

Trustees Annual Report

01/08/2018 to 31/07/2019

You Raise Me Up Ltd

Charity Number 1147534

58b High Street

Polegate

BN26 6AD

Trustees

Lauren Henty

Anne-Marie Field

Chairperson – Natalie Cribb

Type of Governing Document – Memorandum

How Charity is constituted – Company

Trustee Selection Method – Appointed by

Objectives

1. To relieve the mental and physical sickness of persons resident in the UK suffering from bereavement or loss by the provision of counselling and support
2. The relief of financial hardship, either generally or individually, of people living in the UK by making grants of money or paying for items, services or facilities connected with bereavement or loss.
3. To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation because of such illness, by the provision of facilities for work and recreation
4. To promote and protect the physical and mental health of sufferers of illness of any description in the UK through the provision of financial assistance, support, education and practical advice.

Activities & Performance

You Raise Me Up – Our Bereavement Support Service

You Raise Me Up's sole purpose is to support families that have suffered the loss of an adult child between the age of 16 and 25. We provide compassion, support and simply to be able to say "we totally understand" rather than "we cannot imagine what you are going through!"

Our whole-family approach supports surviving family members and friends to work through the unimaginable grief and pain of losing a child. We support the whole family (and increasingly friends) not just the parents but grandparents, siblings, cousins, aunts, uncles and their peers.

We have a tailored five-step approach to support:

- **Specialist bereavement counselling:**

We provide a one-to-one specialist counselling service which offers support to families across East and West Sussex, Kent, and Outer London.

Our counselling service is immediate, bespoke, specialist and free of charge to our users.

We provide up to 100 one hour free counselling sessions a month to 25 individuals as a 12 week course which is then reviewed to see if more support is needed. 80% of those helped are parents the other 20% siblings and friends.

- **Nationwide 24-hour helpline:**

Our crisis helpline receives an average of 20 calls a week from newly bereaved family members as well as families already known to us and those bereaved months or years ago. The pain is still the same. Helping those in mental health crisis, it is manned by our trained professionals who have shared lived experience giving advice, support, and an empathetic ear. Those seeking help are assessed at this point for our own services as well as signposted to other support and help.

- **Drop-in support centre:**

Our busy drop-in support centre in Polegate is a safe space for community, offering bereavement guidance, advice and somewhere to turn to help maintain and improve the mental and emotional health of people living with bereavement and grief. The staff are Mental Health First Aid trained.

We see up to 200 people a week using our Centre's coffee shop. Some just want a quiet place and may not say why they are there not just for a cuppa and cake. The local community use it for meetings. We held a Christmas Day lunch in 2019, for those home alone, which was attended by over 20 local residents and some of the families we support.

- **Group support sessions:**

We provide three sessions of three hour support groups which are free of charge to parents and siblings every month. Through these sessions, families meet with others who have experienced the same loss to share thoughts and feelings, gaining emotional and moral support for all family members in a safe environment. The groups are set up with men, women, and siblings separately with up to 25 people. Two counsellors lead the sessions which are held as discussion groups allowing one counsellor to give one to one support if needed.

Those attending the groups may have suffered their loss a few weeks ago, few months or years ago and they join at any time within that time frame. The groups provide a long-term support as those further along in the grieving process can support those just starting. This builds strong relationships and social connections that helps towards, not just better mental health wellbeing, but a new sense of community.

Increasingly, we are involving friendship groups in our support. Our beneficiaries tell us that their friends are the family they choose. The death of a friend at a young age can have a deep and profound affect long into adult life.

- **Respite activities:**

We also organise up to six respite activities such as bowling days, meals out, remembrance service at Christmas and visits to local attractions as a group enable families to feel "normal" and make new memories to give them strength going forward.

Attended by up to 150 people, the activities provide an opportunity for families to communicate and speak about their emotions helping the families with the grieving process. Feelings are shared that would be difficult to express to other family and friends. This is especially the case with younger people where the respite activities are easier places to open up about their feelings with others who have shared the same experience as them in a more relaxed social environment than the support groups.

In addition to our five services, we occasionally also support families with funeral costs. As no parent prepares for the death of their child, they also do not prepare to pay for their funeral. The immediate burden of finding funds to give their child the funeral that they deserve can be overwhelming, especially so soon after their child's death. To alleviate this, we set aside a small pot of unrestricted funding each year to contribute to funeral costs.

Families are generally referred to us from hospices. We assess each request on a case-by-case basis and generally contribute up to £3,500 towards funerals for the poorest families. We pay the funds to the funeral directors. We support between four and six families in this way each year.

Fundraising

Our fundraising activities include our own events – Golf Day, Go-Karting, Skydive and a Gala Dinner which raise awareness of the Charity as well as funds

The majority for our funds come from community fundraisers by our beneficiaries and supporters.

We were supported by several companies this year as their chosen charity including Hastings Direct, Zurich and Ansvar Insurance.

Our social media presence is increasing with our twitter and Instagram growing too.

We are incredibly grateful to Fountain Digital for providing us with a new website.

Declaration

The trustees declare that they have approved the Trustees report above

Signed on behalf of the Charity's Trustees

Signature



Anne-Marie Field

Position – Trustee

REGISTERED COMPANY NUMBER: 07711231 (England and Wales)
REGISTERED CHARITY NUMBER: 1147534

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2019
FOR
YOU RAISE ME UP LIMITED**

Watson Associates (Professional Services) Ltd
30-34 North Street
Hailsham
East Sussex
BN27 1DW

YOU RAISE ME UP LIMITED

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FOR THE YEAR ENDED 31 JULY 2019**

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YOU RAISE ME UP LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2019

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2019. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

INCORPORATION

The charitable company was incorporated on 20 July 2011.

REFERENCE AND ADMINISTRATIVE

Registered Company Number

07711231 (England and Wales)

Registered Charity Number 1147534

Registered Office

58b High Street
Polegate
East Sussex
BN26 6AD

Trustees

Mrs A J Burnett (resigned October 2019)
Mrs L E Henty
Mrs N Hughes
Miss A Field

Independent Examiner

Watson Associates (Professional Services) Ltd
30-34 North Street
Hailsham
East Sussex
BN27 1DW

STRUCTURE, GOVERNANCE AND MANAGEMENT

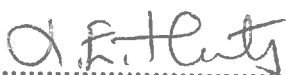
Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

ON BEHALF OF THE BOARD:



.....
Mrs L E Henty - Trustee

Date: 10/7/2020

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF YOU RAISE ME UP LIMITED

I report on the accounts for the year ended 31 July 2019 set out on pages three to six.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for the period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 1245(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Watson Associates

Watson Associates (Professional Services) Ltd
30-34 North Street
Hailsham
East Sussex
BN27 1DW

Date: 21.7.20

YOU RAISE ME UP LIMITED

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

		2019 Unrestricted Funds	2018 Unrestricted Funds
	Notes		
INCOMING RESOURCES			
Incoming resources from charitable activities			
YRMU		147,420	142,519
RESOURCES EXPENDED			
Charitable activities			
YRMU		<u>169,987</u>	<u>128,947</u>
NET INCOMING RESOURCES		<u>(22,567)</u>	<u>13,572</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>(22,567)</u></u>	<u><u>13,572</u></u>

The notes form part of these financial statements

YOU RAISE ME UP LIMITED

**BALANCE SHEET
AS AT 31 JULY 2019**

	Notes	2019 Unrestricted Funds	2018 Unrestricted Funds
FIXED ASSETS			
Tangible assets		9,473	12,630
CURRENT ASSETS			
Cash at bank		25,850	45,260
NET CURRENT ASSETS		35,323	57,890
TOTAL ASSETS LESS CURRENT LIABILITIES		35,323	57,890
NET ASSETS		35,323	57,890
FUNDS			
Unrestricted funds		35,323	57,890
TOTAL FUNDS		35,323	57,890

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 July 2019.

The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 July 2019 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 286 and 287 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared with the special provision of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 18/7/2020 and were signed on it behalf by:


Mrs L E Henty - Trustee

The notes form part of these financial statements

YOU RAISE ME UP LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2019

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditures 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.

25% straight line.

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 purposes.

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

2. TRUSTEES' REMUNERATION AND RELATED PARTY TRANSACTIONS

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 July 2019.

3. TANGIBLE FIXED ASSETS

NET BOOK VALUE

at 31 July 2019

at 31 July 2018

Plant and
machinery etc
£

9,473

12,630

The notes form part of these financial statements

YOU RAISE ME UP LIMITED

**NOTES TO THE FINANCIAL STATEMENTS – CONTINUED
FOR THE YEAR ENDED 31 JULY 2019**

4. MOVEMENT IN FUNDS

	at 01.08.18 £	Net movement in funds £	at 31.07.19 £
Unrestricted funds			
General fund	<u>57,890</u>	<u>(22,567)</u>	<u>35,323</u>
TOTAL FUNDS	<u><u>57,890</u></u>	<u><u>(22,567)</u></u>	<u><u>35,323</u></u>

YOU RAISE ME UP LIMITED

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

INCOMING RESOURCES

Incoming resources from charitable activities

	2019	2018
Total incoming resources	<u>147,420</u>	<u>142,519</u>

RESOURCES EXPENDED

Charitable activities

Telephone	1,327	1,627
Postage, stationery and IT	7,113	960
Light and heat	4,525	3,977
Advertising	1,791	-
Sundries	1,193	785
Bank charges	920	66
Professional fees and counselling	48,405	8,302
Funeral fees and contributions	19,664	37,094
Depreciation	3,157	2,496
Rent, rates and water	12,858	17,044
Repairs and equipment renewals	11,056	-
Support centre wages	57,007	53,162
T-Shirts	496	3,052
Insurance	475	382

Total resources expended	<u>169,987</u>	<u>128,947</u>
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Net Income (deficit)	<u>(22,567)</u>	<u>13,572</u>
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The notes form part of these financial statements



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
YOU RAISE ME UP LIMITED

**On accounts for the year
ended**

31 JULY 2019

**Charity no
(if any)**

1147534

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 July 2019.

**Responsibilities and
basis of report**

As the charity's trustees, 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 2011 Act and in carrying out my examination, I have followed all the 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 (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

* Please delete the words in the brackets if they do not apply.

Signed:

John Males

Date:

21/07/20

Name:

John Charles Males

**Relevant professional
qualification(s) or body
(if any):**

ICAEW FCA

Address:

30-34 North Street

Hailsham

East Sussex BN27 1DW

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.