REGISTERED COMPANY NUMBER: 05561121 (England and Wales)
REGISTERED CHARITY NUMBER: 1113403

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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 2022

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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 2022. 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 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 and Keeping Connected, quarterly Friends of Anxiety UK, ezine.
4. Volunteering and engagement opportunities for those affected by anxiety, stress and anxiety-based depression including a national participation group.
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.
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 with a wide range of genres available.
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, Listening Book subscriptions, 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'

ACHIEVEMENT AND PERFORMANCE

The main achievements during the year were:

1. Holding the first meeting of the global alliance of anxiety charities in September 22.
2. Launch of 'Keeping Connected', Friends of Anxiety UK quarterly ezine.
3. Production of a range of blogs on various anxiety related issues.
4. Production of anxiety information resources including factsheets on menopause and anxiety, perinatal anxiety, and compilation of a series of booklets aimed at supporting students with exam anxiety.
5. Undertaking Equality Impact Assessments (EIAs) across the charity with the production of a dedicated Equality, Diversity, and Inclusion webpage.
6. Developing a range of support strategies to help those experiencing anxiety and financial hardship including support webinars, dedicated financial hardship webpage, therapy benevolent fund and reduced rate 'Be Kind' membership subscription offer.
7. Completion and analysis of an annual membership survey along with a review of member benefits and services.
8. Delivery of expert-led webinars on a range of anxiety-related topics.
9. Completion of a full review of the Anxiety UK website, key policies and agreements along with production of further Standard Operating Procedures (SOPs) to support succession planning activities.
10. Delivery of a comprehensive automation project resulting in key efficiencies being made across the charity's footprint.
11. Production of an academic paper, poster presentation at the British Association of Behavioural and Cognitive Psychotherapies (BABCP) national conference, and an animation on the effectiveness of the charity's psychological therapy services.
12. Review of training needs across the charity with new training packages produced for Anxiety UK Approved Therapists, assessors, helpline volunteers and staff.
13. All staff received training in Unconscious Bias, Zero Tolerance of abuse, and Data security.
14. Appointment of an external research team to commence research on the charity's Art for Anxiety Relief courses (AfAR) and expansion of the AfAR scheme to include new genres such as crochet and illustration.
15. Undertaking a range of environmental and sustainability actions including production of an environmental policy, logo, dedicated webpage as well as the staff team undertaking several environmentally friendly activities, such as litter picks.
16. Successful completion of an IT infrastructure project.

FINANCIAL REVIEW

Anxiety UK continued to increase its income and profitability in 2022 with a surplus of £110,220 achieved despite the challenges faced by the small staff team of just 7, responding to continuing high levels of need, exacerbated by the continuing cost-of-living crisis that affects many Anxiety UK beneficiaries.

Areas where financial performance was strong included:

- Therapy services, partnerships, training

Areas where expenditure was exceeded budget included: website maintenance and development (following on from the full review of the website). Additionally, unplanned expenditure occurred in the area of agency staff. Overall, however, expenditure remained well controlled throughout the year.

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

Trustees
R M Kadama It Entrepreneur
Dr D J J Britto Consultant Psychiatrist (resigned 18.2.22)
Ms C Garford Accountant
Mrs K Baker People Development And Training
Ms A Nalla Customer Advisor (appointed 9.9.22)

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 04/02/2023 and signed on its behalf by:

R M Kadama - Trustee

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 2022.

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 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	51,680	126,517	178,197	90,513
Charitable activities	4				
Charitable		486,473	-	486,473	625,433
Other trading activities	3	(234)	-	(234)	966
Other income		21,239	-	21,239	43,298
Total		559,158	126,517	685,675	760,210
EXPENDITURE ON					
Raising funds	5	3,540	-	3,540	6,611
Charitable activities	6				
Charitable		25,838	-	25,838	-
Therapy & workshops		80,522	-	80,522	86,126
Employment costs		-	-	-	225,949
Conferences, training & events		12,296	-	12,296	5,372
Design & print of newsletter & information		40,448	-	40,448	10,588
Telephone & text services		6,744	-	6,744	4,823
Website development & hosting		6,358	-	6,358	9,371
Staff expenses		225,165	-	225,165	634
Support costs		6,316	-	6,316	8,379
Other		158,228	10,000	168,228	118,961
Total		565,455	10,000	575,455	476,814
NET INCOME/(EXPENDITURE)		(6,297)	116,517	110,220	283,396
RECONCILIATION OF FUNDS					
Total funds brought forward		1,625,718	-	1,625,718	1,342,322
TOTAL FUNDS CARRIED FORWARD		1,619,421	116,517	1,735,938	1,625,718

The notes form part of these financial statements

ANXIETY UK

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	13	392,986	-	392,986	340,272
Investments	14	10,733	-	10,733	10,966
		403,719	-	403,719	351,238
CURRENT ASSETS					
Stocks	15	2,613	-	2,613	2,269
Debtors	16	31,167	-	31,167	54,814
Cash at bank		1,263,250	116,517	1,379,767	1,334,360
		1,297,030	116,517	1,413,547	1,391,443
CREDITORS					
Amounts falling due within one year	17	(22,202)	-	(22,202)	(28,573)
NET CURRENT ASSETS		1,274,828	116,517	1,391,345	1,362,870
TOTAL ASSETS LESS CURRENT LIABILITIES		1,678,547	116,517	1,795,064	1,714,108
ACCRUALS AND DEFERRED INCOME	18	(59,126)	-	(59,126)	(88,390)
NET ASSETS		1,619,421	116,517	1,735,938	1,625,718
FUNDS	19				
Unrestricted funds				1,619,421	1,625,718
Restricted funds				116,517	-
TOTAL FUNDS				1,735,938	1,625,718

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 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.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 DECEMBER 2022

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 04/02/2023 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 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	135,534	256,312
Net cash provided by operating activities		135,534	256,312
Cash flows from investing activities			
Purchase of tangible fixed assets		(90,127)	(34,614)
Purchase of fixed asset investments		-	(10,966)
Realised gains/(losses) on investments		-	966
Net cash used in investing activities		(90,127)	(44,614)
Change in cash and cash equivalents in the reporting period		45,407	211,698
Cash and cash equivalents at the beginning of the reporting period		1,334,360	1,122,662
Cash and cash equivalents at the end of the reporting period		1,379,767	1,334,360

The notes form part of these financial statements

NOTES TO THE STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net Income for the reporting period (as per the Statement of Financial Activities)	110,220	283,396
Adjustments for:		
Depreciation charges	37,413	22,517
Realised (gain)/loss on investments	231	(966)
(Increase)/decrease in stocks	(344)	463
Decrease/(Increase) in debtors	23,649	(22,051)
Decrease in creditors	(35,635)	(27,047)
Net cash provided by operations	135,534	256,312

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.22 £	Cash flow £	At 31.12.22 £
Net cash			
Cash at bank	1,334,360	45,407	1,379,767
	1,334,360	45,407	1,379,767
Total	1,334,360	45,407	1,379,767

The notes form part of these financial statements

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.

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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

	2022	2021
	£	£
Donations	178,197	90,513

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Realised gain/(losses)	(234)	966

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Partnerships	Charitable	267,020	284,865
Sale of self help products	Charitable	14,535	17,057
Therapies	Charitable	76,229	114,188
Membership subscriptions	Charitable	128,689	209,323
		486,473	625,433

continued...

5. RAISING FUNDS

Other trading activities

	2022	2021
	£	£
Opening stock	2,269	5,463
Purchases	3,884	6,148
Closing stock	(2,613)	(5,000)
	3,540	6,611

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Charitable	-	25,838	25,838
Therapy & workshops	80,522	-	80,522
Conferences, training & events	12,296	-	12,296
Design & print of newsletter & information	8,911	31,537	40,448
Telephone & text services	6,744	-	6,744
Website development & hosting	6,358	-	6,358
Staff expenses	225,165	-	225,165
Support costs	6,316	-	6,316
	346,312	57,375	403,687

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
Other resources expended	28,342	37,533	17,631
Charitable	-	-	7,800
Design & print of newsletter & information	5,801	-	25,736
	34,143	37,533	51,167

	Human resources	Other	Governance costs	Totals
	£	£	£	£
Other resources expended	18,709	31,336	8,202	141,753
Charitable	-	18,038	-	25,838
Design & print of newsletter & information	-	-	-	31,537
	18,709	49,374	8,202	199,128

continued...

7. SUPPORT COSTS - continued

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

	Other resources expended	Charitable	Design & print of newsletter & information	2022 Total activities	2021 Total activities
	£	£	£	£	£
Other operating leases	1,344	-	-	1,344	114
Rates and water	4,361	-	-	4,361	2,714
Insurance	17,651	-	-	17,651	9,345
Light and heat	1,843	-	-	1,843	1,807
Telephone	-	-	5,801	5,801	9,200
Postage and stationery	2,572	-	-	2,572	3,535
Sundries	571	-	-	571	649
Bank charges	120	-	-	120	75
Depreciation of tangible fixed assets	37,413	-	-	37,413	22,517
Computer costs	7,402	-	25,736	33,138	22,599
Staff costs	229	-	-	229	20
Website migration	-	5,400	-	5,400	-
Website Accessibility Scheme	-	2,400	-	2,400	-
Research Cardiff Uni	10,000	-	-	10,000	-
Pensions	-	-	-	-	4,079
Staff welfare and support	1,050	-	-	1,050	710
DPO Services	5,400	-	-	5,400	3,300
Recruitment	176	-	-	176	-
Temp/Agency Staff	8,570	-	-	8,570	-
HR Support	3,513	-	-	3,513	2,452
Security & CCTV	910	-	-	910	-
Professional fees	17,925	-	-	17,925	6,120
Accountancy and legal fees	12,501	-	-	12,501	9,457
Medical Gaslighting Diagnosis	-	15,463	-	15,463	-
Calm Club Facilitation	-	2,575	-	2,575	-
Auditors' remuneration	1,740	-	-	1,740	1,620
Auditors' remuneration for non audit work	6,462	-	-	6,462	6,726
	141,753	25,838	31,537	199,128	107,039

8. NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Depreciation - owned assets	37,413	22,516
Other operating leases	1,344	114

continued...

9. AUDITORS' REMUNERATION

	2022 £	2021 £
Fees payable to the charity's auditors for the audit of the charity's financial statements	1,740	1,620
Auditors' remuneration for non audit work	6,462	6,726

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

11. STAFF COSTS

	2022 £	2021 £
Wages and salaries	206,104	213,073
Social security costs	14,374	12,876
Other pension costs	4,025	4,079
	224,503	230,028

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

	2022	2021
Management and administration	-	7

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	90,513	-	90,513
Charitable activities			
Charitable	625,433	-	625,433
Other trading activities	966	-	966
Other income	43,298	-	43,298
Total	760,210	-	760,210
EXPENDITURE ON			
Raising funds	6,611	-	6,611
Charitable activities			
Therapy & workshops	86,126	-	86,126
Employment costs	225,949	-	225,949
Conferences, training & events	5,372	-	5,372
Design & print of newsletter & information	10,588	-	10,588

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Telephone & text services	4,823	-	4,823
Website development & hosting	9,371	-	9,371
Staff expenses	634	-	634
Support costs	8,379	-	8,379
Other	118,961	-	118,961
Total	476,814	-	476,814
NET INCOME	283,396	-	283,396
RECONCILIATION OF FUNDS			
Total funds brought forward	1,342,322	-	1,342,322
TOTAL FUNDS CARRIED FORWARD	1,625,718	-	1,625,718

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 January 2022	297,681	32,912	22,820	72,097	425,510
Additions	-	-	-	90,127	90,127
At 31 December 2022	297,681	32,912	22,820	162,224	515,637
DEPRECIATION					
At 1 January 2022	21,814	12,565	21,260	29,599	85,238
Charge for year	5,954	3,291	1,007	27,161	37,413
At 31 December 2022	27,768	15,856	22,267	56,760	122,651
NET BOOK VALUE					
At 31 December 2022	269,913	17,056	553	105,464	392,986
At 31 December 2021	275,867	20,347	1,560	42,498	340,272

continued...

14. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 January 2022	10,966
Impairments	(233)
At 31 December 2022	10,733
NET BOOK VALUE	
At 31 December 2022	10,733
At 31 December 2021	10,966

There were no investment assets outside the UK.

15. STOCKS

	2022 £	2021 £
Stocks	2,613	2,269

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	19,024	30,845
Accrued income	-	6,060
Prepayments	12,143	17,909
	31,167	54,814

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	16,318	13,488
Social security and other taxes	4,501	14,216
Other creditors	1,383	926
Credit card	-	(57)
	22,202	28,573

18. ACCRUALS AND DEFERRED INCOME

	2022 £	2021 £
Accruals and deferred income	59,126	88,390

continued...

19. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	1,625,718	(6,297)	1,619,421
Restricted funds			
Restricted funds	-	116,517	116,517
TOTAL FUNDS	1,625,718	110,220	1,735,938

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	559,158	(565,455)	(6,297)
Restricted funds			
Restricted funds	126,517	(10,000)	116,517
TOTAL FUNDS	685,675	(575,455)	110,220

Comparatives for movement in funds

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

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	760,210	(476,814)	283,396
TOTAL FUNDS	760,210	(476,814)	283,396

continued...

19. MOVEMENT IN FUNDS - continued

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

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	1,342,322	277,099	1,619,421
Restricted funds			
Restricted funds	-	116,517	116,517
TOTAL FUNDS	1,342,322	393,616	1,735,938

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	1,319,368	(1,042,269)	277,099
Restricted funds			
Restricted funds	126,517	(10,000)	116,517
TOTAL FUNDS	1,445,885	(1,052,269)	393,616

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

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 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	178,197	90,513
Other trading activities		
Realised gain/(losses)	(234)	966
Charitable activities		
Partnerships	267,020	284,865
Sale of self help products	14,535	17,057
Therapies	76,229	114,188
Membership subscriptions	128,689	209,323
	486,473	625,433
Other income		
Bank interest	4,080	9,776
Other income	-	2,600
Training	14,990	10,775
Misc income	779	1,438
Postage income	10	163
Travel reimbursement	105	88
Website advertising	1,275	3,458
Compensation	-	15,000
	21,239	43,298
Total incoming resources	685,675	760,210
EXPENDITURE		
Other trading activities		
Opening stock	2,269	5,483
Purchases	3,884	6,148
Closing stock	(2,613)	(5,000)
	3,540	6,611
Charitable activities		
Wages	206,104	213,073
Social security	14,374	12,876
Pensions	4,025	-
Therapy & workshops	80,522	86,126
Conferences, training & events	12,296	5,372
Design & print of newsletter	8,911	10,588
Telephone	6,744	4,823
Website development & hosting	6,358	9,371
Staff expenses	662	634
Support costs	6,316	8,379
	346,312	351,242

This page does not form part of the statutory financial statements

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022 £	2021 £
Charitable activities		
Other		
Minor equipment	98	724
Repairs and maintenance	5,377	7,005
Training portal	21,000	1,750
Sundry expenses	-	2,443
	26,475	11,922
Support costs		
Management		
Other operating leases	1,344	114
Rates and water	4,361	2,714
Insurance	17,651	9,345
Light and heat	1,843	1,807
Telephone	5,801	9,200
Postage and stationery	2,572	3,535
Sundries	571	649
	34,143	27,364
Finance		
Bank charges	120	75
Freehold property	5,954	5,954
Improvements to property	3,291	3,291
Fixtures and fittings	1,007	2,000
Computer equipment	27,161	11,272
	37,533	22,592
Information technology		
Computer costs	33,138	22,599
Staff costs	229	20
Website migration	5,400	-
Website Accessibility Scheme	2,400	-
Research Cardiff Uni	10,000	-
	51,167	22,619
Human resources		
Pensions	-	4,079
Staff welfare and support	1,050	710
DPO Services	5,400	3,300
Recruitment	176	-
Temp/Agency Staff	8,570	-
HR Support	3,513	2,452
	18,709	10,541
Other		
Security & CCTV	910	-
Professional fees	17,925	6,120
Accountancy and legal fees	12,501	9,457
Carried forward	31,336	15,577

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022 £	2021 £
Other		
Brought forward	31,336	15,577
Medical Gaslighting Diagnosis	15,463	-
Calm Club Facilitation	2,575	-
	49,374	15,577
Governance costs		
Auditors' remuneration	1,740	1,620
Auditors' remuneration for non audit work	6,462	6,726
	8,202	8,346
Total resources expended	575,455	476,814
Net Income	110,220	283,396