UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2020

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE PERIOD ENDED 31 MARCH 2020

Trustees	Victoria Holt (appointed 16 November 2018) Emma Frost (appointed 16 November 2018) Faith Al-Egaily (appointed 16 November 2018)
Charity registered number	1180725
Principal office	1 Kingswood Court Taverham Norwich Norfolk NR8 6XB
Accountants	MA Partners LLP Chartered Accountants 7 The Close Norwich Norfolk NR1 4DJ

TRUSTEES' REPORT FOR THE PERIOD ENDED 31 MARCH 2020

The Trustees present their annual report together with the financial statements of charity for the period 16 November 2018 to 31 March 2020.

During the period covered in the financial statements that follow, Friend in Deed has created a sustainable membership scheme for care homes, obtained project funding, established strategic relationships, received media coverage and been nominated for and received awards¹. The reception, acknowledgement and publicity of Friend in Deed aided recognition of the cause and the need that the organisation was established to meet. It demonstrates a wider and growing understanding of the importance of promoting social inclusion by preventing people from becoming socially excluded, and of relieving the needs of older people who are socially excluded and assisting them to integrate into society. Friend in Deed provides social and recreational events involving the local community and the focus on intergenerational activity has been particularly well received and understood. The Trustees of Friend in Deed resolve to continue to engage with and encourage friendships between people of all ages is strengthened by seeing the positive impact on their lives.

The Trustees recognise the importance of volunteers. In addition to being central to the membership scheme Friend in Deed offers, volunteers also support events, administration, activity delivery and managing community projects.

¹ ITV News, BBC News, Alzheimer's Society, Eastern Daily Press, Evening News, Lynn News, KL-FM, Radio Norfolk, regional winner of the Great British Care Awards (Care Innovator), Good Morning Britain's 1million Minutes Community winner UK, Norfolk County Council In Good Company Quality Mark Plus

Structure, governance and management

a. Constitution

Friend in Deed is a Charitable Incorporated Organisation (registration number 1180725), and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Objectives and activities

c. Policies and objectives

The objectives of the charity are defined in the Friend in Deed Constitution dated 12 November 2018.

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of older people who are socially excluded and assisting them to integrate into society, by providing social and recreational facilities and events involving the local community.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 MARCH 2020

Objectives and activities (continued)

d. Strategies for achieving objectives

Friend in Deed depends on grants, donations, income generated from the monthly membership scheme and other fees to cover operating costs. In setting the level of fees, concessions and bursaries, the Trustees give careful consideration to the accessibility of programmes and facilities in relation to the objectives.

e. Activities undertaken to achieve objectives

Friend in Deed activities include year round provision of engagement opportunities for people across Norfolk, Suffolk, Cambridgeshire and more recently in Essex. The period was very successful with events at 33 care homes, two sheltered housing sites, two day centres for older people and four specialist dementia day care centres. Friend in Deed engaged with 415 older people including those living with dementia in the period.

Twenty nine care homes became members of the scheme which provides regular events within each setting. In order to embrace social distancing requirements introduced to safeguard our communities, the scheme was modified in March 2020 to allow relationships to be established and maintained remotely. Membership provides regular interaction between the generations and has resulted in an improvement in the wellbeing of older people in care settings. The regular nature of membership income from care homes on this scheme is important for the sustainability of Friend in Deed. In order to remain inclusive, if care home management want to take part in the scheme but is unable to pay for membership, Friend in Deed has sought partial subsidy or full funding for membership to allow as many care homes to partake in the scheme as possible. Five of the membership care homes were in receipt of subsidy or had membership paid in full by grant funding or corporate sponsorship.

In addition to membership events, Friend in Deed organises music sessions that care homes book to suit the setting calendar and available resources. These sessions include activities around singing and movement and are also attended by younger people.

Friend in Deed worked with twelve schools and one nursery on school projects that offer opportunities for shared learning and proved popular with teachers, students, carers and care home residents.

In the activities outlined above², approximately 7,000 hours of engagement took place in the period.

Community and themed events were held on notable dates of celebration and Friend in Deed has created educational and fun annual events too. Community events have attracted corporate sponsorship, support from local not for profit organisations and provided an excellent opportunity for stakeholders to come together³.

Many carers, families and friends of older people report that their loved ones are happier and look forward to communicating with the younger people and children. Many of the Friend in Deed supporters using platforms such as Just Giving are those who see the impact of our engagement activity most clearly; family members of residents or staff from the care homes. Supporters undertook sponsored challenges, made personal donations or held funeral collections in the name of a relative who has passed away. The young people and their guardians greatly enjoy and gain confidence from the companionship and experience of the older people and attend regularly to help children build lasting relationships.

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 MARCH 2020

Objectives and activities (continued)

The amount of individual giving in this first period of account was somewhat unexpected at over £5,000 and is indicative of the positive experience of everyone involved. The Friend in Deed business plan documents the intention of the Trustees to build a strong and resilient organisation, provide excellent value and repeatable experiences that improve the wellbeing of those involved.

² Intergenerational Care Home Visits (Little Visitors, Junior Visitors, Community Visitors, Community Visitors Adult, Plant a Seed with Friend in Deed), Music Sessions, School Projects, Pen Pals Scheme, care home activity collaborations (such as Mini Professors, Phonic Stars)

³ Little Elves, Easter Bunnies, VE Day celebrations, Halloween events, Intergenerational Sports Day, Norfolk Day events, Intergenerational Choir performed at Norwich Christmas lights switch on, intergenerational group visit to local Aviva offices to learn about technology, activities in partnership with Norfolk Museum Service and Norwich City Football Club.

f. Volunteers

The value of time and services provided by volunteers has not been included; this amounted to 232 hours back office support and 6,979 hours community engagement during the year.

g. Main activities undertaken to further the charity's purposes for the public benefit

In planning activities, as set out above, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance on public benefit and fee charging.

Achievements and performance

a. Main achievements of the charity

- Delivery of 6,979 hours of intergenerational engagement and participation activity
- A total of 1,363 people visited 33 care settings as part of the Little Visitors scheme
- Regular intergenerational music events within care settings run by professional musicians
- Delivery of the first intergenerational sports day
- Subsidised or fully funded membership provided to five care homes
- Engaged with 6,342 people who want to help reduce loneliness
- A total of 232 voluntary hours were undertaken, helping to support events, administration, fundraising, activity delivery and managing community projects
- Delivery of the first event in a nursery where care home residents engaged with thirty children aged four and under
- Received exceptional coverage in local press and radio as well as on national television
- Collaborated with 12 schools and one nursery

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 MARCH 2020

Financial review

a. Results for the year

The financial statements have been prepared in accordance with current statutory requirements and comply with the terms of the charitable company's governing document.

The surplus on unrestricted funds for the period was £4,022.

Restricted funds held and carried forward at 31 March 2020 were £9,758.

Total income was £67,878 of which 33% was restricted.

Income from grants and contracts continued to be critical to the ability of Friend in Deed to maintain its activities. Major sources of funding are disclosed in the notes to the financial statements. A breakdown of expenditure for the year is also disclosed in the notes to the financial statements.

b. Going concern

In the midst of the global coronavirus pandemic, the financial statements have been prepared on a going concern basis as the Trustees believe that whilst uncertainties exist regarding future visits to care homes, the objectives of Friend in Deed remain unaffected and methods are available and in place to continue activities and engagement. The organisation has modified the basis of activity to include remote support to care settings within the membership. At the date of the signing of this statement, no scheme memberships have been cancelled, and new care homes have joined the scheme since period end. 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 forecast income is sufficient considering the level of expenditure for the charity to be able to continue as a going concern.

c. Reserves policy

At 31 March 2020, free reserves were £4,022. The Trustees work towards a minimum reserve of three months operational commitment (to be adjusted as operational commitments change), with an optimum of six months.

TRUSTEES' REPORT (CONTINUED) FOR THE PERIOD ENDED 31 MARCH 2020

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Faith Al-Egaily (Chair of Trustees) Date: 30 April 2020

INDEPENDENT EXAMINER'S REPORT FOR THE PERIOD ENDED 31 MARCH 2020

Independent examiner's report to the Trustees of Friend in Deed ('the charity')

I report to the charity Trustees on my examination of the accounts of the charity for the period ended 31 March 2020.

Responsibilities and basis of report

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

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the accounts 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

- 1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 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.

INDEPENDENT EXAMINER'S REPORT (CONTINUED) FOR THE PERIOD ENDED 31 MARCH 2020

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.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my work or for this report.

Dated: 12 May 2020

Mr F M E Shippam BSc FCA DChA

MA Partners LLP Chartered Accountants 7 The Close Norwich Norfolk NR1 4DJ

Signed:

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31 MARCH 2020

	Nete	Unrestricted funds Period ended 31 March 2020	Restricted funds Period ended 31 March 2020	Total funds Period ended 31 March 2020
Income from:	Note	£	£	£
Voluntary income	2	11,121	22,581	33,702
Charitable activities	3	34,176	-	34,176
Total income		45,297	22,581	67,878
Expenditure on:				
Raising funds		584	-	584
Charitable activities		50,125	3,389	53,514
Total expenditure		50,709	3,389	54,098
Net (expenditure)/income		(5,412)	19,192	13,780
Transfers between funds	9	9,434	(9,434)	<u> </u>
Net movement in funds		4,022	9,758	13,780
Reconciliation of funds:				
Net movement in funds		4,022	9,758	13,780
Total funds carried forward		4,022	9,758	13,780

The Statement of financial activities includes all gains and losses recognised in the period.

The notes on pages 11 to 18 form part of these financial statements.

BALANCE SHEET AS AT 31 MARCH 2020

		2020 £	
Current assets		~	
Debtors	7	2,410	
Cash at bank and in hand		12,010	
	-	14,420	
Creditors: amounts falling due within one year	8	(640)	
Net current assets	-		13,780
Total assets less current liabilities			13,780
Total net assets		=	13,780
Charity funds			
Restricted funds	9		9,758
Unrestricted funds	9		4,022
Total funds		_	13,780

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Faith Al-Egaily (Chair of Trustees) Date: 30 April 2020

The notes on pages 11 to 18 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friend in Deed meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

1.2 Going concern

In the midst of the global coronavirus pandemic, the financial statements have been prepared on a going concern basis as the Trustees believe that whilst uncertainties exist regarding future visits to care homes, the objectives of Friend in Deed remain unaffected and methods are available and in place to continue activities and engagement. The organisation has modified the basis of activity to include remote support to care settings within the membership. At the date of the signing of this statement, no scheme memberships have been cancelled, and new care homes have joined the scheme since period end. 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 forecast income is sufficient considering the level of expenditure for the charity to be able to continue as a going concern.

1.3 Income

All income is recognised once the charity has entitlement to the income after any conditions have been met, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations and grants to be recognised the charity will have been notified of the amounts and the settlement date. If there are conditions attached to the donation or grant and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Care scheme income includes membership fees for the Little Visitor scheme within care settings. Income is recognised in line with the membership benefits received.

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

1. Accounting policies (continued)

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 on raising funds includes all expenditure incurred by the charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any associated support costs.

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

1.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid.

1.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

1.8 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

2. Voluntary income

	Unrestricted funds Period ended 31 March 2020 £	Restricted funds Period ended 31 March 2020 £	Total funds Period ended 31 March 2020 £
Legacies	330	-	330
Grants, donations and sponsorship	10,791	22,581	33,372
	11,121	22,581	33,702

3. Income from charitable activities

Unre	stricted funds	Total funds
	Period ended	Period ended
3′	1 March 2020	31 March 2020
	£	£
Care Scheme income	34,176	34,176

4. Analysis of expenditure by activities

	Activities undertaken directly Period ended 31 March 2020 £	Support costs Period ended 31 March 2020 £	Total funds Period ended 31 March 2020 £
Charitable activities	46,525	6,989	53,514

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

4. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities Period ended 31 March 2020 £	Total funds Period ended 31 March 2020 £
Project expenses	6,560	6,560
Self employed personnel	33,136	33,136
Travel	6,829	6,829
	46,525	46,525

Analysis of support costs

	Activities Period ended 31 March 2020 £	Total funds Period ended 31 March 2020 £
Marketing	2,787	2,787
Office costs	2,583	2,583
Bad debts	600	600
Professional fees	540	540
Insurance	439	439
Bank charges	40	40
	6,989	6,989

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

5. Independent examiner's remuneration

Fees payable to the charity's independent examiner for the independent examination of		Period ended 31 March 2020 £
	Fees payable to the charity's independent examiner for the independent examination of the charity's annual accounts	540

6. Trustees' remuneration and expenses

During the period, no Trustees received any remuneration or other benefits.

During the period ended 31 March 2020, no Trustee expenses have been incurred.

7. Debtors

	2020 £
Due within one year	
Trade debtors	2,036
Prepayments and accrued income	374
	2,410

8. Creditors: Amounts falling due within one year

	2020 £
Accruals and deferred income	640

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

9. Statement of funds

Statement of funds - current period

Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2020 £
45,297	(50,709)	9,434	4,022
9,600	-	(4,686)	4,914
2,100	-	(1,080)	1,020
463	(463)	-	-
1,558	(100)	(77)	1,381
300	(114)	(186)	-
200	-	-	200
480	(35)	(125)	320
5,000	(2,677)	(400)	1,923
2,880	-	(2,880)	-
22,581	(3,389)	(9,434)	9,758
67,878	(54,098)	-	13,780
	£ 45,297 9,600 2,100 463 1,558 300 200 480 5,000 2,880 22,581	£ £ 45,297 (50,709) 9,600 - 2,100 - 463 (463) 1,558 (100) 300 (114) 200 - 480 (35) 5,000 (2,677) 2,880 - 22,581 (3,389)	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

9. Statement of funds (continued)

Funding was received from **Aviva** to cover the monthly fees for 5 care homes to be members of the Little Visitor scheme. A transfer to unrestricted funds of £4,686 has been recognised during the year representing these monthly fee contributions.

Funding was received from **Flagship** for one off events and Little Visitor events within sheltered housing. A transfer to unrestricted funds of £1,080 has been recognised during the year representing contributions towards such events.

The Norfolk Community Foundation provided funding for the cost of Nelson's Spirit membership.

Funding was received from **The Lovewell Blake Fund** through Norfolk Community Foundation for the provision of specialists at 20 intergenerational events. A transfer to unrestricted funds of £77 has been recognised during the year representing contributions towards such events.

South Norfolk District Council provided funding for music based events within care homes. A transfer to unrestricted funds of £186 has been recognised during the year representing contributions towards such events.

Broadland District Council provided a grant for costs associated with VE Day celebrations to be held in May 2020.

Funding from **BCKLWN** was provided to cover the costs of 3 music based events. A transfer to unrestricted funds of £125 has been recognised during the year representing contributions towards such events.

Funding was received from **Coca Cola** to support 3 local events. A transfer to unrestricted funds of £400 has been recognised during the year representing contributions towards such events.

Funding was received from **Norse Care** to cover the monthly fees for 2 care homes to be members of the Little Visitor scheme. A transfer to unrestricted funds of £2,880 has been recognised during the year representing these monthly fee contributions.

10. Summary of funds

Summary of funds - current period

	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2020 £
General funds	45,297	(50,709)	9,434	4,022
Restricted funds	22,581	(3,389)	(9,434)	9,758
	67,878	(54,098)	-	13,780

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2020

11. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Current assets	4,562	9,858	14,420
Creditors due within one year	(540)	(100)	(640)
Total	4,022	9,758	13,780

12. Related party transactions

During the period to 31 March 2020, no transactions took place with related parties.