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Signing Statement:	Shawmind confirms that the information is correct and complete to the best of their knowledge and belief.

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REGISTERED COMPANY NUMBER: 09921207 (England and Wales)
REGISTERED CHARITY NUMBER: 1167947

# REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

**FOR** 

**SHAWMIND** 

Duncan & Toplis Limited 14 London Road Newark Nottinghamshire NG24 1TW

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# REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees, two of which 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 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

#### **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

We exist to support all people with mental health difficulties through early intervention information, training and non-clinical/therapeutic support. We are particularly passionate about working with children and young people as well as employees in the workplace. No one should have to reach crisis point before getting help and by tackling anxiety, and the stigma associated with speaking out about one's mental health, we ultimately aim to save lives.

# The key strands of our work are:

- (a) Working with individuals and/or organisations to develop preventative measures that head off serious mental health challenges where possible and that helps transform organisational culture to stop perpetuating mental health stigma.
- (b) Addressing stigma head-on through social media and event campaigns, and through education about what mental health is and is not.
- (c) Working with children, young people and educational organisations to support the development of emotional literacy & psychological resilience at an early age.
- (d) Continuing to influence policy development with respect to children's mental health.

# **Public benefit**

Shawmind is a charity on a mission to improve mental health awareness. We are committed to educating individuals and organisations so they understand mental health & emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

By encouraging people to talk about their experiences and feelings, we work towards eradicating the crippling stigma associated with mental illness. We also help young people develop an emotional literacy that can continue throughout their education, employment, and personal lives.

We work closely with partner trainers and speakers to provide bespoke mental health packages - such as training programmes or wellbeing strategies - to businesses, schools, colleges, and universities. We know that one size will not fit all, so our innovative approach is tailor made to fit with the identified need.

Our overarching goal is to support anyone who may be struggling with anxiety or related mental health challenges, both the sufferer and those who support them. In order to achieve this the Charity has a number of powers which are listed in the constitution and summarised below:

- 1. to provide support and practical advice:
- 2. to raise money to pay for the charities activities;
- 3. to make such payments as shall be necessary.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

# REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020

### **ACHIEVEMENT AND PERFORMANCE**

**Charitable activities** 

In 2017 our charity made history, becoming the first UK charity to raise the required number of signatures to force a parliamentary debate on children's mental health education. This debate took place later the same year and in July 2018 the government released guidance on proposals for implementing compulsory mental health education into all UK schools from September 2020. However, whilst we are incredibly proud of the part we played in influencing this policy decision, there are still gaps in the process of ensuring better mental health provision for children and young people. This is why our charity is committed to providing support & education to children and adults throughout the year to address this gap.

2020 was a challenging year in that we had to shut down our face-to-face engagements as a result of COVID-19 and find new and more innovative ways of still reaching and helping people. We did this by pivoting to online platforms with our Breathe Cafes, hosting weekly and monthly online sessions for people to connect with our trained volunteers, or to connect with each other around mental health.

We also completely redesigned our mental health training offering, developing online courses initially using external trainers, and then, to reduce costs to the charity, by designing our own training courses for adults and children. We continued to reach out to organisations' employees through business networking groups and through the trustees' professional contacts to assist them with the mental health anxiety of working from home, furlough, retrenchment, or business failure as a result of the pandemic. We increased the number of engagements in schools and began focusing on teacher mental health which came under particular stress during the pandemic. Going forward, we see our mental health training as "Headucation" - our programme to educate adults and young people about their mental health, and to actively develop open discussion about mental health in all environments. Proceeds from Headucation training sold to corporate organisations will be applied to funding training for schools, prioritising those in deprived communities first.

The trustees note that income and expenditure decreased in the year to 31 December 2020 which resulted in a deficit of £34,395 (2019: surplus of £125,100) for the year. [The latter aided by a large one-off corporate donation from Shaw Callaghan Ltd].

Staffing costs were reduced during the second lockdown by retrenching staff to try and offset the dramatic impact the pandemic was having on our ability to fundraise.

The Statement of Financial Activities indicates Total Income Resources of £123,912 (2019 - £343,830) and total Resources Expanded of £158,307 (2019 - £218,730).

# **FINANCIAL REVIEW**

**Reserves policy** 

The majority of funds held by the Charity are held as unrestricted general funds. As at 31 December 2020 the reserves were negative £30,651 (2019: £3,744). The Charity recognises this negative position and has taken steps to rectify this. General funds can be used in any way permitted by the constitution which are necessary or desirable to enable the charity to achieve its aims.

There is an amount of £29,000 in restricted grant funding which the charity has ringfenced and from which disbursements have and will be made according to the wishes of the grantors.

# REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020

### **FUTURE PLANS**

Under the direction of a new Operations Director, who joined the charity mid-way through the 2019 year, we were extremely positive going into 2020 and anticipated making further progress with our training offering and securing corporate sponsorship to allow us to deliver courses free of charge in schools up and down the country.

This resolutely remains our aim, albeit due to the pandemic we find ourselves a good 12 months behind where we hoped we would be. However, fundraising events, particularly mass participation, are starting to resume and some level of normality has been restored. Much of our service delivery can be carried out online and the charity is fully set up for remote working, limiting the impact of any future disruption.

The pandemic will no doubt continue to throw up challenges but we remain positive for the reminder of 2021 and into 2022. Our services are required more than ever, our charity exits the pandemic lean and with a determination to make up lost ground.

# STRUCTURE, GOVERNANCE AND MANAGEMENT

**Governing document** 

The charity is controlled by its governing document, memorandum and articles originally drawn up in 2015 and amended and approved on 22 June 2016, and constitutes an incorporated charity.

**Recruitment and appointment of new trustees** 

The trustees are those who make up the Committee.

Appointment of trustees is governed by the constitution as follows:-

There will be a minimum number of 4 trustees and a maximum number of 8, consisting of:

- (a) a Chair and a Treasurer
- (b) not less than 1 not more than 6 other elected trustees; and
- (c) optionally a further 1 trustee can be co-opted at any time after the AGM (Annual General Meeting).

The trustee in (a) and (b) above shall be elected for 2 years at the AGM. Retiring trustees are eligible for re-election. Co-opted members in (c) above may join at any time on the invitation of the Committee but shall retire at the next AGM. No co-opted member shall serve for more than 6 consecutive years.

Not less than two weeks before the date of the next AGM each Member shall be sent a form which any Member wishing to stand as a candidate for election to the Committee must complete and return to Secretary to indicate their willingness to act as a member of the Committee if elected.

At the AGM the prospective new elected members of the Committee will be those candidates receiving the highest number of votes from the Members. At the first Committee meeting following the AGM at which the newly elected members of the Committee are elected they shall choose from amongst their number the members who will act as Chair, Treasurer and Secretary.

### 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. The trustees have appointed one of their number as head of a sub-committee which reviews risks to the charity on a quarterly basis and reports to the board in the form of a risk register. Trustees then determine collectively how best to address each risk.

REFERENCE AND ADMINISTRATIVE DETAILS Registered Company number 09921207 (England and Wales)

Registered Charity number 1167947

# REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020

Registered office Navigation House 48 Millgate Newark Nottinghamshire NG24 4TS

**Trustees** 

N Goddard Director & Treasurer Resigned 18 August 2021
A P Shaw Director & Chairman

J E Espey OBE L Callaghan V E Collins Dr A Hakeem

Dr A Hakeem

I J Wallace

Resigned 1 February 2021

Resigned 28 June 2021

Christopher Woolston Appointed 4 March 2020

Independent Examiner
Duncan & Toplis Limited
14 London Road
Newark
Nottinghamshire
NG24 1TW

Approved by order of the board of trustees on 29 October 2021 and signed on its behalf by:

A P Shaw - Trustee

# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHAWMIND

Independent examiner's report to the trustees of Shawmind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 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.

Simon Shaw FCCA FCCA Duncan & Toplis Limited 14 London Road Newark Nottinghamshire NG24 1TW

29 October 2021

# STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

		Unrestricted fund	Restricted fund	2020 Total funds	2019 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM Charitable activities					
General		94,912	29,000	123,912	343,830
EXPENDITURE ON					
Raising funds		60,804	9,999	70,803	91,653
Charitable activities General		74,367	13,137	87,504	127,077
		•	•	•	•
Total		135,171	23,136	158,307	218,730
NET INCOME/(EXPENDITURE)		(40,259)	5,864	(34,395)	125,100
RECONCILIATION OF FUNDS					
Total funds brought forward		3,744	-	3,744	(121,356)
TOTAL FUNDS CARRIED FORWARD		(36,515)	<b>5,864</b>	(30,651)	3,744

# BALANCE SHEET 31 DECEMBER 2020

		Unrestricted fund	Restricted fund	2020 Total funds	2019 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	6	86	•	86	194
CURRENT ASSETS					
Debtors	7	27,639	-	27,639	3,022
Cash at bank and in hand		558	5,864	6,422	4,057
		28,197	5,864	34,061	7,079
CREDITORS		<b>45.040</b>		45.040	<b>42 - 202</b>
Amounts falling due within one year	8	(15,918)	•	(15,918)	(3,529)
NET CURRENT ASSETS		12,279	5,864	18,143	3,550
TOTAL ASSETS LESS CURRENT LIABILITIES		12,365	5,864	18,229	3,744
CREDITORS Amounts falling due after more than one year	9	(48,880)	-	(48,880)	-
NET ASSETS		(36,515)	5,864	(30,651)	3,744
FUNDS	11				
Unrestricted funds				(36,515)	3,744
Restricted funds				5,864	•
TOTAL FUNDS				(30,651)	3,744

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

BALANCE SHEET - continued 31 DECEMBER 2020

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 October 2021 and were signed on its behalf by:

A P Shaw - Trustee

# NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

### 1. ACCOUNTING POLICIES

# **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

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

### **Expenditure**

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

### **Tangible fixed assets**

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

Computer equipment - 33% on cost

# 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 restricted purposes.

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

# **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

### **Goina concern**

The financial statements have been prepared on a going concern basis as the trustees believe it is appropriate and 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.

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# NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2020

# 2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2020	2019
	£	£
Depreciation - owned assets	108	108

# 3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

# Trustees' expenses

There were no reimbursed expenses paid to the trustees during the year ended 31 December 2020 and £537 paid for the year ended 31 December 2019.

# 4. STAFF COSTS

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

	2020	2019
Employees	4	4

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2020	2019
£60,001 - £70,000	1	-
	<del></del>	

Unrestricted

Restricted

Total

# 5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	fund £	fund £	funds £
INCOME AND ENDOWMENTS FROM	_	-	-
Charitable activities			
General	343,830	-	343,830
	•		•
EXPENDITURE ON			
Raising funds	91,653	•	91,653
Charitable activities			
General	127,077	•	127,077
Total	218,730	•	218,730
NET INCOME	125,100	•	125,100

# NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2020

5.	<b>COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVIT</b>	IES - continued		
		Unrestricted fund £	Restricted fund £	Total funds £
	RECONCILIATION OF FUNDS			
	Total funds brought forward	(121,356)	•	(121,356)
	TOTAL FUNDS CARRIED FORWARD	3,744		3,744
6.	TANGIBLE FIXED ASSETS			
				Computer equipment £
	COST At 1 January 2020 and 31 December 2020			320
	DEPRECIATION			126
	At 1 January 2020 Charge for year			108
	At 31 December 2020			234
	NET BOOK VALUE			
	At 31 December 2020			<b>86</b>
	At 31 December 2019			194 ———
7.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
			2020	2019
	Trade debtors		£	£ 508
	Other debtors		5,625 21,090	508 2,300
	Prepayments and accrued income		924	214
			27,639	3,022

# NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2020

8.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
			2020	2019
			£	£
	Bank loans and overdrafts (see note 10) Trade creditors		<b>805</b>	4 400
	Accrued expenses		11,233 3,880	1,489 2,040
	nou ucu expenses		3,000	2,040
			15,918	3,529
9.	CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YE	AR	2000	0040
			2020 £	2019 £
	Bank loans (see note 10)		48,880	<b>.</b>
	Daik Ivalis (See livite 10)		<del></del>	<u> </u>
10.	LOANS			
	An analysis of the maturity of loans is given below:			
			2020	2019
			2020 £	2017 £
	Amounts falling due within one year on demand:		-	-
	Bank overdrafts		805	-
				====
	Amounts falling between one and two years:			
	Bank loans - 1-2 years		9,204	-
	Omenute falling due habuses has and five years			<u> </u>
	Amounts falling due between two and five years: Bank loans - 2-5 years		30,073	_
	Daik Ivalis - 2-3 years		=====	
	Amounts falling due in more than five years:			
	Repayable by instalments:			
	Bank loans more 5 yr by instal		9,603	-
11.	MOVEMENT IN FUNDS			
			Net _	
		B1 4 4 00	movement	At
		At 1.1.20 £	in funds £	31.12.20 £
	Unrestricted funds	£	E	L
	General fund	3,744	(40,259)	(36,515)
		- •	·	4//
	Restricted funds			
	Restricted fund	•	5,864	5,864
	TOTAL FUNDS	3,744	(34,395)	(30,651)

# NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2020

# 11. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds General fund	04 012	/49E 474\	/A0 250\
General rund	94,912	(135,171)	(40,259)
Restricted funds		4	
Restricted fund	29,000	(23,136)	5,864
TOTAL FUNDS	123,912	<b>(158,307)</b>	(34,395)
Comparatives for movement in funds			
		Net	
		movement	At
	At 1.1.19 £	in funds £	31.12.19 £
Unrestricted funds	£	£	ı
General fund	(121,356)	125,100	3,744
TOTAL FUNDS	(121,356)	125,100	3,744
	<u> </u>	====	====
Comparative net movement in funds, included in the above are	as follows:		
	Incoming	Resources	Movement
	resources	expended	in funds
Unrestricted funds	£	£	£
Onrestricted funds General fund	343,830	(218,730)	125,100
	3,000	~  <b>/</b>	
TOTAL FUNDS	343,830	(218,730)	125,100

# NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2020

# 11. MOVEMENT IN FUNDS - continued

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

	At 1.1.19 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds General fund	(121,356)	84,841	(36,515)
Restricted funds Restricted fund	-	5,864	5,864
TOTAL FUNDS	(121,356)	90,705	(30,651)

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds General fund	438,742	(353,901)	- 84,841
Restricted funds Restricted fund	29,000	(23,136)	5,864
TOTAL FUNDS	467,742	(377,037)	90,705

# 12. RELATED PARTY DISCLOSURES

During the year, the charity bought services to the value of £107,550 (2019: £161,793) from a company in which A Shaw is also a Directors. These services related to a recharge of salaries from Shaw Callaghan Ltd who operate a payroll system on the charity's behalf.

Amounts that were owed to the charity by the company at the year end was £21,090 (2019: £Nii).

During the year, the charity also bought services to the value of £8,324 (2019: £4,202) from a company in which I J Wallace is a director.

# DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	2020 £	2019 £
INCOME AND ENDOWMENTS	-	-
Charitable activities		
Donation - personal	34,710	72,745
Trading receipts	14	168
Donations - corporate	16,935	225,389
Fundraising events	11,245	33,413
Grants	51,461	
Training provision	9,100	11,370
Breathe income	•	745
Other income	447	-
	123,912	343,830
Total incoming resources	123,912	343,830
EXPENDITURE		
Raising donations and legacies		
Wages	55,480	65,468
Social security	6,170	6,655
Pensions Fundaciona event	980	959 45 400
Fundraising event Service provision	6,234 1,939	15,608 2,963
oci iloc pioriacii		
	70,803	91,653
Charitable activities		04.004
Wages	40,168	81,371
Social security Pensions	4,020 733	6,308 1,032
Insurance	733 725	1,032
Telephone	327	374
Postage and stationery	159	1,068
Advertising	4,141	428
Sundries	847	1,650
Consultancy fees	2,060	· •
Software	531	217
Subscriptions	1,269	2,346
Travel and insurance	2,969	10,137
Website and promotions	3,998	553
Accountancy	7,304	3,926
Fundraiser expenses	4,130	125
Public speakers and trainers	5,375	4,766
Service charges	63	699
Staff training and welfare Carried forward	2,902 91 721	59 115 120
Carrieu Iurward	81,721	115,128

# DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	2020	2019
	£	£
Charitable activities		
Brought forward	81,721	115,128
Depreciation	108	108
Relocation fees	-	11,444
Recruitment fees	3,240	-
Outreach support	2,300	-
	87,369	126,680
Support costs		
Management		
Entertaining	-	314
Finance		
Bank charges	35	83
Bank loan interest	100	-
	135	83
Total resources expended	158,307	218,730
Net (expenditure)/income	(34,395)	125,100