Company registration number: 05986266

Charity registration number: 1146094

Improving Lives Notts Ltd

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 28 February 2026

Improving Lives Notts Ltd

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Improving Lives Notts Ltd

Reference and Administrative Details

Trustees	Naomi Roose, Chair of Board of Trustees
	Dr Ola Junaid
	Georgina Charles
	Andrea Cobley
	Lorna Biondi
	Tamsin Millns
Senior Management Team	Kerry Devine, CEO, until August 2025
	Tina Bowen, Operations Manager until August 2025, Co - CEO from September 2025
	Bobbie Gordon, Co - CEO, from September 2025
Charity Registration Number	1146094
Company Registration Number	05986266
Registered Office	61b Mansfield Road Nottingham NG1 3FN
Accountants	Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

Improving Lives Notts Ltd

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 28 February 2026.

Trustees and officers

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

Trustees:	Naomi Roose, Chair of Board of Trustees (appointed 2 March 2026)
	Dr Ola Junaid
	Georgina Charles
	Andrea Cobley (appointed 1 December 2025)
	Lorna Biondi (appointed 19 January 2026)
	Tamsin Millns (appointed 3 August 2026)
	Ruth Hawkins (resigned 8 June 2026)
	Ruth Ashburner (resigned 1 December 2025)
	Holly Sexton (resigned 1 May 2026)
	Kayleigh Brown (resigned 19 May 2025)
	Janet Bouttell (resigned 1 April 2026)
	Dr Michael Harris (1 February 2012 - 13 April 2026)

The trustees wish to record their gratitude for the immense contribution of Mike Harris, who was one of Improving Lives' founders, and chaired the charity since its inception. He sadly died in April 2026.

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 23/02/2012 and most recently amended 27/01/2020. It has no share capital and the liability of each member in the event of winding-up is limited to £10.

Recruitment and appointment of trustees

Trustees act as directors of the organisation and give their time voluntarily, receiving no financial or other benefits. Recruitment is conducted through an open process to ensure the board maintains a diverse range of skills, knowledge, experience and perspectives, while addressing any identified gaps in expertise.

Improving Lives Notts Ltd

Trustees' Report

Objectives and activities

Objects and aims

Improving Lives Company Articles state that the Company's objects are: "The relief of those in need in particular but not limited to providing one to one support services to adults with complex health and social needs in Nottingham City and Nottinghamshire and nationwide advice".

We achieve this by offering a person-centred, tailored one to one support (for up to 12 months). However, longer term support can be offered where needed via our safety net service offering ad hoc help when needed, ongoing support at our wide variety of social groups, or access to our volunteer befriending service.

Our support centres around reducing social isolation; increasing independence and financial security; empowering individuals to build resilience and coping strategies to better manage life challenges; develop a positive sense of self, purpose and a meaningful life; hope and optimism, and a sense of greater autonomy to manage their mental and physical health.

Public benefit

Improving Lives provides practical, emotional and advocacy support to individuals who may otherwise struggle to navigate complex systems or access appropriate services. This helps individuals maintain their independence, improve social and financial wellbeing, and reduce the chances of people falling through the gaps in service provision.

Emotional Support – A safe, supportive space to talk, be heard and validated; offering social connection, improved relationships, building confidence, resilience and coping strategies to promote a positive sense of self and mental wellbeing.

Benefits and Debt Support – Supporting people to navigate the benefit system, ensuring they have maximised their income and in receipt of the correct benefit – this includes support with the application process, supporting evidence and advocating on their behalf where appropriate; budgeting and debt-management to reduce financial hardship and avoid risk of homelessness, disconnection of utility services and potential Court proceedings.

Access to Health and Statutory Services – Supporting individuals to attend health appointments including GP, hospital, mental health services and other health care providers. Accessing social care assessments, occupational therapy and packages of support. Encouraging people to take greater autonomy over their health with early interventions, thus improving health outcomes for people and reducing pressure on emergency and crisis services.

Housing and Cost-of-Living Support – Helping people reduce costs with utility providers via payment plans, applying for annual warmer-home initiatives, accessing food banks, support to help households manage limited resources more effectively. Addressing financial hardship can support people to remain living safely and securely in their homes and reduce financial stress. Accessing funding opportunities to provide equipment to reduce cost of living i.e. air fryers, crock pot, heated throws, etc.

Advocacy – Supporting people with communicating their needs and accessing complex systems, and ensure people understand their rights and options; accessing the right support, ensuring people have greater opportunity to have their needs heard and met.

Independence and Social Inclusion – Reducing barriers that prevent people being able to fully participate in society and support those people who are isolated to connect with their communities; practical skills such as help with correspondence and managing appointments, thus reducing dependency on services whilst building confidence to manage their issues independently leading to better quality of life and wellbeing outcomes. Fostering a sense of belonging.

Digital Inclusion and Access to Information - Supporting people to navigate online systems such as completing online applications, accessing health care information and appointments, employment, benefits, housing and other services. This helps reduce digital exclusion, builds confidence and minimises the barriers to accessing and receiving essential support.

Prevention and Safeguarding - Improving Lives adopts a trusting and transparent nature of support aiming to prevent issues escalating to crisis levels and allowing people to remain safely in their homes and communities. A preventative approach reduces risk of harm and homelessness, by building confidence to address barriers as they arise.

Wider Community Benefit - In summary, the support we offer provides benefits to people on an individual level but also to the wider community. By helping people access the support available to them, maintain stable housing, manage finances, engage with health and social care, develop independence and remain socially connected, a healthier, more resilient and inclusive community can be sustained. By offering support to access essential support and systems, emotional resilience is established and independence is promoted thus offering significant public benefit.

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

Improving Lives Notts Ltd

Trustees' Report

Our Achievements

426 people have received support
2639 Face to face meetings
2226 phone calls

A total of **74** volunteers supported the service:
40 service users were supported by **29** volunteer befrienders, through **334** face-to-face, **199** telephone and **24** online support sessions. Over the year, **18** befriending relationships ended, primarily because support was no longer required.

99 different people have attended social groups

Maximised income to a total of **£52,411.15.**

We've supported **83** different people to attend **164** Health appointments including: Hospital, GP Appts, Mental Health Appts, Opticians, dentist, physiotherapy and substance/alcohol misuse appts.

Who Benefitted:
In the last year, 98% of people were identified as having a support need in relation to their mental health alongside a combination of other issues: 51% had physical health issues, 68% where social isolation was deemed a significant issue, 54% were experiencing housing issues, financial issues (33% had benefit issues and 28% had debts), challenges in managing day-to-day life with 33% struggling to manage correspondence, facing significant risk of harm including 31% experiencing domestic violence and abuse from others and 21% substance misuse, 12% were involved with the criminal justice system and 10% with support needs in relation to caring responsibilities.

Partnership Working:
It has been another successful year for working in partnership. MHR graduate interns have continued to help us at our social groups and to transform our garden area. They have raised £200 by holding a cake sale at their office, £551 at their Disrupt HR Nottingham event and a huge £3953 by running the Robin Hood Half Marathon.
In April 2025 we hosted three Occupational Therapy students from Lincolnshire University on placement with us for 6 weeks, who positively contributed to our idea of starting a social cafe.

A big thank you to Nottingham Playhouse who continue to donate tickets annually to their Christmas pantomime, with this year allowing 25 people that use our service to come together and enjoy watching Sleeping Beauty.
Impression Digital very kindly donated three new bikes and safety equipment which has made a huge difference to those that received them.
The people who use our service have continued to flourish and grow, by supporting each other and staff to lead groups and share their skills such as crochet, jewellery making, teaching musical instruments, arts and crafts. We also have people writing articles for our newsletters, making videos to share with services, taking part in recruitment of new staff and participating in our Board meetings.
We have our team of Vinted volunteers who are committed to the running of our online shop.

Groups:
Our groups have really grown this year, with our social café evolving to run weekly. This involves a safe and calm space to have a chat and connect with others over breakfast and a drink, seek advice, including healthy food choices, peer support, build routine and has provided people with the motivation to go on to other activities afterwards such as the gym. One session per month includes a mindful walk around the local green space to notice the changing seasons, and one session we have invited guest speakers or paired with other activities. We continue to offer our core groups of pool, arts, crafts, and café in the community. Our music appreciation group has evolved into an extra music workshop where people can enjoy playing musical instruments and learning to play the guitar. We have continued to hold our other groups such as chair yoga, crochet, jewellery making and mental health awareness events. This year we also enjoyed a trip to Patching's Art Centre.

Volunteering:
Our volunteering service continues to develop, and we have seen an increase in people that have used our service wanting to volunteer themselves. We also have two Community Companions who offer a more intermediary level of support between the intensive one to one support provided by Support Workers and the informal social support provided by our volunteer befrienders. This has allowed for ongoing support to individuals with more complex social needs and has been an invaluable addition to the long-term support pathway. Our Community Companions have supported around half of all service users receiving befriending support. Befriending relationships are focused on social and emotional support which can create a positive and enjoyable interaction for people, and they actively encourage those they are befriending to attend groups at Improving Lives groups and in the wider community.

Safety Net Support:
Over the course of the year, 122 people accessed some form of support through the safety net. This support is offered to those that have received our intensive one to one support for up to 12 months and allows people to access ongoing support on an ad hoc basis. This support can be a range of things and has included help with benefit reviews, accessing health appointments, attending Court, housing issues, liaising with external services, digital support, letters and other daily challenges, help to access community services and even supporting people to access the gym. This year we have supported 122 different people through the safety net, equalling 856 hours of support. 87 different people received emotional support, and 82 different people received information or advice.

Your Journey Forward:
This year saw a transition of our service funded by The National Lottery Reaching Communities Fund (TNLCF), from supporting people in secondary care mental health services to supporting people in the primary care sector. We support people in Nottingham City who have a severe mental illness diagnosis and are experiencing two other intersecting forms of Severe Multiple Disadvantage such as domestic abuse/sexual violence, harmful substance use, significant risk of homelessness and/or contact with the Criminal Justice System. Over the first year, we have supported 117 people through the service plus a further 9 transferred from our previous project (against a target of 100) and varied in ages from 19 to 75 years, with 50% aged 26-45 years and a further 39% aged 46-65 years.

Community Rehabilitation Team:
We have two Mental Health Recovery Workers within the Nottinghamshire Healthcare NHS Foundation Trust as part of the multi-disciplinary Community Rehabilitation Team (CRT). We will remain working as part of the CRT until the end of March 2028 to support people on their Mental Health Recovery journey.

J Care:
Nottingham J Care is a charity that works in partnership with Improving Lives to provide a service to people from or connected with the Jewish Community in Nottingham City and Nottinghamshire. Whilst this service can offer support to those over the age of 18 years, most people supported are aged over 65 years.

One to one support offered is tailored to individual need and can last for many years if required. Support includes emotional, practical and mental health support, such as navigating the benefits, health and social care systems, essential shopping, support with appointments, benefit help arranging care packages, supporting people to appointments, helping with emergency shopping and social support.

Partners in Mind:
Formed in April 2024, to support the mental health system across Nottingham and Nottinghamshire, as part of the Integrated Care System (ICS) Mental Health Programme strategy. Our Project Manager is part of a voluntary co-production group, bringing together people with lived and learnt experience, along with families and carers, to shape a more compassionate and effective system across the NHS, social care and the Voluntary Community and Social Enterprise (VCSE).

Vinted Online Shop:
We continue to run our online shop offering volunteering opportunities to people.

Financial review
Our Funding
The National Lottery Community Fund – Your Journey Forward. For people in Nottingham City who are receiving support in primary care services only, who have a diagnosed severe mental illness diagnosis and experiencing two other intersecting forms of Severe Multiple Disadvantage. Funding is for three years, March 2025 to February 2028.

J Care – Contract with another charity to provide support to people connected to the Jewish Community in Nottinghamshire. Funding ends/due for renewal March 2027.

Nottinghamshire Healthcare NHS Foundation Trust – Working within the Community Rehabilitation Team, our contract has been renewed for a further two years, starting from April 2026 to March 2028.

Notts and Nottinghamshire's Integrated Mental Health Pathway Coproduction Group – Partners in Mind – Funding is for 27 months starting April 2025 to June 2027.

The Jessie Spencer Trust, The Forman Hardy Charitable Trust, The Mary Robertson Trust, Barrat Foundation, Lady Hind plus for the upcoming year, The Star Trust, The Rhododendron Trust: Funding for our safety net service.

Our special thanks go to Winnifred Eileen Kemp, The Brian Treffrey and Joan Oliver Fund, The Co-Op Community Fund, Thomas Farr, The Jones 1986 Charitable Trust, National Grid, Public Health, Blakemore Foundation, Mansfield Building Society, Fitton Trust, The Fifty Fund, Percy Bilton Charity, The Arnold Clark Community Fund, Nottingham Ceramics, Souter Charitable Trust, Beaverbrooks, Outwood Grange and all the many generous organisations and individuals who have made our work possible this year.

Policy on reserves

The Board of Trustees have set a reserve policy of 3 to 6 month running costs. At the end of the year the reserves exceeded this but due to anticipated shortfalls in 26-27, this will reduce.

Our full Reserves Policy can be found at www.improvinglivesnotts.org.uk/policies.

Major risks and management of those risks

The Board review risks to the charity at every Board meeting. Policies and procedures are reviewed regularly to keep up to date with current legislation and approved by the Board.

Each year a face-to-face strategy meeting is held to ensure we focus on developing the service in line with our charitable aims.

Improving Lives Notts Ltd

Trustees' Report

Statement of Responsibilities

The trustees (who are also the directors of Improving Lives Notts Ltd for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on **09/11/2026** and signed on its behalf by:



.....

Naomi Roose
Chair of Board of Trustees

Improving Lives Notts Ltd

Independent Examiner's Report to the trustees of Improving Lives Notts Ltd ('the Company')

Independent examiner's report to the trustees of Improving Lives Notts Ltd ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 28 February 2026.

Responsibilities and basis of report

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

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

Independent examiner's statement
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Public Finance and Accountancy (CIPFA), which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
Eva Stevens, BSc, CPFA, employee of Community Accounting Plus
member of the Chartered Institute of Public Finance and Accountancy (CIPFA)

Date: 9/11/26

Improving Lives Notts Ltd

Statement of Financial Activities for the Year Ended 28 February 2026 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2026 £	Total 2025 £
Income and Endowments from:					
Donations and legacies	2	20,000	-	20,000	34,835
Charitable activities	3	2,400	407,640	410,040	414,351
Investment income	5	7,872	-	7,872	8,908
Total income		30,272	407,640	437,912	458,094
Expenditure on:					
Charitable activities	6	(41,484)	(428,865)	(470,349)	(413,201)
Total expenditure		(41,484)	(428,865)	(470,349)	(413,201)
Net (expenditure)/income		(11,212)	(21,225)	(32,437)	44,893
Net movement in funds		(11,212)	(21,225)	(32,437)	44,893
Reconciliation of funds					
Total funds brought forward		286,841	59,078	345,919	301,026
Total funds carried forward	19	275,629	37,853	313,482	345,919

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

The funds breakdown for the period is shown in note 19.

Improving Lives Notts Ltd

Statement of Financial Activities for the Year Ended 28 February 2026 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

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

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies	2	34,835	-	34,835
Charitable activities	3	4,171	410,180	414,351
Investment income	5	8,908	-	8,908
Total income		47,914	410,180	458,094
Expenditure on:				
Charitable activities	6	(11,812)	(401,389)	(413,201)
Total expenditure		(11,812)	(401,389)	(413,201)
Net income		36,102	8,791	44,893
Transfers between funds		12,400	(12,400)	-
Net movement in funds		48,502	(3,609)	44,893
Reconciliation of funds				
Total funds brought forward		238,339	62,687	301,026
Total funds carried forward	19	286,841	59,078	345,919

The notes on pages 14 to 24 form an integral part of these financial statements.

Improving Lives Notts Ltd

(Registration number: 05986266)
Balance Sheet as at 28 February 2026

	Note	2026 £	2025 £
Current assets			
Debtors	9	1,211	345
Cash at bank and in hand	10	325,891	354,683
		327,102	355,028
Creditors: Amounts falling due within one year	11	(13,620)	(9,109)
Net assets		313,482	345,919
Funds of the charity:			
Restricted income funds			
Restricted funds	19	37,853	59,078
Unrestricted income funds			
Unrestricted funds		275,629	286,841
Total funds	19	313,482	345,919

For the financial year ending 28 February 2026 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 11 to 24 were approved by the trustees, and authorised for issue on **09/11/2026** and signed on their behalf by:



.....

Naomi Roose
Chair of Board of Trustees

1 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
Improving Lives Notts Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	25% reducing balance basis

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2026 £	Total 2025 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	19,047	19,047	31,582
Gift aid reclaimed	953	953	3,253
	20,000	20,000	34,835

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2026 £	Total 2025 £
Grants & donations	-	404,377	404,377	406,398
Reimbursements	-	3,263	3,263	3,782
Services/fees	2,400	-	2,400	4,171
	2,400	407,640	410,040	414,351

4 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Sport England	-	1,394	1,394
Nottingham J Care	-	115,589	115,589
The Thomas Farr Charity	-	3,760	3,760
Notts Healthcare NHS Foundation Trust	-	78,693	78,693
National Lottery Community Fund	-	155,400	155,400
Co-op Local Community Fund	-	2,531	2,531
The Lady Hind Trust	-	2,500	2,500
Jessie Spencer Trust	-	5,000	5,000
Nottingham City Council	-	758	758
Brian Treffery & Joan Oliver	-	500	500
HMRC Gift Aid	953	-	953
Forman Hardy Charitable Trust	-	3,000	3,000
Corporate donations	705	-	705
National Grid	-	1,125	1,125
Sundry grants & donations	12,563	-	12,563
The Jones 1986 Charitable Trust	-	6,500	6,500
Community fundraising donations	5,779	-	5,779
The Percy Bilton Charity	-	427	427
NHS Nottingham and Nottinghamshire ICB	-	27,200	27,200
	20,000	404,377	424,377

5 Investment income

	Unrestricted funds General £	Total 2026 £	Total 2025 £
Interest receivable and similar income;			
Interest receivable on bank deposits	7,872	7,872	8,908

6 Expenditure on charitable activities

	Unrestricted General funds £	Restricted funds £	Total 2026 £	Total 2025 £
Advertising & promotion	-	662	662	949
Dues & subscriptions	-	-	-	62
Mobile phone	-	1,932	1,932	1,961
Printing, postage & stationery	-	1,756	1,756	1,685
Software expenses & IT support	-	5,072	5,072	3,982
Training costs	-	2,640	2,640	2,973
Evaluation fees	-	1,800	1,800	450
Legal & professional	-	4,910	4,910	2,370
Liability & business insurance	-	1,977	1,977	2,253
Payroll fees	-	848	848	1,497
Recruitment costs	-	528	528	250
Bank charges	-	214	214	217
Rent & room hire	-	10,782	10,782	10,105
Equipment, repairs & renewals	-	2,729	2,729	2,564
Travel & subsistence	-	9,682	9,682	8,275
Wages & salaries	41,484	380,476	421,960	367,650
Volunteer costs	-	2,857	2,857	5,958
	41,484	428,865	470,349	413,201

7 Staff costs

The aggregate payroll costs were as follows:

	2026 £	2025 £
Staff costs during the year were:		
Wages and salaries	378,645	333,870
Social security costs	30,845	22,012
Pension costs	12,470	11,768
	421,960	367,650

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

	2026 No	2025 No
Average number of employees	18	17

13 (2025 - 13) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £12,470 (2025 - £11,768).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £89,046 (2025 - £93,538).

8 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 March 2025	2,224	2,224
At 28 February 2026	2,224	2,224
Depreciation		
At 1 March 2025	2,224	2,224
At 28 February 2026	2,224	2,224
Net book value		
At 28 February 2026	-	-
At 28 February 2025	-	-

9 Debtors

	2026 £	2025 £
Trade debtors	216	-
Prepayments	745	345
Accrued income	250	-
	1,211	345

10 Cash and cash equivalents

	2026 £	2025 £
Cash on hand	438	408
Cash at bank	325,453	354,275
	325,891	354,683

11 Creditors: amounts falling due within one year

	2026 £	2025 £
Other taxation and social security	8,276	5,324
Accruals	5,344	3,785
	13,620	9,109

12 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

13 Taxation

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

14 Fees payable to independent examiner

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

	2026 £	2025 £
Independent examination	1,375	1,375
	1,375	1,375

15 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

16 Related party transactions

There were no related party transactions in the year.

17 Analysis of net assets between funds

	Unrestricted General £	Restricted £	2026 Total funds £
Current assets	275,629	51,473	327,102
Current liabilities	-	(13,620)	(13,620)
Total net assets	275,629	37,853	313,482

	Unrestricted General £	Restricted £	2025 Total funds £
Current assets	286,841	68,187	355,028
Current liabilities	-	(9,109)	(9,109)
Total net assets	286,841	59,078	345,919

18 3rd party funds

	Opening balances £	Incoming resources £	(Resources expended) £	Total £
J Care	242	2,111	(2,006)	347
	242	2,111	(2,006)	347

19 Funds

	Balance at 1 March 2025 £	Incoming resources £	Resources expended £	Balance at 28 February 2026 £
Unrestricted funds				
General				
General fund	286,841	30,272	(41,484)	275,629
Restricted funds				
J Care	11,783	118,852	(120,812)	9,823
Your Journey Forward (Lottery funding)	1,800	155,400	(154,403)	2,797
Art Group (B Treffery & J Oliver)	491	500	(607)	384
Salaries (Garfield Weston)	25,000	-	(25,000)	-
Trust Project	3,913	78,693	(82,606)	-
Cost of living (Thomas Farr)	4,998	-	(4,998)	-
Mansfield Building Society	500	-	(500)	-
Northern Trains	391	-	(391)	-
Skipton Building Society	202	-	(202)	-
Sport England	-	1,394	(1,134)	260
The Jones 1986	10,000	6,500	(9,993)	6,507
Co-op Local Community Fund	-	2,531	(522)	2,009
Forman Hardy	-	3,000	(243)	2,757
Partners in Mind (ICB)	-	27,200	(22,752)	4,448
Jessie Spencer	-	5,000	(418)	4,582
Lady Hind	-	2,500	(2,500)	-
Warm Winter (National Grid)	-	1,125	(1,125)	-
NCC Public Health	-	758	(231)	527
Percy Bilton	-	427	(372)	55
Thomas Farr - Groups	-	3,760	(56)	3,704
Total restricted funds	59,078	407,640	(428,865)	37,853
Total funds	345,919	437,912	(470,349)	313,482

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

J Care - to provide support to people connected to the Jewish community in Nottinghamshire.
Your Journey Forward (Lottery funding) - for those leaving mental health services, to prevent crises readmissions and support long term management of their mental health.
Art Group (B Treffery & J Oliver) - funding to cover any costs relating to our Art Group.

Salaries (Garfield Weston) - funding to cover core salary costs.
Community Rehabilitation Team (NHS Trust) - embedded in the multi-disciplinary team supporting people on their Mental Health recovery journey.
Cost of living (Thomas Farr) - funding to purchase energy-efficient equipment to help people we support with reducing their bills during the cost-of-living crisis.
Mansfield Building Society - Community Café refreshment costs.
Northern Trains - all aspects of our Vinted project (including volunteer training & equipment).
Skipton Building Society - art supplies and Art group refreshments.
Sport England - Chair based yoga.
The Jones 1986 - Match Funding for Community Companion.
Co-Op Local Community Fund - Group costs, Community Companion, Festive party.
Forman Hardy - Safety net.
Partners in Mind (ICB) - Nottingham & Nottinghamshire's Integrated Mental Health Pathway Co-Production Group.
Jessie Spencer - Safety net costs.
Lady Hind - Safety net staff costs.
Warm Winter (National Grid) - purchase of heated blankets.
NCC Public Health - Social café staff and running costs.
Percy Bilton Charity - Musical Instruments.
Thomas Farr - Group costs.

Notes to the Financial Statements for the Year Ended 28 February 2026

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

	Balance at 1 March 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 28 February 2025 £
Unrestricted funds					
General					
General fund	238,339	47,914	(11,812)	12,400	286,841
Restricted					
J Care	8,464	117,648	(114,329)	-	11,783
Your Journey Forward (Lottery funding)	1,035	167,226	(166,461)	-	1,800
Asda	-	400	(400)	-	-
Art Group (B Treffery & J Oliver)	237	500	(246)	-	491
Salaries (Garfield Weston)	25,000	25,000	(25,000)	-	25,000
Your Own Journey (Lady Hind)	3,000	-	(3,000)	-	-
Trust Project	24,800	78,693	(87,180)	(12,400)	3,913
Cost of living (Thomas Farr)	151	4,993	(146)	-	4,998
Mansfield Building Society	-	500	-	-	500
Northern Trains	-	2,500	(2,109)	-	391
Skipton Building Society	-	500	(298)	-	202
Sport England	-	2,220	(2,220)	-	-
The Jones 1986	-	10,000	-	-	10,000
Total restricted funds	62,687	410,180	(401,389)	(12,400)	59,078
Total funds	301,026	458,094	(413,201)	-	345,919