Charity registration number 1194399 (England and Wales)

HOLDING SPACE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2026

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HOLDING SPACE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	D Norris	
	G Sanders	
	O Rosson-Jones	
	S Pettitt	(Appointed November 2025)
	D Karim	(Appointed November 2025)
Charity number (England and Wales)	1194399	
Registered office	7 Hyde Gardens Eastbourne East Sussex BN21 4PN	
Independent examiner	Andrew Hill BA FCA 2 Upperton Gardens Eastbourne East Sussex United Kingdom BN21 2AH	

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TRUSTEES' REPORT REPORT

FOR THE YEAR ENDED 30 JUNE 2026

The trustees present their annual report and financial statements for the year ended 30 June 2026.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum and articles, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Public benefit

Our primary objective and ethos of Holding Space is to offer parent/carer peer support, embedded in lived experience, to families whose children are struggling with their emotional and/or mental health across Sussex.

Our core values are:

Families and Children and Young People (CYP) are at the heart of what we do.

Provide a flexible approach to delivering services according to need. We offer 1:1 face to face and telephone support, coffee mornings and workshops and webinars.

Working in partnership with local and statutory organisations and schools to ensure that families receive the best support and advice.

The objectives of the charity are set out in the charity foundation model constitution and are as follows:

> The relief of sickness and the preservation of health among people residing permanently or temporarily in Eastbourne and the surrounding area.
>
> To assist in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, by the provision of facilities and provision for therapeutic interventions and support.

Activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake

The charity carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarized below, provide benefit both to those who use the services and the wider community.

Our team of trained Parent Peer Support Workers have undertaken competency training developed by The Charlie Waller Trust in conjunction with Reading & Oxford University and funded by The Department of Education.

All our activities are developed in consultation with parents and carers and by listening to their needs. We offer a range of services:

- Parent peer support, embedded in lived experience.
- 1:1 face- face and telephone support to parents/carers undertaken by parent peer support workers.
- Coffee mornings 1x month with invited speakers.
- Drop in services at our hub in Eastbourne for advice and support.

Achievements and performance

Significant activities and achievements against objectives

Support for parents and carers plays a vital role in helping children and young people feel supported, develop a sense of control and maintain a sense of belonging within their communities. When parents and carers are supported to navigate services, communicate effectively with professionals, solve problems and access practical help, they are better equipped to support their children and young people. This contributes to more positive outcomes for the whole family.

The work of Holding Space means that:

- Parents and carers are better informed.
- Parents and carers feel listened to and supported.
- Parents and carers feel empowered to support their CYP.
- Parents and carers are emotionally and mentally supported.
- Parents and carers do not feel alone and isolated.
- Less CYP reaching crisis point and needing to access specialist services.

In this accounting year we received 108 referrals. Whilst our referral rate has dropped, we have increased our schools engagement work.

Our workshops and webinars empower parents and carers with strategies so that they feel better equipped to support their children We have expanded this work to businesses and corporates delivering workshops to staff and employees.

In April 2026 we established a Parent Advisory Board; its members made up of parents with lived experience and those who have used the service. The aims of the Advisory Board will be to advise on the strategic direction of the charity, identify it's strengths and gaps and how better we can serve this community. The Board will meet three times a year and feed into the Board of Trustees.

Financial review

The year ended 30 June 2026 remained financially challenging. Competition for charitable funding continued to be significant, while much of the funding available to the charity was restricted to particular projects or awarded for relatively short periods. This limited the charity's ability to meet its core operating costs and plan services over the longer term.

Throughout the year, the trustees and Chief Executive monitored expenditure and sought to manage the charity's resources carefully. Restricted expenditure was incurred in accordance with the purposes for which the relevant funding had been provided.

Following the year-end, updated financial forecasts indicated that, without significant additional unrestricted funding, the charity would not have sufficient resources to maintain its existing operating model throughout the following financial year while also meeting all of its obligations. The trustees therefore began a formal review of the charity's future, including reduced operations, the transfer of services, merger opportunities and an orderly solvent wind-down.

The trustees have introduced enhanced financial monitoring and expenditure controls and are identifying the funds required to meet employment, contractual, professional and other closure costs. The potential effect of the charity's financial position and proposed wind-down on the going-concern basis and related disclosures is being considered with the charity's accountants and independent examiner before the financial statements are approved.

Reserves policy

During the year, the charity's policy was to reduce unrestricted reserves to approximately three months' expenditure. The purpose of the policy was to provide sufficient time for the trustees to respond to an unexpected reduction in income, while avoiding the accumulation of reserves at a level that might adversely affect applications for grant funding.

The continuing reduction in available unrestricted funding means that the charity's reserves must now also be considered in the context of a possible orderly closure.

The trustees will continue to review the level and composition of reserves regularly. Restricted funds will not be used to meet general operating or closure costs unless their restrictions expressly permit this or appropriate consent has been obtained. The charity will not enter into commitments that would prevent it from meeting its liabilities as they fall due or leave insufficient unrestricted funds to complete an orderly solvent wind-down.

Long-term sustainability

During the year, the trustees engaged specialist support to review Holding Space's operating model and identify steps that might improve its long-term operational and financial sustainability. This work included consideration of governance, management capacity, succession planning, income generation and the provision of more regular management information to the Board.

The review confirmed that there remains a significant need for the support provided by Holding Space. However, demand for the charity's services has not been matched by sufficient long-term unrestricted funding. Following the year-end, financial forecasts showed that the existing operating model could not be sustained indefinitely without substantial additional income.

Major risks

Risk Management

The trustees maintain a risk register which is reviewed and updated as circumstances change. During and following the year, the principal risk facing the charity has been the availability of sufficient unrestricted funding to maintain core operations and meet all liabilities as they fall due

Plans for future periods

The trustees' immediate priority is to determine whether Holding Space can continue to operate on a financially sustainable basis or whether an orderly solvent wind-down is in the charity's best interests.

The trustees will continue to consider credible opportunities for replacement funding, merger or transfer of services where these would further the charity's purposes. Any decision to continue operating will only be taken where sufficient committed unrestricted funding is available and the charity's closure reserve and ability to meet its liabilities remain protected.

Structure, governance and management

The charity is is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 10th May 2021.

The Trustees who served during the year and up to the date of signature of the financial statements were:

D Norris

G Sanders

O Rosson-Jones

S Pettitt (Appointed November 2025)

D Karim (Appointed November 2025)

Recruitment and appointment of trustees

Our Trustee Board are volunteers with a wide range of skills and knowledge and contribute their time and expertise to the strategic direction of the Charity. They are responsible for the governance and strategic development of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet at least every two months and are responsible for decisions relating to the running of the charity as well as supporting the CEO.

Trustees are recruited and appointed by the CEO and existing board. A skills audit was undertaken to help identify the gaps, skills and knowledge that the charity needed. Trustees were then recruited with the requisite skills.

We have tremendous support from the local community, as well as statutory organisations.

Nationally our CEO is part of the PLACE network through the Charlie Waller Trust and Holding Space is a member of CYPMH Coalition.

Our CEO is also a lived experience partner with the Children and Young People's and Perinatal Mental Health Team NHS England.

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Contribution made by volunteers

Volunteers are essential to the running of the charity and are involved in a number of ways; administration tasks, parent support, events and fundraising.

The CEO has managed the charity since its inception, initially on a voluntary basis, contributing her skills in organizational and people management as well as developing the charity to where it is today.

Our sources of funding

The charity's principal sources of income during the year continued to be grants from charitable trusts and foundations, together with donations from individuals and businesses, fundraising activities and contributions towards certain services, including counselling.

A significant proportion of grant income was restricted to particular projects or activities. Although this funding enabled the charity to deliver valuable services, it could not generally be used to meet all of the charity's core operating costs. The charity did not receive statutory funding during the year.

The charity continued to develop relationships with grant-makers, donors, businesses and community supporters. However, the availability of long-term unrestricted funding remained limited and competition for grant funding increased. This continuing reliance on short-term and restricted income contributed to the trustees' decision, following the year end, to undertake a formal review of the charity's future and prepare for a possible orderly solvent wind-down.

The trustees' report was approved by the Board of Trustees.



G Sanders
Trustee

Date: 10 November 2026

HOLDING SPACE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF HOLDING SPACE

I report to the trustees on my examination of the financial statements of Holding Space (the charity) for the year ended 30 June 2026.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 charity as required by section 130 of the Charities Act 2011.
2 the financial statements do not accord with those records; or
3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Andrew Hill BA FCA
2 Upperton Gardens
Eastbourne
East Sussex
BN21 2AH
United Kingdom
10 November 2026

HOLDING SPACE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2026

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income and endowments from:							
Donations and legacies	3	36,547	22,000	58,547	20,631	67,833	88,464
Charitable activities	4	1,450	-	1,450	4,710	-	4,710
Other trading activities	5	10,858	-	10,858	8,471	-	8,471
Other income	6	-	-	-	63	-	63
Total income		48,855	22,000	70,855	33,875	67,833	101,708
Expenditure on:							
Charitable activities	7	31,309	47,045	78,354	36,941	55,180	92,121
Total expenditure		31,309	47,045	78,354	36,941	55,180	92,121
Net income/(expenditure) and movement in funds		17,546	(25,045)	(7,499)	(3,066)	12,653	9,587
Reconciliation of funds:							
Fund balances at 1 July 2025		47,733	39,134	86,867	50,799	26,481	77,280
Fund balances at 30 June 2026		65,279	14,089	79,368	47,733	39,134	86,867

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

HOLDING SPACE

BALANCE SHEET

AS AT 30 JUNE 2026

	Notes	2026 £	£	2025 £	£
Fixed assets					
Tangible assets	**13**		3,703		5,779
Current assets					
Debtors	**14**	2,587		5,468	
Cash at bank and in hand		76,369		84,733	
		78,956		90,201	
Creditors: amounts falling due within one year	**15**	(3,291)		(9,113)	
Net current assets			75,665		81,088
Total assets less current liabilities			79,368		86,867
The funds of the charity					
Restricted income funds	**17**		14,089		39,134
Unrestricted funds	**18**		65,279		47,733
			79,368		86,867

The financial statements were approved by the trustees on 10 November 2026

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G Sanders
Trustee

1 Accounting policies

Charity information

Holding Space is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	3 year straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Donations and gifts	22,197	-	22,197	9,092	-	9,092
Grants	14,350	22,000	36,350	11,539	67,833	79,372
	36,547	22,000	58,547	20,631	67,833	88,464

4 Income from charitable activities

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Counselling and training		
Counselling income	1,450	4,710

5 Income from other trading activities

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Fundraising events	10,858	8,471

6 Other income

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Other income	-	63

7 Expenditure on charitable activities

	Core costs 2026 £	Core costs 2025 £	Core costs 2025 £	Core costs 2025 £	Total 2025 £
Direct costs					
Staff costs	43,258	41,630	-	346	41,976
Depreciation and impairment	749	312	-	-	312
Counsellor costs	1,993	3,689	13,030	-	16,719
Other direct costs	-	(1,846)	1,920	-	74
Training	1,250	300	-	-	300
Room hire	-	340	-	-	340
PCPS Team	13,322	13,963	-	-	13,963
	60,572	58,388	14,950	346	73,684
Share of support and governance costs (see note 8)					
Support	15,882	1,662	-	-	1,662
Governance	1,900	16,775	-	-	16,775
	78,354	76,825	14,950	346	92,121
Analysis by fund					
Unrestricted funds	31,309	36,595	-	346	36,941
Restricted funds	47,045	40,230	14,950	-	55,180
	78,354	76,825	14,950	346	92,121

8 Support costs allocated to activities

	2026	2025
	£	£
Depreciation	1,329	1,169
Operating lease charges	-	1,450
Bookkeeping & Payroll fees	216	304
Rent & Rates	7,586	7,581
Insurance	629	215
Advertising & Marketing	1,304	1,072
Printing, postage and stationery	153	-
Telephone & Internet	927	880
IT Software and Consumables	1,732	1,540
Bank Charges	18	-
Travel - National	1,053	2,401
Subscriptions	935	925
Governance costs	1,900	900
	17,782	18,437
Analysed between:		
Core costs	17,782	18,437

9 Net movement in funds

	2026	2025
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	750	750
Depreciation of owned tangible fixed assets	2,078	1,481

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was: 1

	2026	2025
	Number	Number
	1	1

11 Employees (Continued)

Employment costs

	2026	2025
	£	£
Wages and salaries	43,005	41,630
Other pension costs	253	346
	43,258	41,976

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2026	2025
	£	£
Aggregate compensation	43,259	41,976

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

13 Tangible fixed assets

	Fixtures and fittings	Computers	Total
	£	£	£
Cost			
At 1 July 2025	4,558	7,207	11,765
At 30 June 2026	4,558	7,207	11,765
Depreciation and impairment			
At 1 July 2025	2,223	3,761	5,984
Depreciation charged in the year	467	1,611	2,078
At 30 June 2026	2,690	5,372	8,062
Carrying amount			
At 30 June 2026	1,868	1,835	3,703
At 30 June 2025	2,334	3,445	5,779

14 Debtors

Amounts falling due within one year:	2026 £	2025 £
Trade debtors	506	107
Other debtors	-	3,327
Prepayments and accrued income	2,081	2,034
	2,587	5,468

15 Creditors: amounts falling due within one year

	2026 £	2025 £
Other taxation and social security	640	640
Trade creditors	143	4,032
Other creditors	-	197
Accruals and deferred income	2,508	4,244
	3,291	9,113

16 Retirement benefit schemes

Defined contribution schemes	2026 £	2025 £
Charge to profit or loss in respect of defined contribution schemes	253	346

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2025	Incoming resources	Resources expended	Transfers	Gains and losses	At 30 June 2026
	£	£	£	£	£	£
	12,653	(45,833)	-	-	-	(33,180)
39 - People's Health Trust	3,581	-	(3,581)	-	-	-
40 - Sussex Community Foundation	947	-	(947)	-	-	-
41 - Comic Relief Groundworks	2,436	-	(2,436)	-	-	-
44 - Meads Funding	5,317	20,000	(11,952)	-	-	13,365
50 - Chalk Cliff	3,000	-	(3,000)	-	-	-
55 - Focus Foundation	4,550	-	(715)	-	-	3,835
56 - Charlie Weather PCPS	1,650	-	(1,650)	-	-	-
57 - Albert Hunt Trust	5,000	-	(5,000)	-	-	-
59 - Sussex Community Foundation (PCPF)	-	7,915	(7,915)	-	-	-
060 - Awards 4 All	-	20,000	-	-	-	20,000
061 - Ernest Kleinwort - Hansa	-	3,450	(3,450)	-	-	-
063 - Sussex Masonic Charitable Foundation	-	2,248	(312)			1,936
RF NHS	-	14,220	(14,220)			-
	39,134	22,000	(55,179)	-	-	5,955

17 **Restricted funds** (Continued)

Previous year:	At 1 July 2024	Incoming resources	Resources expended	Transfers	Gains and losses	At 30 June 2025
	£	£	£	£	£	£
2 - Hazell Industries	7,200	-	-	-	-	7,200
32 - Sussex County Sport	751	-	-	-	-	751
34 - Sussex Community Foundation	1,280	-	-	-	-	1,280
39 - People's Health Trust	20,052	-	-	-	-	20,052
40 - Sussex Community Foundation	720	-	-	-	-	720
41 - Comic Relief Groundworks	4,490	-	-	-	-	4,490
42 - Sussex Community Foundation	2,046	-	-	-	-	2,046
53 - Ian Askew Charitable Trust	-	500	(500)	-	-	-
54 - JC Robinson Trust	-	500	(500)	-	-	-
55 - Focus Foundation	-	5,330	(780)	-	-	4,550
56 - Charlie Weather PCPS	-	3,300	(1,650)	-	-	1,650
57 - Albert Hunt Trust	-	5,000	-	-	-	5,000
	26,481	67,833	(55,180)	-	-	39,134

17 Restricted funds **(Continued)**

044 - Meads Funding
3 year funding to cover part time salary for CEO.

055 - Focus Foundation
To fund the running of our 4 week Raising Resilient Teenagers course and our 1 hour course Understanding the

060 - Awards 4 All
A 2 year grant for Parent Peer Support worker

063 - Sussex Masonic Charitable Foundation
To fund computer equipment purchases

064 - Children & Young People's Mental Health Coalition

065 - The Charlie Waller Trust

066 - Albert Hunt Trust
Part funding to employ a part time Parent Peer Support worker for 1 year.

18 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2025	Incoming resources	Resources expended	At 30 June 2026
	£	£	£	£
General funds	47,733	48,855	(31,309)	65,279

Previous year:	At 1 July 2024	Incoming resources	Resources expended	At 30 June 2025
	£	£	£	£
General funds	50,166	-	-	50,166
General funds	633	33,875	(36,941)	(2,433)
	50,799	33,875	(36,941)	47,733

19 Analysis of net assets between funds

	Unrestricted funds 2026	Restricted funds 2026	Total 2026
	£	£	£
At 30 June 2026:			
Tangible assets	3,703	-	3,703
Current assets/(liabilities)	61,576	14,089	75,665
	65,279	14,089	79,368

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 30 June 2025:			
Tangible assets	5,779	-	5,779
Current assets/(liabilities)	41,954	39,134	81,088
	47,733	39,134	86,867

20 Related party transactions

There were no disclosable related party transactions during the year.