted funds</b>				
Other restricted funds	18,490	(12,153)	(6,337)	-
Lloyds Bank - CEO Salary	-	25,000	-	25,000
D2C	-	(7)	7	-
DA - App	-	(776)	776	-
Hertfordshire Community Foundation - Young Hearts	-	4,706	-	4,706
Monica Accreditation	-	4,000	-	4,000
	<u>18,490</u>	<u>20,770</u>	<u>(5,554)</u>	<u>33,706</u>
<b>TOTAL FUNDS</b>	<u>27,136</u>	<u>14,825</u>	<u>-</u>	<u>41,961</u>

## FUTURE LIVING HERTFORD

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2019

#### 15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	126,368	(132,313)	(5,945)
<b>Restricted funds</b>			
Other restricted funds	66,672	(78,825)	(12,153)
Lloyds Bank - CEO Salary	50,000	(25,000)	25,000
Hertfordshire Community Foundation - Wise Guys	10,000	(10,000)	-
Hertfordshire Community Foundation - Monica programme	10,000	(10,000)	-
Hertfordshire Community Foundation - Iwill	2,010	(2,010)	-
Hertford Town Council - Clinical Supervision	800	(800)	-
D2C	3,955	(3,962)	(7)
DA - App	1,000	(1,776)	(776)
Hertfordshire Community Foundation - Young Hearts	4,706	-	4,706
Monica Accreditation	4,000	-	4,000
	<u>153,143</u>	<u>(132,373)</u>	<u>20,770</u>
<b>TOTAL FUNDS</b>	<u>279,511</u>	<u>(264,686)</u>	<u>14,825</u>

#### UNRESTRICTED FUNDS

##### **General**

The general funds are available for expenditure on the furtherance of the charitable objectives.

The fund is largely maintained by contract monies received from Hertfordshire County Council.

#### RESTRICTED FUNDS

##### **Other restricted funds**

In prior periods funds received and expended for various programmes and projects have been carried forward within one fund as the major restrictions were similar in nature being restricted to expenditure on salary costs. During the current period the Trustees reviewed this policy and have now adopted a policy of separating these funds for greater transparency and to aid users of the financial statements to gain a better understanding of the Charities funding.

The balance brought forward has been transferred to the general fund as the Trustees believe that all restricted funds received have been spent,

##### **Lloyds Bank - CEO Salary**

Grants received from Lloyds Bank are restricted for expenditure on the CEO's salary. The fund balance at the year end is to be used towards the CEO's salary for 2020.

## **FUTURE LIVING HERTFORD**

### **NOTES TO THE FINANCIAL STATEMENTS - continued** **FOR THE YEAR ENDED 31 DECEMBER 2019**

#### **15. MOVEMENT IN FUNDS - continued**

##### **Hertfordshire Community Foundation - Wise Guys**

Grants received are restricted for expenditure on the salary of the project lead to deliver the Wise Guys Programme for male survivors of domestic abuse. All funds received in the year have been expended for this purpose.

##### **Hertfordshire Community Foundation - Monica Programme**

Grants received are restricted for expenditure on the salary of the project lead to deliver the Monica Programme for female survivors of domestic abuse. All funds received in the year have been expended for this purpose.

##### **Hertfordshire Community Foundation - Iwill**

Grants received are restricted for expenditure on the salary of the part time project lead and clinical supervision to deliver the Iwill young peoples volunteer project. All funds received in the year have been expended for this purpose.

##### **Hertford Town Council - Clinical supervision**

Grants received are restricted for expenditure on clinical supervision. All funds received in the year have been expended for this purpose.

##### **D2C**

Grants received are restricted for expenditure on the salary of the project lead and other related costs to deliver the D2C Project to disconnect young people from the internet and engage with a creative art. Unspent funds at the year end are to be expended for this purpose in the coming year.

##### **DA-App**

Grants received are restricted for expenditure on costs related to developing an app. The overspend on this fund as been funded by a transfer for the unrestricted general fund.

##### **Hertfordshire Community Foundation - Young Hearts**

Grants received are restricted for expenditure on the salary of the project lead to deliver Young Hearts our young people's relationship programme in schools. The project is yet to commence and therefore all funds received are carried forward for expenditure in 2020 for this purpose.

##### **Monica Accreditation**

Grants received are restricted for expenditure on accreditation fees for the Monica Programme. The accreditation process is to commence in 2020 and therefore all funds received are carried forward for this purpose.

##### **Transfers between funds**

As noted above the opening funds on the Other restricted funds have been transferred to the unrestricted general fund.

The overspend on the DA-App restricted has been paid by a transfer of funds from the unrestricted general fund.

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**FUTURE LIVING HERTFORD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**16. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2019.

**FUTURE LIVING HERTFORD**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

	2019	2018
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Gifts	4	3
Donations	8,710	23,782
Gift aid	<u>3,961</u>	<u>-</u>
	12,675	23,785
<b>Other trading activities</b>		
Run Hertford	7,199	5,330
Café income	3,576	1,689
Counselling & therapy income	<u>18,496</u>	<u>2,256</u>
	29,271	9,275
<b>Charitable activities</b>		
Grants	104,971	65,534
Contract income	<u>34,000</u>	<u>-</u>
	<u>138,971</u>	<u>65,534</u>
<b>Total incoming resources</b>	180,917	98,594
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Café expenditure	1,010	383
Run Hertford expenditure	3,724	1,307
Counselling & therapy expenditure	4,214	2,655
Other event costs	<u>2,091</u>	<u>407</u>
	11,039	4,752
<b>Charitable activities</b>		
Wages	74,975	50,798
Social security	4,951	5,067
Pensions	97	-
Hire of plant and machinery	-	41
Rent	25,000	25,000
Rates and water	402	75
Insurance	846	980
Light and heat	4,108	2,407
Telephone	2,614	1,783
Postage and stationery	699	2,405
Advertising	1,383	1,796
Sundries	714	1,756
Travel & subsistence	1,058	977
Volunteer costs	751	45
Carried forward	117,598	93,130

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**FUTURE LIVING HERTFORD**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

	2019	2018
	£	£
<b>Charitable activities</b>		
Brought forward	117,598	93,130
Reference material	137	-
Project materials	202	-
Computer costs	914	180
Repairs & renewals	1,813	6,453
Training	433	810
Subscriptions	156	-
Website costs	-	985
Plant and machinery	6,236	7,677
Fixtures and fittings	<u>233</u>	<u>777</u>
	127,722	110,012
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	52	40
<b>Governance costs</b>		
Accountancy and legal fees	5,487	5,054
AGM costs	<u>390</u>	<u>138</u>
	<u>5,877</u>	<u>5,192</u>
Total resources expended	<u>144,690</u>	<u>119,996</u>
<b>Net income/(expenditure)</b>	<u><u>36,227</u></u>	<u><u>(21,402)</u></u>

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