

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

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
ANXIETY UK**

Shenward (Leeds) Limited
Josephs Well, Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

ANXIETY UK

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Page
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Statement of Financial Position	6
Statement of Cash Flows	7
Notes to the Statement of Cash Flows	8
Notes to the Financial Statements	9 to 16
Detailed Statement of Financial Activities	17 to 18

ANXIETY UK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

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 2023. 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 (including a new 'Choice and Medication' pages providing information on psychiatric medication for anxiety and other mental health conditions)
3. and online members' forum
4. eHelper service - 'Ask Anxia®', TherapGuide® - a digital tool to assist individuals with choosing a therapy modality and an 'infinity breathing' digital animation tool.
5. Podcast series (And Breathe...) and webinars
6. Blogs on various aspects of anxiety
7. Information services including information booklets (e.g.) 'Understanding Anxiety', 'Caregivers Guide to Anxiety', 'nutrition and anxiety'.
8. Production of Anxiety UK's quarterly magazine: Anxious Times, and Keeping Connected, quarterly Friends of Anxiety UK, ezine.
9. Volunteering and engagement opportunities for those affected by anxiety, stress and anxiety-based depression including a national participation group.
10. Social media support and awareness activities
11. 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.
12. 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.
13. 'Helping your Child', parent-delivered, guided CBT service.
14. Training, webinar, consultancy, and awareness activities including campaigning on issues of relevance to Anxiety UK beneficiaries.
15. Provision of CPD and training for Anxiety UK Approved Therapists
16. Access to discounted and free to access products including apps, devices, and products such as weighted blankets, Listening Book subscriptions and Mood Cards.
17. Delivery of assessment, helpline, training, information, and therapy services for beneficiaries of partner agencies
18. Supporting and directly undertaking research into aspects of anxiety disorders through Anxiety UK's 'Katharine & Harold Fisher Anxiety Research Fund' and participating in, and collaborating with, externally led, anxiety research initiatives.
19. Leading the informal Global Alliance of Anxiety not-for-profit organisations.

ANXIETY UK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

ACHIEVEMENT AND PERFORMANCE

The main achievements during the year were:

1. Completing the main phase of the medical gaslighting and diagnostic overshadowing campaign in those with anxiety.
2. Launched the podcast series, And Breathe...Welcome to Calm Club
3. Revamped members' area of the website, whilst launching a website accessibility tool and developing a new e-information resource on separation anxiety disorder in adults.
4. Produced a range of blogs on various topics relating to anxiety.
5. Developed new self-care page on the website including development of 'infinity' breathing animation tool and a range of other self-care resources.
6. Launched 'choice and medication' service on the website.
7. Delivered a range of courses including, three Art for Anxiety Relief (AfAR), one hundred peer-led support groups and four Therapist-led anxiety management courses.
8. Provided individuals with access to low-cost, accessible psychological therapy, including CBT, Compassion Focused Therapy (CFT), Eye Movement Desensitisation & Reprocessing therapy (EMDR), counselling and clinical hypnotherapy.
9. Delivered two bee and wasp phobia workshops.
10. Achieving Real Living Wage accreditation status.
11. Recruiting to the Services Manager role, resulting in a full management team being in place.
12. Successful trademarking of Anxia® and TherapGuide®, including the launch of TherapGuide in November.
13. Delivery of training courses and workshops on various aspects of anxiety, particularly during Mental Health Awareness Week (MHAW), which had 'anxiety' as this year's theme.
14. Completed research with University of Birmingham on the Art for Anxiety Relief course - demonstrating its positive impact on wellbeing.
15. Provided all staff with access to training on neurodiversity.
16. Delivered a CPD event for Anxiety UK Approved Therapists on Pre Trial-Therapy Guidelines.
17. Undertook a survey of Anxiety UK's membership.
18. Continued with the charity's environmental efforts including supporting tree planting initiatives and highlighting the benefits of gardening through a quarterly news column.
19. Continued to lead the Global Anxiety Alliance of not-for-profit organisations which included expanding the Alliance via onboarding new member organisations.
20. Undertook reviews of our helpline and admin line provision as well as a review of therapy and groups and courses fees.
21. Undertook a cross charity review of training, resulting in enhanced training support in place in several areas, and in particular for facilitators of our groups and courses.

FINANCIAL REVIEW

As the cost-of-living crisis continues to bite, impacting on the general public's disposable income and ability to donate, 2023 was a challenging year for Anxiety UK financially, with reductions seen in a range of income streams including decreases in membership, direct donations, partnership activity and sales of products such as books and other self-help resources. At the same time, like many organisations, Anxiety UK has been faced with having to pay much higher prices for services, resulting in increased overhead costs. As such, a loss of £156,342 was made, however it should be noted that a donation bequeathed in 2022, specified to be spent on anxiety research, was used in this calendar year to undertake the medical gaslighting and diagnostic overshadowing campaign in those with anxiety, and accounted for £71,000 of the overall figure.

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 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

Registered office

Nunes House 447 Chester Road
Old Trafford
Manchester
M16 9HA

ANXIETY UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

Trustees

R M Kadama
Ms C Garford
Mrs K Baker
Ms A Nalla

Company Secretary

Ms N M Lidbetter

Independent Examiner

Shenward (Leeds) Limited
Josephs Well, Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

Approved by order of the board of trustees on 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 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since 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 member of the 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

Shenward (Leeds) Limited
Josephs Well, Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

Date:

ANXIETY UK

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	48,934	-	48,934	178,197
Charitable activities					
Charitable	4	422,201	-	422,201	486,473
Other trading activities	3	-	-	-	(234)
Other income		31,758	-	31,758	21,239
Total		<u>502,893</u>	<u>-</u>	<u>502,893</u>	<u>685,675</u>
EXPENDITURE ON					
Raising funds	5	3,044	-	3,044	3,540
Charitable activities					
Charitable	6	-	-	-	25,838
Therapy & workshops		85,623	-	85,623	80,522
Employment costs		240,251	-	240,251	-
Conferences, training & events		28,125	-	28,125	12,296
Design & print of newsletter & information		9,078	-	9,078	40,448
Telephone & text services		1,130	-	1,130	6,744
Website development & hosting		11,461	-	11,461	6,358
Staff expenses		567	-	567	225,165
Support costs		5,575	-	5,575	6,316
Other		264,381	10,000	274,381	168,228
Total		<u>649,235</u>	<u>10,000</u>	<u>659,235</u>	<u>575,455</u>
NET INCOME/(EXPENDITURE)		(146,342)	(10,000)	(156,342)	110,220
RECONCILIATION OF FUNDS					
Total funds brought forward		1,619,421	116,517	1,735,938	1,625,718
TOTAL FUNDS CARRIED FORWARD		<u>1,473,079</u>	<u>106,517</u>	<u>1,579,596</u>	<u>1,735,938</u>

ANXIETY UK

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	13	418,302	-	418,302	392,986
Investments	14	12,146	-	12,146	10,733
		430,448	-	430,448	403,719
CURRENT ASSETS					
Stocks	15	3,067	-	3,067	2,613
Debtors	16	77,392	-	77,392	31,167
Cash at bank		1,041,095	116,517	1,157,612	1,379,767
		1,121,554	116,517	1,238,071	1,413,547
CREDITORS					
Amounts falling due within one year	17	(25,013)	-	(25,013)	(22,202)
		1,096,541	116,517	1,213,058	1,391,345
NET CURRENT ASSETS					
		1,526,989	116,517	1,643,506	1,795,064
TOTAL ASSETS LESS CURRENT LIABILITIES					
ACCRUALS AND DEFERRED INCOME	18	(53,910)	(10,000)	(63,910)	(59,126)
		1,473,079	106,517	1,579,596	1,735,938
NET ASSETS					
FUNDS	19				
Unrestricted funds				1,473,079	1,619,421
Restricted funds				106,517	116,517
TOTAL FUNDS				1,579,596	1,735,938

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 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 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 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	(150,703)	135,534
Net cash (used in)/provided by operating activities		(150,703)	135,534
Cash flows from investing activities			
Purchase of tangible fixed assets		(70,039)	(90,127)
Purchase of fixed asset investments		(1,413)	-
Net cash used in investing activities		(71,452)	(90,127)
Change in cash and cash equivalents in the reporting period			
		(222,155)	45,407
Cash and cash equivalents at the beginning of the reporting period		1,379,767	1,334,360
Cash and cash equivalents at the end of the reporting period		1,157,612	1,379,767

The notes form part of these financial statements

ANXIETY UK

NOTES TO THE STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2023

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(156,342)	110,220
Adjustments for:		
Depreciation charges	44,723	37,413
Realised (gain)/loss on investments	-	231
Increase in stocks	(454)	(344)
(Increase)/decrease in debtors	(46,225)	23,649
Increase/(decrease) in creditors	7,595	(35,635)
Net cash (used in)/provided by operations	<u>(150,703)</u>	<u>135,534</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.23 £	Cash flow £	At 31.12.23 £
Net cash			
Cash at bank	1,379,767	(222,155)	1,157,612
	<u>1,379,767</u>	<u>(222,155)</u>	<u>1,157,612</u>
Total	<u>1,379,767</u>	<u>(222,155)</u>	<u>1,157,612</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

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 cost
Improvements to property	- 10% on cost
Fixtures and fittings	- 25% on cost
Computer equipment	- 20% on reducing balance

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 2023

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

	2023	2022
	£	£
Donations	48,934	178,197
	<u>48,934</u>	<u>178,197</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Realised gain/(losses)	-	(234)
	<u>-</u>	<u>(234)</u>

4. INCOME FROM CHARITABLE ACTIVITIES

		2023	2022
	Activity	£	£
Partnerships	Charitable	248,495	267,020
Sale of self help products	Charitable	10,174	14,535
Therapies	Charitable	47,230	76,229
Membership subscriptions	Charitable	116,302	128,689
		<u>422,201</u>	<u>486,473</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

5. RAISING FUNDS

Other trading activities

	2023	2022
	£	£
Opening stock	2,613	2,269
Purchases	3,498	3,884
Closing stock	(3,067)	(2,613)
	<u>3,044</u>	<u>3,540</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs
	£
Therapy & workshops	85,623
Employment costs	240,251
Conferences, training & events	28,125
Design & print of newsletter & information	9,078
Telephone & text services	1,130
Website development & hosting	11,461
Staff expenses	567
Support costs	5,575
	<u>381,810</u>

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
Other resources expended	<u>40,846</u>	<u>44,993</u>	<u>39,273</u>
	Human resources	Governance costs	Totals
	£	£	£
Other resources expended	<u>26,941</u>	<u>9,276</u>	<u>259,181</u>

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

	2023	2022
	Other resources expended	Total activities
	£	£
Other operating leases	300	1,344
Rates and water	3,939	4,361
Insurance	16,126	17,651
Light and heat	3,591	1,843
Telephone	13,817	5,801
Postage and stationery	2,999	2,572
Sundries	74	571
Bank charges	270	120
Depreciation of tangible fixed assets	44,723	37,413
Computer costs	23,596	33,138
Staff costs	-	229
Website migration	5,460	5,400
Website Accessibility Scheme	217	2,400
Research Cardiff Uni	10,000	10,000
Staff welfare and support	5,274	1,050
Carried forward	<u>130,386</u>	<u>123,893</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

7. SUPPORT COSTS - continued

	2023 Other resources expended £	2022 Total activities £
Brought forward	130,386	123,893
DPO Services	5,138	5,400
Recruitment	495	176
Temp/Agency Staff	12,607	8,570
HR Support	3,427	3,513
Security & CCTV	-	910
Professional fees	13,397	17,925
Accountancy and legal fees	13,133	12,501
Medical Gaslighting Diagnosis	71,222	15,463
Calm Club Facilitation	100	2,575
Auditors' remuneration	1,860	1,740
Auditors' remuneration for non audit work	7,416	6,462
	<u>259,181</u>	<u>199,128</u>

8. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Depreciation - owned assets	44,723	37,413
Other operating leases	300	1,344
	<u>45,023</u>	<u>38,757</u>

9. AUDITORS' REMUNERATION

	2023 £	2022 £
Fees payable to the charity's auditors for the audit of the charity's financial statements	1,860	1,740
Auditors' remuneration for non audit work	7,416	6,462
	<u>9,276</u>	<u>8,202</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

11. STAFF COSTS

	2023 £	2022 £
Wages and salaries	201,398	206,104
Social security costs	17,797	14,374
Other pension costs	21,056	4,025
	<u>240,251</u>	<u>224,503</u>

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

	2023	2022
Management and administration	<u>7</u>	<u>7</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

11. STAFF COSTS - continued

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	51,680	126,517	178,197
Charitable activities			
Charitable	486,473	-	486,473
Other trading activities	(234)	-	(234)
Other income	21,239	-	21,239
Total	<u>559,158</u>	<u>126,517</u>	<u>685,675</u>
EXPENDITURE ON			
Raising funds	3,540	-	3,540
Charitable activities			
Charitable	25,838	-	25,838
Therapy & workshops	80,522	-	80,522
Conferences, training & events	12,296	-	12,296
Design & print of newsletter & information	40,448	-	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
Other	158,228	10,000	168,228
Total	<u>565,455</u>	<u>10,000</u>	<u>575,455</u>
NET INCOME/(EXPENDITURE)	(6,297)	116,517	110,220
RECONCILIATION OF FUNDS			
Total funds brought forward	1,625,718	-	1,625,718
TOTAL FUNDS CARRIED FORWARD	<u><u>1,619,421</u></u>	<u><u>116,517</u></u>	<u><u>1,735,938</u></u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 January 2023	297,681	32,912	22,820	162,224	515,637
Additions	-	-	-	70,039	70,039
At 31 December 2023	<u>297,681</u>	<u>32,912</u>	<u>22,820</u>	<u>232,263</u>	<u>585,676</u>
DEPRECIATION					
At 1 January 2023	27,768	15,856	22,267	56,760	122,651
Charge for year	5,954	3,291	277	35,201	44,723
At 31 December 2023	<u>33,722</u>	<u>19,147</u>	<u>22,544</u>	<u>91,961</u>	<u>167,374</u>
NET BOOK VALUE					
At 31 December 2023	<u>263,959</u>	<u>13,765</u>	<u>276</u>	<u>140,302</u>	<u>418,302</u>
At 31 December 2022	<u>269,913</u>	<u>17,056</u>	<u>553</u>	<u>105,464</u>	<u>392,986</u>

14. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 January 2023	10,733
Additions	1,413
At 31 December 2023	<u>12,146</u>
NET BOOK VALUE	
At 31 December 2023	<u>12,146</u>
At 31 December 2022	<u>10,733</u>

There were no investment assets outside the UK.

15. STOCKS

	2023 £	2022 £
Stocks	<u>3,067</u>	<u>2,613</u>

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	51,092	19,024
Other debtors	447	-
Prepayments	25,853	12,143
	<u>77,392</u>	<u>31,167</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	20,520	16,318
Social security and other taxes	3,756	4,501
Other creditors	737	1,383
	<u>25,013</u>	<u>22,202</u>

18. ACCRUALS AND DEFERRED INCOME

	2023	2022
	£	£
Accruals and deferred income	<u>63,910</u>	<u>59,126</u>

19. MOVEMENT IN FUNDS

	At 1.1.23	Net movement in funds	At 31.12.23
	£	£	£
Unrestricted funds			
General fund	1,619,421	(146,342)	1,473,079
Restricted funds			
Restricted funds	116,517	(10,000)	106,517
TOTAL FUNDS	<u>1,735,938</u>	<u>(156,342)</u>	<u>1,579,596</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	502,893	(649,235)	(146,342)
Restricted funds			
Restricted funds	-	(10,000)	(10,000)
TOTAL FUNDS	<u>502,893</u>	<u>(659,235)</u>	<u>(156,342)</u>

Comparatives for 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	<u>1,625,718</u>	<u>110,220</u>	<u>1,735,938</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

19. MOVEMENT IN FUNDS - continued

Comparative 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	<u>685,675</u>	<u>(575,455)</u>	<u>110,220</u>

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

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	1,625,718	(152,639)	1,473,079
Restricted funds			
Restricted funds	-	106,517	106,517
TOTAL FUNDS	<u>1,625,718</u>	<u>(46,122)</u>	<u>1,579,596</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 £
Unrestricted funds			
General fund	1,062,051	(1,214,690)	(152,639)
Restricted funds			
Restricted funds	126,517	(20,000)	106,517
TOTAL FUNDS	<u>1,188,568</u>	<u>(1,234,690)</u>	<u>(46,122)</u>

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

ANXIETY UK

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	48,934	178,197
Other trading activities		
Realised gain/(losses)	-	(234)
Charitable activities		
Partnerships	248,495	267,020
Sale of self help products	10,174	14,535
Therapies	47,230	76,229
Membership subscriptions	116,302	128,689
	<u>422,201</u>	<u>486,473</u>
Other income		
Bank interest	10,772	4,080
Training	20,330	14,990
Misc income	625	779
Postage income	-	10
Travel reimbursement	31	105
Website advertising	-	1,275
	<u>31,758</u>	<u>21,239</u>
Total incoming resources	502,893	685,675
EXPENDITURE		
Other trading activities		
Opening stock	2,613	2,269
Purchases	3,498	3,884
Closing stock	(3,067)	(2,613)
	<u>3,044</u>	<u>3,540</u>
Charitable activities		
Wages	201,398	206,104
Social security	17,797	14,374
Pensions	21,056	4,025
Therapy & workshops	85,623	80,522
Conferences, training & events	28,125	12,296
Design & print of newsletter	9,078	8,911
Telephone	1,130	6,744
Website development & hosting	11,461	6,358
Staff expenses	567	662
Support costs	5,575	6,316
	<u>381,810</u>	<u>346,312</u>
Other		
Minor equipment	70	98
Repairs and maintenance	3,755	5,377
Training portal	11,375	21,000
	<u>15,200</u>	<u>26,475</u>

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ANXIETY UK

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 £	2022 £
Support costs		
Management		
Other operating leases	300	1,344
Rates and water	3,939	4,361
Insurance	16,126	17,651
Light and heat	3,591	1,843
Telephone	13,817	5,801
Postage and stationery	2,999	2,572
Sundries	74	571
	<u>40,846</u>	<u>34,143</u>
Finance		
Bank charges	270	120
Freehold property	5,954	5,954
Improvements to property	3,291	3,291
Fixtures and fittings	277	1,007
Computer equipment	35,201	27,161
	<u>44,993</u>	<u>37,533</u>
Information technology		
Computer costs	23,596	33,138
Staff costs	-	229
Website migration	5,460	5,400
Website Accessibility Scheme	217	2,400
Research Cardiff Uni	10,000	10,000
	<u>39,273</u>	<u>51,167</u>
Human resources		
Staff welfare and support	5,274	1,050
DPO Services	5,138	5,400
Recruitment	495	176
Temp/Agency Staff	12,607	8,570
HR Support	3,427	3,513
	<u>26,941</u>	<u>18,709</u>
Other		
Security & CCTV	-	910
Professional fees	13,397	17,925
Accountancy and legal fees	13,133	12,501
Medical Gaslighting Diagnosis	71,222	15,463
Calm Club Facilitation	100	2,575
	<u>97,852</u>	<u>49,374</u>
Governance costs		
Auditors' remuneration	1,860	1,740
Auditors' remuneration for non audit work	7,416	6,462
	<u>9,276</u>	<u>8,202</u>
Total resources expended	<u>659,235</u>	<u>575,455</u>
Net (expenditure)/income	<u>(156,342)</u>	<u>110,220</u>

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