



# Improving Lives

*Supporting people experiencing multiple disadvantage*

Trustees Annual Report March 2022 - 2023

Improving Lives is a trading name of Improving Lives Notts Ltd

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## Foreword by Chair of Trustees

It is one of the privileges of chairing an organisation that you get to write an introduction to the annual report. This gives an opportunity to call out the successes of the organisation that you chair. It has been my privilege to chair Improving Lives Notts since it was founded and see the successes of the organisation as it has grown and developed. This last year has seen several changes for Improving Lives with changes in our funding grants which will be covered by our CEO and some changes in personnel both of staff and Trustees. Most importantly the last year has been one of providing more high-quality support for all the people we support with many appreciative comments of the help given both in writing and by word of mouth.

Most of our work is done with people referred to us by Nottinghamshire Healthcare and it has been helpful to receive some funding from the Trust for specific projects related to the Trust.

We have been fortunate to be supported both by large national funders but also more local charitable funders, individual members of the public and corporate sponsorship.

We have lost a small number of our staff as specific contracts came to an end. One, Rachel Hollands, had been with us since we started. Rachel has however developed herself and her career with our support and is moving on

to provide independent counselling. We are sorry that the members of staff have moved on but also pleased that all have been for developmental reasons and improvement. Our Treasurer Bhaveen stood down during the year for health reasons and we have been lucky to recruit Ruth Ashburner as our new treasurer. We have also recruited Glyn Jacobs a chartered accountant as an additional trustee. I want to thank Ruth Hawkins one of our Trustees, an accountant by background for all the help she gave to Josh Wood during the interim. This was a fantastic intervention as Ruth is also the acting chair of Framework.

I want to thank our fantastic staff team and amazing volunteers who are the people responsible for providing our great input to the people we support. Especially I would like to thank Kerry Devine our CEO and Josh Wood our Business Manager for their great leadership.

I want to thank our great team of trustees each of whom has brought different aspects of professional help to the team. And finally, I would like to thank all of our funders without whom we could do nothing.

Thank You, Mike Harris, Chair of Trustees

# Organisational Structure

## Improving Lives

The directors of the company are known as charity trustees for the purposes of charity law. They give their time voluntarily and receive no benefits. In order to maintain a broad diversity of skills when a trustee wishes to retire, new members will be recruited according to the skills gap. There are currently seven trustees who meet every six to eight weeks and are in communication between official meetings.

The Chief Executive Officer reports directly to the Chair of the Board and the Business Manager has regular meetings with the Treasurer to ensure sound financial oversight.

The Chief Executive Officer, Victoria Burrows was on secondment to Lloyds Bank Foundation until January 2022 and resigned in March 2022. Kerry Devine was Interim Chief Executive Officer and then Joint Chief Executive Officer from December 2021. Day to day management of the service has been provided by Kerry Devine and the Business Manager, Josh Wood. There are a total of 15 members of staff working to benefit the wider community by providing people with complex health and social needs an individualised service to enable them to manage the challenges they face and believe that life can change for the better.

### Trustees who served during the financial year

March 22 - February 23

Dr Mike Harris - Chair of the Board

Ben Staples

Bhaveen Jobanputra (resigned September 2022)

Ruth Ashburner – Treasurer (appointed November 2022)

Glyn Jacobs (appointed November 2022)

Laura Pinkney

Sue Kernahan

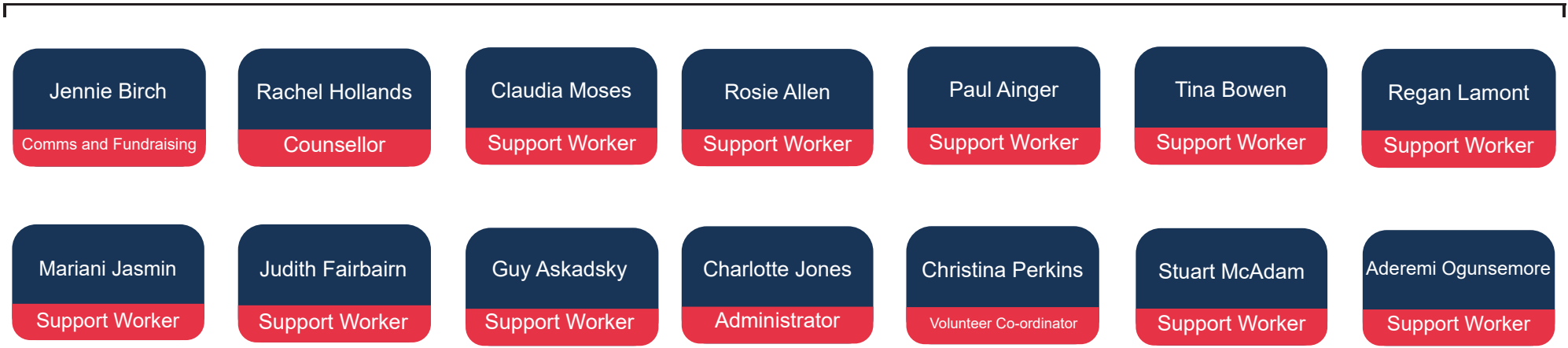
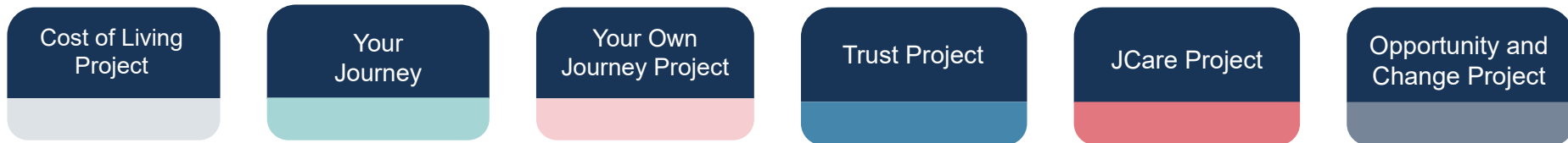
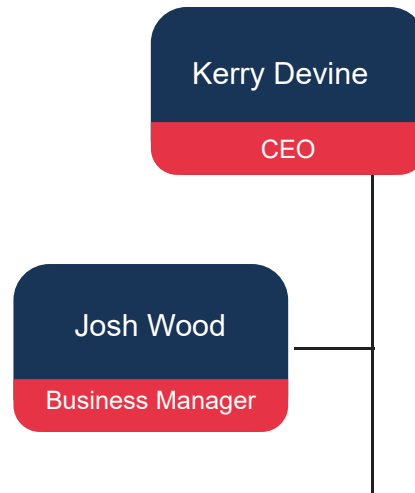
Ruth Hawkins

Ola Junaid



# Organisational Structure

- National Lottery Community Fund
- Nottinghamshire Healthcare NHS Foundation Trust
- Nottinghamshire Police and Crime Commissioner
- JCare Nottingham Charity
- ESF and National Lottery
- Postcode Lottery and Lloyds Foundation



## Foreword by Kerry Devine, CEO

As the country has moved through the pandemic and into a cost of living crisis, the Improving Lives team has inevitably remained extremely busy with a range of different issues to address. I'm proud of how the team has risen to the challenges we have all had to face. In terms of practical support, we applied for money to provide items that use less electricity, such as electric throws, slow cooker, air fryers and wind up torches these proved very popular and were gratefully received by the people we support. There has also been assistance provided by the team to help people access household vouchers, food vouchers and to ensure that people had received the additional benefits for which they were eligible.

During 2022 there was an increased opportunity for people to meet together face to face and our groups have been more popular than ever before. As part of our new National Lottery

Your Journey Project, we recruited a Volunteer Co-ordinator who has been able to increase number of volunteers with the service. This has significantly enhanced the befriending offer we are able to make to people, and has been an amazing asset to the organisation.

We have continued to offer one-to-one support to people and during this financial year we have supported 411 people. In spite of several of our projects coming to an end in the past year there have been 2,459 face to face meetings and 5,013 phone calls made to people and 104 people have attended our groups. We are trying to increase our financial stability and as part of that we have a paid for counselling service, Moving Minds, which began in a small way in April 2022. We hope this will continue to grow, along with other projects, which we hope will help us to continue to offer our service to as many people, experiencing multiple disadvantage, as possible.





# The Team

**Kerry Devine** (f/t CEO)

**Josh Wood** (f/t Business Manager)

**Rachel Hollands** (p/t Counsellor on the Opportunity and Change Project until March 2023)

**Paul Ainger** (f/t Support Worker)

**Guy Askadsky** (p/t Support Worker for JCare Project)

**Jennie Birch** (p/t Fundraising and Communications Officer)

**Claudia Moses** (p/t Support Worker)

**Judith Fairbairn** (f/t Support Worker for JCare Project)

**Rosie Allen** (p/t Support Worker)

**Regan Lamont** (f/t Support Worker until April 2023)

**Mariani Jasmin** (p/t Support Worker)

**Tina Bowen** (f/t Support Worker)

**Charlotte Jones** (p/t Administrator)

**Stuart McAdam** (f/t Support Worker for JCare Project from April 2022)

**Christina Perkins** (p/t Volunteer Co-ordinator from April 2022)

**Aderemi Ogunsemore** (f/t Support Worker from September 2022)

*(left to right,  
Christina,  
Kerry,  
Mariani,  
Rosie,  
Jennie,  
Claudia,  
Judith, Paul,  
Guy, Josh,  
Aderemi,  
Charlotte.)*



# The Support We Provide

## Emotional Support

A place to 'offload', particularly in relation to some very sensitive issues such as coping with abuse or caring responsibilities for family members.



## Promoting engagement in statutory services

Helping beneficiaries to access GP, Dentist, mental health services and hospital appointments; accessing housing providers and the Job Centre; attending Social Care assessments; accessing an Occupational Therapist; and applying for care packages.



## Advocacy Support

In relation to a wide range of services and issues, including navigating 'the system' and gaining access to the right person or support service; addressing issues with medication; raising issues on the beneficiary's behalf and acting as intermediary.



## Benefit and debt issues

Checking benefit entitlements and completing application forms or supporting letters for ESA, PIP and disabled student allowance; contacting the DWP to reschedule appointments; attending assessments, work coach appointments and appeal tribunals; completing financial statements and obtaining debt management plans.



## Cost of living issues

Applying for reductions in rent or mortgage payments and Council Tax charges; contacting utilities companies and seeking warmer homes discounts and reductions in gas or water bills; obtaining payment plans; accessing small grants for household items; and providing help to improve budgeting and money management skills.





## Meeting basic living needs and promoting independence

Helping beneficiaries clean and repair their homes, arranging bulky waste collections, and tackle hoarding; managing bills and tv licenses; applying for a mobility bus pass; establishing a daily routine, obtaining food, energy vouchers and clothing.



## Accessing community services and activities

Such as attending community centres, gyms and local nature projects; going on trips; accessing befriending and parenting support; plus services that can help provide basic necessities such as food, clothing and household goods.



## Accessing specialist advice and support

Including financial and legal advice, advocacy support, counselling, and specialist support for self-harm and eating disorders.



## Having a voice/accessing basic rights

Empowering beneficiaries to report maintenance issues and make formal complaints about inadequate housing or anti-social neighbours. This can include contacting the Police or a beneficiary's MP.



## Digital Support

Supporting beneficiaries to reduce bill costs, supporting to purchase affordable broadband; providing guidance on browsing the internet safely and potential risks online; supporting beneficiaries to download and access Zoom, email and other digital services i.e online banking, deliver coproduced digital support group.



## Housing and Home Safety Issues

Helping beneficiaries to register for social housing, explore their options and bid for properties; achieving home repairs including new kitchen equipment and window replacement; accessing a home needs assessment and obtaining safety equipment and household adaptations such as handrails and gas safety assessments; dealing with pest infestations; accessing services such as boiler repair, garden clearance and fencing; supporting beneficiaries to donate unwanted items to charity.



This year we have supported 411 people across our projects.

31 people have been supported to attend 89 GP appointments.

36 people have been supported to attend 95 hospital appointments.

28 people have been supported to 69 mental health appointments.

We have maximised people's income to a total of £159,190.

104 people have attended our social groups.

38 people have received befriending support for 618 sessions totalling 488 hours.

One person has entered employment, three have been on training, 8 people have been involved in supporting Improving Lives and 44 have reported being more involved in community activities.

## What We Do and Our Achievements

Improving Lives Company Articles state that the Company's objects are:

*The relief of those in need in particular but not limited to providing one-to-one support services to adults with complex health and social needs in Nottingham City and Nottinghamshire and nationwide advice.*

Our main objective is to support adults experiencing multiple disadvantage. We achieve this by:

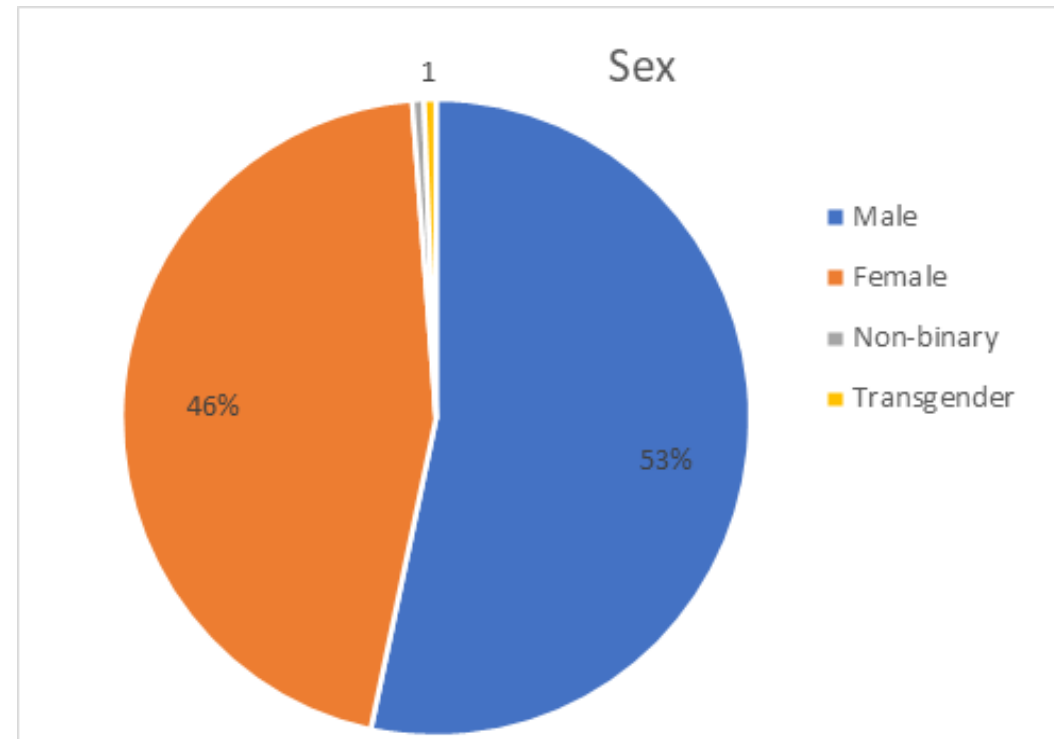
- Providing high quality one-to-one support focussed on reducing the risk of people having a mental health crisis
- Long term contact with the people who use the service in order to reduce social isolation by offering one-to-one support, social support groups facilitated by staff and volunteers and one-to-one phone or face to face befriending provided by volunteers.
- Access to technology to reduce digital exclusion and energy consumption

## Who Benefited from our Service

One of the four priorities of the Nottingham Health and Wellbeing Strategy 2022-2025 is working with people experiencing severe multiple disadvantage; that is people who experience three of the following five disadvantages: homelessness, mental health issues, substance misuse, domestic abuse or contact with the criminal justice system. At Improving Lives we work with people who experience these disadvantages; providing support and walking alongside them as they access the specialist services they need to address these issues.

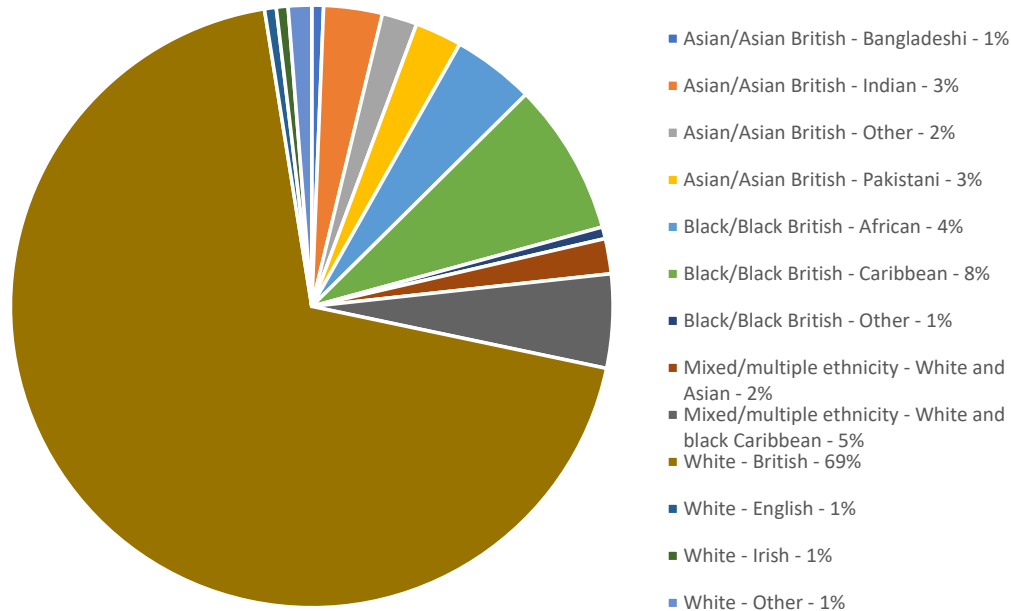
NHS Digital statistics on the use of the Mental Health Act from October 2022 showed that you are over 4 times more likely to be detained if you are Black or Black British and over 11 times more likely to be on a Community Treatment Order than white counterparts. We aim to offer a culturally competent service and we recognise the inequalities black men, in particular, experience. We work hard to engage people from ethnically diverse communities with the service to support them to address the issues that impact on their mental health.

In the last year 100% of the people referred to the service had mental health problems alongside a combination of other issues: 28% of people had experienced domestic abuse, 39% housing issues, 34% had physical health issues, 23% had alcohol or substance misuse problems, 14% identified having debt problems, 17% needed support with benefits, 11% had an offending history, 26% were struggling to manage their correspondence and 89% were referred as being social isolated.

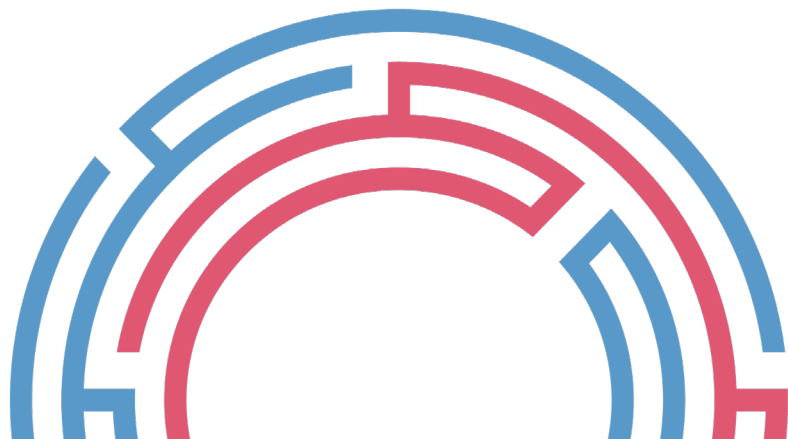
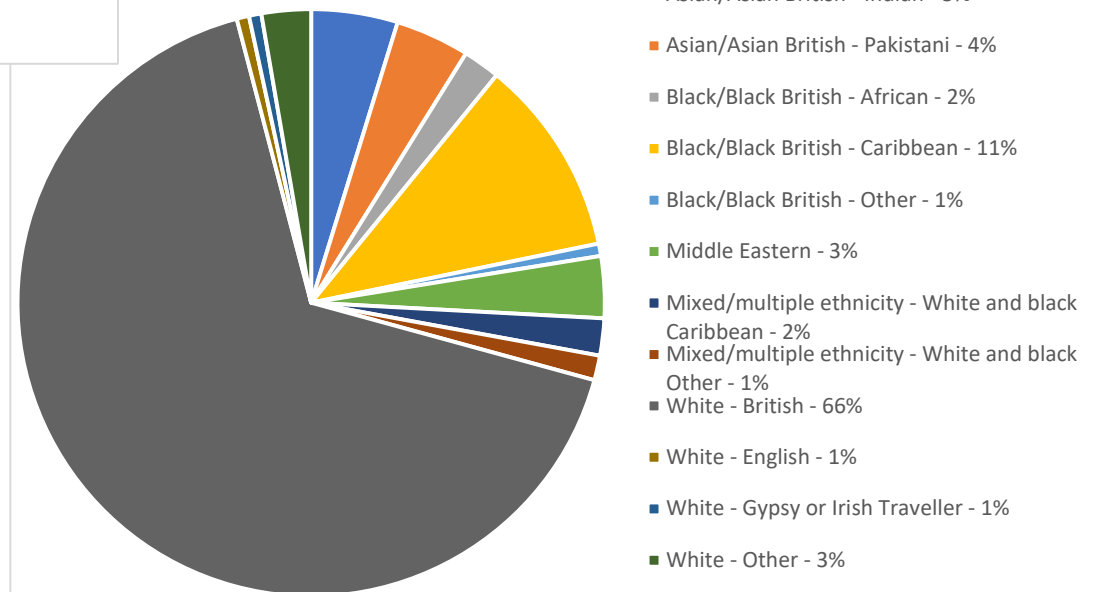


# Who Benefited from our Service Cont.

Female Ethnicity



Male Ethnicity





# Partnership Working

During the past year we have had some great support from local organisations. HoldenCopley very kindly raised money for us by running a very challenging tough mudder event. Nottingham Outlaws invited us to watch them play rugby and also raised money for us. Savills staff very kindly offered their time to attend our social groups to meet the people we work with. They also held a raffle for us and one of their team ran the Robin Hood Marathon, along with several members of our team and their families. We've also received practical support from Briggs Equipment staff who came along and painted a room in our office. Arriva have also provided support in kind; we have been fortunate to have Richard Stabler attend several of our events to support the team, his tea making skills have become legendary.

This year we were voted a charity partner by the students at Nottingham College, High Pavement campus, as part of their social action project. We provided a mental health workshop for the students and another for their student mentors. In return they have organised events to raise money for us. We are also very lucky to have had a Nottingham College student on placement with us one day a week. It's lovely to have such a

knowledgeable, enthusiastic young person as part of the team.

Nottingham Trent University have been involved in our work this year. Our Volunteer Co-ordinator has been working with the students to offer volunteering opportunities and we have had support from students on an MSc course to consider ways of improving the service for particular groups of people.

The people who use the service, as always, are our main partners. They have supported us by attending the board meetings and feeding back the views of other people who use the service. They have been part of the interview panel for recruiting staff, they have taken part in focus groups to evaluate the service and they have made suggestions about how to improve the service we offer. As a result we have a video to help prepare people for volunteering and we have provided cost of living equipment that people requested. People who use the service have also taken part in promoting the service at Nottingham Trent, taking part in a volunteer fair and also presenting to the health and social care students.

**HoldenCopley**  
PREPARE TO BE MOVED

 **arriva**  
a DB company







# Cost of Living Project:



This year more than ever we wanted to find ways to support people to manage the cost of living challenges they were facing and we were successful in applying for a grant to purchase items that use less electricity. We were therefore able to provide 10 people with an air fryer, 10 people with a heated electric throw, 10 people with a slow cooker and 3 people with a wind-up torch/ radio.

Even providing one item has had a significant impact: Nel (not her real name) received an air fryer which she began to use frequently in order to save energy and ultimately keep her household bills to a minimum. Whilst saving money, it has also motivated her to clean and declutter her whole kitchen which she now takes pride in. She also has a healthier and

more balanced diet as it has become quicker and easier to prepare meals for one. “Having an air fryer has changed my life” she said.



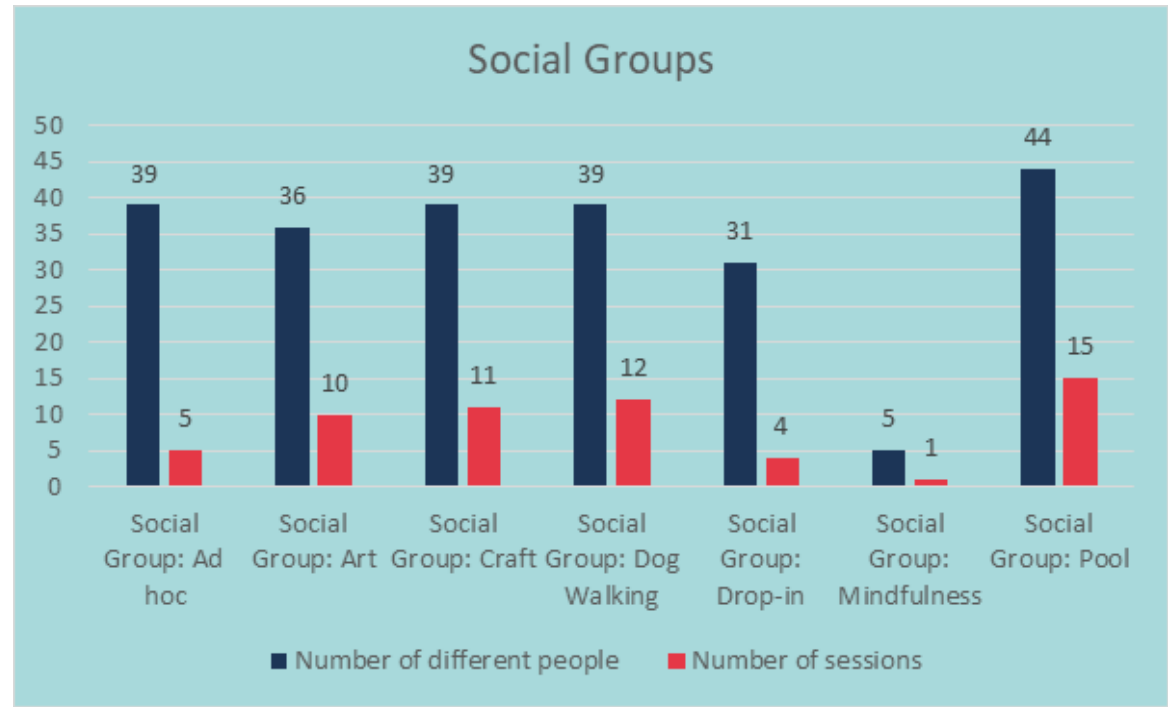
Other people have also given extremely positive feedback about the equipment they received:

“I’m only able to heat one room in my flat so having the heated blanket is a lifesaver”

“Thank you, the blanket is lovely, warm and cuddly. It’s not such a worry to use as it’s not costing so much electricity. I sit in the kitchen all the time where it’s colder, so the blanket is making it a lot more comfortable for me. It’s snugly wuggly and I’m so thankful”

# Groups

104 different people have attended our groups during the year. This is higher than in any previous year. In addition to our four main groups: playing pool, walking, craft and art there were also 9 'ad hoc' and 'drop-in' groups which included our two Mental Health Awareness Week events in May and October. Held at our office these were well attended and enjoyable, as was our Christmas party, kindly funded by Asda. We also had a canal trip with Megan and Tinks which proved to have a great party atmosphere and in Christmas week courtesy of the Nottingham Playhouse, 23 people were able to attend the Pantomime, some with their children or grandchildren! It raised their spirits at what is often a difficult time of year for people: "It was really enjoyable. The kids love it - you forget where you are when you're watching it"



"A big thank you, it's so much fun. It's a lovely wrap up for the New Year for the Pantomime and to see everyone at Improving Lives. Wonderful."

"Everyone was lovely, I'm so happy I came"

This was the second production of the year The Playhouse had provided free tickets for, as we had also seen First Touch in May 2022.

Perhaps the most bittersweet group was the trip to Lakeside back in April 2022 which was funded by our corporate partners Shoosmiths, as an ending to the wonderful support they had offered us for the previous 4 yrs.



# Volunteer Befriending

Thanks to our new Volunteer Co-ordinator we have grown the befriending service. 38 different people had a befriender this year and we have 29 active volunteers who have delivered 488 hours of befriending.



“I enjoy coming to Improving Lives groups as the team are friendly and welcoming. The environment is comfortable, there is always a staff member around to help. The training is quick and easy to understand and helped me feel prepared for helping. I meet interesting people at the groups and have lots of great conversations. The sessions are fun and enjoyable”  
–Olita

“Volunteering as a befriender has been a revelation. I have been paired with a lovely person who is great company and who has lived a very interesting life. It is proving to be a life enhancing experience for me and I hope for my befriender, too.”  
- Improving Lives volunteer

100% of the people receiving befriending support reported feeling less isolated and 100% agreed or definitely agreed that they felt better in themselves knowing there was someone they could talk to.



# Your Journey

March 2022 brought to an end several of our projects: the Complex Persons Panel project, The Trust Discharge Project and the Trust Project all reached their conclusion.

However, we are very fortunate that the National Lottery Community Fund agreed to fund a three year project beginning in March 2023. This enabled us to provide ongoing support to people who continued to need us when other projects came to an end. It also ensured that we were able to continue taking new referrals.

As with our previous Lottery funded project the aim is to work with people with mental health issues who are experiencing multiple disadvantage, to enable them to manage the challenges they face more effectively, live as independently as possible and avoid readmission to hospital. We take referrals for people who are in secondary mental health services and the referrals have come from a range of professional including psychiatrists, psychologists, community psychiatric nurses, social workers and support workers.

During the year we aimed to work with 100 people. We actually accepted 126 referrals and worked with 220 people in total. We have provided 1247 face to face support sessions to 169 people. There have also been 2473 phone calls made to 202 people, totalling 713 hours.

In addition to our support work the National Lottery Community Fund has funded a part time Volunteer Co-ordinator who is developing our volunteer befriending offer: 37 people have received 450 phone calls and there have been 129 face to face meetings with 24 people.



**COMMUNITY  
FUND**



## Case Study - Cheryl

Cheryl was referred to Improving Lives by her Occupational Therapist for practical support, social inclusion, and support to attend groups. She is a 67-year-old woman who lives alone in privately rented accommodation. Cheryl has a diagnosis of COPD, OCD, depression, and anxiety. She also has a history of alcohol misuse which caused some brain damage impacting her memory and finding words to use when communicating with others. Due to her struggles, Cheryl finds it difficult to attend to her daily tasks and leave her home.

Cheryl previously attended a social group a few years ago in her local area but stopped when it closed due to Covid and lack of funding. Since then, she rarely left her home due to panic attacks and began to feel socially isolated. One of her main goals was to feel confident to attend social groups again.



When Cheryl started to engage with support from Improving Lives she was overwhelmed by the amount of paperwork and utility bills she had received and did not want to look at them. She was also afraid to leave her home as she was receiving abusive calls and unwanted visits from her son who has issues with substance misuse.

Through weekly visits and regular contact with her Support Worker, Cheryl was helped to apply for an injunction to prevent her son from visiting her home. Her worker also helped her to apply for her state pension, and pension credit, reinstate housing benefit and set up a payment plan with her utility provider to reduce outstanding debt on her account.

Cheryl has since regained her confidence and fulfilled her goal to attend social groups. She frequently attends Improving Lives social groups and looks forward to meeting new people.

“[I’m] thankful for having someone there to help me through the dark times”.



## Trust Project

We began a new one year pilot project funded by the Nottinghamshire Healthcare NHS Foundation Trust in December 2022.

This is similar to our NLCF funded project, to support people in secondary mental health services. During the first three months of the service we received 49 referrals.



## Nottinghamshire Healthcare NHS Foundation Trust





## Case Study: Jess

Jess is a 53-year-old woman who lives alone. She was recently referred to Improving Lives from the local mental health team for support with her mental and physical health issues which includes a diagnosis of bipolar disorder and arthritis to her lower limbs. As such she has difficulty mobilising, particularly in the mornings and there are elements of social isolation and self-neglect. This manifests in a lack of motivation to leave her home, keep up with her medication regime, attend health appointments, and address her correspondence. Her home is cluttered and whilst she keeps a number of pets, she feels unable to keep her environment clean, safe and hygienic.



She also struggles with debt. Jess has a small care package for shopping and light cleaning duties. Short-term support from the mental health team is coming to an end.

At the initial assessment Jess stated that she felt ready for support and was keen to join a local knitting circle and attend our social events. Weekly appointments were negotiated with her, and she was referred to our social groups. It was agreed that she would be accompanied to attend by her Support Worker. Other activities were researched and located and a plan was made to visit these with her. Jess was already known to services to address her debt and benefit issues.

Unfortunately, Jess felt unable to keep to the subsequent appointments for a number of weeks and efforts to tackle her social isolation were thwarted. By continuing to liaise with her mental health team it was noted that she had missed a recent depot injection which was concerning. Through continuous contact with her by text - which was her preferred form of communication - Jess was eventually encouraged to meet at home and to be accompanied by her Support Worker to her local health centre to address this concern, where she



accepted her depot medication.

Additionally, she was supported to register with a local NHS dentist alongside a visit to a café where she engaged with her Support Worker to build a rapport. Since then, she has been accompanied to attend our art group where she engaged well with others. A bus pass application has also been completed by her Support Worker and she has agreed to accept support to attend an eye test appointment and take part in our walking group.

# JCare

Nottingham JCare is a charity that works in partnership with Improving Lives to provide a service to people from or connected with the Jewish Community in Nottingham city and Nottinghamshire. 80% of the people supported on the project are aged over 65yrs. Only 3% of people are under 30yrs. The one-to-one support offered is individualised and ranges from emotional support to helping people to arrange complex care packages. The team regularly offer information to carers as well as practical support whether that's supporting people to attend hospital and GP appointments or emergency shopping when their carer is away.

During the year 80 people received support from the service: 52 people received 588 face to face appointments and 71 people were supported by 1022 phone calls. There have also been 9 social events during the year which members of the community enjoy attending, particularly when it involves homemade food and the opportunity to chat.



Support from the JCare team is provided through regular visits, shopping trips and minor domestic tasks although it is felt that the opportunity for company and to share a bit more about their former family life is equally appreciated.

## Case Study: Les

The following case study reflects the type of work undertaken with a number of people the service supports.

Recently bereaved, Les has led an active life and has mental and physical capacity. However, their relationship with their partner meant that a division of responsibilities in their household left them devoid of experience in regard to some elements of domestic management. Top that off with a natural deterioration in their physical health that led to a propensity for a 'one-off' neurological event (which means they can't travel too far within the community, for at least a temporary period), and Les finds themselves in a situation whereby they are more reliant on others than ever before. Unfortunately, they do not have family locally.

The reliance on others, outside themselves and immediate family, is something which clearly effects Les psychologically. They have had to become increasingly self-sufficient throughout their life in a number of ways, but the duties taken on by their deceased partner were perhaps not always fully understood, although very appreciated now. Since their partner's passing, they have not really spoken about their grief and have become increasingly isolated since the medical event last year. They are now awaiting information on whether they will be able to return to their prior social activities without the reliance on old friends and JCare.

Support from the JCare team is provided through regular visits, shopping trips and minor domestic tasks although it is felt that the opportunity for company and to share a bit more about their former family life is equally appreciated.

All participants were people with multiple and complex needs in the following areas: Housing Stability, Mental Health, Substance Misuse, Offending and Domestic Abuse/Abuse from others. As well as receiving support from Improving Lives, and other partnership agencies, all participants across D2N2 were able to take part in a single, bespoke training programme Skills Plus for Change. This service came to an end in March 2023. Over the 6 ½ years of the project 1595 people were supported across the D2N2 area. Improving Lives provided the counselling service for the project, with Rachel Hollands providing long term counselling for 131 people.



“In fact, it’s a unique opportunity to build a healthy attachment bond with a therapist, which then serves as personal evidence to know that we’re capable of building and committing to new healthy bonds. That’s what I call HEALING”



## Case Study: Jenna

Jenna was referred to counselling through an organisation which works with people with multiple disadvantage. She had been diagnosed with anxiety and depression. The sessions have been focused on allowing her the time and space to reflect on the impact on her wellbeing and to find ways to manage her emotions.

Jenna suffered many traumatic experiences in the past and more recently coercive control, during her relationship (with now ex) and this has led to trauma responses which continue to impact her.

She experienced a difficult time growing up. Her parents had their own difficulties, and were unable to care for her properly, instead relying on her to help care for them. She was unable to express what she felt as a young person and found it hard to put boundaries in place as an adult as a result of her difficult upbringing.

A few years ago she moved to the UK via two different countries. She experienced multiple challenges: culture shock, learning a new language, loss of friends and family, the upheaval of moving home as well as ongoing financial strains. She has struggled to feel 'good enough' and has at times had suicidal ideation. Jenna has a safety plan in place should she feel in crisis, with what to do and who to contact on it.

She has reached out for support from her GP and friends, which has helped her manage this. The medication she was taking seemed to be making her feel worse and so she stopped taking it, monitored by her GP. Her GP has also referred her to secondary mental health services for an assessment.

She has engaged well with therapy and has been committed to the sessions. Despite her ongoing mental health struggles has joined groups to use her creativity for expression. She has completed all the therapy sessions offered. She worked with her counsellor to challenge

her negative thoughts, replacing them with more positive ones, so she is not further punishing herself.

They role played difficult conversations she wanted to have (she had previously been avoidant of this – fearing confrontation). They also explored her 'adult' part to encourage her to this to help her put boundaries in place, and worked with this to make sure she is looking after herself. They integrated the mind/ body/ breath connection; at times they practiced this (breathing, mindfulness, yoga stretches) rather than 'talking therapy' alone. She has found some calm in creativity: she found 'flow' in doing jigsaws: an activity she finds brings some peace. This has supported her the self-regulate her emotions which can become overwhelming at times.

Jenna has a young son, who is her priority, but she now has awareness that looking after her wellbeing is not selfish, and that practising self-care enables her to care for him well. She has been able to see the positives in her parenting and develop a more compassionate approach to herself. This has enabled her to acknowledge some of her positives and strengths.

"I would like to add for my part the importance of the accompaniment that therapy gave me with you, as a fundamental pillar to move forward in the midst of my difficulties... I see the enormous difference between going through this long and deep process of almost 1 year versus the 6-session therapies that are usually offered. Having the possibility of accessing a long therapeutic follow-up like this can make a huge (vital) difference for people who are in a situation similar to mine. In fact, it's a unique opportunity to build a healthy attachment bond with a therapist, which then serves as personal evidence to know that we're capable of building and committing to new healthy bonds.  
That's what I call HEALING.  
Jenna.

# Your Own Journey

We began a small project this year, taking referrals for people in primary care, that is people cared for by their GP, not in secondary mental health services. We have taken 7 referrals to date.

“ Marina is progressing well and the hope is that she will continue to do so in the future with necessary intervention if needed. Her needs are currently being met and she has found a good balance in life. ”



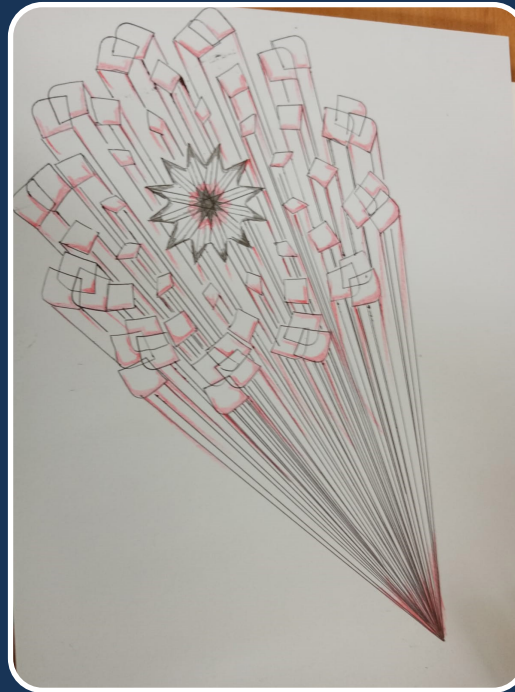
## Case Study: Marina

Marina was referred to us via social worker, she is currently under primary health care (her GP) and was referred due to social isolation low mood and depression. When her Support Worker first met Marina she was quite low in mood and presented quite low in confidence. The first few times they met at her property and agreed there was some work that needed completing in her home.

They discussed at length what Marina needs in the way of support and how she would best benefit from the service. At this point Marina wasn't getting out much and her Support Worker encouraged her to attend the Improving Lives groups which she was most interested in, to build her confidence.

Once she had attended one, she started to flourish and wanted to attend groups more regularly. She enjoyed getting out and engaging with new people.

She was also in a routine with her property: she had decorated and had new carpets laid so that it was feeling much cosier.



Her Support Worker also supported her in contacting energy companies as she had received an extremely high bill and guided her to the warmer homes discount scheme as she wasn't yet enrolled on this. She was also experiencing difficulties with her finance, so the Support Worker referred her to a food bank. The Support Worker collected and dropped off the food parcel to her as she did not have transport to do so herself.

She was in need of furniture: her support worker referred her to the Arches, which provides furniture at low cost or free of charge.

Marina is progressing well and the hope is that she will continue to do so in the future with necessary intervention if needed. Her needs are currently being met and she has found a good balance in life.





# Counselling Service

We began a small counselling service in April 2022. This is a paid for service provided by two of our support workers who are also trained counsellors. The proceeds go directly into the service. Five people accessed the service during the year.





# Our Funding

**The National Lottery Community Fund: Your Journey:** For those in secondary mental health services, to prevent crises readmissions and support long term management of their mental health.

**Lloyds Bank Foundation:** Became a funder for the service in April 2019, contributing to core costs and providing an enhanced package of support including access to training and professional services such as volunteer recruitment and HR. This comes to an end in April 2023.

**Garfield Weston:** Generously gave a two, year long, grants towards core costs for the years 2021 and 2022, coming to an end in May 2023.

**European Social Fund and the National Lottery Community Fund:** We are the specialist mental health partner on the Building Better Opportunities project – Opportunity and Change, jointly funded by the ESF and lottery, which supports adults with multiple complex needs to move closer towards work or training. This comes to an end in March 2023.

**JCare:** We have a contract with another charity to provide support to people connected to the Jewish community in Nottinghamshire.

**The Jones 1986:** Your Own Journey project, funding to support people experiencing multiple disadvantage who are not in secondary mental health services.

**JF Mortimer:** Funding for our cost of living project.

**Nottinghamshire Healthcare NHS Foundation Trust:** Trust project for one year from December 2022.

**In this year we have received more individual donations than ever before, thank you to all those people who wish to remain anonymous and have been so generous with their time as well as with their money, it has been humbling, and a privilege to have you become part of the Improving Lives community.**

**We would also like to thank the following for their generous contributions:** The Blakemore Foundation, Arnold Clark, Co-op Community Fund, The Star Trust, Jessie Spencer, St Marys, Savills Estate Agents and the students at Nottingham College High Pavement Campus.

# Future Plans

Our aim is to continue to offer our free service to as many people as possible who are experiencing multiple disadvantage. We would like to work towards increasing our offer to people who are in primary care (under the care of their GP) not just people in secondary mental health services (who have support from a mental health team). We are therefore seeking further funding for our Your Own Journey project so that we are able to accept self referrals and primary care referrals.

As with all charities we are always looking to grow our financial sustainability and we are hoping to increase our counselling service and consider other options for raising funds during the coming year.

The number of people we support is continually growing and the introduction of our Volunteer Co-ordinator has been invaluable to help us increase our volunteer befriending offer both for one-to-one support and groups. This will undoubtedly continue to grow and develop during the coming year.



# Trustee Involvement

There has been a significant change during the year as our Treasurer unfortunately had to resign due to ill health. We thank him for his support to our service and wish him well. We have welcomed a new Treasurer who has taken on the role very quickly and efficiently and we have another new board member with knowledge in business.



Virtual board meetings have continued to take place due to the ease and accessibility of these over face to face meetings. There has been a strategy meeting, held face to face, to focus on developing the service in line with our charitable aims.

People who use the service have been invited to the virtual board meetings to give feedback directly to the trustees and we are now fortunate to have an Expert By Experience who regularly attends our meetings. She has undertaken a survey with people who attend our groups and she has fed this back to the board to ensure they are aware of what people would like from the organisation and their views on the service.

Board meetings are held every 6 weeks and in between these the trustees work with the CEO and Business Manager, providing advice and support within their range of expertise including providing information on HR issues including recruitment, legal matters, financial governance, the quality of service and risk management.

One of our trustees continues to volunteer in the service as a phone and face to face befriender.

The board conducts a review of major risks to the charity and this is discussed at least annually with financial risks discussed at every meeting. Policies and procedures are reviewed annually to keep up to date with current legislation.

### The Reserves Policy

The Board of Trustees have set a reserve policy of 3 to 6 month running costs. At the end of the year the reserves exceeded this but due to anticipated funding shortfalls in the year ahead this is likely to reduce significantly.

Our full Reserves Policy can be found at [www.improvinglivesnotts.org.uk/policies](http://www.improvinglivesnotts.org.uk/policies).

### Public Benefit

The trustees have given due consideration to the Charity Commission's published guidance on the Public Benefit requirement under the Charities Act 2011.

### Custodian Trusteeship

No assets were held as custodian trustee during the reporting period.





# Trustees' Report

## Statement of Trustees' Responsibilities

The trustees (who are also the directors of Improving Lives Notts Ltd for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. 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 its 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 apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards, comprising FRS 102 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 in business.

The trustees are responsible for keeping proper accounting records that can 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 governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 25th July 2023 and signed on its behalf by:



.....  
Dr Michael Harris

Trustee

## Independent Examiner's Report to the Trustees of Improving Lives Notts Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 28 February 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

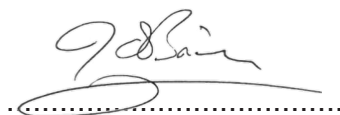
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act.

I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, 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 that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus  
Fellow of the Association of Charity Independent Examiners

Date: 31/07/23

## Statement of Financial Activities for the Year Ended 28 February 2023

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted Funds £	Total 2023 £	Total 2022 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	60,012	-	60,012	78,376
Charitable activities	3	2,530	312,425	314,955	329,301
Investment income	5	1,444	-	1,444	14
<b>Total income</b>		<b>63,986</b>	<b>312,425</b>	<b>376,411</b>	<b>407,691</b>
<b>Expenditure on:</b>					
Charitable activities	6	(39,631)	(358,693)	(398,324)	(377,501)
<b>Total expenditure</b>		<b>(39,631)</b>	<b>(358,693)</b>	<b>(398,324)</b>	<b>(377,501)</b>
<b>Net income/(expenditure)</b>		<b>24,355</b>	<b>(46,268)</b>	<b>21,913</b>	<b>30,190</b>
<b>Net movement in funds</b>		<b>24,355</b>	<b>(46,268)</b>	<b>21,913</b>	<b>30,190</b>
<b>Reconciliation of funds</b>					
<b>Total funds brought forward</b>		<b>194,216</b>	<b>87,327</b>	<b>281,543</b>	<b>251,353</b>
<b>Total funds carried forward</b>	20	<b>218,571</b>	<b>41,059</b>	<b>259,630</b>	<b>281,543</b>

All of the charity's activities derive from continuing operations during the above two periods. The funds breakdown for the period is shown in note 20.

# Statement of Financial Activities for the Year Ended 28 February 2022

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted Funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	2	78,376	-	78,376
Charitable activities	3	61	329,240	329,301
Investment income	5	14	-	14
<b>Total income</b>		<b>78,451</b>	<b>329,240</b>	<b>407,691</b>
Expenditure on:				
Charitable activities	6	(2,262)	(375,239)	(377,501)
<b>Total expenditure</b>		<b>(2,262)</b>	<b>(375,239)</b>	<b>(377,501)</b>
Net income/(expenditure)		76,189	(45,999)	30,190
Transfers between funds		(99)	99	-
Net movement in funds		76,090	(45,900)	30,190
Reconciliation of funds				
Total funds brought forward		118,126	133,227	251,353
Total funds carried forward	20	194,216	87,327	281,543



(Registration number: 05986266)  
 Balance Sheet as at 28 February 2023

	Note	2023 £	2022 £
<b>Current asset</b>			
Debtors	10	294	239
Cash at bank and in hand	11	268,786	289,298
		269,080	289,537
Creditors: Amounts falling due within one year	12	(9,450)	(7,994)
Net assets		259,630	281,543
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	20	41,059	87,327
<b>Unrestricted income funds</b>			
Unrestricted funds		218,571	194,216
Total funds	20	259,630	281,543

For the financial year ending 28 February 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 charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 31 to 46 were approved by the trustees, and authorised for issue on and signed on their behalf by:



.....  
Dr Michael Harris  
Trustee

# Notes to the Financial Statements for the Year Ended 28 February 2023

## 1. Accounting policies

### Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

### Statement of compliance

The financial statements 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 (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### Basis of preparation

Improving Lives Notts Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

### Going concern

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

### Exemption from preparing a cash flow statement

The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

### Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

### Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

### Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

# Notes to the Financial Statements for the Year Ended 28 February 2023

## Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

## Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

## Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

## Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

## Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

## Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	25% reducing balance basis

## Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

# Notes to the Financial Statements for the Year Ended 28 February 2023

## Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

## Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

## Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

## Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

## 2. Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	58,810	58,810	76,004
Gift aid reclaimed	1,202	1,202	1,785
Grants, including capital grants;			
Government grants	-	-	587
	60,012	60,012	78,376



### 3. Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Grants & donations	-	309,663	309,663	327,261
Reimbursements	-	2,762	2,762	1,979
Services/fees	2,409	-	2,409	-
Miscellaneous income	121	-	121	61
	2,530	312,425	314,955	329,301

### 4. Grants and Donations

	Unrestricted funds £	Restricted Funds £	Total £
European Social Fund	-	32,655	32,655
Nottingham J Care	-	108,450	108,450
Lloyds Bank Foundation	-	35,584	35,584
J F Mortimer	-	5,000	5,000
National Lottery Community Fund	-	121,750	121,750
The Jones 1986 Charitable Trust	-	5,000	5,000
The Percy Bilton Charity	-	724	724
Asda	500	500	1,000
Garfield Weston Foundation	20,000	-	20,000
HMRC Gift Aid	1,202	-	1,202
Co-op	2,081	-	2,081
Anonymous grants & donations	18,500	-	18,500
Sundry donations	17,729	-	17,729
	60,012	309,663	369,675

## 5. Investment Income

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Interest receivable and similar income;			
Interest receivable on bank deposits	1,444	1,444	14

## 6. Expenditure on charitable activities

	Unrestricted General Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Advertising & promotion	1,776	44	1,820	2,971
Dues & subscriptions	-	933	933	1,408
Mobile phone	213	1,544	1,757	4,208
Printing, postage & stationery	90	1,833	1,923	1,659
Software expenses	-	2,204	2,204	2,535
Training costs	-	2,777	2,777	1,530
Evaluation fees	-	-	-	1,750
Legal & professional	-	1,748	1,748	3,792
Liability & business insurance	-	1,896	1,896	1,346
Payroll fees	-	798	798	216
Recruitment costs	-	167	167	597
Motor expenses	-	-	-	28
Bank charges	-	175	175	165
Rent & room hire	328	6,958	7,286	7,476
Equipment, repairs & renewals	659	3,957	4,616	8,805
Staff expenses	-	-	-	1,376
Travel & subsistence	625	6,890	7,515	6,376
Wages & salaries	35,940	323,731	359,671	330,977
Volunteer Costs	-	3,038	3,038	-
Sundry expenditure	-	-	-	111
Depreciation	-	-	-	175
	39,631	358,693	398,324	377,501

## 7. Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2023 £	2022 £
Depreciation of fixed assets	-	175

## 8. Staff Costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	326,456	304,321
Social security costs	23,027	21,426
Pension costs	10,188	5,230
	359,671	330,977

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2023 No	2022 No
Average number of employees	16	13

13 (2022 - 11) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £10,188 (2022 - £5,230).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £82,395 (2022 - £114,749).

## 9. Tangible fixed assets

	Computer equipment £	Total £
<b>Cost</b>		
At 1 March 2022	2,224	2,224
At 28 February 2023	2,224	2,224
<b>Depreciation</b>		
At 1 March 2022	2,224	2,224
At 28 February 2023	2,224	2,224
<b>Net book value</b>		
At 28 February 2023	-	-
At 28 February 2022	-	-

## 10. Debtors

	2023 £	2022 £
Prepayments	294	239
	294	239

## 11. Cash and cash equivalents

	2023 £	2022 £
Cash on hand	499	225
Cash at bank	268,287	289,073
	268,786	289,298

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

	2023 £	2022 £
Trade creditors	-	66
Other taxation and social security	6,157	5,419
Accruals	3,293	2,509
	9,450	7,994

## 13. Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

## 14. Taxation

The charity is a registered charity and is therefore exempt from taxation.

## 15. Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner are analysed as follows:

	2023 £	2022 £
Independent examination	1,130	1,100
Other financial services	-	120
	1,130	1,220

## 16. Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.



## 17. Related party transactions

During the year the charity made the following related party transactions:

### Susan Kernahan Ltd

(During this period, the charity paid £300 (2022: £541) to the trustee Susan Kernahan for professional services - Mindfulness sessions.)

At the balance sheet date the amount due to/from Susan Kernahan Ltd was £Nil (2022 - £Nil).

## 18. Analysis of net assets between funds

	Unrestricted		28th February 2023
	General £	Restricted £	Total Funds £
Current assets	218,571	50,509	269,080
Current liabilities	-	(9,450)	(9,450)
Total net assets	218,571	41,059	259,630

	Unrestricted		28th February 2022
	General £	Restricted £	Total Funds £
Current assets	194,216	95,321	289,537
Current liabilities	-	(7,994)	(7,994)
Total net assets	194,216	87,327	281,543

## 19. 3rd party funds

	Opening balances £	Incoming resources £	(Resources expended) £	Total £
J Care	387	1,339	(1,544)	182
	387	1,339	(1,544)	182

## 15. Funds

	Balance at 1 March 2022 £	Incoming Resources £	Resources expended £	Balance at 28 February 2023 £
Unrestricted funds				
General				
General fund	194,216	63,986	(39,631)	218,571
Restricted funds				
Opportunity and Change Project (ESF funding)	3,678	32,655	(33,740)	2,593
J Care	12,642	111,212	(114,767)	9,087
Two Trees Project (Lottery funding)	-	121,750	(117,975)	3,775
Lloyds Foundation	19,879	35,584	(35,025)	20,438
Trust Project	49,489	-	(49,489)	-
Notts Victim Care	1,639	-	(939)	700
Asda	-	500	(500)	-
J F Mortimer Techmate	-	5,000	(3867)	1,133
Percy Bilton	-	742	(742)	-
The Jones 1986	-	5,000	(1,667)	3,333
Total restricted funds	87,327	312,425	(358,693)	41,059
Total funds	281,543	376,411	(398,324)	259,630

## 15. Funds cont.

The specific purposes for which the funds are to be applied are as follows:

Opportunity and Change Project (ESF funding) - supports adults with multiple complex needs to move closer towards work or training.

J Care - to provide support to people connected to the Jewish community in Nottinghamshire.

Your Journey Project (Lottery Funding) - for those leaving mental health services, to prevent crises readmissions and support long term management of their mental health.

Lloyds Foundation - contributing to core costs and providing an enhanced package of support including access to training and professional services such as volunteer recruitment and HR.

Trust Project - offering a service to people who are in or leaving secondary mental health services

Notts Victim Care - to run a craft group for people who are victims of crime.

Asda - funding to provide a Christmas get together for people who use our service.

J F Mortimer Techmate - funding to provide items to save money on gas and electric bills (e.g. air fryers) for people who use the service.

Percy Bilton - funding to purchase furniture for counselling space in office.

The Jones 1986 - funding to provide support to people in primary care - 5 referrals over the year.

These are the figures for the previous accounting period and are included for comparative purposes

	Balance at 1 March 2021 £	Incoming Resources £	Resources expended £	Transfers £	Balance at 28 February 2022 £
<b>Unrestricted funds</b>					
<b>General</b>					
General fund	118,126	78,451	(2,262)	(99)	194,216
<b>Restricted</b>					
Opportunity and Change Project (ESF funding)	3,500	43,334	(43,156)	-	3,678
Postcode Lottery	12,786	-	(12,786)	-	-
J Care	6,321	86,445	(80,124)	-	12,642
Two Trees Project (Lottery funding)	29,538	39,274	(68,844)	32	-
Lottery Covid 19 Uplift	5,087	-	(5,087)	-	-
Lloyds Foundation	24,583	70,629	(75,333)	-	19,879
Lloyds 'Techmate' Adaption	6,435	-	(6,435)	-	-
National Probation Service	13,902	-	(13,902)	-	-
Trust Project	25,278	82,758	(58,547)	-	49,489
Notts Police	1,685	4,800	(6,485)	-	-
Notts Victim Care	2,000	-	(361)	-	1,639
Mindfulness (Awards for All)	2,112	-	(2,179)	67	-
Media Trust	-	2,000	(2,000)	-	-
<b>Total restricted funds</b>	<b>133,227</b>	<b>329,240</b>	<b>(375,239)</b>	<b>99</b>	<b>87,327</b>
<b>Total funds</b>	<b>251,353</b>	<b>407,691</b>	<b>(377,501)</b>	<b>-</b>	<b>281,543</b>



