

REGISTERED COMPANY NUMBER: 05551121 (England and Wales)
REGISTERED CHARITY NUMBER: 1113403

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

ANXIETY UK

Shenward (Leeds) Limited
Chartered Accountants & Business Advisors
Josephs Well Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

ANXIETY UK

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FOR THE YEAR ENDED 31 DECEMBER 2020**

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

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's (Objects) are specifically restricted to the following: (1) to promote the relief and rehabilitation of persons affected by anxiety disorders and related conditions (including the individuals themselves, their friends, their relatives and the general population) and to ensure and promote the wider health and wellbeing of mankind; (2) to advance the education of the general public so as to enable them to better understand anxiety disorders and related conditions for the better good of mankind.

The objectives are achieved by providing a range of services including:

1. National telephone helpline, email, instant messaging and text support services
2. Website and online members' forum
3. Information services including information booklets (e.g.) 'Understanding Anxiety' and the 'Caregivers Guide to Anxiety' and Anxiety UK's quarterly magazine: Anxious Times
4. Volunteering and engagement opportunities for those affected by anxiety, stress and anxiety-based depression
5. Social media support and awareness activities
6. Access to a range of talking therapies through the Anxiety UK Approved Therapist scheme where Cognitive Behavioural Therapy (CBT), counselling, Compassion Focused Therapy (CFT) and clinical hypnotherapy are available. A national clinical acupuncture service is also provided.
7. Calm Club, relaxation service based on the principles of clinical hypnotherapy
8. Peer-led online anxiety support groups and therapist-led, anxiety management courses based on the principles of CBT, CFT and Acceptance and Commitment Therapy (ACT).
9. Training, webinar, consultancy and awareness activities including campaigning on issues of relevance to Anxiety UK beneficiaries
10. Provision of CPD and training for Anxiety UK Approved Therapists
11. Access to discounted and free to access products including apps, devices and products such as weighted blankets and Mood Cards
12. Delivery of assessment, helpline, training, information and therapy services for beneficiaries of partner agencies
13. Supporting research into anxiety disorders through Anxiety UK's 'Katharine & Harold Fisher Anxiety Research Fund'

ACHIEVEMENT AND PERFORMANCE

The main achievements during the year were:

1. Moving the entire Anxiety UK service offer and charity's functions online so as to ensure that no disruption to services has been experienced throughout and continuing through the COVID-19 pandemic.
2. Provided training for Anxiety UK Approved Therapists on Compassion Focused Therapy.
3. Launch of a new Compassion Focused Therapy (CFT) service
4. Launch of online, peer-led and therapist-led groups and courses
5. Launch of a new online, Therapy on Demand Service (TOD)
6. Launch of a new relaxation service - "Calm Club", based on the principles of clinical hypnotherapy
7. Launched a new partnership with the Institution of Structural Engineers (IStructE) Benevolent Fund
8. Awarded the 2020 funding allocation through the Katharine & Harold Fisher Anxiety Research Fund to a biostatistician to undertake quantitative research on Anxiety UK's therapy services
9. Developed and extended the Anxiety UK member benefit offer to include discounts on Mood Club Cards
10. Launched a new website: anxietyuk.org.uk
11. Revised a number of Anxiety UK's key titles including: Understanding Anxiety and, the Caregivers Guide to Anxiety and produced a booklet on 'coping with lockdown'.
12. Celebrated Anxiety UK's 50th year via the commissioning of three commemorative paintings now featured in an online exhibition.
13. Launched a data security review project to include review of all the charity's key IT providers and platforms.
14. Expanded the charity's national participation group
15. Expanded the hours of operation of the helpline and associated services during the first wave of the pandemic to include weekends and evenings.

ANXIETY UK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020

FINANCIAL REVIEW

The Charity continued to increase its income and profitability in 2020 with a surplus of £185,199 achieved in spite of the challenges faced by the small staff team as a result of the pandemic, responding to high levels of need and working remotely.

Areas where financial performance was strong included:

1. Therapy services
2. Membership renewal subscriptions
3. Lifetime and therapist membership subscriptions
4. Individual donations and fundraising and fundraising initiatives
5. Online shop sales

Areas where expenditure was unplanned included:

1. Helpline - as a result of substantially increasing the hours of opening of the helpline during the first wave of the pandemic
2. IT support - as a result of further strengthening the charity's IT services
3. Professional fees

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The company is governed by its Articles of Association dated 1st September 2005. It is registered as a charity with the Charity Commission with effect from 23rd March 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05551121 (England and Wales)

Registered Charity number

1113403

Registered office

Nunes House 447 Chester Road
Old Trafford
Manchester
M16 9HA

Trustees

Mrs A Boden	Therapist	- resigned 4.12.20
R M Kadama	It Entrepreneur	
Dr D J J Britto	Consultant	
	Psychiatrist	
Ms C Garford	Accountant	- appointed 7.11.20
Ms T Torrero-Quicios	Administrator	- appointed 25.7.20
		- resigned 3.1.21

Company Secretary

Ms N M Lidbetter

Independent examiner

Shenward (Leeds) Limited
Chartered Accountants & Business Advisors
Josephs Well Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

ANXIETY UK

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

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

.....
R M Kadama - Trustee

ANXIETY UK

STATEMENT OF TRUSTEES RESPONSIBILITIES FOR THE YEAR ENDED 31 DECEMBER 2020

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The board of trustees administers the charity. The board normally meets in a face to face capacity on a quarterly basis with occasional additional meetings convened by teleconference, as required. The Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity.

The charity trustees (who are also the directors of Anxiety UK for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for the safeguarding of assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

1. Select suitable accounting principles and then apply them consistently;
2. Observe the methods and principles in the applicable Charities SORP;
3. Make judgements and estimates that are reasonable and prudent;
4. State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
5. Prepare the financial statements on a going concern basis unless it is appropriate to presume that the charity will continue in business.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ANXIETY UK**

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

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2020.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants of Scotland which is one of the listed bodies

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the 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

Sherad Dewedi
Institute of Chartered Accountants of Scotland
Shenward (Leeds) Limited
Chartered Accountants & Business Advisors
Josephs Well Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

Date:

ANXIETY UK

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

		2020 Unrestricted fund £	2019 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	93,390	63,612
Charitable activities	3		
Charitable		600,322	799,670
Other income		15,408	24,691
Total		709,120	887,973
 EXPENDITURE ON			
Raising funds	4	5,104	7,697
Charitable activities	5		
Therapy & workshops		108,650	166,220
Employment costs		217,562	198,209
Conferences, training & events		3,344	16,810
Design & print of newsletter & information		9,803	12,222
Telephone & text services		4,733	3,088
Website development & hosting		8,037	17,862
Staff expenses		602	802
Support costs		8,500	8,480
Other		157,586	112,017
Total		523,921	543,407
 NET INCOME		185,199	344,566
 RECONCILIATION OF FUNDS			
Total funds brought forward		1,157,123	812,557
 TOTAL FUNDS CARRIED FORWARD		1,342,322	1,157,123

The notes form part of these financial statements

ANXIETY UK

**STATEMENT OF FINANCIAL POSITION
AT 31 DECEMBER 2020**

	Notes	2020 Unrestricted fund £	2019 Total funds £
FIXED ASSETS			
Tangible assets	12	328,174	334,051
CURRENT ASSETS			
Stocks	13	2,732	2,732
Debtors	14	32,764	41,109
Cash at bank		1,122,662	969,165
		<u>1,158,158</u>	<u>1,013,006</u>
CREDITORS			
Amounts falling due within one year	15	(4,392)	(48,040)
		<u>1,153,766</u>	<u>964,966</u>
NET CURRENT ASSETS			
		1,481,940	1,299,017
TOTAL ASSETS LESS CURRENT LIABILITIES			
ACCRUALS AND DEFERRED INCOME	16	(139,618)	(141,894)
		<u>1,342,322</u>	<u>1,157,123</u>
NET ASSETS			
		<u>1,342,322</u>	<u>1,157,123</u>
FUNDS	17		
Unrestricted funds		<u>1,342,322</u>	<u>1,157,123</u>
TOTAL FUNDS		<u>1,342,322</u>	<u>1,157,123</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees on and were signed on its behalf by:

.....
R M Kadama -Trustee

The notes form part of these financial statements

ANXIETY UK

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	2020 £	2019 £
Cash flows from operating activities:			
Cash generated from operations	1	164,831	412,957
Net cash provided by (used in) operating activities		<u>164,831</u>	<u>412,957</u>
Cash flows from investing activities:			
Purchase of tangible fixed assets		(11,334)	(20,925)
Net cash provided by (used in) investing activities		<u>(11,334)</u>	<u>(20,925)</u>
Change in cash and cash equivalents in the reporting period		<u>153,497</u>	<u>392,032</u>
Cash and cash equivalents at the beginning of the reporting period		<u>969,165</u>	<u>577,133</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,122,662</u></u>	<u><u>969,165</u></u>

The notes form part of these financial statements

ANXIETY UK

NOTES TO THE STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES			
	2020		2019
	£		£
Net income for the reporting period (as per the statement of financial activities)	185,199		344,566
Adjustments for:			
Depreciation charges	17,210		14,736
Increase in stocks	-		(1,417)
Decrease in debtors	8,346		16,765
(Decrease)/increase in creditors	(45,924)		38,307
	<u>164,831</u>		<u>412,957</u>
Net cash provided by (used in) operating activities	<u>164,831</u>		<u>412,957</u>
2. ANALYSIS OF CHANGES IN NET FUNDS			
	At 1.1.20	Cash flow	At 31.12.20
	£	£	£
Net cash			
Cash at bank	969,165	153,497	1,122,662
	<u>969,165</u>	<u>153,497</u>	<u>1,122,662</u>
Total	<u>969,165</u>	<u>153,497</u>	<u>1,122,662</u>

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

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Critical accounting judgements and key sources of estimation uncertainty

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

Income

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

Expenditure

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

Allocation and apportionment of costs**Tangible fixed assets**

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

Freehold property	- 2% on reducing balance
Improvements to property	- 10% on cost
Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is credited or charged to the income statement.

Impairment of fixed assets

At each reporting end date, the company reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. If the recoverable amount of an asset is estimated to be less than its carrying amount, the carrying amount of the asset is reduced to its recoverable amount.

Recognised impairment losses are reversed if, and only if, the reasons for the impairment loss have ceased to apply.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

At each reporting end date, an assessment is made for impairment. Any excess of the carrying amount of stocks over its cost and net realisable value is recognised as an impairment loss in the income statement. Reversals of impairment losses are also recognised in the income statement.

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

1. ACCOUNTING POLICIES - continued**Taxation**

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Pension costs and other post-retirement benefits

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

Going concern

The trustees have considered the ongoing situation regarding COVID-19 as part of their going concern assessment. The view of the trustees is that, whilst they acknowledge the significant disruption that the pandemic has brought and will continue to bring over the coming months, they believe that the company is well placed to negotiate the unique set of conditions currently facing the UK economy. However, in assessing the unknown short, medium and long-term effects of this pandemic, they acknowledge there is a material uncertainty.

In reaching their conclusion, the trustees have considered the post year end trading performance and have also considered the availability of funding both internally and externally.

The company will continue to make use of the various financial support measures announced by the UK Government where applicable.

After consideration of all factors, the directors continue to adopt the going concern basis in preparing the financial statements.

2. DONATIONS AND LEGACIES

	2020	2019
	£	£
Donations	<u>93,390</u>	<u>63,612</u>

3. INCOME FROM CHARITABLE ACTIVITIES

		2020	2019
	Activity	£	£
Partnerships	Charitable	257,946	458,879
Sale of self help products	Charitable	16,613	25,922
Therapies	Charitable	104,064	71,209
Membership subscriptions	Charitable	<u>221,699</u>	<u>243,660</u>
		<u>600,322</u>	<u>799,670</u>

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

4. RAISING FUNDS**Other trading activities**

	2020	2019
	£	£
Opening stock	2,732	1,315
Purchases	4,987	9,114
Closing stock	(2,732)	(2,732)
Bad debts	117	-
	<u>5,104</u>	<u>7,697</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct costs	Totals
	£	£
Therapy & workshops	108,650	108,650
Employment costs	217,562	217,562
Conferences, training & events	3,344	3,344
Design & print of newsletter & information	9,803	9,803
Telephone & text services	4,733	4,733
Website development & hosting	8,037	8,037
Staff expenses	602	602
Support costs	8,500	8,500
	<u>361,231</u>	<u>361,231</u>

6. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
Other resources expended	<u>40,844</u>	<u>17,306</u>	<u>27,285</u>
	Human resources	Governance costs	Totals
	£	£	£
Other resources expended	<u>7,558</u>	<u>33,622</u>	<u>6,690</u>
			<u>133,305</u>

Support costs, included in the above, are as follows:

	2020 Other resources expended	2019 Total activities
	£	£
Rates and water	3,458	4,335
Insurance	6,863	5,243
Light and heat	1,711	2,630
Telephone	21,582	7,210
Postage and stationery	5,896	18,682
Advertising	699	-
Sundries	635	1,149
Bank charges	96	-
Depreciation of tangible fixed assets	17,210	14,736
Carried forward	<u>58,150</u>	<u>53,985</u>

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**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

6. SUPPORT COSTS - continued

	2020	2019
	Other resources expended £	Total activities £
Brought forward	58,150	53,985
Computer costs	25,543	16,663
Staff costs	1,742	-
Pensions	3,823	3,344
Staff welfare and support	1,583	1,320
HR Support	2,152	2,690
Professional fees	25,043	5,786
Accountancy and legal fees	8,579	9,940
Auditors' remuneration	1,500	1,500
Auditors' remuneration for non audit work	5,190	1,950
	133,305	97,178

7. NET INCOME/(EXPENDITURE)

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

	2020	2019
	£	£
Depreciation - owned assets	17,211	14,734

8. AUDITORS' REMUNERATION

	2020	2019
	£	£
Fees payable to the charity's auditors for the audit of the charity's financial statements	1,500	1,500
Auditors' remuneration for non audit work	5,190	1,950

9. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2020 nor for the year ended 31 December 2019.

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

10. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	217,582	198,209
Other pension costs	3,823	3,344
	<u>221,405</u>	<u>201,553</u>

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

	2020	2019
Management and administration	<u>7</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	63,612
Charitable activities	
Charitable	799,670
Other income	24,691
Total	<u>887,973</u>
EXPENDITURE ON	
Raising funds	7,697
Charitable activities	
Therapy & workshops	166,220
Employment costs	198,209
Conferences, training & events	16,810
Design & print of newsletter & information	12,222
Telephone & text services	3,088
Website development & hosting	17,862
Staff expenses	802
Support costs	8,480
Other	112,017
Total	<u>543,407</u>
NET INCOME	<u>344,566</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	812,557
TOTAL FUNDS CARRIED FORWARD	<u><u>1,157,123</u></u>

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

12. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 January 2020	297,681	32,912	21,716	27,253	379,562
Additions	-	-	-	11,334	11,334
At 31 December 2020	<u>297,681</u>	<u>32,912</u>	<u>21,716</u>	<u>38,587</u>	<u>390,896</u>
DEPRECIATION					
At 1 January 2020	9,907	5,982	17,536	12,086	45,511
Charge for year	5,954	3,292	1,724	6,241	17,211
At 31 December 2020	<u>15,861</u>	<u>9,274</u>	<u>19,260</u>	<u>18,327</u>	<u>62,722</u>
NET BOOK VALUE					
At 31 December 2020	<u>281,820</u>	<u>23,638</u>	<u>2,456</u>	<u>20,260</u>	<u>328,174</u>
At 31 December 2019	<u>287,774</u>	<u>26,930</u>	<u>4,180</u>	<u>15,167</u>	<u>334,051</u>

13. STOCKS

	2020 £	2019 £
Stocks	<u>2,732</u>	<u>2,732</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade debtors	21,593	13,623
Credit card	218	-
Prepayments and accrued income	10,953	27,486
	<u>32,764</u>	<u>41,109</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade creditors	3,727	42,751
Social security and other taxes	-	4,080
Other creditors	665	-
Credit card	-	1,209
	<u>4,392</u>	<u>48,040</u>

16. ACCRUALS AND DEFERRED INCOME

	2020 £	2019 £
Accruals and deferred income	<u>139,618</u>	<u>141,894</u>

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

17. MOVEMENT IN FUNDS

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	1,157,123	185,199	1,342,322
TOTAL FUNDS	<u>1,157,123</u>	<u>185,199</u>	<u>1,342,322</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	709,120	(523,921)	185,199
TOTAL FUNDS	<u>709,120</u>	<u>(523,921)</u>	<u>185,199</u>

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted Funds			
General fund	812,557	344,566	1,157,123
TOTAL FUNDS	<u>812,557</u>	<u>344,566</u>	<u>1,157,123</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	887,973	(543,407)	344,566
TOTAL FUNDS	<u>887,973</u>	<u>(543,407)</u>	<u>344,566</u>

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

	At 1.1.19 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	812,557	529,765	1,342,322
TOTAL FUNDS	<u>812,557</u>	<u>529,765</u>	<u>1,342,322</u>

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,597,093	(1,067,328)	529,765
TOTAL FUNDS	<u>1,597,093</u>	<u>(1,067,328)</u>	<u>529,765</u>

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2020.

19. POST BALANCE SHEET EVENTS

1. The director, Zaida Borrero Quicios, was appointed on 25 July 2020 and subsequently resigned on 03 January 2021.

2. On 30 January 2020, the World Health Organisation (WHO) announced COVID-19 as a global health emergency. On 11 March 2020, it announced that COVID-19 was a global pandemic which has had a significant impact on the worldwide economy. The trustees are aware of the effects that this may subsequently have on the company and have reviewed and adopted the relevant operational strategies to safeguard the business for the ensuing 12 months.

The first known cases of COVID-19 and the subsequent lockdown of the UK economy arose prior to the year end. Consequently, whilst preparing the financial statements the trustees have considered the impact of the COVID-19 pandemic on certain disclosures and on the measurement of certain account balances. The trustees, in line with relevant guidance, have considered the likelihood of any post year end impairment to asset values and have concluded that no such impairment has arisen. Accordingly, there has been no material diminution in asset values following the year end.

ANXIETY UK

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

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	93,390	63,612
Charitable activities		
Partnerships	257,946	458,879
Sale of self help products	16,613	25,922
Therapies	104,064	71,209
Membership subscriptions	221,699	243,660
	<u>600,322</u>	<u>799,670</u>
Other income		
Bank interest	18	3,446
Other income	4,227	140
Training	4,800	17,236
Consultancy & meetings	1,000	900
DBS Reimbursement	330	120
Misc income	100	577
Postage income	-	40
Travel reimbursement	333	1,562
Website advertising	4,600	670
	<u>15,408</u>	<u>24,691</u>
Total incoming resources	709,120	887,973
EXPENDITURE		
Other trading activities		
Opening stock	2,732	1,315
Purchases	4,987	9,114
Bad debts	117	-
Closing stock	(2,732)	(2,732)
	<u>5,104</u>	<u>7,697</u>
Charitable activities		
Wages	217,582	198,209
Therapy & workshops	108,650	166,220
Conferences, training & events	3,344	16,810
Design & print of newsletter	9,803	12,222
Telephone	4,733	3,088
Website development & hosting	8,037	17,862
Staff expenses	582	802
Support costs	8,500	8,480
	<u>361,231</u>	<u>423,693</u>
Other		
Minor equipment	103	1,168
Repairs and maintenance	4,500	13,671
Exceptional items	19,678	-
	<u>24,281</u>	<u>14,839</u>
Support costs		

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ANXIETY UK

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

	2020 £	2019 £
Management		
Rates and water	3,458	4,335
Insurance	6,863	5,243
Light and heat	1,711	2,630
Telephone	21,582	7,210
Postage and stationery	5,896	18,682
Advertising	699	-
Sundries	635	1,149
	40,844	39,249
Finance		
Bank charges	96	-
Freehold property	5,954	5,954
Improvements to property	3,291	2,691
Fixtures and fittings	1,724	1,724
Computer equipment	6,241	4,367
	17,306	14,736
Information technology		
Computer costs	25,543	16,663
Staff costs	1,742	-
	27,285	16,663
Human resources		
Pensions	3,823	3,344
Staff welfare and support	1,583	1,320
HR Support	2,152	2,690
	7,558	7,354
Other		
Professional fees	25,043	5,786
Accountancy and legal fees	8,579	9,940
	33,622	15,726
Governance costs		
Auditors' remuneration	1,500	1,500
Auditors' remuneration for non audit work	5,190	1,950
	6,690	3,450
Total resources expended	523,921	543,407
Net income	185,199	344,566

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