



2022 Report and Accounts

Registered Company No: 04881803
Registered Charity No: 1101519

Introduction

The Trustees submit their annual report and accounts for the year ended 31 December 2022. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102).

Since the Charitable Company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

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.

Objectives, activities, achievements, performance and public benefit

The Charity's core objectives, as set out in the governing document, are currently to:

- Promote and assist in advancing education
- Promote, or assist in promoting, community participation in healthy recreation
- Provide, or assist in the provision of, recreational facilities for other organisations, in the interests of social welfare and with the objective of improving the condition of life for those for whom the facilities are provided
- Relieve sickness and disability and to preserve and protect health; and
- Promote any other purpose that is charitable in English law.

Board of Trustees

Jenna Ackerley (appointed 05/07/2023)
Derek Bowden
Liz Brownsell (resigned 24/01/2022)
James Buckle (appointed 05/07/2023)
Nymone Da Costa Jones (appointed 01/09/2022)
Julian Herbert
Terry Hunt
Harriet Johnson
Julie Shurrock (appointed 30/03/2022)
Nigel Smith
Christine Walters
Sally Westwood (appointed 05/07/2023)
Alan Whittaker

Board Sub-Committees Include

Finance and Employment
Programme and Outcomes
Nomination Committee

Executive Management Team

Terry Baxter, Chief Executive
Andrew Crump, Deputy Chief Executive
Rachel Reddington
Karina Scrivener

Patrons

Cassie Bendall
Peter Dawes
Alicia Garrad
Adrian Dodds
Steve Flory
Matt Holland
Simon Jay
Pat Lewis
Tom McGarry
Neil Miles
Andy Perrin
Neil Prentice
Dave Ward, OBE
Richard Wood

External Auditor

SB Audit LLP
Fitzroy House
Crown Street
Ipswich IP1 3LG

Bankers

Barclays Bank Plc
1 Princes Street
Ipswich IP1 1PB

Lawyers

Birketts LLP
141 – 145 Prince's Street
Ipswich IP1 1QJ

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Chair's Statement

Despite some challenges caused by the legacy of the Covid pandemic, I am very pleased to report that 2022 was another successful year for Inspire. Thanks to the hard work and dedication of the remarkable Inspire team, the organisation continued to deliver vital support for large numbers of young people. In many cases, Inspire transforms lives, which I find absolutely awe-inspiring.

As chair, I would personally like to offer my thanks to all the Inspire staff, whose commitment and skills are at the very heart of our organisation. I would also like to thank our Board of Trustees, who provide such invaluable support and guidance to our Chief Executive and senior team. I am very grateful for their time and wisdom, which they give very generously. During the year, we were very pleased to welcome Nymone Da Costa-Jones and Jules Shorrocks as Trustees to the Board.

I would also like to recognise the valuable contribution of our Patrons, who are listed below:

Cassie Bendall – Cheddar Creative
 Peter Dawes – Carter Dawes Financial Planning Ltd.
 Alicia Garrad – formerly of EADT
 Adrian Dodds – former managing director of S. Sacker (Ipswich) Ltd.
 Steve Flory – Hudson Group
 Matt Holland – former ITFC captain
 Simon Jay – Seckford Golf Club
 Pat Lewis – Source One Consulting
 Tom McGarry – Sizewell C (EDF)
 Neil Miles – Inawisdom
 Andy Perrin – Hemisphere Freight Services Ltd.
 Neil Prentice – Managing Partner, Marketing, Jacob Bailey
 Dave Ward, OBE – Transport infrastructure consultant
 Richard Wood – Cheddar Creative

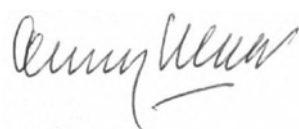
Our Patrons offer their time and wisdom very generously, and provide tremendous support in inspiring our young adults, which is greatly appreciated.

Inspire's focus remains the support of young people who experience severe disadvantage and social instability, and our team works to help their reintegration into society.

We are extremely grateful, as ever, to our funding partners, and in particular the support of East Coast College and Suffolk New College.

We continue to build strong partnerships, including EDF Sizewell C; East Suffolk Council; Suffolk County Council; Ipswich Borough Council; Suffolk Police and Crime Commissioner; Suffolk New College; and the University of Suffolk.

In 2023, Inspire marks its 10th anniversary, with a number of celebratory events planned. Excitingly, the organisation continues to develop and grow, most notably recently with the takeover of the highly respected Porch Project.



Terry Hunt, Chair

"Thanks to the hard work of the Inspire team, the organisation continued to deliver vital support."



Chief Executive's Statement

The early part of 2022 proved to be a tricky period to navigate for our Charity, as a result of the national post-lockdown trend in staff looking to make changes in their career progression and work-life balance. This negatively affected us, with a higher-than-average staff turnover during the year. Although our organisation invariably replaces those who choose to leave us with excellent candidates, the period of changeover impacted our ability to provide seamless services in the early part of '22. However, as the year went on, new colleagues settled in well, enabling the organisation to continue to provide its invaluable and much-needed services to young people in Suffolk, North Essex, and South Norfolk.

Core programmes, including 'Team' and the 'National Citizen Service' (NCS) continued to perform well, with NCS continuing to reach more young people year on year. At the end of 2022, the NCS Trust announced changes to the way it works with partners. Despite these changes, I am delighted to say that we will continue to work in this important pre-16 sector across Suffolk.

The Wellbeing service that the Charity piloted in 2020 continues to grow as need drives demand. We have big ambitions for this vital service and are looking to more than double our provision. Funding is a constant issue relating to this service and we are working with potential funders and partner organisations to find a more sustainable model. However, in 2022, we worked with more young people with this service than ever before and into '23 have expanded our workforce to help meet the ever-expanding need.

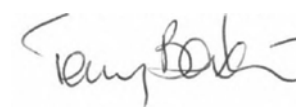
We have worked hard to engage with the communities that are close to our centres and in Ipswich piloted a 'Safer Spaces' program to provide young people with just that, an area where they can socialise, with youth workers on hand to provide informal support as and when needed. The lack of obvious formality has proved popular, and we will expand this provision in Ipswich and Lowestoft in the next year.

Our internal fundraising team has worked incredibly hard, in the post-pandemic world, to ensure continued success in attracting support for the work that we do. In 2022, the

Charity re-established its annual fundraising ball in October and, once again achieved its best total to date. However, it's the increase in general, often unsolicited support, particularly from families and businesses, that has been most pleasing and has been reflected in the success of our fundraising team.

So, despite of the slightly disappointing financial outcome of 2022, the charity remains in good shape, both structurally and financially and ready to continue to change the lives of the young people we engage with each year.

Finally, as I write this overview in May 2023, the charity has taken over a small but respected local charity, the 'Porch Project', bringing its 'youth outreach work' into the Inspire portfolio of services. We are excited by this development which we believe will enable us to expand these services across the entire area supported by our Charity.



Terry Baxter, CEO

"The charity continues to change the lives of the young people we engage with year on year."



Our aims

We believe in youth.

We are on a mission to ensure that all young people have timely access to services that support Education, Personal Development and Wellbeing.

Each day, we work at the forefront of helping young people to overcome challenges and make positive next steps forward, back into employment or further training. We offer life changing personal development programmes, motivational education courses and engaging sport activities that local young people may not otherwise have access to.

Our services transform young lives, tackling a range of issues that they are facing. Students learn new skills and qualities to enable them to work as a team, build self-esteem, manage mental health issues and gain key skills, that they can employ not just in work, but in life. As a charity, we believe sustainable outcomes are paramount to ensuring our students can not only start the next chapter of their lives with confidence, but continue to move forward in the world.

This year has seen us build greater financial independence to enable us to better respond to the needs of our young people and their communities.

“We want to see generations of young people empowered to raise their ambitions and realise their potential.”



2022: Achievements and performance

"Inspire has an amazing team and genuinely care about changing young people's lives – why wouldn't we want to be a part of this when the results are so amazing?"

STRATEGIQ, INSPIRE + MEMBER

THE PRINCE'S TRUST AWARDS 2022



Helping young people realise their potential



Creating a streamlined service

Following the pandemic, we have consolidated our package of support to enable us to drive delivery in key areas of need.

Traditionally, young people may have been passed between agencies, but this approach to youth development has allowed us to better serve young people by minimising idle time when being passed between local services, and leaving room for more innovative collaboration.

Each young person we work with is unique. Their journey could have many phases through several workshops, courses, work experience and psychotherapy, or it may be a one-off intervention. This is led by the participants own needs, skills gaps and aspirations which shape our package of support.

This year, we have successfully run several one-off projects that have tapped into the interests of young people and allowed for partnership with local organisations, such as our Fred. Olsen Cruise Lines overnight career experience. These initiatives are not only



valuable for our youth but also strengthened our connections within the local community, enhancing our outreach and impact. They have also allowed us to 'test-drive' new approaches to engagement.

We remain as committed as ever to nurturing the wellbeing of individuals and exploring new approaches to empower young people, while continuing to build mutually beneficial relationships with local organisations.

Education and Development

Our education programmes have all performed in line with targets, with our Prince's Trust Team Programme supporting 83% of participants on to next steps.

Since introducing our Youth Employment Service, we have been able to create a seamless, more integrated journey through our services to maximise the potential for a positive outcome. While Team remains a core activity, our other services have been designed to complement and support this 12-week course with supplementary skills. By taking this approach, we can address the specific needs of young people who require additional, targeted support.



We have observed a significant increase in the distance many of our participants are from work when they enlist our help, which has required an even more intensive approach to ensure their success.

Wellbeing

At the start of the pandemic, we quickly mobilised to introduce our wellbeing service, which focuses on improving the mental health of children and young people.

Since its inception, we have seen fantastic results, and in 2022 296 individuals were referred and nearly 600 hours of counseling were delivered.

Our expert team of counsellors has been instrumental in facilitating positive transformations. In fact, 97% of our clients have made progress in managing their feelings and emotions, which is testament to the effectiveness of and need for our service. As we move into 2023, we continue to develop services that provide these safe environments where young people can gain the support they need from trusted professionals.



Outreach

This year we expanded into outreach work and drop-ins, recognising the vital role these services play in establishing trust with young people.

One of the key initiatives we launched was Summer Safe, a trial programme which was designed to offer a safe environment during summer evenings, prompted by a distressing incident of violent crime in our community.

Through Summer Safe and subsequent outreach initiatives, we hope to meet young people on their level and be a beacon of safety and support in challenging times. Our hope is that by fostering this perception of an 'open door' we can work with young people earlier to help them navigate obstacles as they arise, rather than when they become barriers to achievement.

"Inspire gave me the confidence to go out and get what I wanted. Before, I'd always lacked confidence. The service is something that everybody should be able to use if they need it."



Sports and Clubs

Our sports and holiday clubs support children's development beyond the classroom. We know just how important it is to have access to enrichment opportunities outside of school, which is why our clubs offer a wide range of activities to keep children engaged and active.

We are passionate about making our provision accessible to all and strive to keep it affordable. In cases where grant funding is available, we even offer free access to our clubs, such as Turn Up and Play. Our holiday clubs also provide government-funded HAF places, which include a complimentary lunch, ensuring all children can enjoy school holiday activities, regardless of income.

Our feedback has shown us that:

71% strongly agree that their child has a good time

Parents rated our staff 9.5 out of 10

96% agree or strongly agree that their child looks forward to our clubs

100% of service users have made progress in three or more outcome areas

"The holiday club is amazing and my children always enjoy it. The price is excellent and a very affordable option, compared with other clubs that are very expensive."



"Always a pleasure taking my son to Inspire. He loves it so much he gets upset when he has to go back to school or if I ever pick him up early from a day at holiday club."

What do we do?

In the last 9 years, we have...



supported over **4000** young people and **19,000** children



Over **18,000** hours spent supporting local causes and people on community projects



In 2022...



105

qualifications achieved on our education programmes by students

2028

youth employment service sessions offering advice and guidance

6000

holiday club places made available to local children

255

school leavers took part in our NCS programme

97%

of the young people who used our wellbeing service made progress with their self-esteem



Skills, Connections and Aspirations

most common areas where students made progress



Time spent providing young people with the skills they need to achieve their ambitions and reach their potential

94% of our Team students would recommend Inspire

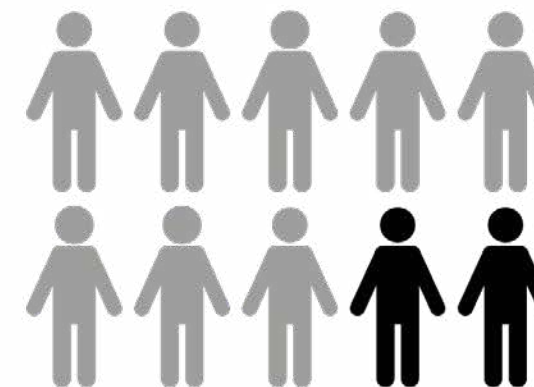


419

young people supported by our Youth Employment Coaches through one-to-one sessions and workshops

509

Positive outcomes recorded for students who have left Inspire and progressed on to positive next steps



83% of our Team Programme students went on to positive next steps, such as work or training

4470

hours of social action for causes including preventing period poverty and preventing knife crime

19%

of young people we worked with had been unemployed for 36 months or more

589

hours of free counselling provided with a registered psychotherapist

296

young people referred to our Wellbeing Service

500

hours of arts and craft at our holiday clubs in Ipswich and Lowestoft

Our plans for 2023

2023 will see Inspire reach a milestone in its history, reaching its 10th Anniversary operating under the Inspire banner. During that time, the extensive work of our Charity has seen it support thousands of young people needing support, care, guidance, and a positive sense of direction.

In 2023 the Charity will build on the work from the previous year and look to target a 15% increase in turnover, and by association, the work we do with the young people we engage with.

A significant contribution to this will be made by the merger of the Suffolk based charity The Porch Project, into the Inspire family. This modest, but well-respected charity works predominately around the Suffolk market towns of Hadleigh and Sudbury. At time of writing this report, this merger has taken place. Consequently, the outreach youth work, which is the area of expertise the Porch Project charity brings to us, is being filtered into the wider work of Inspire. This work will be expanded into the head office facility in Ipswich and the North East Suffolk base in Lowestoft where drop in or safer space areas will be developed.

Our Wellbeing Service has never been needed more, and so we have taken steps to expand the reach of this vital component of our services and in 2023 we have increased the consultation hours available to young people reaching out for or being referred into our services. We have big ambitions for significant growth in this vital area.

In 2023 we will aim to develop the community site where our head office is located. This will be facilitated in several ways. In the case of developing the outdoor sports facilities on site in Ipswich, the charity is expecting to enter into an agreement with the University of Suffolk to install an 'All Weather Football Pitch' with floodlights. This will allow greater use of the sports facilities on site and for a longer period of the year, where previously the outdoor space is unusable, in the evenings, between October to April. Improvements to grass sports pitches will also be developed to higher standards. All of this, through the agreed use arrangement with the University will provide much better facilities for the local community and beyond.

It is also our intention (subject to a successful grant) to develop the Sports Dome at our Ipswich site. This would see replacement of the dome flooring (currently over 45 years old), complete upgrading of changing facilities and access (which is not currently DDA compliant). In addition, and in line with our expansion of the Wellbeing service and outreach work mentioned above, we aim to create therapy consultation space and youth focused drop in space within the existing buildings. This will dramatically improve our ability to work with the local community on site.

Our Youth Employment Service continues to provide one-to-one target support to young people looking for support and advice on their journey into education or employment. This important service will enable us to introduce young people to our other services, if appropriate to their needs, or provide pathways to other trusted providers. As well as East Suffolk, this service will be expanded into Mid and West Suffolk during 2023.

Once again, in the coming summer holiday period, we will expand the range and capacity of our children's holiday activities. This will provide over 3500 free places funded by HM Government's Holidays, Activity and Food Programme, targeting children in receipt of free school meals. Activities including sport, dance and crafts will be provided along with a packed lunch.

Our charity, like many, continues to work tirelessly to provide vital services. We will continue to identify new trends, needs and challenges and rise to the challenge to meet them in 2023 and beyond.



Financial review

2022 remained a challenging financial year, as the organisation continued to adapt to the changes in both the delivery and funding environment following the global pandemic. Income began to grow back to its pre-pandemic levels reaching £1.3m, which was an increase of 12% from 2021. Expenditure also increased as the full range of services resumed and additional effort was put in to reaching young people who found it more challenging to re-engage in our services. This resulted in an increase in expenditure of 19% to £1.3m (exacerbated by increase in cost of living) and an overall organisational deficit of £10k. Having navigated through the pandemic with a secure reserves base, the Trustees were committed to driving these services forward to provide the much-needed support to young people.

Particular areas of growth included our Wellbeing Programme which secured income of £90k during the year to deliver free counselling to young people across the region. This programme was started during the pandemic and, due to the evidence gathered of its early impact, we have been able to secure additional funding as its importance across the area becomes well recognised.

Other areas of success included the NCS Programme delivered to young people primarily in Ipswich and Lowestoft with funding of £150k, the Youth Employment Service which continued to provide employment-related support services, and Holiday Clubs for children in multiple venues.

The largest programme of delivery, the Princes Trust Team Programme, had some challenges during the year as we strived to engage with young people who had been significantly affected by the pandemic. Income for this area decreased to £230k in the year compared to previous years where income had reached over £400k in 2019.

The renewed support for our fundraising events culminated in our headline event, the annual ball, which raised £50k with support from local businesses and supporters of the Charity.

Through the careful financial management over the last two turbulent years, the Charity was able to begin 2022 with a

strong level of reserves, and with the determination of trustees and employees to bring the Charity back to its full delivery model, the charity was able to draw on the reserves in a planned way to ensure Inspire could fully deliver its strategic aims.

Reserves policy

Reserves are held in order to provide for continuity of service in the event of the loss of a major funder or project, or a dramatic change in the Charity's operating environment. The Charity reviewed its reserves policy during the year and agreed on three key areas for which it would hold reserves:

1. Operational Reserves
2. Capital Replacement Reserves
3. Project Development Reserves

The board of Trustees considered the value of our reserves in the context of the current external climate, our size and activities, and agreed that the level of reserves required to meet the requirements of the policy totals £300k.

The actual level of unrestricted reserves at the year-end (excluding fixed assets) was £283k. This level has been carefully managed during the year and the reserves have been used to ensure the Charity could maximum its support and delivery of services to young people during the year.

The board remain committed to reaching the targeted reserves levels.

Investment policy

The Charity does not have significant resources to invest, cash balances are held in current and deposit bank accounts with the Charity's main banker. This policy is reviewed annually.



Governance and administration

The persons who were Trustees as at the date of the approval of these accounts and those who have served as Trustees during the year are detailed on the Introduction page. For the purpose of this report the Directors/Trustees are referred to as Trustees. The Trustees' Report incorporates the requirement of the Directors' Report under company law.

Inspire Suffolk Ltd (the "Charity" or the "Charitable Company") is a sole member company that has been registered as a charity (1101519). The Charity's governing documents are the Memorandum and Articles of Association dated 17th January 2013. The member is the Trustee Terry Hunt.

Under the terms of these Articles of Association, the member may appoint a representative as a Director, who is also a Trustee. Further Trustees are appointed by the board. No other person or external body is entitled to appoint one or more of the Charity's Trustees. The Trustees are responsible for the actions and activities of the Charity. All Trustees are appointed for a fixed term, and can then be re-appointed.

Trustee Board

The board of Trustees has ultimate legal responsibility for our organisation and works to ensure good governance with the help of its sub-committees (Finance and Employment Committee and Programmes and Outcomes Committee). The board agrees the overall strategic direction and is our highest decision-making body. Its members are volunteers. They work alongside the CEO and the senior management team, who are responsible for the implementation of policy and for the management of the day-to-day running of the organisation.

A sub committee of the Board exists to determine the remuneration of the Chief Executive through a review of performance and consideration of market data. The remuneration of the senior management team is set by the Chief Executive.

During the year the Charity paid for Trustee Indemnity Insurance amounting to £372 (2021: £374) on behalf of the Trustees.

Trustee induction, recruitment and training

Recommendations for Trustees are put before the Nominations Committee for approval. Once the recommendation has been approved, it is then agreed by the Board.

The Charity continues to develop its procedure to ensure that the Trustee is aware of his or her responsibilities, has a good understanding of the Charity, understands its future strategy, is provided with relevant information from the Charity Commission and is offered ongoing training and information to ensure they are brought up to date with developments in law. Trustees are invited and encouraged to attend presentations and events which include the young people we work with.

Trustees' terms of office last for three years, and they can serve up to three consecutive three-year terms, after which they may be invited to serve additional years at the invitation of the board, before standing down.

Operational Management

The Chief Executive Officer oversees a senior management team that includes, Deputy Chief Executive; Chief Finance Officer; Two Education Programme Managers; Grants & Development Manager; Centre Operational Manager, Senior Marketing Executive and HR Lead / Executive Assistant to CEO. The Senior Management Team meets monthly to ensure that the organisation is meeting its strategic objectives, working to budget, assessing charitable impact and identifying opportunities. It also has responsibility to identify and manage risk.

Risk

The senior management team review of the risk register takes place at their monthly meetings. In addition, this document is considered by the Trustees in detail at least once every year, and is tabled at every Trustee Board Meeting. Any major risks to which the Charity is exposed, which include a loss of a major funder, and the effects of an unpredictable financial climate, as identified by the Trustees and management team, have been reviewed by the management team, and systems or procedures have been established to manage those risks.

Trustees' responsibilities statement

The Trustees (who are also the Directors for the purpose of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees must prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the income and expenditure, of the Charitable Company for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
 - observe the methods and principles in the Charities SORP;
 - make judgments and accounting estimates that are reasonable and prudent;
 - state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
 - prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue to operate.
- The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charitable Company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees confirm that so far as they are aware, there is no relevant audit information (as defined by section 418(3)

of the Companies Act 2006) of which the Charitable Company's auditor is unaware. They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant audit information and to establish that the Charitable Company's auditor is aware of that information.

Our auditor, Scrutton Bland LLP, transferred part of their business to a newly incorporated limited liability partnership, SB Audit LLP. Accordingly, Scrutton Bland LLP formally resigned as the Charity's auditor and the Trustees duly appointed SB Audit LLP to fill the vacancy arising.

The auditor, SB Audit LLP, will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

This report was approved by the Trustees on 5 July 2023 and signed on its behalf by:



Terry Hunt, Trustee



Accounts

Independent Auditor's report to the members of Inspire Suffolk Ltd

Opinion

We have audited the financial statements of Inspire Suffolk Ltd (the 'Charitable Company') for the year ended 31 December 2022 which comprise of the Statement of Financial Activities incorporating Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the Charitable Company's affairs as at 31 December 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charitable Company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to ongoing concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charitable Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Annual Report other than the financial statements and our Auditor's Report thereon. The Trustees are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the Charitable Company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to take advantage of the small companies' exemption from the requirement to prepare a Strategic Report.

Responsibilities of the Trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the Charitable Company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the Charitable Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the Charitable Company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our general commercial experience and through discussions and enquiries of Trustees and management. During the engagement team briefing, the outcomes of these discussions were shared with the team, as well as consideration as to where and how fraud may occur in the Charitable Company.

The following laws and regulations were identified as being of significance to the Charitable Company:

- Those laws and regulations considered to have a direct effect on the financial statements including UK financial reporting standards, taxation regulations and the Charities Act 2011;
- The company is subject to many other laws and regulations where the consequences of noncompliance could have a material effect on amounts or disclosures

in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: health and safety, safeguarding, human rights and employment law and GDPR compliance.

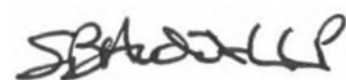
Audit procedures undertaken in response to the potential risks relating to irregularities (which include fraud and non-compliance with laws and regulations) comprised of: enquiries of management and those charged with governance as to whether the Charitable Company complies with such regulations; enquiries of management and those charged with governance concerning any actual or potential litigation or claims, inspection of relevant legal documentation, review of board minutes, testing the appropriateness of entries in the nominal ledger, including journal entries and the performance of analytical procedures to identify any unexpected movements in account balances which may be indicative of fraud.

The likelihood of detecting irregularities, including fraud, is limited by the inherent difficulty in detecting irregularities, the effectiveness of the entity's controls, and the nature, timing and extent of the audit procedures performed. Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error. As explained above, there is an unavoidable risk that material misstatements may not be detected, even though the audit has been planned and performed in accordance with ISAs (UK).

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our Auditor's Report.

Use of our report

This report is made solely to the Charitable Company's member, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Charitable Company's member those matters we are required to state to the member in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charitable Company and its member as a body, for our audit work, for this report, or for the opinions we have formed.



Adam Smith (Senior Statutory Auditor)

For and on behalf of SB Audit LLP, Statutory Auditor
Fitzroy House, Crown Street, Ipswich, IP1 3LG
25 July 2023

Accounts for the year ended 31st December 2022

We are dedicated to helping young people in Suffolk achieve brighter futures. In 2022, we held our first Field Funday event to open our doors to the local community.



Statement of financial activities

(Incorporating an income and expenditure account)
For the year ended 31st December 2022

	Notes	31/12/2022 Unrestricted funds (£)	31/12/2022 Restricted funds (£)	31/12/2022 Total funds (£)	31/12/2021 Total funds (£)
Income					
Grants and donations	2	88,396	165,052	253,448	154,052
Charitable activities	2	960,896	1,754	962,650	927,089
Other trading activities (fundraising)	2	89,091	-	89,091	79,764
Investments	2	211	-	211	53
TOTAL INCOME		1,138,594	166,806	1,305,400	1,160,958
Expenditure on:					
Raising funds	3	(70,255)	-	(70,255)	(37,265)
Charitable activities	3	(1,121,676)	(123,838)	(1,245,514)	(1,067,450)
TOTAL EXPENDITURE		(1,191,931)	(123,838)	(1,315,769)	(1,104,715)
Net income and expenditure and net movement in funds	11	(53,337)	42,968	(10,369)	56,243
Reconciliation of funds					
Total funds brought forward		534,170	88,838	623,008	566,765
Transfers between funds		49,650	(49,650)	-	-
TOTAL FUNDS CARRIED FORWARD		530,483	82,156	612,639	623,008

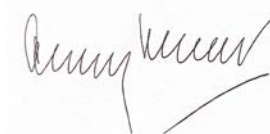
- The above results arose wholly from continuing operations.
- There were no gains or losses in either year other than the deficit for the year and accordingly, no statement of total recognised gains or losses is presented.
- The notes on pages 28 to 38 form part of these financial statements.

Balance sheet

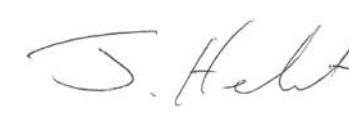
As at 31st December 2022

	Notes	31/12/2022 Total funds (£)	31/12/2021 Total funds (£)
Fixed assets			
Tangible Assets	6	247,501	212,563
Investments	7	1	1
NET FIXED ASSETS		247,502	212,564
Current assets			
Debtors	8	182,723	84,506
Cash at bank and in hand		405,942	624,924
TOTAL CURRENT ASSETS		588,665	709,430
Liabilities			
Creditors: amounts falling due within one year	9	(143,949)	(192,169)
NET CURRENT ASSETS		444,716	517,261
Creditors: amounts falling due after more than one year	10	(79,579)	(106,817)
NET ASSETS		612,639	623,008
The funds of the Charity			
Restricted income funds	11	82,156	88,838
Unrestricted income funds	11	530,483	534,170
TOTAL CHARITY FUNDS		612,639	623,008

These financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and were approved by the board of Trustees and authorised for issue on 5 July 2023 and were signed on its behalf by:



Terry Hunt
Trustee



Julian Herbert
Trustee

Company registration No. 04881803. The notes on pages 28 to 38 form part of these financial statements.

Statement of cash flows

For the year ending 31st December 2022

	Notes	31/12/2022 (£)	31/12/2021 (£)
Cash flows from operating activities			
Net cash (used in) / generated from operating activities	18	(127,373)	187,964
Cash flows from investing activities			
Interest received		211	53
Receipt from sale of fixed assets		-	4,000
Purchase of tangible fixed assets		(60,362)	(18,357)
Net cash (used in) investing activities		(60,151)	(14,304)
Cash flows from financing activities			
Interest paid		(4,220)	(267)
Proceeds from borrowing		-	-
Repayment of borrowings		(27,238)	(15,910)
Net cash (used in) financing activities		(31,458)	(16,177)
Change in cash and cash equivalents in the year		(218,982)	157,483
Cash and cash equivalents at 1 January		624,924	467,441
Cash and cash equivalents at 31 December	19	405,942	624,924

Notes

(Forming part of the financial statements)

1. Accounting Policies

Basis of accounting

The annual report and accounts for the year ended 31 December 2022 have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)(effective 1 January 2019) – (Charities SORP (FRS102)) Financial Reporting Standard applicable in the UK

and Republic of Ireland (FRS102) and the Companies Act 2006.
Inspire Suffolk Limited is an incorporated charity domiciled and registered in England, which constitutes a public benefit entity as defined by FRS102. Assets and liabilities are initially assigned at cost or transaction value unless otherwise stated in the relevant accounting policy notes. The accounts have been reported in Sterling and rounded to the nearest £1 in both the current and previous accounting periods.

Significant judgements in applying accounting policies and key sources of estimation uncertainty.

The preparation of financial information in conformity with FRS 102 requires the director to make critical accounting estimates and judgements that affect the application of policies and reported amounts of assets and liabilities, income and expenses.

The key judgement areas impacting the financial statements are as follows:
Depreciation rates and useful economic lives – The annual depreciation charge for tangible fixed assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Funds

Restricted funds are funds that have restrictions imposed by donors and can only be applied for the particular purposes specified by donors. Designated reserves are those that, although not restricted, have been reserved by the Charity for a specific project alone. Unrestricted funds are funds that have no restriction as to how they are to be applied. There are no Endowment funds.

Going Concern

The Trustees have a reasonable expectation that the Charity has adequate resources to meet its liabilities as they fall due and continue its activities for the foreseeable future, being a period of at least 12 months from the date of the approval of these financial statements. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Trustees’ Responsibilities Statement.

Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as a basic financial instrument. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.
The following accounting policies have been applied consistently in dealing with items that are considered material in relation to the Charity’s financial statements.

Tangible Fixed Assets and Depreciation

Tangible Fixed Assets costing more than £500 are capitalised at cost including any incidental costs of acquisition. Depreciation is calculated on the cost of the fixed asset on a straight line basis over the following expected useful life:
Leasehold Property Improvements – between 10 and 25 years
Plant and Machinery – Computer Equipment – 3 years
Plant and Machinery – Equipment – 10 years
Plant and Machinery – Vehicles – 5 Years

Income

All incoming resources are included in the Statement of Financial Activities (SOFA) when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is generally recognised on a receivable basis and is reported gross of related expenditure. The specific bases for recognition are:

- Voluntary income includes donations, gifts and general funding and is recognised when receipt is probable.
- Gifts in kind are treated as donations in the period the gift is received.
- Charitable activity includes subscriptions raised on the activity and is accounted for when earned. Activity income earned in advance is deferred until entitlement to the income has arisen, at which time it is credited to the Statement of Financial Activities (‘SOFA’).
- All fees and other services receivable in respect of courses taking place in subsequent financial years are deferred to the year in question.

Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the Statement of Financial Activities over the expected useful lives of the assets concerned. Other grants are credited to the Statement of Financial Activities as the related expenditure is incurred.

Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates. Expenditure is recognised when it is incurred and is reported gross of related income on the following bases:

- Costs of raising funds comprise the costs associated with attracting voluntary income.
- Charitable expenditure comprises direct expenditure including direct staff costs attributable to the Charity’s activities. Where costs cannot be directly attributed, they have been allocated to activities on a basis consistent with the use of the resource as described below.
- Support costs and governance costs have been allocated to activity cost categories on a basis consistent with the use of the resources, e.g. allocating staff costs by the time spent on a project/activity and other costs by usage.

Operating leases

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

Pensions

Contributions to defined contribution pension schemes are charged to the income and expenditure account when payable.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

Group accounts

The Charity owns 100% of the share capital of a dormant company and has therefore taken advantage of the exemption to not prepare group accounts.

Finance costs

Finance costs are charged to the Statement of Financial Activities over the term of the debt using the effective interest method so that the amount charged is at a constant rate on the carrying amount. Issue costs are initially recognised as a reduction in the proceeds of the associated capital instrument.

Borrowing costs

All borrowing costs are recognised in the Statement of Financial Activities in the year in which they are incurred.

2. Analysis of Income

	Unrestricted Funds	Restricted Funds	31/12/2022 Total (£)	31/12/2021 Total (£)
Grants and donations	88,396	165,052	253,448	154,052
Fundraising	89,091	-	89,091	79,764
Interest receivable	211	-	211	53
Charitable activities				
- Education programmes	917,473	1,754	919,227	869,149
- Other activities and events	43,423	-	43,423	42,611
- Coronavirus Job Retention Scheme	-	-	-	15,329
	1,138,594	166,806	1,305,400	1,160,958

31st December 2021 1,099,528 61,430 1,160,958

3. Analysis of Expenditure

	Other Fundraising (£)	Charitable Activities (£)	31/12/2022 Total (£)	31/12/2021 Total (£)
Staff costs	29,312	910,822	940,134	835,275
Direct costs	35,489	140,850	176,339	102,705
Support costs (see note 4)	5,454	193,842	199,296	166,735
	70,255	1,245,514	1,315,769	1,104,715

31st December 2021 37,265 1,067,450 1,104,715

4. Analysis of Support Costs

The Charity identifies its support costs which can't be directly attributed to an activity. These are then apportioned on an appropriate basis between the main activities of the Charity.

	31/12/2022 Total (£)	31/12/2021 Total (£)	Basis of apportionment
Depreciation	25,424	28,062	% of staff costs
Subscriptions and licences	19,223	23,896	% of staff costs
Premises costs	77,270	58,794	% of staff costs
Finance and professional	5,643	5,718	% of staff costs
Governance costs	17,000	13,182	
Office and other costs	54,736	37,083	
	199,296	166,735	

The governance costs shown above include auditor's remuneration for the audit of the financial statements of the Charity of £6,360 (31 December 2021: £6,360).

5. Staff Numbers and Costs

	31/12/2022 Total (£)	31/12/2021 Total (£)
Wages and salaries	848,305	756,843
Social security costs	69,243	57,275
Other pension costs	22,586	21,157
	940,134	835,275

No members of staff received emoluments between £60,000 – £70,000 in the year (2021: Nil).

The total employment costs of the Senior Management Team, which is comprised of the Chief Executive and 12 other staff members was £415,568 (2021 – Chief Executive and 8 other staff members £312,020). No Trustees received any remuneration or reimbursement of any expenses from the Charity. During the year £372 (2021: £374) was paid for Trustee Indemnity insurance.

The average head count and full time equivalent staff of the Charity is split across the following roles:

	FTE		Headcount	
	31/12/2022	31/12/2021	31/12/2022	31/12/2021
Governance	1	1	1	1
Management	9	7	11	8
Admin	4	3	6	4
Delivery	22	23	29	27
	36	34	47	40

6. Tangible Assets

	Leasehold Property Improvements (£)	Computer Equipment (£)	Equipment (£)	Vehicles (£)	Total (£)
Cost					
As at 1 January 2022	167,605	91,490	110,716	-	369,811
Additions	52,742	1,453	6,167	-	60,362
Disposals	-	-	-	-	-
As at 31 December 2022	220,347	92,943	116,883	-	430,173
Depreciation					
As at 1 January 2022	18,153	82,092	57,003	-	157,248
Charge for the year	7,466	8,469	9,489	-	25,424
On disposals	-	-	-	-	-
As at 31 December 2022	25,619	90,561	66,492	-	182,672
Net Book Value					
As at 31 December 2021	149,452	9,398	53,713	-	212,563
As at 31 December 2022	194,728	2,382	50,391	-	247,501

7. Investments

In 2014 the Charity acquired 100% of the £1 ordinary share capital of a limited company called Healthy Ambitions Trading Limited (07810625), a company registered in England and Wales. The company is dormant and the investment is recorded at cost.

8. Debtors

	31/12/2022 Total (£)	31/12/2021 Total (£)
Trade debtors	32,718	24,287
Prepayments and accrued income	150,005	60,219
	182,723	84,506

9. Creditors: Amounts Falling Due within One Year

	31/12/2022 Total (£)	31/12/2021 Total (£)
Bank loan	27,273	27,273
Trade creditors	17,254	43,267
Other tax and social security	14,500	39,411
Other creditors	13,529	10,931
Accruals and deferred income	71,393	71,287
	143,949	192,169
Deferred income brought forward	52,430	18,390
Deferred income released in the year	(52,430)	(18,390)
Deferred income arising in the year	13,922	52,430
Deferred income carried forward	13,922	52,430

10. Creditors: Amounts Falling Due after more than One Year

	31/12/2022 Total (£)	31/12/2021 Total (£)
Bank loan	79,579	106,817
	79,579	106,817
Bank loan is repayable as follows:		
Within one year	27,273	27,273
Between one to two years	27,273	27,273
Between two to five years	52,306	79,544
	106,852	134,090

In 2020 the Charity took out a Coronavirus Business Interruption Loan with Barclays Bank Plc. The Government provides Barclays with a guarantee for 80% of the loan, however, the Charity is responsible for repaying 100% of the facility. The loan can be repayed early in full or in part, without incurring prepayment fees. The loan is repayable over the period until November 2026. The interest rate on the loan is 2.99% above base rate per annum.

11. Movement in Funds

a) Unrestricted funds – movement in year.

	Balance 01/01/2022 (£)	Income (£)	Expended (£)	Transferred (£)	Balance 31/12/2022 (£)
General Unrestricted funds	321,606	1,138,594	(1,191,931)	14,712	282,981
Unrestricted Fixed Assets	212,564	-	-	34,938	247,502
Total Unrestricted Funds	534,170	1,138,594	(1,191,931)	49,650	530,483

b) Restricted funds – movement in period.

	Balance 01/01/2022 (£)	Income (£)	Expended (£)	Transferred (£)	Balance 31/12/2022 (£)
Turn Up and Play Our free sport sessions designed to provide young children with after-school enrichment.					
East Suffolk Council	1,217	-	(1,217)	-	-
Sport England	5,873	-	(5,873)	-	-
Suffolk Community Foundation					
through RJB Fund	637	-	(637)	-	-
through Suffolk Sport Fund	2,000	1,985	(2,755)	-	1,230
Stay and Play Free sessions for children and parents focused on physical activity.					
AquiGen	1,000	-	(1,000)	-	-
Chancerygate	1,000	-	(1,000)	-	-
Social Space Project Youth drop-in sessions giving young people a place to go outside of school hours.					
IBC – Racecourse Fund	-	4,632	(3,384)	(1,248)	-
Youth Justice Sports Fund (Street Games)	-	13,105	-	-	13,105
Education Programmes Throughout the year we offer a range of one-off experiences and short run projects for young people.					
Luminous (Siren Calling)	-	1,754	-	-	1,754
Fred Olsen	-	2,570	(2,570)	-	-
SCF – Suffolk Policea and Crime Commision	-	19,196	-	-	19,196
EDF	23,709	-	(23,709)	-	-

	Balance 01/01/2022 (£)	Income (£)	Expended (£)	Transferred (£)	Balance 31/12/2021 (£)
Our Team Programme residential trips focus on team building, independence and skills-building.					
Suffolk Community Foundation					
through Port Community Fund	-	2,000	(2,000)	-	-
YES, our Youth Employment Service, provides advice and guidance for out of work young people.					
EDF	-	2,670	(2,670)	-	-
Suffolk Community Foundation					
through Frank Jackson Foundation	-	5,000	(833)	-	4,167
through Denbury Charitable Trust	-	5,000	(833)	-	4,167
through Fonnereau Road	-	2,996	(2,996)	-	-
Lowestoft Venue Active Suffolk and EDF contributed towards the refurbishment and provision of youth spaces in our Colville House venue.					
EDF	30,486	-	-	(30,486)	-
Wellbeing Service Our free wellbeing services provides youth mental health counselling in Suffolk and Essex.					
Annie Tranmer	-	2,000	(100)	-	1,900
Mrs LD Rope	1,516	-	(1,516)	-	-
National Lottery Community Fund	9,722	-	(9,722)	-	-
IBC	2,500	-	(2,500)	-	-
Sanctuary Group	1,962	-	(1,962)	-	-
EDF	-	17,000	(17,000)	-	-
Geoffrey Watling	-	4,000	(4,000)	-	-
Lord Belstead Charitable Trust	2,000	-	(2,000)	-	-
Charities Aid Foundation	-	-	-	-	-
East Suffolk Council	-	2,500	(125)	-	2,375
Lesley Carter Foundation	-	4,000	(4,000)	-	-
Suffolk Community Foundation					
through Co-op Foundation	-	2,500	(2,500)	-	-
through High Sheriff Fund	-	2,000	(333)	-	1,667
IBC – Community Grant	-	3,000	(450)	-	2,550
Tesco Groundwork	-	1,125	(75)	-	1,050
Garfield Weston	-	10,000	(10,000)	-	-
Norfolk Community Foundation	-	17,150	(12,322)	-	4,828
Equity in Mind	-	25,000	(833)	-	24,167

	Balance 01/01/2022 (£)	Income (£)	Expended (£)	Transferred (£)	Balance 31/12/2022 (£)
Ipswich Venue					
Improvements to our Ipswich venue.					
Suffolk Community Fund					
through West Fund Grant	1,000	-	(180)	(820)	-
through RJB Fund	1,000	-	(222)	(778)	-
Capital Grants					
Capital grants covering tech, CRM, and venue signage.					
Vinci UK Foundation	3,216	-	(1,021)	(2,195)	-
IBC – Suffolk Community Restart Grant	-	-	-	-	-
EDF	-	5,330	-	(5,330)	-
New Anglia LEP	-	8,793	-	(8,793)	-
Fundraising Event Support					
Council support for a community event at our Ipswich site.					
Racecourse Fund	-	1,500	(1,500)	-	-
	88,838	166,806	(123,838)	(49,650)	82,156

The funds are as follows:

During the year grants and donations were received that were restricted to certain projects as set out above. The balances unspent at year end are expected to be spent during 2023. The transfer between funds relate to capital spend.

12. Analysis of Net Assets between funds

	Unrestricted funds (£)	Restricted funds (£)	Total funds 31 Dec 2022 (£)	Funds 31 Dec 2021 (£)
Fund balances at 31 December 2022 are represented by:				
Tangible fixed assets	247,501	-	247,501	212,563
Investments	1	-	1	1
Current assets	506,509	82,156	588,665	709,430
Current liabilities	(143,949)	-	(143,949)	(192,169)
Long term liabilities	(79,579)	-	(79,579)	(106,817)
Total net assets	530,483	82,156	612,639	623,008

13. Member's Guarantee

The Company has no share capital but is limited by guarantee. The member of the Company is a Guarantor and undertakes to contribute to the assets of the Company in the event of it being wound up, such amount as may be required. The member's liability is limited to £1.

14. Operating Lease Commitments

In 2013 the Charity entered into a 10 year lease agreement with a peppercorn rent for the Ipswich site.

In 2018 the Charity entered into a 99 year lease agreement with a peppercorn rent for the Lowestoft site.

15. Capital Commitments

The Charity had no capital commitments at 31 December 2022 (2021: £Nil)

16. Contingent Liabilities

In the opinion of the Trustees there were no contingent liabilities at 31 December 2022 (2021: £Nil)

17. Related Party Disclosures

Birketts LLP is treated as a related party, as a Trustee until 24/01/2022, Liz Brownsell, is a Partner. The following balances as therefore disclosed:

Income and Expenditure Account	
Finance and professional costs	
Legal and professional fees	£Nil (2021: £6,913)
Balance at 31 December 2022	£Nil (2021: £Nil)

18. Reconciliation of Net (expenditure) / income to Net cash flow from operating activities

	2022	2021
Net (expenditure) / income for the year (as per the statement of financial activities)	(10,369)	56,243
Adjustments for:		
Depreciation charge	25,424	28,062
Interest receivable	(211)	(53)
Interest payable	4,220	267
Profit on sale of tangible fixed asset	-	(4,000)
(Increase) / decrease in debtors	(98,217)	74,119
(Decrease) / increase in creditors	(48,220)	33,326
Net cash (used in) / generated from operating activities	(127,373)	187,964

19. Analysis of cash and cash equivalents	2022	2021
Cash in hand	405,942	624,924
Total cash and cash equivalents	405,942	624,924

20. Analysis of changes in net debt	Balance 01/01/2022	Arising from cash flows	Balance 31/12/2022
Cash at bank	624,924	(218,982)	405,942
Loans falling due within one year	(27,273)	-	(27,273)
Loans falling due after more than one year	(106,817)	27,238	(79,579)
Total cash and cash equivalents	490,834	(191,744)	299,090

21. Prior period SOFA		31/12/2021 Unrestricted funds (£)	31/12/2021 Restricted funds (£)	31/12/2021 Total funds (£)
Income				
Donations and legacies		92,622	61,430	154,052
Charitable activities		927,089	-	927,089
Other trading activities (fundraising)		79,764	-	79,764
Investments		53	-	53
Total income		1,099,528	61,430	1,160,958
Expenditure				
Fundraising activity		(37,265)	-	(37,265)
Charitable activities		(976,666)	(90,784)	(1,067,450)
Total expenditure		(1,013,931)	(90,784)	(1,104,715)
Net income and expenditure and net movement in funds		85,597	(29,354)	56,243
Reconciliation of funds				
Total funds brought forward		447,574	119,191	566,765
Transfers between funds		999	(999)	-
Total funds carried forward		534,170	88,838	623,008

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