

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021  
FOR  
ANXIETY UK

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

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FOR THE YEAR ENDED 31 DECEMBER 2021

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REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2021

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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 2021. 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 2019).

## 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 including a chatbot service - 'Ask Anxia'
3. Information services including information booklets (e.g.) 'Understanding Anxiety', 'Caregivers Guide to Anxiety', 'nutrition and 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), Eye Movement Desensitisation and Reprocessing (EMDR) 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, therapist-led, anxiety management courses based on the principles of CBT, CFT and Acceptance and Commitment Therapy (ACT) and Art for Anxiety Relief (AfAR) courses.
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, Mood Cards and eTherapy programmes for sleep, anxiety and depression.
12. Delivery of assessment, helpline, training, information and therapy services for beneficiaries of partner agencies
13. Supporting and directly undertaking research into anxiety disorders through Anxiety UK's 'Katharine & Harold Fisher Anxiety Research Fund'

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

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**ACHIEVEMENT AND PERFORMANCE**

The main achievements during the year were:

1. Undertaking a comprehensive data security review initiative to provide additional assurances, including via the appointment of a Data Protection Officer.
2. Undertaking research to demonstrate the effectiveness of the charity's psychological therapy services with an academic paper published in the Journal of Affective Disorders.
3. Expanding online, anxiety support group provision including via securing a grant from the Danson Foundation
4. Updating the charity's branding; commissioning a new logo and corporate image in a warm colour scheme including updating the Anxiety UK website to reflect the organisation's friendly, approachable style
5. Expanding the global alliance of anxiety charities/not-for-profits by supporting Qasi Wasi - a Peruvian-based, anxiety support initiative and by partnering with the Anxiety Disorders Association of Manitoba (ADAM).
6. Re-securing the prestigious Accreditation Programme for Psychological Therapies Services (APPTS) accreditation regarding the charity's psychological therapy services
7. Launched and mainstreamed an Eye Movement Desensitisation and Reprocessing (EMDR) service to complement the charity's existing psychological therapy service provision.
8. Migrated the national helpline provision to a new technological platform with additional functionality which included facilitating the reporting of helpline data to then, Public Health England (PHE) - now part of the Department of Health & Social Care (DHSC).
9. Delivered a series of expert-led, online webinars on a range of anxiety related topics.
10. Secured positive ratings on external review platforms: Google Reviews and Trustpilot.
11. Grown the charity's training arm such that its activities have returned to pre-pandemic levels whilst continuing to deliver services online.
12. Developing and launching the 'Ask Anxia' chatbot service on the Anxiety UK website.
13. Developed a dedicated 'needle phobia' webpage in response to the COVID-19 vaccination programme.
14. Launched a new partnership with Chartered Association for Building Engineers (CABE).
15. Commissioned and customised a new training platform to facilitate co-ordination of internal and external training activities.
16. Launched new partnerships with Remy (weighted blankets) and Somnus, eTherapy CBT insomnia app.
17. Developed and delivered a series of online art courses - the Art for Anxiety Relief initiative.
18. Secured additional staff wellbeing support via an external health cash plan.
19. Launched a programme of quality control and assurance checks across all services.

**FINANCIAL REVIEW**

Anxiety UK continued to increase its income and profitability in 2021 with a surplus of £283,396 achieved despite the challenges faced by the small staff team as a result of the continuing pandemic, responding to high levels of need and working remotely.

Areas where financial performance was strong included:

1. Therapy services, gifts, donations, fundraising and partnerships

Areas where expenditure was unplanned: website maintenance and development, however, costs were well controlled throughout 2021.

**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.

Anxiety UK is a company limited by guarantee and is governed by its Articles of Association dated 1st September 2005. It is a 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

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2021

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**Trustees**

R M Kadama It Entrepreneur  
Dr D J J Britto Consultant Psychiatrist (resigned 18.2.22)  
Ms C Garford Accountant  
Ms T Torrero-Quicios Administrator (resigned 3.1.21)  
Mrs K Baker People Development And Training (appointed 1.9.21)

**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.

Approved by order of the board of trustees on 28/04/2022 and signed on its behalf by:



.....  
R M Kadama - Trustee

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

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**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 2021.

**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.

*Shenward (Leeds) Limited*

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: 28 April 2022.....

ANXIETY UK

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	2	90,514	93,390
<b>Charitable activities</b>			
Charitable	4	625,433	600,322
Other trading activities	3	966	-
Other income		43,298	15,408
<b>Total</b>		<u>760,211</u>	<u>709,120</u>
<b>EXPENDITURE ON</b>			
Raising funds	5	6,611	5,104
<b>Charitable activities</b>			
Therapy & workshops	6	86,126	108,650
Employment costs		225,950	217,562
Conferences, training & events		5,372	3,344
Design & print of newsletter & information		10,588	9,803
Telephone & text services		4,823	4,733
Website development & hosting		9,371	8,037
Staff expenses		634	602
Support costs		8,379	8,500
Other		118,961	157,586
<b>Total</b>		<u>476,815</u>	<u>523,921</u>
<b>NET INCOME</b>		<u>283,396</u>	<u>185,199</u>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		1,342,322	1,157,123
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>1,625,718</u></u>	<u><u>1,342,322</u></u>

The notes form part of these financial statements

## ANXIETY UK

STATEMENT OF FINANCIAL POSITION  
31 DECEMBER 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	13	340,272	328,174
Investments	14	10,966	-
		<u>351,238</u>	<u>328,174</u>
<b>CURRENT ASSETS</b>			
Stocks	15	2,269	2,732
Debtors	16	54,814	32,764
Cash at bank		1,334,360	1,122,662
		<u>1,391,443</u>	<u>1,158,158</u>
<b>CREDITORS</b>			
Amounts falling due within one year	17	(28,573)	(4,392)
		<u>1,362,870</u>	<u>1,153,766</u>
<b>NET CURRENT ASSETS</b>			
		1,714,108	1,481,940
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
<b>ACCRUALS AND DEFERRED INCOME</b>	18	(88,390)	(139,618)
		<u>1,625,718</u>	<u>1,342,322</u>
<b>NET ASSETS</b>			
<b>FUNDS</b>	19		
Unrestricted funds		1,625,718	1,342,322
<b>TOTAL FUNDS</b>		<u>1,625,718</u>	<u>1,342,322</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 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 and authorised for issue on 27/04/2022 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 2021

	Notes	2021 £	2020 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	256,312	164,831
Net cash provided by operating activities		<u>256,312</u>	<u>164,831</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(34,614)	(11,334)
Purchase of fixed asset investments		(10,966)	-
Realised gains/(losses) on investments		966	-
Net cash used in investing activities		<u>(44,614)</u>	<u>(11,334)</u>
<b>Change in cash and cash equivalents in the reporting period</b>			
Cash and cash equivalents at the beginning of the reporting period		211,698	153,497
Cash and cash equivalents at the end of the reporting period		<u>1,122,662</u>	<u>969,165</u>
Cash and cash equivalents at the end of the reporting period		<u>1,334,360</u>	<u>1,122,662</u>

The notes form part of these financial statements

**NOTES TO THE STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 31 DECEMBER 2021**

1.	<b>RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES</b>	2021	2020	
		£	£	
	<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	283,396	185,199	
	<b>Adjustments for:</b>			
	Depreciation charges	22,517	17,210	
	Realised (gain)/loss on investments	(966)	-	
	Decrease in stocks	463	-	
	(Increase)/decrease in debtors	(22,051)	8,346	
	Decrease in creditors	(27,047)	(45,924)	
	<b>Net cash provided by operations</b>	<u>256,312</u>	<u>164,831</u>	
2.	<b>ANALYSIS OF CHANGES IN NET FUNDS</b>	At 1.1.21	Cash flow	At 31.12.21
		£	£	£
	<b>Net cash</b>			
	Cash at bank	1,122,662	211,698	1,334,360
		<u>1,122,662</u>	<u>211,698</u>	<u>1,334,360</u>
	<b>Total</b>	<u>1,122,662</u>	<u>211,698</u>	<u>1,334,360</u>

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**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 2019)', 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, with the exception of investments which are included at market value.

**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.

**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.

**Taxation**

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

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**1. ACCOUNTING POLICIES - continued****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.

**Hire purchase and leasing commitments**

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

**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**

After reviewing the charity's forecasts and projections, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing its financial statements.

**Investments**

Investments are measured at fair value through profit or loss. They are initially valued at cost and subsequently valued at each reporting date by reference to quoted prices readily available from the investment fund.

**2. DONATIONS AND LEGACIES**

	2021 £	2020 £
Donations	<u>90,514</u>	<u>93,390</u>

**3. OTHER TRADING ACTIVITIES**

	2021 £	2020 £
Realised gain/(losses)	<u>966</u>	<u>-</u>

**4. INCOME FROM CHARITABLE ACTIVITIES**

		2021 £	2020 £
Partnerships	Activity	284,865	257,946
Sale of self help products	Charitable	17,057	16,613
Therapies	Charitable	114,188	104,064
Membership subscriptions	Charitable	209,323	221,699
		<u>625,433</u>	<u>600,322</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2021

5. RAISING FUNDS

Other trading activities

	2021	2020
	£	£
Opening stock	5,463	2,732
Purchases	6,148	4,987
Closing stock	(5,000)	(2,732)
Bad debts	-	117
	<u>6,611</u>	<u>5,104</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs
	£
Therapy & workshops	86,126
Employment costs	225,950
Conferences, training & events	5,372
Design & print of newsletter & information	10,588
Telephone & text services	4,823
Website development & hosting	9,371
Staff expenses	634
Support costs	8,379
	<u>351,243</u>

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
Other resources expended	<u>27,364</u>	<u>22,592</u>	<u>22,619</u>
	Human resources	Governance costs	Totals
	£	£	£
Other resources expended	<u>10,541</u>	<u>8,346</u>	<u>107,039</u>

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

	2021	2020
	Other resources expended	Total activities
	£	£
Other operating leases	114	-
Rates and water	2,714	3,458
Insurance	9,345	6,863
Light and heat	1,807	1,711
Telephone	9,200	21,582
Postage and stationery	3,535	5,896
Advertising	-	699
Sundries	649	635
Bank charges	75	96
Depreciation of tangible fixed assets	22,517	17,210
Computer costs	22,599	25,543
Staff costs	20	1,742
Pensions	4,079	3,823
Carried forward	<u>76,654</u>	<u>89,258</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**7. SUPPORT COSTS - continued**

	2021 Other resources expended £	2020 Total activities £
Brought forward	76,654	89,258
Staff welfare and support	710	1,583
DPO Services	3,300	-
HR Support	2,452	2,152
Professional fees	6,120	25,043
Accountancy and legal fees	9,457	8,579
Auditors' remuneration	1,620	1,500
Auditors' remuneration for non audit work	6,726	5,190
	<u>107,039</u>	<u>133,305</u>

**8. NET INCOME/(EXPENDITURE)**

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

	2021 £	2020 £
Depreciation - owned assets	22,516	17,211
Other operating leases	114	-
	<u>22,630</u>	<u>17,211</u>

**9. AUDITORS' REMUNERATION**

	2021 £	2020 £
Fees payable to the charity's auditors for the audit of the charity's financial statements	1,620	1,500
Auditors' remuneration for non audit work	6,726	5,190
	<u>8,346</u>	<u>6,690</u>

**10. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

**11. STAFF COSTS**

	2021 £	2020 £
Wages and salaries	225,950	217,582
Other pension costs	4,079	3,823
	<u>230,029</u>	<u>221,405</u>

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

	2021	2020
Management and administration	<u>7</u>	<u>7</u>

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

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2021

	Unrestricted fund £
<b>12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES</b>	
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	93,390
<b>Charitable activities</b>	
Charitable	600,322
Other income	15,408
<b>Total</b>	709,120
<b>EXPENDITURE ON</b>	
Raising funds	5,104
<b>Charitable activities</b>	
Therapy & workshops	108,650
Employment costs	217,562
Conferences, training & events	3,344
Design & print of newsletter & information	9,803
Telephone & text services	4,733
Website development & hosting	8,037
Staff expenses	602
Support costs	8,500
Other	157,586
<b>Total</b>	523,921
<b>NET INCOME</b>	185,199
<b>RECONCILIATION OF FUNDS</b>	
<b>Total funds brought forward</b>	1,157,123
<b>TOTAL FUNDS CARRIED FORWARD</b>	1,342,322

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**13. TANGIBLE FIXED ASSETS**

	Freehold property £	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>					
At 1 January 2021	297,681	32,912	21,716	38,587	390,896
Additions	-	-	1,104	33,510	34,614
At 31 December 2021	<u>297,681</u>	<u>32,912</u>	<u>22,820</u>	<u>72,097</u>	<u>425,510</u>
<b>DEPRECIATION</b>					
At 1 January 2021	15,861	9,274	19,260	18,327	62,722
Charge for year	5,953	3,291	2,000	11,272	22,516
At 31 December 2021	<u>21,814</u>	<u>12,565</u>	<u>21,260</u>	<u>29,599</u>	<u>85,238</u>
<b>NET BOOK VALUE</b>					
At 31 December 2021	<u>275,867</u>	<u>20,347</u>	<u>1,560</u>	<u>42,498</u>	<u>340,272</u>
At 31 December 2020	<u>281,820</u>	<u>23,638</u>	<u>2,456</u>	<u>20,260</u>	<u>328,174</u>

**14. FIXED ASSET INVESTMENTS**

	Listed investments £
<b>MARKET VALUE</b>	
Additions	<u>10,966</u>
<b>NET BOOK VALUE</b>	
At 31 December 2021	<u>10,966</u>
At 31 December 2020	<u>-</u>

There were no investment assets outside the UK.

**15. STOCKS**

	2021 £	2020 £
Stocks	<u>2,269</u>	<u>2,732</u>

**16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021 £	2020 £
Trade debtors	30,845	21,593
Credit card	-	218
Accrued income	6,060	10,953
Prepayments	<u>17,909</u>	<u>-</u>
	<u>54,814</u>	<u>32,764</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2021

**17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021	2020
	£	£
Trade creditors	13,488	3,727
Social security and other taxes	14,216	-
Other creditors	926	665
Credit card	(57)	-
	<u>28,573</u>	<u>4,392</u>

**18. ACCRUALS AND DEFERRED INCOME**

	2021	2020
	£	£
Accruals and deferred income	<u>88,390</u>	<u>139,618</u>

**19. MOVEMENT IN FUNDS**

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
<b>Unrestricted funds</b>			
General fund	1,342,322	283,396	1,625,718
<b>TOTAL FUNDS</b>	<u>1,342,322</u>	<u>283,396</u>	<u>1,625,718</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	760,211	(476,815)	283,396
<b>TOTAL FUNDS</b>	<u>760,211</u>	<u>(476,815)</u>	<u>283,396</u>

**Comparatives for movement in funds**

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

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**19. MOVEMENT IN FUNDS - continued**

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

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

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

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	1,157,123	468,595	1,625,718
<b>TOTAL FUNDS</b>	<u>1,157,123</u>	<u>468,595</u>	<u>1,625,718</u>

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 £
<b>Unrestricted funds</b>			
General fund	1,469,331	(1,000,736)	468,595
<b>TOTAL FUNDS</b>	<u>1,469,331</u>	<u>(1,000,736)</u>	<u>468,595</u>

**20. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2021.

**21. POST BALANCE SHEET EVENTS**

The director, Dr Darryl John Joseph Britto, resigned on 18 February 2022.

ANXIETY UK

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	90,514	93,390
<b>Other trading activities</b>		
Realised gain/(losses)	966	-
<b>Charitable activities</b>		
Partnerships	284,865	257,946
Sale of self help products	17,057	16,613
Therapies	114,188	104,064
Membership subscriptions	209,323	221,699
	<u>625,433</u>	<u>600,322</u>
<b>Other income</b>		
Bank interest	9,776	18
Other income	2,600	4,227
Training	10,775	4,800
Consultancy & meetings	-	1,000
DBS Reimbursement	-	330
Misc income	1,438	100
Postage income	163	-
Travel reimbursement	88	333
Website advertising	3,458	4,600
Compensation	15,000	-
	<u>43,298</u>	<u>15,408</u>
<b>Total incoming resources</b>	<b>760,211</b>	<b>709,120</b>
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Opening stock	5,463	2,732
Purchases	6,148	4,987
Bad debts	-	117
Closing stock	(5,000)	(2,732)
	<u>6,611</u>	<u>5,104</u>
<b>Charitable activities</b>		
Wages	225,950	217,582
Therapy & workshops	86,126	108,650
Conferences, training & events	5,372	3,344
Design & print of newsletter	10,588	9,803
Telephone	4,823	4,733
Website development & hosting	9,371	8,037
Staff expenses	634	582
Support costs	8,379	8,500
	<u>351,243</u>	<u>361,231</u>
<b>Other</b>		
Minor equipment	724	103
Carried forward	724	103

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**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021 £	2020 £
<b>Other</b>		
Brought forward	724	103
Repairs and maintenance	7,005	4,500
Training portal	1,750	-
Sundry expenses	2,443	19,678
	<u>11,922</u>	<u>24,281</u>
<b>Support costs</b>		
<b>Management</b>		
Other operating leases	114	-
Rates and water	2,714	3,458
Insurance	9,345	6,863
Light and heat	1,807	1,711
Telephone	9,200	21,582
Postage and stationery	3,535	5,896
Advertising	-	699
Sundries	649	635
	<u>27,364</u>	<u>40,844</u>
<b>Finance</b>		
Bank charges	75	96
Freehold property	5,954	5,954
Improvements to property	3,291	3,291
Fixtures and fittings	2,000	1,724
Computer equipment	11,272	6,241
	<u>22,592</u>	<u>17,306</u>
<b>Information technology</b>		
Computer costs	22,599	25,543
Staff costs	20	1,742
	<u>22,619</u>	<u>27,285</u>
<b>Human resources</b>		
Pensions	4,079	3,823
Staff welfare and support	710	1,583
DPO Services	3,300	-
HR Support	2,452	2,152
	<u>10,541</u>	<u>7,558</u>
<b>Other</b>		
Professional fees	6,120	25,043
Accountancy and legal fees	9,457	8,579
	<u>15,577</u>	<u>33,622</u>
<b>Governance costs</b>		
Auditors' remuneration	1,620	1,500
Auditors' remuneration for non audit work	6,726	5,190
	<u>8,346</u>	<u>6,690</u>
Total resources expended	<u>476,815</u>	<u>523,921</u>
<b>Net income</b>	<u>283,396</u>	<u>185,199</u>

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