

Company registration number: 03309760

Charity registration number: 1061691

Self Help Nottingham

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

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Reference and Administrative Details

| | |
|------------------------------------|---|
| Trustees | Nina Ennis, Chair |
| | Suzanna Van Schaick |
| | Nigel Cordier |
| | Meena Patel |
| | Sonia McNamara, co-opted January 2025 |
| | Ben Davison, co-opted January 2025 |
| Senior Management Team | Mohammed Noaman, co-opted January 2025 |
| | Ian Boyd, CEO |
| Charity Registration Number | 1061691 |
| Company Registration Number | 03309760 |
| Registered Office | 21-23 Pelham Road Nottingham NG5 1AP |
| Independent Examiner | John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL |
| Bankers | Natwest Bank Smiths Bank 16 South Parade Nottingham NG1 2JX |

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2025.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

| | |
|-----------|---|
| Trustees: | Nina Ennis, Chair |
| | Suzanna Van Schaick |
| | Nigel Cordier |
| | Meena Patel (appointed 21 November 2024) |
| | Hayley Allison (resigned 21 November 2024) |
| | Antonio Wedral (appointed 3 April 2024 and resigned 21 November 2024) |
| | Sonia McNamara, co-opted January 2025 |
| | Ben Davison, co-opted January 2025 |
| | Mohammed Noaman, co-opted January 2025 |

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 30 January 1997 and most recently amended 7 November 2006. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

The Board uses a number of methods to identify new trustees including direct approach to individuals who had expressed an interest in joining the board as well as open recruitment. Potential trustees submit a CV and are interviewed by the chair and other board members.

After the recruitment process, new trustees are invited to attend a board meeting where they are co-opted until their membership is ratified at the AGM.

Trustees are selected for their interest in the work of Self Help and their skill and expertise.

Objectives and activities

Objects and aims

The principal objects of the charity are:

- To promote any charitable purposes in particular for the benefit of persons living within England and Wales and in particular to promote the relief of elderly persons, the relief of sickness (both physical and mental) and the relief of poverty;
- To facilitate the development of thriving, diverse self help groups which reflect the needs of local people and communities and to raise awareness of the benefits of self help;
- To provide a high quality self help service to individuals, groups and members of the public and act as an intermediary between self help groups and professionals involved in health and social care;
- To create networking opportunities for those involved in self help;
- To develop, support and disseminate good practice in service provision, service development and research in self help.

Trustees' Report

Objectives, strategies and activities

We have a number of projects through which we deliver our core aims. primarily we work with independent self help groups which are led by their members and are for their members benefit. Our main area of expertise is in supporting and developing self help groups which are part of the wide family of peer support interventions that support people with issues such as long term health conditions, cancer, disability, social stigma, mental health etc.

The purpose of projects undertaken is to promote and develop self help group and peer support activity that provides direct support to people in crisis or who are learning to manage long term health conditions such as cancer. We have a skilled group of volunteers who deliver emotional and practical support within our Macmillan funded cancer support projects and we develop and support the volunteer 'Key members' of self help groups who lead and administer independent self help groups.

Public benefit

Our work benefits the public by providing direct services to clients via our Macmillan funded projects, and by supporting the development of peer support and self help which is now recognised by the NHS as effective techniques for the delivery of personalised care.

The trustees have referred to the guidance on public benefit when reviewing Self Help Nottingham's aims and objectives and in planning the future activities of the Charity. The objective of Self Help Nottingham is to promote the health and wellbeing of individuals through participation in self help groups and mutual aid activity.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

Introduction:

As we reflect back on our 2024/2025 charitable year, it is important to acknowledge the progress and changes within our organisation, as well as the impact we've had on the community. This year has been marked by significant milestones, challenges, and achievements, and we are grateful to everyone who has contributed to our success.

Additional Organisational Highlights and Strategic Developments (2024-2025)

This year marked a continued period of renewal, innovation and strategic development across Self Help Nottingham. As we embarked on our strategy refresh, we brought together trustees, staff and stakeholders through multiple workshops to discuss the future of the charity - exploring our brand, values, delivery model and name. These sessions informed the development of a new Theory of Change and helped align the organisation around a refreshed direction of travel.

Governance, HR and Compliance

In April 2024, we conducted a full HR consultation with staff on contracts and our updated Staff Handbook. We also re-registered with the ICO and successfully registered the charity for Gift Aid for the first time, reflecting our commitment to compliance and organisational growth.

A total of four new trustees were recruited and formally inducted at a face-to-face session, contributing to the charity's refreshed committee structure. We also reconnected with the charity's founder, Judy Wilson, to reflect on past achievements and discuss the future strategy.

Trustees' Report

Income Generation and Business Development

We established an internal Business Development Team to lead on four income streams: trusts and foundations, contracts and commissions, trade, and fundraising. This has been supported by new business development and sales strategies, and the expansion of key staff roles. Shazia Nazir's role has grown to oversee Business Development and Partnerships across the charity, while Nic Ramsdale's Marketing and Engagement remit was broadened to cover the full organisation.

Brand, Website and Communications

Following strategic review, we launched our newly designed website, supported by a monthly Google Ads grant. Alongside this, we developed new communications resources including a service video for our Deaf Cancer Support Project, an ever-growing newsletter subscription and a comprehensive Learning Centre directory for Self Help Groups and downloadable support tools.

Key Programme Updates

Deaf Cancer Support Programme:

Having recently moved into a further extended two years of funding (starting in April 24 running until April 26) through our excellent partnership with Macmillan, this year continued to be a transformational one for our Deaf services:

- Claire Adshead was appointed as Deaf Team Manager following Niki's Johnson's departure, and Veronica was promoted to Coordinator. The trustees would like to place on record our thanks to Niki and the team for growing the project from what it was six years ago, to what it has become today. Niki will be missed, but we wish her all the best for her future.
- Ten of the wider SHUK staff team undertook British Sign Language (BSL) Level 1 training and assessment, over the course of the year, enhancing our cultural awareness and accessibility.
- We continued to deliver our national research in partnership with Manchester University's S.O.R.D team and contributed to UK government advisory panels on BSL and deaf community issues.
- A Deaf Celebration Awards event took place in October at the Quad, Derby, hosted by Yvonne Cobb and attended by over 50 volunteers and partners.
- Our team led a national workshop at the Macmillan Cancer Support Conference on end-of-life care for Deaf people and were shortlisted for a Macmillan Excellence Award.
- We expanded our national Deaf delivery network, including new relationships in Northern Ireland and Scotland, and opened our first Deaf Hub in Derby.
- The team were funded by the Jane Beech Trust and the Derbyshire ICB to deliver an end of life research project for deaf people with cancer and create a set of downloadable resources to support the palliative stage of care for deaf people living with cancer. We were also funded by The Carers Federation to set up deaf support groups for deaf people who are carers living in Nottingham. Our thanks to both funders.

Deaf Programme KPIs:

- A total of 81 members, including both deaf people and carers, were supported across all our DCSP work (an increase of 33% on the previous year)
- 40 volunteers supporting the service
- Over 25 Deaf people have been supported through weekly one-to-one sessions, peer support groups, and the provision of BSL-accessible information.
- 1,200+ people reached through awareness events and campaigns like Deaf Awareness Week and Deaf Day at City Lit
- 15+ Cancer Awareness presentations delivered to Deaf organisations

Learning Centre

Our Learning Centre received a six-month extension from the National Lottery, allowing delivery to continue through to March 2025. Throughout the year period, we achieved the following;

Trustees' Report

Learning Centre KPIs:

- Supported 294 registered learners through our online learning management system, launched 9 e-learning courses and ran 5 blended programmes
- Directly supported 100+ peer support leaders through online training and digital champion workshops
- Distributed our monthly Learning Centre newsletter to over 922 subscribers
- Delivered virtual peer support workshops to 24 UK locations and internationally to participants in 10+ countries
- Evaluation (via Anglia Ruskin University) showed 85% reported a positive personal impact and 80% were highly likely to recommend us
- Launched a new Experts Panel on community-led social prescribing
- Secured a small grant from Digital Notts to run digital inclusion workshops
- 4,700 people reached each month across our social media platforms, expanding our digital outreach
- New Self Help UK website launched - www.selfhelp.org.uk - featuring a modern design, improved navigation, and a brand new peer support group directory

Beyond Diagnosis and Cancer Support Services

Having recently moved into a further extended two years of funding (starting in April 24 running until March 26) through our excellent partnership with Macmillan, this year continued our embedding of the Beyond Diagnosis service across the region - highlights included:

- Rose Warren was promoted to our new Team Leader position for the Beyond Diagnosis project.
- The team developed standard operating procedures to ensure consistency of delivery.
- We hosted a volunteer celebration event on 7 December, thanking all those involved with awards and recognition.
- The project continued to support people living with and beyond cancer with emotional and practical help.

Beyond Diagnosis KPIs:

- 308 clients supported
- 87 volunteers supporting the service
- Award finalists at the Integrated Care Board Health and Care Awards 2024
- 100% reported satisfaction with the service
- 9 in 10 clients reported better mental health and wellbeing including increased confidence, greater positivity, increased physical activity and better able to look after themselves

Prehab contract

- Prehab contract delivery embedded within the service
- Contract continued in partnership with Nottingham University Hospital (NUH)
- Providing holistic support to facilitate recovery before/after surgery

Prehab KPIs:

- 119 clients supported
- Consistently reduced concern scores on Health Needs Assessments across physical, practical, emotional, family or relationships, and spiritual concerns measures.

Primary Care Network (PCN) Cancer Support

- The PCN service was successfully renewed for another year, though three PCNs opted to end their contracts due to internal constraints.
- The service continued to provide proactive support to patients referred through GP networks.

PCN KPIs:

- 40 Health Needs Assessments (HNAs) conducted
- 28 Care Plans developed
- 175 liaisons with statutory services on behalf of clients

Public Engagement and External Influence

- We hosted our Annual General Meeting on 21 November 2024 with presentations and celebration of the year's work.

Trustees' Report

- We actively contributed to external networks and conferences, including:
 - o National Academy for Social Prescribing (NASP) 'International Social Prescribing Conference' (London)
 - o Health Equity Network Conference (Birmingham)
 - o Population Health Conference (Bradford)
- We joined several new networks and took leadership roles:
 - o Chairing the 'Nottinghamshire Together' VCSE network
 - o Membership of NASP's Social Prescribing Innovation Network,
 - o Joined Gunnercooke's 'Inspire Network'
 - o Remained active member of the Nottingham ICB's VCSE Alliance
 - o Engaging with the new East Midlands Combined County Authority and applying to be VCSE Regional Representative.

This has been a year of significant transformation and achievement. Through internal strategy development, service innovation, and external influence, we have laid strong foundations for our future growth. We are proud of our staff, volunteers, and partners whose energy and vision continue to drive Self Help UK forward.

Financial review

It was anticipated that the charity would need to draw on unrestricted reserves in the financial year 2024-25; and this has been necessary. A deficit of £50,938 is reported this year, decreasing the unrestricted reserves available to SHUK in future years.

Core costs expenditure in the financial year 2025-26 is expected to continue to rise, mainly due to additional salary costs that aren't met by funded projects but is necessary to achieve the strategic vision of the organisation for the future. To mitigate this, we have made cost savings with rent, by reducing our office space and increasing remote working for staff. A decision was also made to not award a pay uplift in April 25.

Policy on reserves

Self Help UK's reserve policy is to hold all calculated exit costs, plus one month of all staff salaries, plus an allowance of £7k for liquidation costs. At the current time this amounts to £87k.

Major risks and management of those risks

Funding

It is anticipated that the charity will need to continue to draw on reserves this year, as finances around staffing are squeezed further. There is much focus on securing funds from grants and contracts, with the development of an internal Business Development Team. The marketing role has become vacant following the year end, and we have amended this role to be a Marketing and Fundraising Officer, to further aid in raising funds.

The Finance Sub Committee previously met regularly each quarter to review the finances of the charity, with a 2 year forecast, so that we can identify future risk and react proactively. The frequency has been increased to a 6 week cycle, to monitor and review the financial situation.

Funds held as custodian trustee on behalf of others

At the end of the financial year, SHUK held £6,174 on behalf of third parties. This funding is held on behalf of 20 self-help groups who do not have their own bank accounts.

Acknowledgements

We are incredibly grateful for the support given by our funders - the National Lottery, Macmillan, Nottingham and Nottinghamshire ICB and its Primary Care Networks, Digital Notts, Thomas Farr charity, The Jane Beach Trust, Nottinghamshire County Council, Derbyshire ICB, The Carers Federation

None of our achievements would be possible without our exceptional staff and volunteers to whom we give our heartfelt thanks.

Trustees' Report

Plans for future periods

Aims and key objectives for future periods

2025/26 will be a significant year for us. Building on the extensive work completed last year, we now have a clear and ambitious vision and strategy to support the delivery of several national initiatives arising from the NHS Long Term Plan. This includes Diagnosis Connect, which aims to enhance support for people with long-term conditions through the VCSE sector, and the roll-out of neighbourhood health models.

Our existing services already empower individuals to manage their own health and wellbeing, and we have ambitious plans to expand these services nationally. Our Learning Centre will continue to support peer support and self-help groups through training, education, and, where appropriate, consultancy support.

However, like many voluntary sector organisations, we face increasing challenges around funding. Our Business Development team continues to explore new funding opportunities, though success so far has been limited. We remain in active discussions with the local Integrated Care Board, recognising the financial pressures they face, and with Macmillan, a long-standing partner and valued funder of Self Help UK.

We are proud of our track record — over 40 years of supporting self-help groups and championing the value of peer support. Looking ahead, securing new and sustainable funding streams remains the most critical priority for the organisation in the coming year.

Trustees' Report

Statement of Responsibilities

The trustees (who are also the directors of Self Help Nottingham 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.

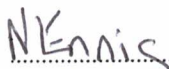
The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding 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 19/08/25 and signed on its behalf by:


.....
Nina Ennis
Trustee

Independent Examiner's Report to the trustees of Self Help Nottingham ('the Company')

Independent examiner's report to the trustees of Self Help Nottingham ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025.

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.

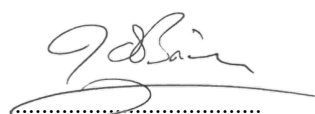
Independent examiner's statement

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, FAIA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 01/09/25

Statement of Financial Activities for the Year Ended 31 March 2025
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

| | Note | Unrestricted £ | Restricted £ | Total 2025 £ | Total 2024 £ |
|------------------------------------|------|-----------------------|----------------------|-----------------------|-----------------------|
| Income and Endowments from: | | | | | |
| Donations and legacies | 2 | 651,442 | - | 651,442 | 632,093 |
| Charitable activities | 3 | 8,139 | 78,931 | 87,070 | 189,449 |
| Total Income | | <u>659,581</u> | <u>78,931</u> | <u>738,512</u> | <u>821,542</u> |
| Expenditure on: | | | | | |
| Charitable activities | 5 | <u>(627,819)</u> | <u>(161,631)</u> | <u>(789,450)</u> | <u>(798,301)</u> |
| Total Expenditure | | <u>(627,819)</u> | <u>(161,631)</u> | <u>(789,450)</u> | <u>(798,301)</u> |
| Net income/(expenditure) | | 31,762 | (82,700) | (50,938) | 23,241 |
| Transfers between funds | | <u>4,056</u> | <u>(4,056)</u> | - | - |
| Net movement in funds | | 35,818 | (86,756) | (50,938) | 23,241 |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | <u>212,894</u> | <u>99,812</u> | <u>312,706</u> | <u>289,465</u> |
| Total funds carried forward | 17 | <u><u>248,712</u></u> | <u><u>13,056</u></u> | <u><u>261,768</u></u> | <u><u>312,706</u></u> |

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 14 to 23 form an integral part of these financial statements.

Statement of Financial Activities for the Year Ended 31 March 2025
(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 2024 £ |
|------------------------------------|------|----------------------------|--------------------------|-----------------------|
| Income and Endowments from: | | | | |
| Donations and legacies | 2 | 632,093 | - | 632,093 |
| Charitable activities | 3 | <u>15,383</u> | <u>174,066</u> | <u>189,449</u> |
| Total income | | <u>647,476</u> | <u>174,066</u> | <u>821,542</u> |
| Expenditure on: | | | | |
| Charitable activities | 5 | <u>(648,212)</u> | <u>(150,089)</u> | <u>(798,301)</u> |
| Total expenditure | | <u>(648,212)</u> | <u>(150,089)</u> | <u>(798,301)</u> |
| Net (expenditure)/income | | <u>(736)</u> | <u>23,977</u> | <u>23,241</u> |
| Net movement in funds | | (736) | 23,977 | 23,241 |
| Reconciliation of funds | | | | |
| Total funds brought forward | | <u>213,630</u> | <u>75,835</u> | <u>289,465</u> |
| Total funds carried forward | 17 | <u><u>212,894</u></u> | <u><u>99,812</u></u> | <u><u>312,706</u></u> |

The notes on pages 14 to 23 form an integral part of these financial statements.

(Registration number: 03309760)
Balance Sheet as at 31 March 2025

| | Note | 2025 £ | 2024 £ |
|---|------|-----------|-----------|
| Fixed assets | | | |
| Tangible assets | 12 | 1,176 | 2,352 |
| Current assets | | | |
| Debtors | 13 | 53,053 | 80,510 |
| Cash at bank and in hand | 15 | 233,208 | 276,336 |
| | | 286,261 | 356,846 |
| Creditors: Amounts falling due within one year | 14 | (25,669) | (46,492) |
| Net current assets | | 260,592 | 310,354 |
| Net assets | | 261,768 | 312,706 |
| Funds of the charity: | | | |
| Restricted income funds | | | |
| Restricted funds | 17 | 13,056 | 99,812 |
| Unrestricted income funds | | | |
| Unrestricted funds | | 248,712 | 212,894 |
| Total funds | 17 | 261,768 | 312,706 |

For the financial year ending 31 March 2025 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 10 to 23 were approved by the trustees, and authorised for issue on 29/8/2025 and signed on their behalf by:


 Suzanna Van Schaick
 Trustee

The notes on pages 14 to 23 form an integral part of these financial statements.

Statement of Cash Flows for the Year Ended 31 March 2025

| | Note | 2025 £ | 2024 £ |
|---|------|-----------------------|-----------------------|
| Cash flows from operating activities | | | |
| Net cash (expenditure)/income | | (50,938) | 23,241 |
| Adjustments to cash flows from non-cash items | | | |
| Depreciation | | <u>1,176</u> | <u>1,176</u> |
| | | (49,762) | 24,417 |
| Working capital adjustments | | | |
| Decrease/(increase) in debtors | 13 | 27,457 | (39,397) |
| Decrease in creditors | 14 | (4,947) | (9,178) |
| (Decrease)/increase in deferred income | | <u>(15,876)</u> | <u>17,117</u> |
| Net cash flows from operating activities | | (43,128) | (7,041) |
| Cash flows from investing activities | | | |
| Purchase of tangible fixed assets | 12 | <u>-</u> | <u>(3,528)</u> |
| Net decrease in cash and cash equivalents | | (43,128) | (10,569) |
| Cash and cash equivalents at 1 April | | <u>276,336</u> | <u>286,905</u> |
| Cash and cash equivalents at 31 March | | <u><u>233,208</u></u> | <u><u>276,336</u></u> |
| Reconciliation of net cash flow to movement in net funds | | | |
| Decrease in cash | | (43,128) | (10,569) |
| Net funds at 1 April 2024 | | <u>276,336</u> | <u>286,905</u> |
| Net funds at 31 March 2025 | | <u><u>233,208</u></u> | <u><u>276,336</u></u> |

All of the cash flows are derived from continuing operations during the above two periods.

The notes on pages 14 to 23 form an integral part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2025

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

Self Help Nottingham 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.

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.

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.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Notes to the Financial Statements for the Year Ended 31 March 2025

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.

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 £1,000.00 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 | 33.3 % on a straight line basis |
| Furniture & equipment | 20% on a straight line 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.

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.

Notes to the Financial Statements for the Year Ended 31 March 2025

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 for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

Notes to the Financial Statements for the Year Ended 31 March 2025

2 Income from donations and legacies

| | Unrestricted funds General £ | Total 2025 £ | Total 2024 £ |
|--|---------------------------------------|--------------------|--------------------|
| Grants, including capital grants; | | | |
| Government grants | 69,061 | 69,061 | 199,952 |
| Grants from other charities | 582,381 | 582,381 | 432,026 |
| Other income from donations and legacies | - | - | 115 |
| | <u>651,442</u> | <u>651,442</u> | <u>632,093</u> |

3 Income from charitable activities

| | Unrestricted funds General £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|--------------------|---------------------------------------|--------------------------|--------------------|--------------------|
| Grants & donations | - | 78,931 | 78,931 | 174,066 |
| Sales & charges | 8,139 | - | 8,139 | 15,383 |
| | <u>8,139</u> | <u>78,931</u> | <u>87,070</u> | <u>189,449</u> |

4 Grants & contracts

| | Unrestricted funds £ | Restricted funds £ | Total £ |
|--------------------------------------|----------------------------|--------------------------|----------------|
| Macmillan Cancer Support | 528,433 | - | 528,433 |
| Nottinghamshire County Council | 18,360 | - | 18,360 |
| Nottingham University Hospitals | 33,842 | - | 33,842 |
| NHS Nottingham & Nottinghamshire ICB | 6,000 | - | 6,000 |
| National Lottery Community Fund | - | 77,420 | 77,420 |
| Sundry grants & donations | 7,116 | 1,511 | 8,627 |
| Nottingham City GP | 44,701 | - | 44,701 |
| Nottingham CVS | 5,000 | - | 5,000 |
| Thomas Farr Charity | 3,000 | - | 3,000 |
| Carers Federation Limited | 4,990 | - | 4,990 |
| | <u>651,442</u> | <u>78,931</u> | <u>730,373</u> |

Notes to the Financial Statements for the Year Ended 31 March 2025

5 Expenditure on charitable activities

| | Unrestricted funds General £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|----------------------------------|---------------------------------------|--------------------------|--------------------|--------------------|
| Bank charges | 631 | 14 | 645 | 646 |
| Communications & marketing | 10,375 | 823 | 11,198 | 7,487 |
| Conference & events | 3,021 | 1,005 | 4,026 | 4,089 |
| Group training events | 45 | 1,025 | 1,070 | 24 |
| Depreciation | 1,176 | - | 1,176 | 1,176 |
| Clinical supervision | 2,283 | - | 2,283 | 3,350 |
| Engagement | 6,742 | 160 | 6,902 | 2,916 |
| Digital costs | 750 | 1,764 | 2,514 | 13,821 |
| Evaluation | 6,125 | - | 6,125 | 18,375 |
| Health & safety | 4,621 | - | 4,621 | 3,839 |
| Human Resources | 4,135 | - | 4,135 | 6,013 |
| Interpreting costs | 5,528 | 2,295 | 7,823 | 870 |
| Insurance | 2,651 | - | 2,651 | 2,322 |
| IT equipment, software & support | 27,967 | 2,461 | 30,428 | 27,695 |
| Legal & professional fees | 3,715 | - | 3,715 | 4,070 |
| Premises costs | 23,156 | - | 23,156 | 18,015 |
| Printing, postage & stationery | 2,178 | - | 2,178 | 2,954 |
| Publications & subscriptions | 663 | - | 663 | 309 |
| Recruitment | 1,195 | - | 1,195 | 6,446 |
| Staff expenses | 12,160 | 651 | 12,811 | 8,246 |
| Training | 11,158 | 650 | 11,808 | 14,227 |
| Salaries, NI & pension | 536,828 | 109,456 | 646,284 | 650,141 |
| Volunteer expenses & training | 2,043 | - | 2,043 | 1,270 |
| Internal recharges | (41,327) | 41,327 | - | - |
| | <u>627,819</u> | <u>161,631</u> | <u>789,450</u> | <u>798,301</u> |

Notes to the Financial Statements for the Year Ended 31 March 2025

6 Staff costs

The aggregate payroll costs were as follows:

| | 2025 £ | 2024 £ |
|--|----------------|----------------|
| Staff costs during the year were: | | |
| Wages and salaries | 575,390 | 582,359 |
| Social security costs | 46,850 | 42,956 |
| Pension costs | 24,044 | 24,826 |
| | <u>646,284</u> | <u>650,141</u> |

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

| | 2025 No | 2024 No |
|-----------------------------|------------|------------|
| Average number of employees | <u>22</u> | <u>25</u> |

20 (2024 - 21) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £24,044 (2024 - £24,826).

The number of employees whose emoluments fell within the following bands was:

| | 2025 No | 2024 No |
|-------------------|------------|------------|
| £60,001 - £70,000 | - | 1 |
| £70,001 - £80,000 | <u>1</u> | <u>-</u> |

The total employee benefits of the key management personnel of the charity were £74,632 (2024 - £60,395).

7 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.

8 Related party transactions

There were no related party transactions in the year.

Notes to the Financial Statements for the Year Ended 31 March 2025

9 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 £1 towards the assets of the charity in the event of liquidation.

10 Taxation

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

11 Fees payable to independent examiner

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

| | 2025 £ | 2024 £ |
|--------------------------|--------------|--------------|
| Independent examination | 1,335 | 1,285 |
| Other financial services | 1,435 | 1,571 |
| | <u>2,770</u> | <u>2,856</u> |

12 Tangible fixed assets

| | Furniture and equipment £ | Computer equipment £ | Total £ |
|-----------------------|---------------------------------|----------------------------|---------------|
| Cost | | | |
| At 1 April 2024 | <u>30,105</u> | <u>21,605</u> | <u>51,710</u> |
| At 31 March 2025 | <u>30,105</u> | <u>21,605</u> | <u>51,710</u> |
| Depreciation | | | |
| At 1 April 2024 | 30,105 | 19,253 | 49,358 |
| Charge for the year | <u>-</u> | <u>1,176</u> | <u>1,176</u> |
| At 31 March 2025 | <u>30,105</u> | <u>20,429</u> | <u>50,534</u> |
| Net book value | | | |
| At 31 March 2025 | <u>-</u> | <u>1,176</u> | <u>1,176</u> |
| At 31 March 2024 | <u>-</u> | <u>2,352</u> | <u>2,352</u> |

13 Debtors

| | 2025 £ | 2024 £ |
|----------------|---------------|---------------|
| Trade debtors | 50,339 | 76,067 |
| Prepayments | 2,714 | 2,641 |
| Accrued income | <u>-</u> | <u>1,802</u> |
| | <u>53,053</u> | <u>80,510</u> |

Notes to the Financial Statements for the Year Ended 31 March 2025

14 Creditors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|------------------------------------|---------------|---------------|
| Trade creditors | 8,298 | 8,774 |
| Other taxation and social security | 11,155 | 12,656 |
| Other creditors | 1,602 | 1,542 |
| Accruals | 3,373 | 6,403 |
| Deferred income | 1,241 | 17,117 |
| | <u>25,669</u> | <u>46,492</u> |

15 Cash and cash equivalents

| | 2025 £ | 2024 £ |
|--------------|----------------|----------------|
| Cash on hand | 35 | 35 |
| Cash at bank | <u>233,173</u> | <u>276,301</u> |
| | <u>233,208</u> | <u>276,336</u> |

16 Analysis of net assets between funds

| | Unrestricted | | 2025 Total funds |
|-----------------------|-----------------|-----------------|---------------------|
| | General £ | Restricted £ | £ |
| Tangible fixed assets | 1,176 | - | 1,176 |
| Current assets | 273,205 | 13,056 | 286,261 |
| Current liabilities | <u>(25,669)</u> | <u>-</u> | <u>(25,669)</u> |
| Total net assets | <u>248,712</u> | <u>13,056</u> | <u>261,768</u> |

| | Unrestricted | | 2024 Total funds |
|-----------------------|-----------------|-----------------|---------------------|
| | General £ | Restricted £ | £ |
| Tangible fixed assets | 2,352 | - | 2,352 |
| Current assets | 257,034 | 99,812 | 356,846 |
| Current liabilities | <u>(46,492)</u> | <u>-</u> | <u>(46,492)</u> |
| Total net assets | <u>212,894</u> | <u>99,812</u> | <u>312,706</u> |

Notes to the Financial Statements for the Year Ended 31 March 2025

17 Funds

| | Balance at 1 April 2024 £ | Incoming resources £ | Resources expended £ | Transfers £ | Balance at 31 March 2025 £ |
|---------------------------------------|---------------------------------|----------------------------|----------------------------|----------------|-------------------------------------|
| Unrestricted funds | | | | | |
| <i>General</i> | | | | | |
| General fund | 212,894 | 659,581 | (627,819) | 4,056 | 248,712 |
| Restricted funds | | | | | |
| Cancer donations | 3,035 | - | - | - | 3,035 |
| Deaf donations | 12,444 | 1,511 | (3,606) | (4,056) | 6,293 |
| National Resource Centre (Lottery) | 84,333 | 77,420 | (158,025) | - | 3,728 |
| Total restricted funds | <u>99,812</u> | <u>78,931</u> | <u>(161,631)</u> | <u>(4,056)</u> | <u>13,056</u> |
| Total funds | <u>312,706</u> | <u>738,512</u> | <u>(789,450)</u> | <u>-</u> | <u>261,768</u> |

The transfer from the Deaf donations fund to the General fund represents the release of restriction on unspent funds.

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

Cancer donations - for Cancer support groups.

Deaf donations - for Deaf Cancer support groups.

National Resource Centre (Lottery) - funding to develop the new National Self Help Resource Centre. This project forms the core of our activity providing support to individuals and groups to develop, grow and advance self help groups nationally.

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

| | Balance at 1 April 2023 £ | Incoming resources £ | Resources expended £ | Balance at 31 March 2024 £ |
|---------------------------------------|---------------------------------|----------------------------|----------------------------|----------------------------------|
| Unrestricted funds | | | | |
| <i>General</i> | | | | |
| General fund | 213,630 | 647,476 | (648,212) | 212,894 |
| Restricted | | | | |
| Cancer donations | 3,035 | - | - | 3,035 |
| Deaf donations | 5,584 | 11,646 | (4,786) | 12,444 |
| National Resource Centre (Lottery) | 67,216 | 162,420 | (145,303) | 84,333 |
| Total restricted funds | <u>75,835</u> | <u>174,066</u> | <u>(150,089)</u> | <u>99,812</u> |
| Total funds | <u>289,465</u> | <u>821,542</u> | <u>(798,301)</u> | <u>312,706</u> |

Notes to the Financial Statements for the Year Ended 31 March 2025

18 3rd party funds

The following funds have been held on behalf of 3rd parties and these amounts have been excluded from the accounts of Self Help Nottingham.

| | Opening balances £ | Incoming resources £ | (Resources expended) £ | Total £ |
|--------------------------------|-----------------------------------|-------------------------------------|---------------------------------------|--------------------|
| All Nations Diabetes Group | 197 | - | - | 197 |
| Aspley Wellbeing Group | 360 | - | - | 360 |
| Beeston Wellbeing group | 5 | - | - | 5 |
| Reachout (Rushcliffe) | 255 | - | - | 255 |
| Coping | 67 | - | - | 67 |
| Fibromyalgia Nottingham City | 791 | - | - | 791 |
| Friday Club | 405 | - | - | 405 |
| Leeway Bereavement Support | 430 | - | - | 430 |
| Hardship | 1,020 | - | - | 1,020 |
| Autistic Women Nottingham | 375 | - | - | 375 |
| Narcolepsy | 124 | - | - | 124 |
| Nottm Depression Support | 47 | - | - | 47 |
| Painful Bladder | 344 | - | - | 344 |
| Parent 2 Parent | 700 | - | - | 700 |
| Smart Nottingham | 166 | - | - | 166 |
| Sneinton & St Anns Heart Group | 346 | - | - | 346 |
| Time to Change | 172 | - | - | 172 |
| Women of the World | 735 | - | - | 735 |
| Beeston Community Group | (365) | - | - | (365) |
| | <u>6,174</u> | <u>-</u> | <u>-</u> | <u>6,174</u> |