

Registered Charity Number: 1149125
Company number: 08194767

Light Peer Support Ltd

**ANNUAL REPORT
AND UNAUDITED FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 30 JUNE 2020

Light Peer Support Ltd
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Light Peer Support Ltd
Chair's Report

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

I continue to be incredibly proud to represent Light Peer Support. As one of the founding members of the charity it means a huge amount to me to be able to say that we are in our tenth year of support for the families of South Yorkshire during pregnancy and after having had a baby. This year has of course brought immense challenges for families, for volunteers, for staff and for Light. I am proud of the resilience we have shown in the face of the pandemic as we have continued to provide our support – albeit in an altered way – throughout.

This year has seen us consolidate the support we provide through our contracts with Sheffield City Council and the Sheffield, Rotherham and Doncaster Perinatal Service, we have worked hard to meet and exceed delivery targets and value the support and strong relationship we have formed with both. In addition to this we have successfully secured a number of new grants this year.

The Covid-19 Pandemic and lockdown in March posed a significant risk to Light and the support service we provide. Our main form of support to families has been physical support groups and this was obviously no longer possible once lockdown started. After consulting with Light service users we transformed our offer to be delivered remotely; offering virtual support groups throughout the week, one to one support was prioritised and offered via telephone, virtual call or email, and our online support forum was offered to all service users. These adapted forms of support proved extremely popular, we have seen a great increase in many of our forms of support and we are proud of the continuing support we have been able to offer the families of South Yorkshire.

I would like to express my heartfelt thanks to all of our families, staff, volunteers, funders and supporters, without you all we could not continue to deliver this vital support, the pandemic has impacted hugely on families having a baby or who have young children and the support we offer is a lifeline for many.

Savi Robinson
Chair of Light Trustees

Light Peer Support Ltd
Trustees' annual report
For the year ended 30 June 2020

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham and Doncaster. Light does not employ health professionals and cannot prescribe medication - we provide peer support via face to face one to ones, 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, Rotherham, Doncaster 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.

Vision

Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission

We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values

- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Postnatal depression is a worldwide phenomena 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. For example, Sheffield has a birthrate of 6000, 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 adapted the Business and Finance Administrator position to the post of Office Manager and Trustees approved extending this fixed post until 30 June 2021. We have recruited peer support coordinators and new volunteers for Rotherham and Doncaster as well as additional support for Sheffield groups.

We have maintained peer support coordinator and worker roles as well as recruiting more volunteers, and student counsellors, who work across Sheffield, Rotherham and Doncaster both face to face and virtually.

Jo McGarrigle (CEO) returned from maternity leave toward the end of February 2020.

Support for women

We have supported over 200 women and men during 2019/20, plus 100 more since the end of the financial year to (July – Dec 2020).

In addition to those we have directly supported, 120 more mums and dads have been given support at enquiry level and have either chosen not to go forward with further support after speaking with us, we have signed-posted them to more suitable support, or their child is over 2 (65 in July – Dec 2020).

July 2019 – March 2020

We worked hard throughout the year to continue to embed the support Light offers across Sheffield, Rotherham and Doncaster following our expansion at the start of 2019.

Doncaster groups at Rossington and Bentley continued to be well attended and we received a plethora of positive feedback. In Sheffield we maintained our groups at Chancet Wood (which moved to Lowedges), Primrose (Upperthorpe), Shortbrook, Wybourn, Sharrow and First Start (Firth Park). Furthermore, we ran drop-in's at the Light main office twice a week). We continued these groups until lockdown in March 2020. In February 2020 following some initial start up issues we re-launched our services across Rotherham. Kicking off with a party attended by local mums, Light Trustees, partners from the LA, NHS and covered by the local press which gave us great publicity. We then began running groups and 1-1 service spaces at Aughton, Rawmarsh and joint groups with Maltby & Dinnington Children's Centre's meaning we were reaching those who needed us. Working in partnership with children's centre staff was invaluable in being able to identify the families we really needed to reach.

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Trustees' annual report - continued
For the year ended 30 June 2020

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

We continued the Light counselling service that we started 2018. This 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 aim to continue this expansion next year.

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

Our men's mental health group (Men-Tale-Health Group) continued with a dad volunteer. 6 dads have joined the group and there is an obvious need to develop the support we offer to dads based on the number of requests for one – to one that we have received. We continue to actively seek dad volunteers.

March 2020 – June 2020: COVID Response

Due to the restrictions as a result of COVID-19 all Light staff began to work from home from March 2020. We managed to act quickly and flexibly to adapt our support to the situation, focusing on telephone, email and online support. Our existing Online Forum has been excellently placed to act as another form of peer support as it is a closed forum with members comprising of service users, volunteers and staff. We regularly posted support ideas, tips and help on Facebook and this was proven to be very popular.

We continued to develop our services by implementing several new support mechanisms; virtual online support groups, continuing and improving our Instagram and Facebook presence to include live events and organised specific threads on our Forum aimed at different groups e.g. dads, new mums, pregnant ladies etc.

One to one service

From April 2020 onwards we saw an increase in service users requesting one to one support. We believed this was largely due to the more intense pressures placed upon our service users as a result of Covid-19, a reticence to engage with virtual groups in some cases or in others a reported frustration and weariness of so many aspects of their lives being conducted via virtual call and so again they do not wish to join our replacement groups and so request more regular one to one support, rather than the regular support they would normally receive at a physical group.

Due to this increase in one to one requests we ran a training session for our volunteers, which also included two male volunteers, who were interested in providing virtual one to one support.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2020

Ad hoc one to one to support remained very high, rather than the model of 7 sessions. The feedback from service users again highlighted that they benefit from both the more formal one to one service we offer, but mainly benefit from the fact that Light are available to offer support in times of need. We have evidence that suggests that much of the support we offer is un-booked/instantaneous and at times of very low mood and distress. This is a vital part of Light's service - Light is available on the phone/email/text/secure online forum and social media when needed and not necessarily when a group is running.

Counselling service

From March - September we retained one of our counselling students who was completing their 100 hour placement at Light. She supported six women and we have received a plethora of positive feedback from mums.

By October, our other male counsellor returned, and we had trained 2 new male student counsellors and another female student counsellor.

The feedback we are receiving from service users attending counselling is that it has been a worthwhile experience and has enabled them to make positive changes to their lives. The students that are here with us are dedicated and professional – great asset to the team.

Referrals

Light continues to receive referrals from professionals and men and women who self-identify as needing support with their mental wellbeing in the perinatal period. We are also seeing different types of referrals, for example – concerned friends and relatives. We worked with health care professionals to improve the referral pathways into our service, which has consequently enabled us to reach more mums. During the accounting period we have received over 400 referrals of which 280 registered with Light to receive further support.

Support activity

The pandemic, and the resulting work we adapted and executed to improve pathways and support services, led to significant increases in the numbers of mum's and dad's supported:

Type	Target 13 weeks	Jan - March 2020	April - June 2020	Difference to previous Q
Email Support	No of support emails sent	150	750	600
Telephone Support	No of support calls made	88	170	82
Text Support	No of support text sent	98	235	137
Online Forum: total registered	No of registered members	66	130	64
Online Forum: participants	No of new members	6	64	58
Online Forum: posts	Posts added	4	372	368
Online Forum: voices	Number of voices	2	182	180

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As reported above we have seen some considerable changes to the ways we deliver support during the pandemic. This highlighted the importance of other areas of support that we couldn't previously concentrate on e.g. virtual support.

Going forward, as lockdown conditions improve, we intend to focus on appraising these new ways of working to understand which have been successful and which have been less so. We will continue to gather feedback from our service users and look at what they have already been telling us. For example, some service users have feedback that they prefer the virtual options, others miss meeting up with other mums but have said they'd prefer to do this in less formal settings than Family Centre's e.g parks or other public spaces (for group) and family friendly café's for one to ones.

Volunteers

We have recruited and trained 23 new volunteers in the last year. We have retained 12 faithful volunteers from previous year. Additionally, we trained 8 new volunteers November 2020, who will join the 23 in 2020-2021.

Fundraising

We have had some fantastic fundraisers this year.

Light was Charity of the Year for 2 W.I's - Wadsley Bridge, Netheredge and Dore. The Wadsley Bridge group continued to generously donate refreshments to use at groups and have held a fundraising coffee morning for Light.

Horlicks supported Light in its 'Gifting a Moment to Communities' campaign - donated a substantial amount of its famous malted drink product, alongside a big box of mugs, to help provide nutrition and warmth to your service users while encouraging them to 'Take a Moment'.

Other donations:

- Campaign Against Period Poverty – delivered us goods to donate to our mums
- Designated charity for 'The Big Sheffield Social' concert which was to take place July 2020— hopefully 2021
- Individual donations through:
 - VirginGiving
 - AmazonSmile
 - Charities Trust
 - Easy Fundraising
 - Facebook – birthday donations
 - Sponsored activities/event proceeds (walks, runs etc)

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
- Asda

Raising Awareness

Raising awareness continues to be a major aim of Light, as we constantly hear from women and their families that are fearful of asking for help for their mental health. Women have told us that they have been frightened to "Like" the 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.

Other events included:

- Mental Health Awareness Day in October
- Christmas event December 2019
- Encouraged online coffee and chat
- Virtual celebrations 2020; Halloween and Christmas

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For the year ended 30 June 2020

Social Media

The Peer Support Coordinators take the lead on Facebook. For the period we are reporting on we have 1,776 followers and are reaching 50,000 people – check with Claire.

Jo McGarrigle leads on Instagram, we have 439 followers.

We continue to promote Light on twitter and reach other audiences, we have 872 followers, and we are building this up.

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

During October our Coordinator's ran a 'mental health lockdown' campaign on social media: #livingwithlight

The stats were outstanding:

- Facebook Page reach 5,834 up during the week by 108.1%
- Instagram reach 273 up during the week by 100.7%

Other campaigns with similar reach:

- #twopintsixchallenge
- World Breastfeeding Week
- Mental Health Awareness Week
- #Living with Light: Mental Health Lockdown campaign
- Coping with baby loss

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.

"Thank you so much for responding so quickly. I was very nervous emailing so hearing back so soon has been very reassuring, it's meant I won't go to bed tonight worrying I've said too much and been overwhelming. I'm comforted in knowing everyone has experienced issues as I feel this is such a hard thing to truly understand unless you've lived it. It also makes me feel better because I won't feel like the odd one out."

"If I hadn't found out about the group, I really don't know what kind of state I'd be in right now. The welcome (which was so warm, genuine, non-judgemental, and completely free from pressure) you gave me on that first day made me so relaxed and I knew I'd made the right decision to come and try the group. It took a lot for me to get myself and H there that day and you made me feel at home.... You've remembered what I've said the previous week and never failed to ask about things that had been bothering me. From the bottom of my heart, thank you."

"...You also helped me realise that I am actually getting better and that sharing my journey with the mums who are newer to the group can help them and me. My self confidence, which was at rock bottom when we met, has slowly been creeping back up as a result."

"It's whatever you want it to be. I was so scared that if I asked for help it would all be sitting around talking face to face, something that I often struggle with anyway. But the fact you can chose how you prefer to be in touch in fantastic. I chose email."

"Your passion for supporting women through the highs and lows of motherhood is so clear. How you have enough energy to care so much for everyone is quite incredible."

Light Peer Support Ltd
Trustees' annual report - continued
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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)

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

We have a number of future plans to continue the expansion and success of the Charity. We will be looking to evaluate the success of the remote support activities that we have put in place over the past year to examine which of these can continue moving forward. We have an exciting programme of work planned to assess and appraise the cultural sensitivity and appropriateness of Light support for a variety of marginalised and disadvantaged groups, we wish to ensure that we reach those who need our support most within all communities and we intend to work hard to remove any barriers to accessing our support. This also includes reaching those who are digitally excluded and we are excited to have secured funding to able us to assess and address this.

Networking & Partnerships

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

Financial review

The delivery of NHS and SCC contracts led to a significant increase in expenditure 2018-2019 which continued on 2019-2020. This continues to be predominantly staff wages and associated costs of growing the workforce.

During 2019-2020 Light continued 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 – NHS and SCC.

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 or regular grant provision. Currently Light relies on a number of sources of funding, from one off donations and fundraising activities of groups to contractual grants from Sheffield City Council and Perinatal NHS Health Trust.

The Trustees used the guidance provided by the Charities Commission to review the policy in January 2021, and determined that the ongoing policy is to require free reserves (unrestricted funds) to be at least six months budgeted operational costs plus some provision for unforeseen costs, which is set at approximately £80,000.

As at 30 June 2020 the charity had unrestricted free reserves of £88,591, which is in the region of the revised reserves target.

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.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2020

Reference and administration details

Company Number

08194767

Charity number

1149125

Directors/Trustees

Savi Robinson

Alice Curren

Lucy Wood

Sally Evans

Jan Cubison

Secretary

Jan Cubison

CEO/Service Manager

Jo McGarrigle

Tracy Haycox

Josanne Ratcliffe

Returned from mat leave February 2020

February 2019 to September 2019

September 2019 to February 2020

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 2020

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 runs 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 and works in the education sector.

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

or email us at

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 18-1-2021

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 2020.

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: 20 April 2021

Light Peer Support Ltd
**Statement of financial activities (incorporating the income and expenditure account)
for the year ended 30 June 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total £	Unrestricted funds £	Restricted funds £	2019 Total £
Income from:							
Donations and grants	2	10,163	-	10,163	3,176	21,970	25,146
Charitable activities	3	108,489	-	108,489	69,561	-	69,561
Fundraising events		-	-	-	2,536	-	2,536
Other income		378	-	378	-	-	-
Total income		119,030	-	119,030	75,273	21,970	97,243
Expenditure on:							
Group and drop-in centre costs		921	-	921	757	596	1,353
Volunteers expenses		507	-	507	145	-	145
Grants payable	4	-	3,501	3,501	-	-	-
Staff costs							
Salary costs	5	66,591	3,960	70,551	41,423	14,374	55,797
Staff travel and expenses		1,490	-	1,490	763	-	763
Payroll fees		624	-	624	697	-	697
Training		48	-	48	45	-	45
Office and administration costs							
Office rental		5,350	682	6,032	5,518	-	5,518
Insurance		345	-	345	344	-	344
Telephone		1,768	-	1,768	891	-	891
DBS checks		322	-	322	901	-	901
Website		118	-	118	-	-	-
Computers and software		1,626	-	1,626	404	-	404
Printing, postage and stationery		47	-	47	229	-	229
Administrative costs		21	-	21	68	-	68
Fundraising expenditure		-	-	-	377	-	377
Other expenses		47	-	47	113	-	113
Bank charges		72	-	72	72	-	72
Equipment		380	-	380	15	-	15
Governance costs							
Independent examination	6	600	-	600	540	-	540
Total expenditure		80,877	8,143	89,020	53,302	14,970	68,272
Net movement in funds		38,153	(8,143)	30,010	21,971	7,000	28,971
Total funds brought forward		50,438	14,960	65,398	28,467	7,960	36,427
Total funds carried forward		88,591	6,817	95,408	50,438	14,960	65,398

Light Peer Support Ltd
Balance Sheet
As at 30 June 2020

	Notes	2020 £	2019 £
Current Assets			
Balance at bank and cash		79,177	26,982
Debtors	7	17,066	39,971
Total current assets		<u>96,243</u>	<u>66,953</u>
Creditors: amounts falling due within one year	8	(835)	(1,555)
Net current assets		<u>95,408</u>	<u>65,398</u>
Total assets less current liabilities		95,408	65,398
Creditors: amounts falling due after one year		-	-
Total net assets		<u>95,408</u>	<u>65,398</u>
Represented By			
Unrestricted funds		88,591	50,438
Restricted funds	9	6,817	14,960
Total funds	10	<u>95,408</u>	<u>65,398</u>

For the year ending 30 June 2020 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 18.1.2021

Signed on the board's behalf by: SAVI ROBINSON

Sign: 

Print: SAVI ROBINSON

Position: CHAIR OF TRUSTEES

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 legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

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.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(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.

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

	Unrestricted Fund £	Restricted Funds £	Total 2020 £	Unrestricted Fund £	Restricted Funds £	Total 2019 £
South Yorkshire Community Foundation	-	-	-	-	5,000	5,000
Community Grant	-	-	-	-	5,970	5,970
Rosa UK - Woman to Woman	-	-	-	-	10,000	10,000
National Lottery Awards for All	10,163	-	10,163	3,176	1,000	4,176
General Donations						
	10,163	-	10,163	3,176	21,970	25,146

3 Income from charitable activities

	Unrestricted Fund £	Restricted Funds £	Total 2020 £	Unrestricted Fund £	Restricted Funds £	Total 2019 £
Sheffield Health and Social Care	68,489	-	68,489	56,270	-	56,270
Sheffield City Council	40,000	-	40,000	16,666	-	16,666
Best start	-	-	-	(3,375)	-	(3,375)
	108,489	-	108,489	69,561	-	69,561

In 2019, 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.

4 Grants payable

	Unrestricted Fund £	Restricted Funds £	Total 2020 £	Unrestricted Fund £	Restricted Funds £	Total 2019 £
Recipients of research institutional grants:						
Sheffield University School of Health and Related Research (SchARR)	-	3,501	3,501	-	-	-
	-	3,501	3,501	-	-	-

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

	2020	2019
	£	£
Gross salaries	69,718	55,422
Employer's national insurance contributions	2,341	1,911
Employer's allowance	(2,341)	(1,911)
Employer's pension contributions	833	375
	70,551	55,797

No employees had employee benefits in excess of £60,000 (2019: nil). There was an average of 7.8 employees during the year (2019: 6.2).

The trustees were not paid or received any other benefits from employment with the charity in the year (2019: £nil). No trustees were reimbursed expenses during the year (2019: £nil). No charity trustee received payment for professional or other services supplied to the charity (2019: £nil).

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 £22,757 (2019: £21,674). This includes maternity pay and the maternity cover.

6 Fees paid to the independent examiner's organisation

	2020	2019
	£	£
Independent examination fees	600	540
Other fees paid to the independent examiner's organisation for payroll provision	818	697

7 Debtors

	2020	2019
	£	£
Trade debtors	13,675	34,314
Other debtors	-	2,029
Other taxes and social security	3,391	3,628
	17,066	39,971

8 Creditors: amounts due within one year

	2020	2019
	£	£
Trade creditors	235	1,015
Accruals	600	540
	835	1,555

9 Analysis of movements in restricted funds

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
Rosa UK - Woman to Woman	3,960	-	(3,960)	-	-
National Lottery Awards for All	10,000	-	(3,501)	-	6,499
Room rental	1,000	-	(682)	-	318
	14,960	-	(8,143)	-	6,817

Description, nature and purposes of the fund

Rosa UK - Woman to Woman

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

National Lottery Awards for All

A grant received from the lottery, secured by SchARR. 75% is payable as grants to SchARR and 25% of which is for Light administration, and will be transferred to unrestricted funds on completion of the project. The project is on hold due to COVID-19.

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
	£	£	£	£	£
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
	7,960	21,970	(14,970)	-	14,960

10 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2020	Unrestricted Funds	Restricted Funds	Total 2019
	£	£	£	£	£	£
Net current assets	88,591	6,817	95,408	50,438	14,960	65,398
	88,591	6,817	95,408	50,438	14,960	65,398

11 Related party transactions

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