

**Charity Registration Number: 802472**

**DAVENTRY INFORMATION AND COUNSELLING SERVICE  
(TIME2TALK)  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2024**

**TIME2TALK**

**FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

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TIME2TALK

YEAR ENDED 31 MARCH 2024

LEGAL AND ADMINISTRATIVE DETAILS

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**Charity registration number:** 802472

**Principal address:** The Abbey  
Market Square  
Daventry  
Northamptonshire  
NN11 4XG

**Trustees:** Dr Susan Davies  
Suzy Dion - Chairperson  
Julie Luvaglio

**Honorary Treasurer:** Gordon Barker

**Bankers:** HSBC  
29 Bowen Square  
Daventry  
Northamptonshire  
NN11 4ER

**Independent Examiners:** Shaw Gibbs Limited  
Eagle House  
28 Billing Road  
Northampton  
NN1 5AJ

**TIME2TALK****YEAR ENDED 31 MARCH 2024****REPORT OF THE TRUSTEES**

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The Trustees present their report together with financial statements for the year ended 31 March 2024.

**Structure, governance and management**

Time2Talk is governed by a constitution adopted in 1989, amended in November 1999, September 2006 and in November 2011. The organisation was registered as a charity on 8 January 1990.

**Trustees**

Trustees are sought on the basis of their experience and skills in the counselling and youth work field, or for other skills as the existing trustees may from time to time determine would be of value to the charity. Election of trustees takes place at the AGM at which all members are entitled to vote. Trustees may co-opt to the Board in the case of vacancy or need between AGMs.

Trustees are given a full induction and encouraged to undertake further training during their time in office. The present membership of the Board is set out on page 1.

**Objectives and activities**

The objects of the charity as stated in the constitution are “to assist in the promotion of the physical and moral welfare of young people in Daventry and District and to facilitate their education so that they grow to full maturity as responsible citizens and their quality of life may be improved”.

In directing the activities undertaken by the charity the trustees have had regard to the Charity Commission’s guidance on public benefit.

The trustees consider that the charity’s activities meet the public benefit test as the focus of the charity’s work is on adolescent health and wellbeing.

**Reserves Policy**

Time2Talk are conscious of the need to establish a realistic level of reserves at the time when it is opening multiple and complex projects, and during a period of financial uncertainty for the Voluntary Youth Sector in Northamptonshire.

The Trustees of the Charity have decided that our Reserves Policy takes into account the following areas:

- Salaries for the equivalent of three full-time well established staff; this we estimate to be three months salary plus statutory redundancy payments for qualifying staff.

**Levels of Reserves**

In order for the Charity to maintain its commitments should the above situations arise, the Trustees have determined to aim at maintaining reserves of:

Redundancies £37,000  
Rents £4,000

The reserves figures will be reviewed annually at the meeting prior to the end of the financial year, and will be presented in the Annual Report with the accounts. Unrestricted reserves held at the year end are £103,348 which is in line with the above policy.

## TIME2TALK

YEAR ENDED 31 MARCH 2024

### REPORT OF THE TRUSTEES

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#### Financial Review

Included in the balance sheet at 31 March 2024 is total reserves carried forwards of £103,348, which are entirely unrestricted. The reserves of £103,348 includes redundancy and rent commitments of £41,000 in the event of closure leaving £62,348 to be used on overspends.

#### STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- 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 proper accounting records which 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 6<sup>th</sup> September 2024 and signed on its behalf by:



Suzy Dion

**TIME2TALK****YEAR ENDED 31 MARCH 2024****REPORT OF THE TRUSTEES**

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**ACHIEVEMENTS AND PERFORMANCE****CHAIRPERSON'S REPORT**

I cannot believe another year has flown past. I am pleased to report Time2Talk, come rain or shine (more rain I must admit this year), delivers for the young people of Daventry and South Northants.

As detailed in Andy's report, here in Daventry and South Northants, we cover a wide geographical area which has challenges for both our young people and us. Time2Talk prides itself on ensuring that we offer a mixture of in-person, telephone, and virtual support to ensure we deliver for our young people.

Time2Talk is one of the smallest of the five agencies and works alongside the other youth counselling agencies across Northamptonshire, under the umbrella of the REACH partnership. REACH has now finally become a legal entity. Time2Talk, as with the other youth counselling agencies, retains our independent status. REACH allows us to work collaboratively with the other youth counselling agencies, ensuring high standards across our vast county.

The commissioning landscape is changing and, over the coming year with the establishment of the separate West and North Northamptonshire Unitary Authorities, Time2Talk and the other youth counselling agencies funding will change and evolve. As always, our small team are ready to rise to the challenge and most importantly will champion our young people and the issues and concerns that matter to them.

Time2Talk are immensely proud of the high-quality counselling and interventions offered by our small team of counsellors, staff, and volunteers. I'd like to mention all of them by name, Sylvia, Sarah, Helen, Julie, Eve and Prem, also our newbies, Corrine and Lyndsey. I want to thank them all for their hard work and dedication over the last year. I also want to give a special thank you to Ash, as Andy says in his report, we complete data returns to the NHS and Time2Talk is consistently at the top of the reporting league table and this is because of Ash's dedication and diligence to this task.

Finally, I especially wish to thank our wonderful Chief Operating Officer, Andy, who over the past year has worked hard in an ever-changing world. Over the coming year there are bound to be many further changes and Andy always brings us back to why we are here, to support the young people of Daventry and South Northants.

Time2Talk now offers a wide range of services with the core counselling at its heart. Rapid Response, Tier 2.5 and Wellbeing drop-in support cafes have gone from strength to strength and will continue to do so. Each service provides a slightly different offer, giving young people that all important choice and control.

In all our reports over the years, we mention the challenge of our accommodation costs. These still remain high and are a burden on our resources. Each year we look creatively at our accommodation and space but to no avail. If anyone does have any ideas or available space, then please do get in touch.

**TIME2TALK**

**YEAR ENDED 31 MARCH 2024**

**REPORT OF THE TRUSTEES**

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**CHAIRPERSON'S REPORT (continued)**

I must also thank Gordon who continues his methodical analysis and organisation of the accounts and Shaw Gibbs Limited (formerly DNG) who continue to provide excellent examination of these accounts. Finally, my thanks also to my fellow trustees, Sue and Julie, who have continued to support T2T despite their own difficulties.

My final paragraph is a personal ask, Time2Talk is looking for more trustees. I have been a trustee with Time2Talk since 2012, it has enlightened my life, there is a time commitment, but the rewards are great. Time2Talk is like an extended family, friendships have been made, a friendly ear is always available and most of all, you are making a difference. Please get in touch if you want an informal chat.

Suzy Dion  
Chair

**TIME2TALK****YEAR ENDED 31 MARCH 2024****REPORT OF THE TRUSTEES**

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**ACHIEVEMENTS AND PERFORMANCE****CHIEF OPERATING OFFICERS ANNUAL REPORT****Introduction**

Another year has barrelled along at an alarming rate and it's been a typically pressured one. We have to thank our small team of staff, volunteers, trustees and self-employed sessional counsellors for all they do in oiling the wheels and maintaining as an efficient and as safe a service as possible. Ash continues to develop the data and information side of things and the requirement we have to report into various NHS systems as well as REACH systems is so important. We, along with thousands of organisations across the UK are required to report into the NHS digital MHSDS portal and Time2Talk are consistently at the very top of a very long list in terms of the quality of data we submit, this is due in no small part to Ash and his skills in this specialist area. This is no small feat and a great achievement! Good quality evidence-based data helps to ensure funds continue to come in. Ash remains an integral member of the wider REACH data group that meets regularly to review, develop and implement often last-minute requests or changes laid on us by the commissioners.

**The team**

Sylvia continues to do a sterling job delivering services to the large numbers of young people she works with in Daventry and in Towcester and Sarah, Helen, Julie, Eve and Prem continue to deliver counselling sessions for us that help us meet our targets as well as more importantly improving the emotional wellbeing of those they work with. They are all valuable members of the bank of self-employed counsellors we have on board. The skills they bring into play are vital when the nature of the issues we see continues to get ever more complex. We welcome Corrine to the volunteer team and she has begun working with clients in Towcester and Lyndsey joins the self-employed counsellor team and is now helping us cover Friday morning sessions.

Our volunteer treasurer Gordon has been with us now for many years and his work on the book keeping, PAYE, payroll, pensions and everything else continues to be invaluable to us. Our chair Suzy continues to give us the benefit of her NHS expertise along with Sue, a practicing GP and health specialist whose insight is invaluable. Together with Julie a highly experienced mental health practitioner and another long-term friend of Time2Talk they ensure the oversight we need as a charity, we couldn't do any of the work we do without them.

We are though in need of new trustees. Being a charity trustee isn't something to be taken on lightly. It does require some dedication and commitment so please do get in touch especially if you have skills in fundraising, legal, or finance we'd love to hear from you. It can be very rewarding work knowing that you can really make a difference.

**REACH**

Time2Talk have been active and hard-working members of the Northamptonshire REACH collaborative for some years now. REACH comprises Time2Talk, Youthworks in Kettering, (the current lead agency) Service 6 in Wellingborough, Chat in Oundle and the Lowdown in Northampton. REACH has now finally become a legal entity in its own right. All of us though retain our independent status but REACH as a legal entity can now act as a single point for bidding for future contracts, allocating funds, helping to drive quality standards and a range of things to help improve the life of young people across this vast rural county. In terms of the landscape of Northamptonshire, we learn that it's all change yet again. Following the establishment of a unitary authority and loss of local councils, including our own Daventry District Council a few years ago, things had settled down. West Northants council and North Northants councils were working in partnership across a range of service delivery.

YEAR ENDED 31 MARCH 2024

REPORT OF THE TRUSTEES

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**CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)**

Earlier this year it was announced that they (East and West Northants councils) were desegregating, the consequences of which are yet to be fully understood. Many services are officially decommissioned at the end of 2024-25 financial year including REACH services and at the time of writing we are fully engaged in ongoing meetings and workshops to be ready for what comes next. Services are likely to be recommissioned in 2025 but in what form we don't yet know. It's a very unsettling time. We have assurances from commissioners that they are working hard to ensure adolescent mental health services are still a top priority but at the time of writing, how those services will look remains unclear. All of the REACH partnership agencies are engaged in the process though and we remain optimistic.

**Services****Core counselling service.**

Counselling services are split into different levels. Tier 2 for general therapeutic support, tier 2.5 for those with more complex needs and rapid response. Rapid response is a service for young people who have presented at A&E following an episode of self-harm. They are triaged at hospital and if not in need of an immediate clinical intervention they will be referred to us for urgent counselling support that is offered within 5 days of receiving the referral.

We receive a funding directly from the NHS/Public Health for the tier 2 work, via invoice whilst tier 2.5 funds are held by Service 6 and are allocated to us via an invoice process when the funds are available to them. Rapid response funds are held by the Lowdown and a similar invoicing arrangement is in place. All funding though is NHS/public health funding and REACH as a collaborative have agreed to work in this way in consultation and agreement with our funding body. We meet quarterly with them as a group for a full contract review where finances and data and other statistics are gone through with a fine-tooth comb.

We are free to spend the funds as we see fit in order to meet the targets for each project. Each project has a target based on a pre-agreed unit cost per session delivered. Each tier will have a set target. For us, as is the case with partner agencies, we use a combination of contracted staff and sessional self-employed counsellors and in some cases volunteers to deliver the work. Our accounts may show unrestricted funds however those funds are earmarked and this year we were required as part of our contractual arrangements to reallocate funds to partner agencies as detailed in the attached accounts.

All of our counsellors must be at the minimum level to practice and we remain organisational members of BACP. And of course, as we do handle data we ensure our data protection registration certificate is up to date and that we have completed the NHS DTSP digital safety toolkit each year.

We can be slightly disadvantaged here as some agencies have access to students who deliver the counselling sessions for free. We have looked at this model and so far, it hasn't quite worked for us and the trustees are also mindful of maintaining a consistent quality service that we feel is best delivered by experienced and qualified practitioners. We haven't ruled it out though and will continue to consider any student placement requests on their own merits.

**Crisis (or emotional) wellbeing café drop-ins.**

We continue to offer two of these. One in Daventry on Saturdays between 12.00-4.00pm and another in Towcester on Weds between 4.00 and 8.00pm These are paid per café and the funds are held by Lowdown and we invoice them in arrears. They are designed for young people and their families who just need to talk without having to make an appointment. We find that service users may utilise them while they are waiting for their counselling to start and also when their sessions have ended.

All of our services are free and no charge is made to access any element of what we do. We are always on the lookout for additional funds to help meet the costs of service delivery and we do occasionally receive small donations which are applied to the general running costs of the agency.

YEAR ENDED 31 MARCH 2024

REPORT OF THE TRUSTEES

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### CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)

#### Drop-in Services

We continue to offer low level sexual health service via drop-in. This work isn't specifically funded however we do receive a small payment for each chlamydia screen we do on site and supplies are received for free from the sexual health outreach team. Because our primary focus has to be the commissioned work we don't advertise or promote this too widely. It is mainly a service aimed at existing service users who may request condoms, pregnancy testing or a joint chlamydia and gonorrhoea screen as and when appropriate. That said we do offer a dedicated drop-in service for small numbers during the long summer holidays each Friday between 11.00-1.00pm.

We took the reluctant decision to withdraw our static needle exchange service that we offered for many years. This was partly down to very low numbers accessing it, the close proximity of a pharmacy-based exchange just across the way from us and the massive shift towards commissioned adolescent mental services.

#### Social Media

We maintain a website that we freely admit needs updating. It still contains relevant information but hopefully we will find someone who is a whizz at these things to help us out with updating and improving it for free or for a very low cost.

We also maintain a Time2Talk Facebook page. This is great for getting information out there and although research suggests Facebook is not widely used by young people, their parents and carers do use it and will hopefully pass on information. We know it has generated contacts for the Towcester drop-in.

#### Finally

Nothing in this line of work is ever easy or straightforward. It is a real testament to the tenacity of a small group of people, that we carry on delivering the vital services that improve the mental health of the young people we support.

It's so rewarding to see the change that our work can have on young people for the better and we all know it does work. I hope you enjoy reading the individual reports within.

We obviously extend our thanks to all of our funders large and small and include our thanks to those of you who took the trouble to attend our AGM this year, thank you for your interest in what we do.

Andrew Nixon BA (Hons) MBE  
Chief Operating Officer

TIME2TALK

**INDEPENDENT EXAMINERS REPORT****FOR THE YEAR ENDED 31 MARCH 2024**

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I report on the accounts of the Charity for the year ended 31 March 2024 which are set out on the attached pages 10 to 18.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

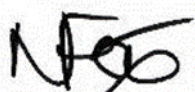
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

**Use of our report**

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our independent examination work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our independent examination work, for this report, or for the opinions we have formed.



Nicola Fox FCA  
Shaw Gibbs Limited  
Eagle House  
28 Billing Road  
Northampton  
NN1 5AJ

Date: 24 September 2024

## TIME2TALK

## STATEMENT OF FINANCIAL ACTIVITIES

## FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
<b>Incoming resources</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income					
Grants	2	172,605	-	172,605	164,785
Donations & Gift Aid		1,146	-	1,146	988
Legacies		-	-	-	-
Investment income		1,764	-	1,764	591
<b>Other incoming resources</b>					
Costs reimbursed		500	-	500	-
Employment allowance		5,000	-	5,000	5,000
Total incoming resources		<u>181,015</u>	<u>-</u>	<u>181,015</u>	<u>171,364</u>
<b>Resources expended</b>					
<b>Charitable activities</b>					
Salaries, NIC and pension	3	112,836	-	112,836	106,470
Travel costs – staff		3,358	-	3,358	4,240
Travel costs – volunteers		115	-	115	-
Office accommodation		16,642	-	16,642	14,109
Telephone and postage		767	-	767	663
Stationery and photocopying		733	-	733	577
Fees, courses and subscriptions		42,796	-	42,796	54,052
Advertising		507	-	507	173
IT costs		1,189	-	1,189	1,058
Insurances		1,435	-	1,435	1,277
Sundry office costs		371	-	371	627
Independent Examiner's fee	5	1,160	-	1,160	700
Grants Payable	6	54,819	-	54,819	38,552
Total resources expended		<u>236,728</u>	<u>-</u>	<u>236,728</u>	<u>222,498</u>
<b>Net income / expenditure</b>		(55,713)	-	(55,713)	(51,134)
Transfers between funds		-	-	-	-
Net movement in funds		<u>(55,713)</u>	<u>-</u>	<u>(55,713)</u>	<u>(51,134)</u>
Total funds brought forward		<u>159,061</u>	<u>-</u>	<u>159,061</u>	<u>210,195</u>
Total funds carried forward		<u>103,348</u>	<u>-</u>	<u>103,348</u>	<u>159,061</u>

## TIME2TALK

## BALANCE SHEET AT 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
<b>Current assets</b>					
Cash at bank and on deposit		106,138	-	106,138	162,492
Cash in hand		-	-	-	-
Prepayments		769	-	769	-
		<u>106,907</u>	<u>-</u>	<u>106,907</u>	<u>162,492</u>
<b>Creditors amounts falling due within one year</b>					
Accruals		1,020	-	1,020	700
Social security		2,539	-	2,539	2,731
		<u>3,559</u>	<u>-</u>	<u>3,559</u>	<u>3,431</u>
<b>Net current assets</b>		<u>103,348</u>	<u>-</u>	<u>103,348</u>	<u>159,061</u>
<b>Net assets</b>		<u>103,348</u>	<u>-</u>	<u>103,348</u>	<u>159,061</u>
<b>Funds of the charity</b>					
Unrestricted funds	8	103,348	-	103,348	159,061
Restricted funds	9	-	-	-	-
		<u>103,348</u>	<u>-</u>	<u>103,348</u>	<u>159,061</u>

These accounts were approved on 6<sup>th</sup> September 2024 by the Management Committee and signed on its behalf.



Suzy Dion  
Chairperson

**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2024**

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**1. Accounting Policies****Basis of accounting**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity is an unincorporated charity registered in England and Wales. Its charity number and registered office are listed on page 1.

The presentational currency of the financial statements is the Pound Sterling (£).

**Incoming Resources****Recognition of Incoming Resources**

These are included in the Statement of Financial Activities (SOFA) when:

- the Charity becomes entitled to the resources;
- the Trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

**Grants and Donations**

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

**Volunteer Help**

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment Income**

This is included in the accounts when receivable.

Income is recognised as received or when receipt is certain.

**Expenditure and Liabilities****Liability Recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charity to pay out resources

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

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**1. Accounting Policies (continued)****Governance Costs**

Includes costs of the preparation and examination of statutory accounts, the cost of trustee meetings and cost of any legal advice to trustees in governance or constitutional matters.

**Tangible Fixed assets for use by Charity**

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or if gifted, at the value to the charity on receipt. Depreciation is provided at the following rates to write off all tangible fixed assets over their expected useful lives:

Office equipment	25% on cost
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Depreciation methods, useful lives and residual values are reviewed at each balance sheet date. The selection of these residual values and estimated lives requires the exercise of judgement. The directors are required to assess whether there is an indication of impairment to the carrying value of assets. In making that assessment, judgements are made in estimating value in use. The directors consider that the individual carrying values of assets are supportable by their value in use

**Financial instruments**

Cash and cash equivalents in the balance sheet comprise cash at banks and in hand and short term deposits with an original maturity date of three months or less.

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

**Going Concern**

The Trustees have considered a period of 12 months from the date of approval of these financial statements and have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, they continue to adopt the going concern basis of accounting in preparing the financial statements.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

## TIME2TALK

## NOTES TO THE FINANCIAL STATEMENTS

## FOR THE YEAR ENDED 31 MARCH 2024

**2. Grants**

	<b>2024</b>	<b>2023</b>
NHS Northamptonshire (PCT)	63,909	95,730
Rapid Response NHS	16,344	16,440
Emotional Wellbeing Caf�es (via Lowdown)	43,365	30,624
Digital Development (via Youthworks)	6,650	-
Tier 2.5 (Via service six)	42,337	21,991
	<u>172,605</u>	<u>164,785</u>

**3. Staff costs and trustees remuneration**

	<b>Total 2024 £</b>	<b>Total 2023 £</b>
Gross wages	100,551	94,094
Social security costs	10,111	10,268
Pension	2,174	2,108
	<u>112,836</u>	<u>106,470</u>

No employee received remuneration amounting to more than £60,000 in either year.

One trustee received £10,437 (2023: £9,918) for counselling services provided.

Key management personnel remuneration totalled £52,014 (2023: £50,059) for the year.

**4. Average number of employees**

	<b>2024 Number</b>	<b>2023 Number</b>
Care	2	2
Management and administration	1	1
	<u>3</u>	<u>3</u>

TIME2TALK

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2024**

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**5. Independent Examiners remuneration**

	<b>Total 2024</b>	<b>Total 2023</b>
Independent examiners fees for examination	1,160	700
	<u>1,160</u>	<u>700</u>

**6. Grants Payable**

	<b>2024 £</b>	<b>2023 £</b>
Grants to institutions	54,819	38,552
	<u>54,819</u>	<u>38,552</u>

The total grants paid to institutions during the year was as follows:

	<b>2024 £</b>	<b>2023 £</b>
The Lowdown	34,911	12,179
Service 6	1,000	-
Youthworks	18,828	26,373
	<u>54,819</u>	<u>38,552</u>

## TIME2TALK

## NOTES TO THE FINANCIAL STATEMENTS

## FOR THE YEAR ENDED 31 MARCH 2024

## 7. Comparatives for the statement of financial activities

	Unrestricted Funds £	Restricted Funds £	Total 2023 £
<b>Incoming resources</b>			
<b>Incoming resources from generated funds</b>			
Voluntary income			
Grants	164,785	-	164,785
Donations and Gift Aid	988	-	988
Legacies	-	-	-
Investment Income	591	-	591
<b>Other incoming resources</b>			
Costs reimbursed	-	-	-
Employment allowance	5,000	-	5,000
Total incoming resources	<u>171,364</u>	<u>-</u>	<u>171,364</u>
<b>Resources expended</b>			
<b>Charitable activities</b>			
Salaries, NIC and pension	104,321	2,149	106,470
Travel costs – staff	4,206	34	4,240
Travel costs – volunteers	-	-	-
Sexual health and education	-	-	-
Office accommodation	14,109	-	14,109
Telephone and postage	663	-	663
Stationery and photocopying	577	-	577
Fees, courses and subscriptions	54,052	-	54,052
Advertising	173	-	173
IT costs	1,058	-	1,058
Insurances	1,277	-	1,277
Sundry office costs	627	-	627
Independent Examiner's fee	700	-	700
Grants Payable	36,552	2,000	38,552
Total resources expended	<u>218,315</u>	<u>4,183</u>	<u>222,498</u>
<b>Net income / expenditure</b>	(46,951)	(4,183)	(51,134)
Gross transfers between funds	(131)	131	-
Net movement in funds	<u>(47,082)</u>	<u>-</u>	<u>(51,134)</u>
Total funds brought forward	<u>206,143</u>	<u>4,052</u>	<u>210,195</u>
Total funds carried forward	<u>159,061</u>	<u>-</u>	<u>159,061</u>

Unrestricted funds consisted of only the general fund for the year.

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## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

## 8. Unrestricted funds

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
General funds	159,061	181,015	(236,728)	-	103,348

## Comparatives for Unrestricted funds movements

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
General funds	206,143	171,364	(218,315)	(131)	159,061

The closing balance of £103,348 includes the following commitments. The reserves of £103,348 includes redundancy and rent commitments of £41,000 in the event of closure leaving £62,348 to be used on overspends.

## 9. Comparatives for restricted funds movements

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
NHS Northamptonshire Waiting List Reduction	2,052	-	(2,183)	131	-
LGBTQ Project (Via Lowdown)	2,000	-	(2,000)	-	-
	4,052	-	(4,183)	131	-

Restricted funds represent grants and other income which are identified to be used for specific projects or purposes. Restricted fund balances are represented by cash and bank balances.

Lowdown LGBTQ grant is for the development of a specialised service in Daventry.

The NHS Northamptonshire Waiting List Reduction was for the use of group work and drop-in services which were disrupted due to COVID.

## TIME2TALK

## NOTES TO THE FINANCIAL STATEMENTS

## FOR THE YEAR ENDED 31 MARCH 2024

**10. Leasing agreements**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Within one year	7,100	7,100
Between 1-5 years		7,100
	-----	-----
	<b>7,100</b>	<b>14,200</b>
	=====	=====

**11. Transactions with Related Parties**

There have been no transactions, other than those disclosed within note 3, with related parties during the year ended 31 March 2024 nor the year ended 31 March 2023.

**12. Ultimate Controlling Party**

The charity is under the control of its trustees, as listed on Page 1.