

Trustees Annual Report

01/08/2019 to 31/07/2020

You Raise Me Up Ltd

Charity Number 1147534

58b High Street

Polegate

BN26 6AD

Trustees

Lauren Henty

Anne-Marie Field

Chairman – 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. 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
3. 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.
4. 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.

Activities & Performance

You Raise Me Up's sole purpose is to provide emotional and mental health support to families after the death 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 not just the parents but grandparents, siblings, cousins, aunts, uncles, and their peers.

Our support is not limited to the cause of death as with some organisations. Our support groups are open to bereaved families regardless of the age of the child or length of loss.

Our Services

Nationwide 24-hour helpline:

Our Mental Health crisis helpline 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.

From March 2020 and the start of COVID restrictions the rate of calls, texts, Facebook messages and email to this service increased from an average of 10 contacts a week to 50 contacts a week not only from newly bereaved family members, families already known to us, those bereaved months or years ago but increasing others looking for mental health support they could not find anywhere else.

Specialist bereavement counselling:

Our counselling service is immediate, bespoke, specialist and free of charge to our users. Our counsellors are not just fully qualified but are bereaved parents themselves too providing their expertise at a reduced rate for the Charity.

The Counselling service we provide means that we can offer support as soon as it is needed, which can be crucial for some particularly in those early days when they are trying to come to terms with the shock of their loss.

Again, from the start of COVID restrictions we have seen increased demand for our services as the NHS and other organisations are stretched or suspended and unable to provide timely appropriate support.

Pre- COVID (Aug 19-March 20) we provide an average of 50 one-hour free counselling sessions a month to 25 individuals with 3 counsellors as a 12-week course which is then reviewed to see if more support is needed.

Our service moved online from March 2020. By July 2020 we were able to see face-to-face again and saw a dramatic increase in those needing support therefore requiring the addition of another counsellor to the Team and use of other professionals to meet the demand.

Group support sessions:

Pre-COVID we provide 3 three-hour support groups which are free of charge to parents and siblings every month. The groups are set up with men, women, and siblings separately. A group for Mothers who have lost their only child meets regularly too.

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. Two counsellors lead the sessions which are held as discussion groups allowing one counsellor to give one to one support if needed.

In March 2020 we had to suspend this service and move to an online "Chat and Cuppa" with families weekly to keep in contact with the families and highlight any needs for more support.

Support Groups started again in August 2020 with the additional cost of hiring COVID premises.

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.

Pre-COVID we would see up to 150 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.

With its temporary closure in March with government guidelines we saw the loss of a vital donated income as well as a much loved and needed local resource. During its closure we were able to carry the necessary work to comply with COVID guidelines ready to reopen in August 2020.

Respite activities:

We also organise up to 4 respite activities such as picnics, meals out, socials and a 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 100 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.

In addition to our five services, we occasionally also support families with funeral costs. We set aside a small pot of unrestricted funding each year to contribute to funeral costs and hardship payments in accordance with the charity objectives.

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

From July 2019 to March 2020 we have only been funded personal donations, events, community fundraising by our beneficiaries and supporters, and corporate donations. A busy calendar of events from the summer of 2019 through to the Spring 2020 included a Gala Dinner, Quiz Night, Christmas Events and the Brighton Half Marathon.

From March 2020 and the COVID -19 crisis all events fundraising stopped – gala dinners, golf day, skydive, marathons etc – we have lost £49,000 from cancelling events – most are in the summer – Marathons (April) Golf Day (May) Midsummer Ball (June) skydive (July) and closing our support centre/coffee shop for 4 months (March – July).

We had started a programme for Trust and Foundation fundraising in Dec 2019 with the help of a East Sussex Charity Mentor.

We have been successful with The Albert Hunt Trust, The Sussex Community Fund, The Sussex Crisis Fund, The Edward Gostling Foundation, the National Lottery and the local authority's emergency funding and reduced our staff costs by using the government furlough scheme.

We were supported by several larger companies this year as their chosen charity including Zurich Community Trust. We continue to be supported by many local businesses too

A significant area of awareness growth has been achieved via social media with 3500 followers on all platforms. Our social media presence is increasing with our twitter and Instagram growing too.

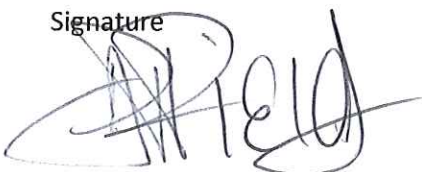
These platforms are used to promote all fundraising events alongside the website

Declaration

The trustees declare that they have approved the Trustees report above

Signed on behalf of the Charity's Trustees

Signature

A handwritten signature in blue ink, appearing to read 'A. Field', written over a circular stamp.

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 2020
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

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2020**

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YOU RAISE ME UP LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2020

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 2020. 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 (resigned November 2020)
Mrs N Hughes (resigned October 2020)
Miss A Field
Ms S A Pearce (appointed October 2020)
Mrs C Hall (appointed November 2020)

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:


.....
Miss A Field - Trustee

Date: 
.....

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

I report on the accounts for the year ended 31 July 2020 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 (Professional Services) Ltd
30-34 North Street
Hailsham
East Sussex
BN27 1DW

Date: 7/4/2021

YOU RAISE ME UP LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2020**

	Notes	2020 Restricted Funds	2020 Unrestricted Funds	2020 Total	2019 Unrestricted Funds
INCOMING RESOURCES					
Incoming resources from charitable activities					
YRMU		20,600	193,669	214,269	147,420
RESOURCES EXPENDED					
Charitable activities					
YRMU		<u>15,581</u>	<u>166,309</u>	<u>181,890</u>	<u>169,987</u>
NET INCOMING RESOURCES		<u>5,019</u>	<u>27,360</u>	<u>32,379</u>	<u>(22,567)</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>5,019</u></u>	<u><u>27,360</u></u>	<u><u>32,379</u></u>	<u><u>(22,567)</u></u>

The notes form part of these financial statements

YOU RAISE ME UP LIMITED

**BALANCE SHEET
AS AT 31 JULY 2020**

	Notes	2020 Restricted Funds	2020 Unrestricted Funds	2020 Total	2019 Unrestricted Funds
FIXED ASSETS					
Tangible assets		-	11,474	11,474	9,473
CURRENT ASSETS					
Cash at bank		5,019	51,209	56,228	25,850
NET CURRENT ASSETS		5,019	51,209	56,228	35,323
TOTAL ASSETS LESS CURRENT LIABILITIES		5,019	62,683	67,702	35,323
NET ASSETS		5,019	62,683	67,702	35,323
FUNDS					
Unrestricted		5,019	62,683	67,702	35,323
TOTAL FUNDS		5,019	62,683	67,702	35,323

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 July 2020.

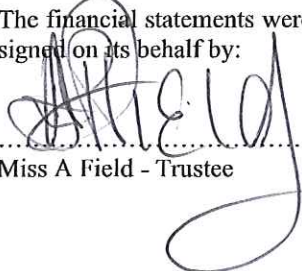
The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 July 2019 in accordance with Section 476 of the Companies Act 2006.

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 April 7 2021 and were signed on its behalf by:


Miss A Field - 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 2020

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.

Taxation

The charity is exempt from corporation 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 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 2020

at 31 July 2019

Plant and
machinery etc
£

11,474

9,473

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 2020**

4. MOVEMENT IN FUNDS

	at 01.08.19 £	Net movement in funds £	at 31.07.20 £
Unrestricted funds			
General fund	35,323	27,360	62,683
TOTAL FUNDS	<u>35,323</u>	<u>27,360</u>	<u>62,683</u>

	at 01.08.19 £	Income £	Outgoing £	at 31.07.20 £
Restricted funds				
The Chalk Cliff Trust	-	5,000	(5,000)	-
Sussex Community Fund	-	3,600	(1,380)	2,220
The National Lottery Awards for All	-	8,750	(6,701)	2,049
Jack Jackson	-	750	-	750
Sussex Community Fund	-	2,500	(2,500)	-
TOTAL FUNDS	<u>-</u>	<u>20,600</u>	<u>15,581</u>	<u>5,019</u>

YOU RAISE ME UP LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2020**

INCOME	<u>2020</u>	<u>2019</u>
Unrestricted funds	21,296	
Support centre donations	45,489	
Community donations	41,938	
Corporate donations	27,196	
Events gross	10,476	
Unrestricted grants	12,200	
Restricted grants	20,462	
Unrestricted government grants	20,000	
Restricted government grants	15,212	
Income total	<u>214,269</u>	<u>147,420</u>
RESOURCES EXPENDED		
Counselling	22,194	48,405
Funeral costs	11,803	19,664
Family activities	4,660	
Helpline	9,675	
SUPPORT CENTRE		
Centre rent	6,208	12,858
Premises	5,254	
Centre utility bills	9,123	5,852
Centre staff wages	35,038	
Equipment	945	11,056
Sundries	65	
PPE	139	
OFFICE		
Office rent	3,473	
Office staff wages	55,753	57,007
Sundries	500	1,193
Training	3,192	
Travel	268	
Stationery and postage	583	
Printing	1,649	7,113
Insurance	523	475
Memberships	852	
Accounts	13	
Marketing	306	2,287
Fundraising events	6,738	
Bank charges	72	920
Depreciation	<u>2,868</u>	<u>3,157</u>
Total resources expended	<u>181,894</u>	<u>169,987</u>
Net income total	<u>32,375</u>	<u>-22,567</u>

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 2020

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 2020.

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.