Registered Charity Number: 1149125

Company Number: 08194767

Light Peer Support Ltd

Annual Report and unaudited Financial Statements

For the year ended 31 March 2026

Light Peer Support Ltd

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Light Peer Support Ltd

Trustees' Annual Report
For the Year ended 31 March 2026

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2026 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the Charities Statement of Recommended Practice (SORP), applicable to charities preparing their accounts under the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), as issued in October 2019.

Chair's Report

I am delighted to once again be introducing our Annual Report and Statement of Accounts. Light has grown and developed so much since our initial conversations about peer support fifteen years ago and I am very proud to say that we are in our sixteenth year of providing to support to parents in Sheffield, Doncaster, Barnsley and Rotherham.

2025 – 26 has seen some changes for Light, most notably a change in leadership. Our previous Chief Executive, Helen Miles, retired in December 2025, having managed Light since 2021. Helen oversaw the growth of Light with commissioned contracts from local authorities and health services and we very much appreciated her hard work in securing funding to expand our work. The Best Start in Life contract to work across the Family Hubs in Sheffield brought about a big change with a number of new staff and it has been very exciting to see how Light has been able to reach so many more families as a result. Light is very grateful to Helen for all her hard work over the past few years and we wish her a fulfilling and happy retirement.

In February 2026, we welcomed our new Chief Executive, Elizabeth Lydon. Elizabeth joins us after a long career in Higher Education and more recently, working for national charity Breast Cancer Now. She was an antenatal teacher for the National Childbirth Trust when her children were younger and has always had an interest in birth and early parenting and so moving to lead Light feels like a natural progression for her. Elizabeth's priorities are to secure our contract funding for the next cycle and to work with staff and trustees to produce our next five year strategy.

Another highlight has been the growth of our Wellbeing Walks. We have been running these as standalone walks but also as peer support group activity on occasion and they are very popular. There is a real benefit to being outside and walking together and we have found that parents often find it easier to open up and talk in this setting. We do some one to one sessions as a walk and again the feedback can be that walking makes it easier to start conversations. We are also starting a peer support walk in Rotherham.

In this year, we have also seen the development of our work in Rotherham. After discussions with Rotherham Metropolitan Borough Council, we have proposed a pilot programme to deliver Trauma Counselling through the Family Hub network. We are looking forward to rolling this service out along with our current peer support offer in Rotherham.

Chair's Report (continued)

2025-26 also saw us work with the University of Sheffield helping to facilitate the PRAMMS study which has been looking at how to improve the accessibility of perinatal mental health care for women from underserved groups. This has been a great opportunity for Light to be involved in a research project of this nature, and we have gained a lot from the experience.

We celebrated our fifteenth birthday in the summer of 2025 which felt like a real milestone. Light has grown and developed so much since those early days and as Trustees we are so proud of the work that the team are doing.

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham and Doncaster. Light provides perinatal mental health peer support, which we are pleased to report is now being increasingly recognised as an aid to mental health recovery for mild – moderate mental health difficulties. We provide peer support in person on a one to one basis and in group settings. We also provide remote support via videocall, telephone, text and email.

Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of postnatal depression and Savi Robinson, who was an NHS Volunteer at the time.

Mission and objectives of Light

Light aims to provide support to families who are affected by perinatal mental health illness. We do this by reducing isolation and stigma and increasing new parents' confidence so that those struggling with their emotional and mental wellbeing in the perinatal period are able to participate in normal life, interact with their babies and enjoy being parents.

Light also aims to raise awareness of perinatal mental health throughout South Yorkshire and further afield through building partnerships and referral pathways with related services and by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of perinatal mental illness and can be preventative rather than reactive when they encounter parents with these issues.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from perinatal mental illness and, in particular, the relief of sickness and the protection and promotion of good health (both physical and mental) by the provision of peer support and counselling and the advancement in education in matters relating to perinatal mental health, by the provision of advice and guidance.

Light Peer Support Ltd
Trustees' Annual Report
For the Year ended 31 March 2026

Vision
Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission
We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values
- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Sheffield had 5598 live births in 2025; Rotherham 2811 live births; Barnsley 2287 and Doncaster 3145 live births. This would mean an estimate of around 3460 women who will suffer mental health problems in the perinatal period for the areas in which Light works. (2025 figures: ONS stats accessed 28 July 2026).

What has Light done this year?

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance on 'public benefit: reporting (PB3)'.

Activities, Achievements and Performance

Staffing

We have had some new staff join us at Light in 2025/26. In August 2025, Peer Support Co-ordinator Saima Ahmed was promoted to Service Manager after Sarah Tully left and Ruchika Thorpe was promoted to Peer Support Co-ordinator. We also had some changes in the Family Hubs team with Adele Haywood, Alima Ashfaq and Victoria Elliott leaving Light and Beth Crane, Lizzie Dabner and Koah Greenberg-White joining us.

This year also saw other staff changes at Light – Ruth Prior and Georgia Longstaff both had babies and we welcomed Kerry Jones Kensah and Emily Jenkinson to cover their maternity leaves. Both Kerry and Emily have made great contributions to Light, and we have enjoyed being able to work with them.

Referrals
Light continues to receive referrals from health professionals such as midwives, health visitors and NHS Specialist perinatal mental health services, and an increasing range of other professionals as well as enquiries from individuals who self-identify as needing support with their emotional and mental health in the perinatal period. This year we have seen an increase in professional referrals as result of work to improve referral pathways into our service; professional referrals accounted for a total of 482 enquiries/referrals between 1 April 2025 to 31st March 2026, to which we responded offering support tailored to individual need and signposting where appropriate. The biggest increases in professional referrals have been from midwives, health visitors and family hub/early years professionals which is indicative of the increased outreach and engagement activity enabled by Family Hubs/Start for Life funding particularly. Light continues to maintain a reputation for delivering a timely response to enquiries/referrals, within 24-48 hours.

Perinatal Mental Health Peer Support for Parents and Families
Light offers peer support to individuals, both as groups and one to one sessions. Service users are matched to a Peer Support Worker for one to one and these take place in person or by phone or video call. We offer one to one support for 6 sessions initially, but this can be extended if needed. We hold one to one sessions at our hub at Knowle House and at Family Hubs and Satellite Sites and we find this reduces potential barriers to accessing the service.

We hold groups at Knowle House and at Family Hub and Satellite sites.

We offer groups and one to one support across Sheffield, Rotherham and Doncaster. We offered services in Barnsley until the end of our contract with them in June 2025.

Place and Locality Perinatal Mental Health Peer Support Groups
Sheffield
Light Hub – Knowle House
Darnall Family Hub
Early Days Family Hub
First Start Family Hub
Primrose Family Hub
Sharrow Family Hub
Shortbrook Family Hub
Valley Park Family Hub

Rotherham
Arnold Children's Centre
Aughton Early Years Centre
Rawmarsh Children's Centre

Doncaster
Bentley Family Hub
Rossington Family Hub
Moorends Family Hub

Targeted Peer Support Groups
In addition to our locality-based groups, we also run other targeted groups including pregnant parents and birth trauma. In 2025/6 we identified a need for groups for LGBTQ+ and Neurodivergent parents and launched these, running at Knowle House.

Birth Trauma Peer Support
We are funded by NHS South Yorkshire Integrated Care Board to deliver Birth Trauma Support across South Yorkshire. We hold a weekly peer support group and one to one appointments with Peer Support Workers who specialise in this area. We have a good relationship with the Birth in Mind Service also. In 2025/6, 95 registrations specifically cited birth trauma as the reason for contacting Light and these service users received support on the birth trauma pathway. We also had 910 registrations which had birth experience as a presenting need which demonstrates how many users are coming Light with birth experience as part of their need, even if they have not highlighted it as the primary reason for seeking support.

Our specialist Birth Trauma Peer Support Worker offered 399 one to one appointments during the year and there were 56 Birth Trauma Group appointments.

Under-represented Groups
Through our commissioned work, Light has been able to address barriers to accessing perinatal mental health support for under-represented groups. We have staff who speak Urdu, Punjabi and Hindi and are able to offer peer support in these languages. We also use a translation service for other languages.

We are also focusing on outreach and engagement work with underserved communities to ensure thar our services are accessible. In 2025/6 Light staff have undertaken outreach activities at City of Sanctuary, targeting refugees, and have partnered with Family Hubs and other services to run pop ups at venues across Sheffield to raise awareness of the help available to support Adult Mental Health, with a focus on the perinatal period.

Activity Overview

Activity Type	**Total for 2025/6**
Number of enquiries received	899
Number of registrations received	692
Support groups per month (average)	1035 total (86 pcm)
Number of individuals who accessed groups	400
121 support (new matches who had first 121 appointment in 2025/26))	409
121 support appointments	3866 offered
Counselling: new users (first appointment in 2025/26)	36
Counselling: active users (counselling appointment in 2025/26)	55
Counselling: total number of appointments offered	624

Counselling Service
Light has been offering counselling since 2018 and we employ a Lead Integrative Counsellor, Susanna Graham, to manage the service and supervise volunteer counsellors who are usually student counsellors undertaking placement hours.

During 2025/6 we have had 5 student volunteer counsellors working with us. Some of these counsellors have now finished their placements and we will be recruiting additional volunteers. Service users who are engaging with peer support can be referred for counselling and will receive an assessment. The offer is for 18 sessions although some service users need fewer.

Volunteers
Light has had 12 volunteers working with us in 2025/6; 10 volunteering at groups, 1 helping in the office and at craft groups and 1 clinical psychologist offering workshops.

We enjoy working with volunteers and really appreciate the support that they offer at groups and in the office. We find that some service users are keen to volunteer to support the service once they have moved on from being supported by Light and a number of our paid staff started as volunteers for Light. We would like to develop our offer to volunteers and will be looking at how we can involve them more in our work going forward.

Networking and Relationships

Light has continued to develop relationships across South Yorkshire and beyond to advance the local and national provision of perinatal mental health services, raise awareness of perinatal mental health and share best practice. Some of the partners, networks, organisations and membership groups we work with are listed below:

- Local Maternity & Neonatal Voices Partnership
- NHS South Yorkshire Integrated Care Board – Maternal & Perinatal Mental Health Steering Group
- Sheffield City Council – Start for Life Perinatal Mental Health & Infant Mental Health Steering Group
- Sheffield Health and Social Care Trust
- Public Health Specialists and Commissioners
- Sheffield Partnership University NHS Foundation Trust
- NHS South Yorkshire and Bassetlaw Integrated Care System & Local Maternity System
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Marce Society
- Synergy Alliance - Sheffield
- Sheffield Sling Library
- Baby Basics
- Make Birth Better
- Sheffield Hallam University
- Sheffield University

Fundraising and Marketing

We have been working with a fundraising consultant to raise funds from grants and trusts to support Light's activities and enable us to continue and develop the work that we do. The total raised from grants and trusts in 2025/6 was £37,153. This is an important area for us and it has been great to work with our consultant. She has decided to move to working with a different charity, but we have interviewed and appointed a new consultant to work with us in 2026/7.

Light is also working with a Marketing consultant to help to raise awareness both of Light as a charity and the services that we offer. We have worked with Early Help partners in Sheffield to offer training around perinatal mental health and the peer support offer and we have been using our social media channels to promote our work.

In 2025/6 we were able to get free access to Google Not for Profit Ads as a result of some pro bono work which has helped to increase our visibility, as well as being able to access digital posterboard space in Sheffield. We have launched our newsletter for service users, A Light Touch, and have plans to restart our podcast.

Feedback from Service Users

We periodically ask service users for feedback on the service they have received. A selection of comments regarding what service users found most helpful is below:

Having a safe space to discuss feelings and getting ideas on things to try

Culturally appropriate, empathetic, understanding, flexible

Someone to speak too who understands the frustrations that can occur but also the advice that you aren't told by professionals. Having that person who has openly been through the same or a very similar thing can mean that much more, a lot of the advice I've had from Leah has really helped, she's been so supportive throughout and has offered so much help in the phone conversations with have, plus she's a very warm person and as someone who struggles with friendships and nice to have those conversations with someone

Really enjoy the workshops for crafts and maternal anger. More group sessions like that I would love to do

Judgement free space to talk openly and get out the house

To be listened and heard by Tina and to have the opportunity to be out and about on the walks, activity I would not normally enjoy doing on my own. It's been lovely to meet other moms and to share a morning with them

I was impressed with how quickly I was contacted by the service and how quick my support sessions were set up. I also feel like I was paired with a support worker that understands my circumstances and I relate to quite well

My sessions with Beth and the group session I attended were great, I'm looking forward to attending more group sessions once my baby is born, I have felt relieved by knowing your service is available

Non- judgemental conversation, kind words, normalisation of worries, shared experiences, support with self -advocating, information about what to expect from maternity appointments

I found the Friday group at primrose really welcoming and it was nice to be able to come to a calmer sort of group when my baby was small as when I was struggling I found a lot of baby groups too overstimulating

Having check-ins from Keeley to ensure I'm managing while on the counselling waitlist has been particularly beneficial. It's considerate of her to be able to maintain some support there even though we wrapped up our proper peer support sessions

Feels less like I'm just out in the wilderness waiting for something to start because I still have a little bridge to contact someone who understands until I start accessing counselling

Being around other mums with similar experiences

Having space to chat about challenges of being a parent without any judgement

The group sessions are really relaxed and informal without an agenda, which is perfect for me as someone who worries about how my baby will react to different environments when out and about. I love that I can arrive and leave at any time in the session, and also that I get to see regulars and new faces each week who are open and honest with each other about motherhood

Getting to offload with someone friendly and empathetic, who's a good listener and understands the complex feelings I have. I also appreciate the flexibility in support, being able to meet for a walk near where I live makes it stress free and the fresh air is good for the soul!

Having the one to one support with flexible meet ups so I wasn't getting panicked or stressed about not being able to physically meet up

The group sessions really help me to know that I am not alone. And it helps me to get out the house to socialise and not feel lonely and isolated

My 1-2-1s with Becca have been an absolute god send - she's very approachable, understanding and supportive. No question feels stupid, no way of feeling seems wrong and she's helped signpost me towards things that can help

Thank you for the 2 years of support you have given. It has been fantastic

Bronwyn always seems to have a resolution to my problems I find her so easy to talk to

I enjoy the consistency of my group and my support worker is great (Lizzie) and attend each week. I like meeting the other mums too. Nice to have women to talk to each week

Just having a lovely calm environment just to sit and chat has helped me a lot. The group leaders are lovely and you always feel like they are they to listen.

Having multiple options of ways to receive support, f2f, teams etc

The peer support worker I've been matched with is absolutely lovely 😊

Having somewhere to go and talk about the past weeks struggle, and meet other mums going through same

I have loved that the group is full and people are honest and vulnerable as I am myself. Meeting lots of incredible women who have a space created by Bronwyn and Koah that's safe and welcoming and they speak so nicely and give us biscuits lol

It has been really helpful to speak to someone regularly who can help me process how I'm feeling and to be able to notice improvements, as this helps me feel encouraged

I'm just really grateful for the service. As a mum I'd be very isolated without the people I've met through light. I've been to numerous other groups/classes, not through Light, met so many mums and just haven't connected with them for whatever reason. There's been an openness and honesty with the people I've met through Light. People who understand are always kind

Financial Review and Future Plans

The majority of Light's work is commissioned by local authorities and NHS services. Our largest contract, the Best Start Family Hubs work has had a contract extension until 30 September 2026 and we plan to bid for the next contract to continue this work. We also currently hold contracts with Sheffield City Council and Sheffield Partnership University NHS Foundation Trust to provide Perinatal Mental Health Peer Support until 31 March 2027.

Light has funding from NHS South Yorkshire ICB to continue to provide Birth Trauma Peer Support to Sheffield, Rotherham and Doncaster and is in discussions to continue this work in 2026/7. We are also working with Rotherham Borough Council to provide a Peer Support Service alongside a Trauma Counselling service in 2026/7.

Light is due to put together a new five year strategy now that we have a new CEO and we can then make our business plans in line with our strategic aims. We are also going to work with our new fundraiser to explore other avenues of funding as financial sustainability is a key goal for us.

Reserves Policy

As is the case for a number of charities, Light experiences the challenge of holding sufficient reserves to cover any funding gaps while using additional free reserves thoughtfully to achieve the charity's aims.

Light has a policy to hold 6 months budgeted operating costs across all services. This level is intended to enable Light to continue service delivery in the event of delays or uncertainties in contract retendering processes and the capacity for a considered retraction of services if ongoing funding is not secured.

Light also holds additional service continuity reserves for services that are embedded within local delivery systems and have contracts lasting for more than 2 years. This is in recognition of the critical nature of these contracts and the need to ensure continuity of provision in the event of temporary funding gaps. Furthermore, Light also holds reserves cover potential staffing-related liabilities including notice periods; redundancy payments; associated wind down costs.

The Trustees have determined that Light requires free reserves between £290,000 and £320,000. The Trustees have also agreed to designate £121,785 for projects and strategic developments, including digital and marketing development and pilot project and joint funding. As of 31 March 2026, the charity had free reserves of £335,607. Reserves held in excess of the target level will be reviewed annually and may be designated for strategic investment, service development, infrastructure improvements or other purposed that advance the charity's objectives. Our reserves situation is monitored regularly and reviewed at Trustee meetings

Light Peer Support Ltd
Trustees' Annual Report
For the Year ended 31 March 2026

Reference and administration details

Company Number

08194767

Charity number

1149125

Directors/Trustees

Savi Robinson

Alice Curren

Jan Cubison

Jo McGarrigle

Secretary

Jan Cubison

Key management - Chief Executive

Helen Miles until 31 December 2025

Elizabeth Lydon from 9 February 2026

Registered office	**Accountants**
Knowle House	Seven Hills Accountants Limited
4 Norfolk Park Road	57 Burton Street
Sheffield	Sheffield
S2 3QE	S6 2HH

Light Peer Support Ltd
Trustees' Annual Report
For the Year ended 31 March 2026

Structure and governance

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

Light has 4 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and runs her own business, and Jo McGarrigle, who was previously our CEO and left to work for Derbyshire County Council. Jo has a wealth of experience with families and children.

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please email us at contactus@lightpeersupport.org.uk

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the charity for the purposes of company law) are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

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

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

Trustees' responsibilities in relation to the financial statements (continued)

- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Small company exemption

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including the directors' report) above on 23/09/2026

Signed on behalf of the charity's trustees:



Savi Robinson

Chair of Trustees

Independent examiner's report to the trustees of Light Peer Support Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 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 Institute of Chartered Accountants in England and Wales, 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.

S Cochrane

Susan Cochrane, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

07/10/2026

Light Peer Support Ltd
Statement of financial activities (incorporating the income and expenditure account)
For the year ended 31 March 2026

	Notes	Unrestricted funds £	Restricted funds £	2026 Total £	Unrestricted funds £	Restricted funds £	2025 Total £
Income from:							
Donations and grants	**2**	71,451	28,653	100,104	25,399	32,000	56,649
Charitable activities	**3**	478,080	2,550	480,630	424,612	-	424,612
Bank interest		8,239	-	8,239	9,780	-	9,780
Total income		**557,770**	**31,203**	**588,973**	459,791	32,000	491,041
Expenditure on:							
Fundraising		6,064	-	6,064	4,778	-	4,778
Charitable activities	**4**	475,100	44,257	519,357	417,491	13,090	430,581
Total expenditure		**481,164**	**44,257**	**525,421**	422,269	13,090	435,359
Net income/(expenditure)		76,606	(13,054)	63,552	37,522	18,910	55,682
Transfers	**11**	1,153	(1,153)	-	-	-	-
Net movement in funds		77,759	(14,207)	63,552	37,522	18,910	55,682
Total funds brought forward		379,633	22,265	401,898	342,111	3,355	345,466
Total funds carried forward		**457,392**	**8,058**	**465,450**	379,633	22,265	401,148

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

Light Peer Support Ltd
Balance Sheet
As at 31 March 2026

	Notes	2026 £	2025 £
Current Assets			
Balance at bank and cash		418,785	381,236
Debtors	**7**	55,642	25,361
Total current assets		474,427	406,597
Creditors: amounts falling due within one year	**8**	(8,977)	(4,699)
Net current assets		**465,450**	**401,898**
Total assets less current liabilities		**465,450**	**401,898**
Creditors: amounts falling due after one year		-	-
Total net assets		**465,450**	**401,898**
Represented By			
General funds		335,607	379,633
Designated funds		121,785	-
Total unrestricted funds	**10**	457,392	379,633
Restricted funds	**11**	8,058	22,265
Total funds	**12**	**465,450**	**401,898**

For the year ending 31 March 2026 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 23/09/2026

Signed on the board's behalf by:



Savi Robinson
Chair of Trustees

Light Peer Support Ltd
Statement of Cash flows
As at 31 March 2026

		2026	2025
		£	£
Cash Flows from operating activities	**15**		
Net cash provided by/ (used in) operating activities		37,549	(13,654)
Change in cash and cash equivalents		37,549	(13,654)
Cash and cash equivalents at the beginning of the year		380,486	394,140
Cash and cash equivalents at the end of the year		**418,035**	**380,486**

Light Peer Support Ltd
Notes to the financial statements
For the year ended 31 March 2026

1 Accounting Policies

(a) General

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

(b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met.

(c) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised in the financial statements.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

(e) Tangible fixed assets

All items of capital expenditure below £750 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:
Fixtures, fittings and equipment: 3 years straight line

(f) 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.

1 Accounting Policies - continued

(g) Trade debtors

Trade debtors are amounts due from customers for 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 company will not be able to collect all amounts due according to the original terms of the receivables.

(h) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

(i) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor.

(j) Pension costs and other post-retirement benefits

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

(k) Operating leases

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

(l) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants

	Unrestricted Fund	Restricted Funds	Total 2026	Unrestricted Fund	Restricted Funds	Total 2025
	£	**£**	**£**	£	£	£
Donations	3,440	5,000	8,440	5,515	-	5,515
Donations in kind	54,511	-	54,511	16,134	-	16,134
The Charles & Elsie Sykes Trust	-	-	-	-	3,000	3,000
The Cutlers Company Charitable Trust	-	-	-	750		
Garfield Weston Foundation	10,000	-	10,000	-	-	-
The Freshgate Trust Foundation	-	-	-	-	500	500
The Hyman Winstone Foundation	-	-	-	-	500	500
The James Neill Trust Fund	-	-	-	1,000	-	1,000
The JG Graves Charitable Trust	-	2,000	2,000	-	2,000	2,000
The National Lottery Community Fund	-	-	-	-	20,000	20,000
Sheffield City Council - Family Hub	-	-	-	-	1,000	1,000
Sheffield Town Trust	1,500	-	1,500	1,500	-	1,500
South Yorkshire's Community Foundation	-	-	-	-	5,000	5,000
The Tramlines Trust	-	-	-	500	-	500
The Hobson Charity	-	1,153	1,153	-	-	-
Queen Victoria & Johnson Memorial	-	500	500	-	-	-
Voluntary Action Rotherham	-	20,000	20,000	-	-	-
Sheffield Church Burgesses Trust	2,000	-	2,000	-	-	-
	71,451	**28,653**	**100,104**	25,399	32,000	56,649

Where donors have given towards running/core costs these are unrestricted unless the donor has specified the grant should be restricted.

3 Income from charitable activities

	Unrestricted Fund	Restricted Funds	Total 2026	Unrestricted Fund	Restricted Funds	Total 2025
	£	**£**	**£**	£	£	£
Sheffield Health and Social Care Trust	84,226	-	84,226	84,226	-	84,226
Sheffield City Council	42,867	-	42,867	41,377	-	41,377
Sheffield City Council - Family Hub	260,849	2,550	263,399	199,100	-	199,100
South Yorkshire ICB	38,577	-	38,577	35,658	-	35,658
Barnsley Metropolitan Borough Council	12,388	-	12,388	48,997	-	48,997
NHS England	22,410	-	22,410	-	-	-
University of Sheffield	15,563	-	15,563	-	-	-
Other services	1,200	-	1,200	15,254	-	15,254
	478,080	**2,550**	**480,630**	424,612	-	424,612

4 Expenditure on charitable activities

		Unrestricted Fund	Restricted Funds	Total 2026	Unrestricted Fund	Restricted Funds	Total 2025
		£	£	£	£	£	£
Direct costs							
Group and activity costs		2,866	1,345	4,211	1,189	2,990	4,179
Marketing and advertising		18,620	2,550	21,170	16,563	-	16,563
Counselling service		-	-	-	1,052	-	1,052
Rent		100	20,000	20,100	18,000	2,100	20,100
Other project costs		2,159	-	2,159	1,226	-	1,226
Volunteers expenses		299	-	299	80	-	80
Staff costs							
Salary costs	5	342,687	20,000	362,687	305,372	3,000	308,372
Staff travel and expenses		8,517	-	8,517	9,976	-	9,976
Payroll and HR support fees		7,145	-	7,145	7,371	-	7,371
Training		1,698	362	2,060	755	-	755
Office and administration costs							
Office rent		15,000	-	15,000	10,000	5,000	15,000
Insurance		1,810	-	1,810	894	-	894
Telephone, internet and cyber security		13,367	-	13,367	9,598	-	9,598
DBS checks and recruitment		452	-	452	944	-	944
Website		860	-	860	765	-	765
Computers, software and CRM		3,551	-	3,551	12,522	-	12,522
Printing, postage and stationery		387	-	387	372	-	372
Legal and professional fees		50,866	-	50,866	17,283	-	17,283
Equipment		-	-	-	14	-	14
Other expenses		2,033	-	2,033	833	-	833
Bank charges		169	-	169	168	-	168
Governance costs							
Independent examination	6	2,514	-	2,514	2,514	-	2,514
		475,100	**44,257**	**519,357**	417,491	13,090	430,581

5 Staff costs, trustees remuneration and expenses, and the cost of key management personnel

	2026	2025
	£	£
Gross salaries	327,048	288,301
Employer's national insurance contributions	38,719	19,453
Employer's allowance	(10,500)	(5,000)
Employer's pension contributions	7,420	5,618
	362,687	308,372

No employees had employee benefits in excess of £60,000 (2025: nil). There was an average of 18.8 employees during the period (2025: 16.9).

The trustees were not paid or received any other benefits from employment with the charity in the year (2025: £nil). No trustees were reimbursed expenses during the year (2025: £nil). No charity trustee received payment for professional or other services supplied to the charity (2025: £nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel for the year was £56,467 (2025: £45,948).

6 Fees paid to the independent examiner's organisation

	2026	2025
	£	£
Independent examination fees	2,514	2,514
Other fees paid to the independent examiner's organisation for other financial services	696	324

7 Debtors

	2026	2025
	£	£
Trade debtors	43,313	21,807
Prepayments	12,329	3,554
	55,642	**25,361**

8 Creditors: amounts due within one year

	Note	2026	2025
		£	£
Trade creditors		6,163	2,185
Accruals		2,814	2,514
Deferred income	9	-	-
		8,977	**4,699**

9 Deferred income

	2026	2025
	£	£
Deferred income brought forward	-	78,000
Released in the year	-	(78,000)
Deferred in the year	-	-
Deferred income carried forward	**-**	**-**

Income is deferred on the basis of the contract period agreed with the funder.

10 Designated funds

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
Designated funds					
Projects & strategic development	-	-	-	121,785	121,785
Total designated funds	-	-	-	121,785	121,785
General funds	379,633	557,770	(481,164)	(120,632)	335,607
Total unrestricted funds	**379,633**	**557,770**	**(481,164)**	**1,153**	**457,392**

Projects & strategic development — Funds designated to support project and strategic developments, including digital and marketing development and pilot project and joint funding.

Prior year comparative	*Brought forward £*	*Income £*	*Expenditure £*	*Transfers £*	*Carried forward £*
Designated funds					
Family Hub	*134,091*	*-*	*-*	*(134,091)*	*-*
Total designated funds	134,091	-	-	(134,091)	-
General funds	*208,020*	*459,791*	*(422,269)*	*134,091*	*379,633*
	342,111	*459,791*	*(422,269)*	*-*	*379,633*

11 Restricted funds

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
Well being Walks	1,903	-	(1,105)	-	798
First aid training	112	-	(112)	-	-
Family Hub Promotional costs	-	2,550	(2,550)	-	-
Aquatic Nurture Project	250	500	(490)	-	260
Awards for all	20,000	-	(20,000)	-	-
Peer Support Groups	-	20,000	(20,000)	-	-
Welcome packs	-	1,153	-	(1,153)	-
Soundproof Office pods	-	7,000	-	-	7,000
	22,265	**31,203**	**(44,257)**	**(1,153)**	**8,058**

Restricted funds - previous year	*Brought forward £*	*Income £*	*Expenditure £*	*Transfers £*	*Carried forward £*
Premises	*100*	*-*	*(100)*	*-*	*-*
Well being Walks	*2,963*	*-*	*(1,060)*	*-*	*1,903*
First aid training	*292*	*-*	*(180)*	*-*	*112*
Family Hub Community chest	*-*	*1,000*	*(1,000)*	*-*	*-*
Aqua Natural Project	*-*	*1,000*	*(750)*	*-*	*250*
Awards for all	*-*	*20,000*	*-*	*-*	*20,000*
Peer Support Groups	*-*	*2,000*	*(2,000)*	*-*	*-*
Core costs	*-*	*8,000*	*(8,000)*	*-*	
	3,355	*32,000*	*(13,090)*	*-*	*22,265*

12 Analysis of net assets between funds

	General Funds £	Designated Funds £	Restricted Funds £	Total 2026 £
Net current assets	335,607	121,785	8,058	465,450
	335,607	**121,785**	**8,058**	**465,450**

Analysis of net assets between funds - previous year	*General Funds £*	*Designated Funds £*	*Restricted Funds £*	*Total 2025 £*
Net current assets	*379,633*	*-*	*22,265*	*401,898*
	379,633	*-*	*22,265*	*401,898*

13 Related party transactions

There were no related party transactions during the year, other than those detailed in note 4.

14 Operating lease commitments

At 31 March 2026 the charity was committed to making the following future minimum lease payments under non-cancellable operating leases as follows:

	2026 £	2025 £
Payable within 1 year	4,421	4,421
	4,421	**4,421**

15 Reconciliation of net expenditure to net cash flow from operating activities

	2026 £	2025 £
Net income/ (expenditure) for the year (as per the SOFA)	63,552	55,682
Adjustments for:		
(Increase)/ decrease in debtors	(30,281)	10,089
Increase/ (decrease) in creditors	4,278	(79,425)
Net cash provided by/ (used in) operating activities	**37,549**	**(13,654)**