Give Us A Break

Reports & Accounts

Financial Year Ending 31/12/2025

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Legal & Administrative Details

Charity Name:	Give Us A Break
Charity Number:	1169333
Charity Address:	23 Kynance Grove Bilston WV14 8GR
Trustees:	Claire Dainty
	Eleanor Rosanne Biggs
	Kirsty Wassell
	Linda Whiddon
	Lindsey Douglas (Resigned 22/10/2025)
	Richard James Edward Shaylor

Trustees Report

Objects of the charity

The object of Give Us A Break is to promote the benefit of children and young people with complex personal circumstances and their families in Wolverhampton and the surrounding areas, by providing inclusive recreational and leisure activities that support wellbeing, build confidence, and reduce social isolation.

Summary of the charity's main activities and achievements

To further the above objects and vision, the charity’s main activities and achievements were as follows:

During the year ending 31 December 2025, Give Us A Break delivered 90 activity sessions across a wide range of inclusive recreational and leisure experiences, providing 464 places for children and young people with complex disabilities and additional needs and their families. A total of 132 new member families joined during the year, reflecting continued growth in awareness of and demand for the charity’s offer across Wolverhampton and the surrounding areas.Activities spanned hydrotherapy, swimming, sensory and SEND hub sessions, canal boat trips, animal experiences, outdoor adventure, music, yoga, and arts-based activities — giving families access to safe, welcoming environments suited to their children’s needs.The charity conducted a member feedback survey at the end of the year, receiving 32 responses. The results demonstrate a high level of satisfaction and positive impact. All 32 respondents said they would recommend Give Us A Break to another family. Members rated the charity’s activities an average of 4.52 out of 5 for satisfaction, 4.38 out of 5 for inclusivity and welcome, and 4.19 out of 5 for how well it meets families’ needs.Families described the impact in their own words: "Without organisations like GUAB my children would have a very small world"; "It enables my daughter to take part in activities that she wouldn’t be able to do elsewhere"; "Every year it gives so much — ideas and confidence to attend trips."

In planning the activities, the trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial Review

During the year ending 31 December 2025, the charity received total income of £7,026, comprising donations of £5,617, grants of £1,209, and other income of £200. Total expenditure was £13,305, with the majority (£10,354) spent directly on charitable activities. This resulted in a net deficit of £6,279 for the year.The prior year saw total income of £20,468 against expenditure of £9,748, producing a surplus of £10,720. The reduction in income in the current year reflects lower donations compared to the prior year (£5,617 versus £18,129), while expenditure on activities increased significantly as the charity delivered more sessions for its growing membership.The charity holds no restricted funds. All funds are unrestricted and held in the general fund.

Funds in Deficit

The charity recorded a deficit of £6,279 for the year ending 31 December 2025. This was anticipated and funded from reserves accumulated in prior years. The trustees are satisfied that

the charity remains financially viable and that reserves are sufficient to support continued operations. Steps are being taken to strengthen income in the coming year through increased fundraising activity.

Reserves Policy

The trustees aim to maintain unrestricted reserves sufficient to cover a minimum of three months' operating costs, providing a buffer against unexpected reductions in income or increases in expenditure. Based on current expenditure levels, this equates to approximately £3,326. At the year end, the charity held unrestricted reserves of £11,974, which is comfortably above this level. The trustees will continue to monitor reserves and seek to rebuild them over the coming years through increased income generation.

Receipts & Payments Statement

	Unrestricted	Restricted	Total	Prior Year
Receipts				
Donations & Legacies				
Donations	5,617	0	5,617	18,129
Gift Aid	0	0	0	0
Grants	1,209	0	1,209	2,340
Charitable Activities				
Event Income	0	0	0	0
Investments				
Bank Interest	0	0	0	0
Trading Activities				
Rental Income	0	0	0	0
Sales	0	0	0	0
Other				
Loans Received	0	0	0	0
Other Income	200	0	200	0
Sale of Fixed Assets	0	0	0	0
Sale of Investments	0	0	0	0
Total receipts	7,026	0	7,026	20,468
Payments				
Charitable Activities				
Activities	10,354	0	10,354	6,753
Admin	2,243	0	2,243	2,593
Advertising	93	0	93	0
Bank Charges	221	0	221	162
Event Costs	0	0	0	0
Gifts Given	0	0	0	0
Other Expenditure	50	0	50	0
Premises	343	0	343	120
Staff Costs	0	0	0	121
Governance Costs				
Governance Costs	0	0	0	0
Other				
Fixed Asset Purchases	0	0	0	0
Loans Repaid	0	0	0	0
Money Invested	0	0	0	0
Total payments	13,305	0	13,305	9,748
Net Receipts / Payments (before transfers)	-6,279	0	-6,279	10,720
Fund Transfers In	0	0	0	0
Fund Transfers Out	0	0	0	0
Net Movement of Cash Funds	-6,279	0	-6,279	10,720
Total Cash Funds Brought Forward	18,252	0	18,252	7,532
Total Cash Funds Carried Forward	11,974	0	11,974	18,252
Represented By				
General (Unrestricted)	11,974	0	11,974	18,252

Asset & Liability Statement

Cash Assets

	Unrestricted	Restricted	Total	Prior Year
General (Unrestricted)	11,974	0	11,974	18,252

Other Monetary Assets

	Notes	Unrestricted	Restricted	Total	Prior Year
Gift Aid		0	0	0	0
Stock		0	0	0	0
Other		0	0	0	0

Investment Assets

	Notes	Unrestricted	Restricted	Total	Prior Year
Property		0	0	0	0
Investment Accounts		0	0	0	0
Other		0	0	0	0

Fixed Assets

	Notes	Unrestricted	Restricted	Total	Prior Year
Land & Buildings		0	0	0	0
Music & PA Equipment		0	0	0	0
Computers & IT		0	0	0	0
Furniture		0	0	0	0
Motor Vehicles		0	0	0	0

Liabilities

	Notes	Unrestricted	Restricted	Total	Prior Year
Loans Outstanding		0	0	0	0
Pension Payment Owed		0	0	0	0
HMRC Payments Owed		0	0	0	0
Independent Examination Fee Due		0	0	0	0
Other		0	0	0	0

Notes to the Accounts

Accounting Policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

Transactions to Related Parties

There were no transactions related parties during the accounting period.

Movement of Funds

Fund Name	Opening Balance	Income	Expenditure	Fund Transfers	Closing Balance
Unrestricted					
General (Unrestricted)	18,252	7,026	13,305	0	11,974
Total	18,252	7,026	13,305	0	11,974
Unrestricted Total	18,252	7,026	13,305	0	11,974
Restricted Total	0	0	0	0	0
TOTAL	18,252	7,026	13,305	0	11,974

Give Us A Break

Trustees' Annual Report

Financial Year Ending 31st December 2025

Registered Charity No. 1169333

Legal & Administrative Details

Charity name	Give Us A Break
Charity number	1169333
Registered address	23 Kynance Grove, Bilston, WV14 8GR
Website	guab.uk
Financial year	1st January 2025 – 31st December 2025

Trustees

The following trustees served during the financial year:

Name	Role
Richard Shaylor	Chair
Claire Dainty	Trustee
Eleanor Biggs	Trustee
Linda Whiddon	Trustee
Kirsty Wassell	Trustee
Lindsey Douglas	Trustee (resigned 22nd October 2025)

Objects of the Charity

The object of Give Us A Break is to promote the benefit of children and young people with complex personal circumstances and their families in Wolverhampton and the surrounding areas, by providing inclusive recreational and leisure activities that support wellbeing, build confidence, and reduce social isolation.

In planning its activities, the trustees have applied the guidance on public benefit issued by the Charity Commission.

Summary of Activities & Achievements

The financial year ending 31st December 2025 was a year of significant delivery and organisational development for Give Us A Break. Against a backdrop of growing demand for inclusive activities in the region, the charity continued to expand its offer and invest in the systems and infrastructure needed to support sustainable growth.

Sessions & Participation

During the year, Give Us A Break delivered 90 activity sessions across a wide and varied programme of inclusive recreational and leisure experiences. These sessions provided 464 individual places for children and young people with complex disabilities and additional needs and their families.

The programme spanned hydrotherapy and swimming, sensory and SEND hub sessions, canal boat trips, animal experiences, outdoor adventure, music, yoga, and arts-based activities — giving families access to safe, welcoming environments suited to their children's needs.

132 new member families joined during the year, reflecting continued growth in awareness of and demand for the charity's offer across Wolverhampton and the surrounding areas. The charity's active membership stood at 361 at the year end.

Member Feedback

The charity conducted a member feedback survey during the year, receiving 32 responses. The results demonstrate a high level of satisfaction and positive impact:

Measure	Score	
Overall satisfaction with activities	**4.52 / 5**	
Inclusivity and welcome	**4.38 / 5**	
How well activities meet families' needs	**4.19 / 5**	
Would recommend Give Us A Break	**32 of 32**	*100% of respondents*

Families described the impact in their own words:

> *"Without organisations like GUAB my children would have a very small world."*
>
> *"It enables my daughter to take part in activities that she wouldn't be able to do elsewhere."*
>
> *"Every year it gives so much — ideas and confidence to attend trips."*

Volunteers

Give Us A Break is entirely volunteer-run. At the year end, the charity had 10 active volunteers, all of whom were retained throughout the year — a 100% retention rate. The volunteer base comprises trustees, operational volunteers, and administrative support.

During the year, the charity launched a new dedicated volunteer portal at volunteers.guab.uk, providing a streamlined online journey for volunteer registration, onboarding, and training. A structured training module system — including safeguarding and other key compliance topics — was made live during the year, improving consistency and reducing the administrative burden associated with volunteer management.

Digital Infrastructure

A significant area of development during the year was the modernisation of the charity's digital infrastructure, with the goal of reducing manual administration, improving the member and volunteer experience, and building a more sustainable operational foundation.

Member Portal — members.guab.uk

The charity's member portal was completely rebuilt during the year, replacing the previous third-party Softr-based system. The new portal provides secure member login, the ability to manage personal details, and an annual reconfirmation process that can be completed entirely online. The reduction in manual administration for the trustee team has been significant. The system is fully documented, version-controlled, and has been security hardened to recognised standards.

Volunteer Portal — volunteers.guab.uk

A new volunteer portal was launched during the year, enabling volunteers to register, complete onboarding, and work through a structured training programme online. The portal has improved the consistency of volunteer compliance and reduced the time required to bring new volunteers up to speed. The system achieved a B+ security rating on the Mozilla Observatory benchmark.

Communications

The charity's email communications list grew from 140 subscribers at the start of the year to 333 by the year end — a 138% increase. Across 17 email campaigns sent during the year, the charity achieved an average open rate of 46.3%, compared to a sector average of approximately 25%. This reflects strong engagement from members and supporters with the charity's communications.

Three-Year Plan: Year 1 Progress Report

The charity is now 12 months into its 2025–2028 Three-Year Plan, which was adopted at the 2025 AGM. The plan sets out five strategic goals. The following is a Year 1 progress report against each.

Goal	Status	Key metrics
1. Expand activity offerings	**On track**	90 sessions delivered · 464 places · 33 future sessions confirmed
2. Strengthen volunteer & staff support	**On track**	10 active volunteers · 100% retention · volunteer portal live
3. Increase member engagement & satisfaction	**On track**	361 active members · 4.52/5 satisfaction · member portal live
4. Ensure financial stability & growth	**Needs attention**	Income £7,026 · deficit −£6,279 · reserves £11,974
5. Enhanced awareness & reach	**On track**	Email list 333 (up from 140) · 46.3% avg open rate · 17 campaigns

Goals 1, 2, 3 and 5 are all on track. Goal 4 — financial stability — requires focused attention in Year 2 following a significant reduction in income compared to the prior year. The trustees are committed to prioritising income generation, including fundraising events, grant applications, and the development of corporate partnerships, as key activities for 2026.

Financial Review

Income

During the year ending 31st December 2025, the charity received total income of £7,026, comprising:

Income source	Amount	Prior year
Donations	**£5,617**	*£18,129*
Grants	**£1,209**	*£2,340*
Other income	**£200**	—
Total income	**£7,026**	**£20,468**

The reduction in total income compared to the prior year (£20,468) is primarily attributable to a significant decrease in donations. The prior year benefited from a number of large one-off donations which were not

repeated in the current year. Grant income also reduced. The trustees are aware of this position and are taking steps to diversify and strengthen income streams in Year 2 of the three-year plan.

Expenditure

Total expenditure for the year was £13,305, broken down as follows:

Expenditure category	Amount	Prior year
Charitable activities	**£10,354**	*£6,753*
Administration	**£2,243**	*£2,593*
Premises	**£343**	*£120*
Bank charges	**£221**	*£162*
Advertising	**£93**	—
Other expenditure	**£50**	—
Total expenditure	**£13,305**	**£9,748**

The increase in charitable activities expenditure (from £6,753 to £10,354) reflects the growth in the number and range of sessions delivered during the year. 78% of total expenditure was spent directly on charitable activities, demonstrating that the charity's resources are being directed effectively towards its objects.

Net Position & Deficit

The charity recorded a net deficit of £6,279 for the year. This was anticipated and funded from reserves accumulated in prior years. The trustees are satisfied that the charity remains financially viable. Steps are being taken to strengthen income in the coming year through increased fundraising activity, grant applications, and the development of corporate partnerships.

Reserves Policy & Position

The trustees aim to maintain unrestricted reserves sufficient to cover a minimum of three months' operating costs, providing a buffer against unexpected reductions in income or increases in expenditure. Based on current expenditure levels, this equates to approximately £3,326.

At the year end, the charity held unrestricted reserves of £11,974 — 3.6 times the minimum target. The trustees will continue to monitor reserves closely and seek to rebuild them over the coming years through increased income generation.

The charity holds no restricted funds. All funds are unrestricted and held in the general fund.

Looking Ahead — Year 2 Priorities (2026)

As the charity enters Year 2 of its three-year plan, the trustees have identified the following as key priorities:

- Strengthening income generation — fundraising events, grant applications, and developing corporate partnerships to address the Year 1 income deficit and rebuild reserves
- Growing the volunteer base — targeted recruitment campaigns and continued development of the volunteer portal and training programme
- Improving session fill rates — more proactive promotion of the activity programme to the membership to increase attendance at sessions
- Completing the member reconfirmation cycle — resolving the 54 families currently in the reconfirmation process

- Continuing to develop digital systems — further improvements to the member and volunteer portals to reduce admin and improve user experience
- Enhancing community awareness — developing the charity's social media presence, website SEO, and local media relationships

The trustees are proud of what Give Us A Break has achieved during the year and remain committed to delivering high-quality, inclusive activities for disabled children, young people, and their families across Wolverhampton and the surrounding areas.

Approved by the trustees and signed on their behalf:

Signed: _____

Name: Richard Shaylor

Position: Chair of Trustees

Date: _____