

**Let's Connect (Eng) Ltd**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2023**

**TREMAINE**  
Chartered accountants  
19 Tremaine Close  
Hartlepool  
TS27 3LE

**Let's Connect (Eng) Ltd**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2023**

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# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

#### Year ended 31 March 2023

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

#### Reference and administrative details

**Registered charity name** Let's Connect (Eng) Ltd

**Charity registration number** 1125924

**Company registration number** 06502878

**Principal office and registered office** Crown Buildings  
Tees Street  
Hartlepool  
TS24 8HB

#### The trustees

J Rudge (Resigned 14 November 2022)  
I Cawley  
E S De Bruijn  
J A Lowther  
M R Simpson (Resigned 17 August 2022)

**Company secretary** L Dougherty

**Independent examiner** Tremaine  
19 Tremaine Close  
Hartlepool  
TS27 3LE

# **Let's Connect (Eng) Ltd**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2023**

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#### **Structure, governance and management**

##### **The nature of the governing document**

The organisation for the year covered by this report was an incorporated charity registered with the Charity Commission of England and Wales. The charity is governed by its memorandum and articles of association adopted 13 February 2008. The memorandum sets out the aims and objectives of the charity.

##### **The recruitment and appointment of new trustees**

Trustees are either elected at the Annual General Meeting or co-opted during the year.

##### **The induction and training of trustees**

The charity takes responsibility for the induction of new Trustee Board members and this induction process can include:

- provision of written background information about Let's Connect (Eng)
- meetings with other staff members
- one to one meetings
- provision of regular reports on the work of the organisation

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

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#### Structure, governance and management *(continued)*

##### **The organisational structure of the charity**

The organisation registered as a company limited by guarantee on 13 February 2008 and registration of the new company with the Charity Commission took place on the 17th September 2008. Previously the charity operated as an unincorporated charity, known as Hartlepool Mind, charity registration number 1072669. At 1 April 2011 all assets and liabilities of the unincorporated charity were merged with the incorporated charity.

##### **Change of Company Name**

On 2 September 2021, the company change its name to Let's Connect (Eng), formerly known as Hartlepool and East Durham Mind.

##### **Governance Arrangements**

Overall responsibility for Let's Connect (Eng) rests with the trustees of the charitable company. The number of trustees should not normally exceed 14 and be representative of local authorities, the business community and organisations working in the field of Mental Health and Well Being.

The trustees have the power to appoint any person as a director/trustee as long as the conditions above are satisfied.

All trustees are provided with information regarding their responsibilities and participate in bi-monthly meetings to consider the development and progress of the organisation and agree future priorities.

Day to day management is delegated to the Chief Executive who is responsible for operational matters including the work programme, ongoing financial management, safeguarding and human resource matters.

##### **Affiliated Organisations**

Whilst the charity has no subsidiary organisations, it is affiliated with Starfish Health and Well Being CIC, Company Registration number: 06904971 and Starfish Services Limited, a company registered with the Charity Commission of England & Wales, Charity Registration number 1146237.

Both organisations operate within the same Mental Health sector providing similar services to a wider area of the UK.

# **Let's Connect (Eng) Ltd**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

#### **Year ended 31 March 2023**

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##### **Objectives and activities**

The charity was formed to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment in England.

##### **What people can expect from Let's Connect (Eng) when they need help**

Our overriding objective is that every user of Let's Connect (Eng) feels better after each contact with our service. By which we mean they leave us feeling a measure of hope and optimism that there can and will be an end to their symptoms. We aim to engender hope and optimism by:

- Giving people as much time as they need to explain their circumstances and goals for recovery, in a respectful, validating and non-judgmental atmosphere;
- Using clear, non-technical language that respects each client's particular ways of expressing themselves;
- Enabling clients to experience symptom reduction (and in some cases complete removal) during their time with Mind staff, whose training provides the understanding and techniques regularly to achieve this;
- Providing a greater understanding of their condition and the associated realisation that it is nearly always temporary and soluble;
- Teaching specific skills that help to overcome the condition or manage symptoms to assist recovery;
- Discussing ways in which physical and emotional needs can be met more effectively;
- Teaching any missing skills required to meet emotional needs;
- Providing a tailored plan with the goal of achieving recovery;
- Taking as much time as is needed by the individual – which may be just one session, or in rare cases, over several years. Most people are moving on within three to six months of their first contact with us.

We also strive to create as normal and friendly an atmosphere as possible.

Because we work with people suffering emotional distress it is even more important than perhaps in other services that clients feel a warmth, friendliness and welcome that immediately puts them at their ease.

##### **Strategic report**

The following sections for achievements and performance and financial review form the strategic report of the charity.

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

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#### Achievements and performance

##### **Rapid Response Suicide Prevention Service**

The Rapid Response Suicide Prevention Service (Rapid Response) was originally piloted in County Durham in response to high suicide rates combined with the recognition that some clients were waiting too long for treatment, thereby falling through the net of potentially life-saving services with tragic consequences. The service offers individual counselling sessions to clients referred to Let's Connect from the North & South Durham NHS Access and Crisis Teams. Most clients who are referred have made serious attempts on their life or are experiencing frequent suicidal ideation. Counselling provides suicide prevention and recovery work as well as liaison with other agencies providing care to clients. Work is limited to no more than 6 sessions and onward referral to other services is often made at the completion of counselling.

The service is provided for adults over 18 years old who are referred by Crisis and Access Teams working across the Durham area. Eligible clients have made either an attempt on their life or are experiencing suicidal ideation - but have no current plans or intent.

Hartlepool Council and Durham County Council Occupational Health counselling services These two services - for Hartlepool and County Durham Councils' employees respectively - provides counselling for employees referred by both Council's Occupational Health or Human Resources departments.

##### **Social groups and activities**

Let's Connect has hosted a variety of support, social and craft groups run by volunteers. The groups provide a safe and relaxing environment that encourages people.

##### **Step Forward Tees Valley - health link worker.**

This project provides support to unemployed adults of 18 years and over who are suffering from at least two health conditions - to improve their work readiness and overcome barriers in the way of returning to work. Such barriers include lack of basic skills, childcare commitments, money problems, low confidence/stress/anxiety, disability, domestic violence or criminal convictions. d

The Wellbeing service has been commissioned by SFTV to provide welding courses, 1-1s and activities across North Tees.

VCSE & statutory services response to the recent suicides in Hartlepool: We are working with "Hartlepool Outreach and Search Facebook group". We secured £1000 funding for Gas who runs the group. This funding is to provide training and resources for the responder role. The group organise search parties and provide people with an emergency out of hours support and sign-posting to services. The project will be taking over a mens support group at the Salaam centre. We are providing support and resources to this group, including PCs, play station and advice. We are in the process of applying for further funding from the Community Transformation VCSE delivery plan.

##### **Turning the Tide**

We are developing a community champion and volunteering opportunities through partnerships with Big League and Lilly Anne's. We are also looking at the data collection and reporting of this project. The next part of development of the project will involve more champions, peer and volunteering opportunities.

This project is being highlighted as a huge success in people accessing support in a timely and useful manner and accessing emergency and/or statutory services.

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2023

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##### **Wellbeing in Sports**

We are working with sports clubs delivering bespoke packages of support around safeguarding and well-being.

##### **East Durham Let's Connect community service**

We are developing a range of community initiatives to develop wellbeing

This reduced service is providing 1-1 support, counselling plus navigating people to local support services.

##### **Training Hubs**

We deliver County Durham Training Hub (CDTH) and Teesside Training Hub.

We deliver courses across both counties. We are currently conducting a COVID and Flu risk assessment for live training. We have recorded a sleep webinar for CDTH, together with the development of a Facebook live Q/A session. We will be continuing to create digital content for the services and exporting how this approach can be used across other projects.

##### **Financial review**

##### **Reserves policy**

The trustees believe that the minimum level of reserves should be the equivalent of one years operating costs plus potential redundancy costs. At 31 March 2023 this was estimated to be £200,000. Actual free reserves (i.e. those reserves excluding fixed assets) at that date amounted to £187,311.

##### **Risk management**

The trustees have identified the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that essential action is taken to minimise those risks.

A risk management plan has been introduced as part of the formal risk management process in order to assess organisational risk and implement appropriate strategies.

The plan takes into account the types of risk faced by the charity, prioritising them in terms of impact and likelihood of occurrence, and identifying means of mitigating the risks.

##### **Plans for future periods**

We will continue to aim to meet the needs of the community and work in partnership with our funders.

The trustees' annual report and the strategic report were approved on 20 December 2023 and signed on behalf of the board of trustees by:

E S De Bruijn  
Trustee



# **Let's Connect (Eng) Ltd**

## **Company Limited by Guarantee**

### **Independent Examiner's Report to the Trustees of Let's Connect (Eng) Ltd**

**Year ended 31 March 2023**

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I report to the trustees on my examination of the financial statements of Let's Connect (Eng) Ltd ('the charity') for the year ended 31 March 2023.

#### **Responsibilities and basis of report**

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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**

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

# **Let's Connect (Eng) Ltd**

## **Company Limited by Guarantee**

### **Independent Examiner's Report to the Trustees of Let's Connect (Eng) Ltd** *(continued)*

#### **Year ended 31 March 2023**

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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.

Tremaine  
Independent Examiner

19 Tremaine Close  
Hartlepool  
TS27 3LE

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

			2023		2022
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>					
Donations and legacies	5	99,991	455,913	555,904	406,881
Charitable activities	6	75,824	–	75,824	48,198
Other income	7	70	–	70	–
<b>Total income</b>		<u>175,885</u>	<u>455,913</u>	<u>631,798</u>	<u>455,079</u>
<b>Expenditure</b>					
Expenditure on charitable activities	8	<u>186,206</u>	<u>525,484</u>	<u>711,690</u>	<u>559,088</u>
<b>Total expenditure</b>		<u>186,206</u>	<u>525,484</u>	<u>711,690</u>	<u>559,088</u>
<b>Net expenditure</b>		<u>(10,321)</u>	<u>(69,571)</u>	<u>(79,892)</u>	<u>(104,009)</u>
Transfers between funds		(3,692)	3,692	–	–
<b>Net movement in funds</b>		<u>(14,013)</u>	<u>(65,879)</u>	<u>(79,892)</u>	<u>(104,009)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		263,888	60,474	324,362	428,371
<b>Total funds carried forward</b>		<u>249,875</u>	<u>(5,405)</u>	<u>244,470</u>	<u>324,362</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 13 to 26 form part of these financial statements.

**Let's Connect (Eng) Ltd**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2023**

	<b>Note</b>	<b>2023 £</b>	<b>2022 £</b>
<b>Fixed assets</b>			
Tangible fixed assets	<b>13</b>	62,564	66,386
<b>Current assets</b>			
Debtors	<b>14</b>	90,055	143,511
Cash at bank and in hand		159,396	248,683
		<u>249,451</u>	<u>392,194</u>
<b>Creditors: amounts falling due within one year</b>	<b>15</b>	38,993	96,101
<b>Net current assets</b>		<u>210,458</u>	<u>296,093</u>
<b>Total assets less current liabilities</b>		<u>273,022</u>	<u>362,479</u>
<b>Creditors: amounts falling due after more than one year</b>	<b>16</b>	28,552	38,117
<b>Net assets</b>		<u>244,470</u>	<u>324,362</u>
<b>Funds of the charity</b>			
Restricted funds		(5,405)	60,474
Unrestricted funds		249,875	263,888
<b>Total charity funds</b>	<b>19</b>	<u>244,470</u>	<u>324,362</u>

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

The statement of financial position  
continues on the following page.

The notes on pages 13 to 26 form part of these financial statements.

# **Let's Connect (Eng) Ltd**

## **Company Limited by Guarantee**

### **Statement of Financial Position** *(continued)*

**31 March 2023**

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These financial statements were approved by the board of trustees and authorised for issue on 20 December 2023, and are signed on behalf of the board by:

E S De Bruijn  
Trustee

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The notes on pages 13 to 26 form part of these financial statements.

**Let's Connect (Eng) Ltd**  
**Company Limited by Guarantee**  
**Statement of Cash Flows**  
**Year ended 31 March 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Cash flows from operating activities</b>		
Net expenditure	(79,892)	(104,009)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	4,748	5,069
Interest payable and similar charges	1,084	287
Gains on disposal of tangible fixed assets	(70)	–
Accrued income	–	(3,475)
<i>Changes in:</i>		
Trade and other debtors	53,456	(24,403)
Trade and other creditors	(57,108)	37,529
Cash generated from operations	(77,782)	(89,002)
Interest paid	(1,084)	(287)
Net cash used in operating activities	<u>(78,866)</u>	<u>(89,289)</u>
<b>Cash flows from investing activities</b>		
Purchase of tangible assets	(1,016)	(3,102)
Proceeds from sale of tangible assets	160	–
Net cash used in investing activities	<u>(856)</u>	<u>(3,102)</u>
<b>Cash flows from financing activities</b>		
Repayments of borrowings	(9,565)	(2,375)
Net cash used in financing activities	<u>(9,565)</u>	<u>(2,375)</u>
<b>Net decrease in cash and cash equivalents</b>	(89,287)	(94,766)
<b>Cash and cash equivalents at beginning of year</b>	<u>248,683</u>	<u>343,449</u>
<b>Cash and cash equivalents at end of year</b>	<u>159,396</u>	<u>248,683</u>

The notes on pages 13 to 26 form part of these financial statements.

# **Let's Connect (Eng) Ltd**

## **Company Limited by Guarantee**

### **Notes to the Financial Statements**

**Year ended 31 March 2023**

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#### **1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Crown Buildings, Tees Street, Hartlepool, TS24 8HB.

#### **2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Going concern**

There are no material uncertainties about the charity's ability to continue.

##### **Judgements and key sources of estimation uncertainty**

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.



# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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#### 3. Accounting policies *(continued)*

##### **Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

##### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Short leasehold property	-	2% straight line
Fixtures and fittings	-	25% straight line
Equipment	-	25% straight line

##### **Government grants**

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

##### **Defined contribution plans**

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

#### 4. Limited by guarantee

Hartlepool and East Durham Mind is a company limited by guarantee and accordingly does not have any share capital.

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Donations</b>			
Donations	8,942	–	8,942
<b>Grants</b>			
Durham County Council	–	85,386	85,386
Stockton Borough Council - Training HUB	–	37,500	37,500
Darlington Mind	–	69,447	69,447
Hartlepool Borough Council	2,440	52,792	55,232
Hartlepool Sports Foundation	5,400	–	5,400
Joseph Rowntree Foundation	–	13,000	13,000
National Lottery Community Fund	–	184,788	184,788
Changing Futures - Kickstart	34,243	–	34,243
East Durham Trust	–	13,000	13,000
DHSE	48,966	–	48,966
	<u>99,991</u>	<u>455,913</u>	<u>555,904</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	2,948	–	2,948
Durham TVCR	1,000	–	1,000
<b>Grants</b>			
Durham County Council	–	96,636	96,636
Durham Primary Care Trust - Rapid Response	–	65,547	65,547
Hartlepool Borough Council	–	34,911	34,911
NHS Trust	–	46,950	46,950
National Lottery Community Fund	–	54,071	54,071
ESF Support	7,198	–	7,198
Changing Futures - Kickstart	91,620	–	91,620
East Durham Trust	–	6,000	6,000
	<u>102,766</u>	<u>304,115</u>	<u>406,881</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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#### 6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Occupational Health	9,171	—	9,171
Rent Income	6,435	—	6,435
Management fees	8,016	—	8,016
External management/consultancy fee	52,202	—	52,202
	<u>75,824</u>	<u>—</u>	<u>75,824</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Training	4,400	—	4,400
Occupational Health	18,171	—	18,171
Rent Income	1,620	—	1,620
Management fees	12,201	—	12,201
Personal assistance work	—	11,806	11,806
	<u>36,392</u>	<u>11,806</u>	<u>48,198</u>

#### 7. Other income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Gain on disposal of tangible fixed assets held for charity's own use	<u>70</u>	<u>70</u>	<u>—</u>	<u>—</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Mental Health Services	157,466	–	157,466
Employment Driver Project	–	9,996	9,996
PSP Psychoeducation	–	28,580	28,580
Let's Connect	–	64,592	64,592
Durham Training Hub	–	111,636	111,636
Keep Connected	28,416	–	28,416
Kind Project	324	–	324
East Durham	–	10,516	10,516
AAP	–	10,898	10,898
Turning The Tide	–	18,513	18,513
Psycho Social	–	4,213	4,213
A Place to Go	–	46,191	46,191
Rapid Response Suicide Prevention Service	–	69,447	69,447
Reconnecting Communities	–	6,000	6,000
Helping Heroes	–	13,000	13,000
Step Forward Tees Valley	–	131,902	131,902
	<u>186,206</u>	<u>525,484</u>	<u>711,690</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Mental Health Services	217,124	–	217,124
Employment Driver Project	–	12,774	12,774
PSP Psychoeducation	–	28,120	28,120
Personal Assistant	–	23,349	23,349
Let's Connect	–	9,763	9,763
Durham Training Hub	–	115,238	115,238
Well Aware Project	–	17,840	17,840
Kind Project	1,200	–	1,200
Turning The Tide	4,687	13,449	18,136
Psycho Social	–	14,698	14,698
A Place to Go	–	759	759
Rapid Response Suicide Prevention Service	–	74,495	74,495
Step Forward Tees Valley	–	25,592	25,592
	<u>223,011</u>	<u>336,077</u>	<u>559,088</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

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#### 9. Net expenditure

Net expenditure is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	4,748	5,069
Gains on disposal of tangible fixed assets	(70)	—
	<u>4,678</u>	<u>5,069</u>

#### 10. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	700	1,200
	<u>700</u>	<u>1,200</u>

#### 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	455,567	363,206
Social security costs	30,233	20,708
Employer contributions to pension plans	6,290	5,082
	<u>492,090</u>	<u>388,996</u>

The average head count of employees during the year was 25 (2022: 21). The average number of full-time equivalent employees during the year is analysed as follows:

	2023	2022
	No.	No.
Charitable activities	23	17
Management and administration	2	4
	<u>25</u>	<u>21</u>

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

#### Key Management Personnel

Key management personnel are remunerated for their services as follows:

	2023	2022
	£	£
Wages & salaries	52,757	52,757
Social security costs	6,344	6,068
Employer contributions to pension plans	1,321	1,313

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

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#### 12. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

#### 13. Tangible fixed assets

	Short leasehold property £	Fixtures and fittings £	Equipment £	Total £
<b>Cost</b>				
At 1 April 2022	77,176	52,343	83,137	212,656
Additions	–	–	1,016	1,016
Disposals	–	(475)	–	(475)
<b>At 31 March 2023</b>	<u>77,176</u>	<u>51,868</u>	<u>84,153</u>	<u>213,197</u>
<b>Depreciation</b>				
At 1 April 2022	18,842	51,610	75,818	146,270
Charge for the year	1,544	411	2,793	4,748
Disposals	–	(385)	–	(385)
<b>At 31 March 2023</b>	<u>20,386</u>	<u>51,636</u>	<u>78,611</u>	<u>150,633</u>
<b>Carrying amount</b>				
<b>At 31 March 2023</b>	<u>56,790</u>	<u>232</u>	<u>5,542</u>	<u>62,564</u>
At 31 March 2022	<u>58,334</u>	<u>733</u>	<u>7,319</u>	<u>66,386</u>

#### 14. Debtors

	<b>2023</b> £	2022 £
Trade debtors	54,535	77,249
Amounts owed by undertakings in which the charity has a participating interest	11,272	42,014
Prepayments and accrued income	24,248	24,248
	<u>90,055</u>	<u>143,511</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

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##### 15. Creditors: amounts falling due within one year

	<b>2023</b>	2022
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	9,508	9,508
Trade creditors	1,262	8,610
Amounts owed to undertakings in which the charity has a participating interest	8,428	8,036
Accruals and deferred income	2,000	50,966
Social security and other taxes	11,180	12,430
Other creditors	6,615	6,551
	<u>38,993</u>	<u>96,101</u>

##### 16. Creditors: amounts falling due after more than one year

	<b>2023</b>	2022
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	<u>28,552</u>	<u>38,117</u>

##### 17. Deferred income

	<b>2023</b>	2022
	<b>£</b>	<b>£</b>
At 1 April 2022	48,966	–
Amount released to income	(48,966)	–
Amount deferred in year	–	48,966
<b>At 31 March 2023</b>	<u>–</u>	<u>48,966</u>

##### 18. Pensions and other post retirement benefits

###### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £6,290 (2022: £5,082).

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

#### 19. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
Mental Health Services	265,088	175,885	(186,206)	(3,692)	251,075
Kind Project	(1,200)	—	—	—	(1,200)
	<u>263,888</u>	<u>175,885</u>	<u>(186,206)</u>	<u>(3,692)</u>	<u>249,875</u>

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Mental Health Services	347,741	139,158	(221,811)	—	265,088
Kind Project	—	—	(1,200)	—	(1,200)
	<u>347,741</u>	<u>139,158</u>	<u>(223,011)</u>	<u>—</u>	<u>263,888</u>

##### Restricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
Rapid Response Suicide Prevention Service	—	69,447	(69,447)	—	—
Step Forward Tees Valley	—	119,588	(131,902)	(1,016)	(13,330)
PSP Psychoeducation	—	23,872	(28,580)	4,708	—
Keep Connected	23,086	65,200	(64,592)	—	23,694
Employment Driver Project	(14,803)	6,600	(9,996)	—	(18,199)
Durham & Tees Training Hub	—	111,636	(111,636)	—	—
Well Aware Project	—	—	—	—	—
Turning The Tide	—	22,320	(18,513)	—	3,807
Psycho Social	—	11,250	(4,213)	—	7,037
A Place to Go	46,191	—	(46,191)	—	—
Reconnecting Communities	6,000	—	(6,000)	—	—
Helping Heroes	—	13,000	(13,000)	—	—
SPIED	—	—	(10,516)	—	(10,516)
AAP	—	13,000	(10,898)	—	2,102
	<u>60,474</u>	<u>455,913</u>	<u>(525,484)</u>	<u>3,692</u>	<u>(5,405)</u>



# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

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#### 19. Analysis of charitable funds *(continued)*

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Rapid Response Suicide Prevention Service	8,947	65,547	(74,494)	—	—
Step Forward Tees Valley	4,371	21,221	(25,592)	—	—
PSP Psychoeducation	5,620	22,500	(28,120)	—	—
Personal Assistant	11,543	11,806	(23,349)	—	—
Let's Connect	—	32,850	(9,764)	—	23,086
Employment Driver Project	(8,793)	6,764	(12,774)	—	(14,803)
Durham & Tees Training Hub	41,102	74,136	(115,238)	—	—
Well Aware Project	17,840	—	(17,840)	—	—
Turning The Tide	—	13,449	(13,449)	—	—
Pyscho Social	—	14,698	(14,698)	—	—
A Place to Go	—	46,950	(759)	—	46,191
Reconnecting Communities	—	6,000	—	—	6,000
	<u>80,630</u>	<u>315,921</u>	<u>(336,077)</u>	<u>—</u>	<u>60,474</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

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#### 19. Analysis of charitable funds *(continued)*

##### **Let's Connect**

This is a service that we build with other projects. We work in partnership with Community Hubs, VCSE groups to provide a joined up support for people experiencing emotional distress.

##### **Step Forward Tees Valley**

This project delivers services across Teesside and Darlington, providing support to unemployed adults of 18 years and over and who are suffering from at least two health conditions - to improve their readiness and overcome barriers in the way of returning to employment.

##### **Rapid Response Suicide Prevention Service**

The service responds to high suicide rates combined with the recognition that some clients were waiting too long for treatment, thereby falling through the net of potentially life-saving services with tragic consequences. Counselling provides suicide prevention and recovery work as well as liaison with other agencies providing care. Work is limited to 6 sessions and onward referral to other services is often made at the completion of counselling.

##### **Occupational Health Counselling Services**

Providing services to Harmlessly and County Duress Council employees referred by Occupational Health or Human Resource Departments.

##### **Turning The Tide**

In partnership with The Big League and Lilly Anne's, the project is to develop a community champion and volunteering opportunities, allowing people access support, emergency and statutory services in a timely and useful manner.

#### 20. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	62,564	–	62,564
Current assets	249,451	–	249,451
Creditors less than 1 year	(33,588)	(5,405)	(38,993)
Creditors greater than 1 year	(28,552)	–	(28,552)
<b>Net assets</b>	<u>249,875</u>	<u>(5,405)</u>	<u>244,470</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	66,386	–	66,386
Current assets	331,720	60,474	392,194
Creditors less than 1 year	(96,101)	–	(96,101)
Creditors greater than 1 year	(38,117)	–	(38,117)
<b>Net assets</b>	<u>263,888</u>	<u>60,474</u>	<u>324,362</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2023

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#### 21. Analysis of changes in net debt

	At 1 Apr 2022	Cash flows	At 31 Mar 2023
	£	£	£
Cash at bank and in hand	248,683	(89,287)	159,396
Debt due within one year	(9,508)	-	(9,508)
Debt due after one year	(38,117)	9,565	(28,552)
	<u>201,058</u>	<u>(79,722)</u>	<u>121,336</u>

# Let's Connect (Eng) Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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#### 23. Related parties

During the year the charity Let's Connect (Eng) Ltd provided intercompany facilities to organisations in which the CEO Mr I Caldwell is also a director. Such organisations include:

Starfish Health & Well Being CIC - Company Registration no: 6904971

Starfish Services Limited - Charity Registration no: 1146237

THEBIGLEAGUE CIC - Company Registration no: 09195783

Transactions in relation to each of the above organisations include:

##### **Starfish Health and Well Being CIC**

	2023 £	2022 £
Management charges made by Let's Connect (ENG) in respect of the provision of key management skills to SFHEB CIC	6,816	—
Intercompany transactions recharged from Let's Connect (ENG) to SFHWPB CIC	6,248	802
Intercompany transactions recharged by SFHWPB CIC	4,200	—
Balance owed to Let's Connect (ENG) at the year end	9,958	41,188
Balance owed to SFHWPB by Let's Connect (ENG)	5,716	4,516

##### **Starfish Services Limited**

	2023 £	2022 £
Intercompany transactions provided by Let's Connect (ENG) to Starfish Services Ltd	488	7,628
Intercompany transactions provided by Starfish Services Ltd to Let's Connect (ENG)	3,768	3,831
Balance owed to Let's Connect (ENG) at the year end	1,314	826
Balance owed to Starfish Services Ltd by Let's Connect (ENG)	2,712	3,520

##### **THEBIGLEAGUE CIC**

	2023 £	2022
Charges made to Let's Connect	8,477	5,625