

REGISTERED COMPANY NUMBER: SC199867 (Scotland)
REGISTERED CHARITY NUMBER: SC029386

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
Befrienders Highland Limited
(a company limited by guarantee)

Befrienders Highland Limited

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for the Year Ended 31 March 2022

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Befrienders Highland Limited

Convenor's Annual Report for the Year Ended 31 March 2022

Introduction

It's been another successful year for Befrienders Highland, although it has also been a difficult one. Because of the Coronavirus pandemic, staff have largely had to work from home all year. This does complicate our working practices and slow some things down. This has been at a time when referrals to our service have reached new heights, probably because of the increases in social isolation being experienced. Funding has been a challenge and a great deal of staff time has had to be committed to fundraising. We have, however, managed to sustain and even increase the range and number of friendships we support, if at the cost of some drawing on financial reserves.

Continued Impact of Coronavirus

The restrictions in force on the social contacts permitted did ease slightly over the course of the year and, subject to individual risk assessments, some face/face meetings have been able to resume. However, staff could not return to working from the office. We do anticipate that this will become possible, probably in a blend of home and office-based working, early in the new financial year.

Many day services and some home care services have again been suspended or reduced this year because of the impact of Covid. This has increased the isolation of many of our Friends and contributed to the high level of new referrals received. As a result, even despite a high number of new matches made, the number of people on a waiting list for befriending has stayed high. This has become a concern for us.

As could be expected, a number of our staff, friends and volunteers have themselves been ill with Coronavirus during the year. Our services were never seriously disrupted by this and our Executive Director, Susan White, has worked tirelessly to support staff and to keep everything going.

There has been more than the usual number of bereavements amongst our friends and this has had quite an emotional impact on our staff and our volunteers, particularly within the part of our service for people with memory loss and their carers. I would like to pay tribute to everyone for the way they have managed the demands of this and offer condolences from all the board for those who have suffered a loss.

Service Development

Our longest-established, general mental health befriending continued to grow. The face-to-face services most recently developed, in the Dingwall and Easter Ross areas, grew strongly and there is clearly a big demand there for what we can offer.

In-person group activities indoors had to be suspended for the whole of the previous year. Some of these moved to online activities and this has continued. But some outdoor face/face meetings were able to begin again as Covid restrictions were eased. New walking groups have proved very successful.

Our services for people affected by memory loss and their carers have also continued to grow. There have been moving tributes from the people receiving these services about the difference they have made to their lives. This is a group that has been particularly vulnerable to Covid, which has made what we offer even more important than usual. We have achieved all our targets for growth in the direct service to people with memory loss. The number of unpaid carers referred has fallen short of what we had hoped and we will be looking into how we can publicise this service better and develop stronger links with other groups working in this area. Carer Star assessments are now available to the unpaid carers we support after we subscribed to this programme, and we obtained training in its approach for our own staff.

The initiative taken last year of creating two Senior Co-ordinator posts has worked very well and this has now become a permanent feature of our staffing structure.

Funding was obtained for the coming year for a development in our services; Peer2Peer befriending. This will provide group training for people who have been befriended and have recovered their mental health to become volunteers themselves and provide peer support to people in similar circumstances. This has exciting potential to develop self-confidence and a sense of being valued and to enable personal experience to be drawn on.

Office Accommodation

As for many services and organisations, the long period of home-working for staff has enabled us to consider what benefits could be gained in the longer term from a blended mix of home and office-based working. This can bring benefits in, for example, reduced commuting and environmental costs and managing with smaller office accommodation. Because our existing office lease was nearing its term and, in a happy coincidence, a smaller office beside it has become vacant, we have decided to relocate to this smaller office early in the coming financial year. This will bring a significant saving in rent and the linked service charges whilst retaining a very good location.

Befrienders Highland Limited

Convenor's Annual Report for the Year Ended 31 March 2022

Finances

We began this year with reserves of just over £200,000, which was in line with the Board's policy of maintaining these at the level of 6 to 9 months operating costs. However, the predicted shortfall between known income and budgeted costs was high (£52,000) and would reduce reserves well below this safe level without energetic and successful fundraising. The fundraising post created in 2020/21 was therefore continued and our Executive Director and other staff have also had to give considerable time to this task. These efforts had good results but the overall outcome was still a reduction of £38000 in these reserves.

BHL did bid successfully for another major award from the National Lottery Community Fund, to be paid over 3 years and this has been of great assistance. Successful bids have also been made to a number of grant-making bodies and local companies. We are very grateful to all of these and to NHS Highland which continues to be our core funder. We ended the year with a substantial deficit forecast for 2022/23 and fundraising will require great effort again. This is, unfortunately, a position we share with much of the voluntary sector across the country.

BHL's Board

As in the previous year, Board meetings have taken place remotely through Zoom calls because of the Covid-related restrictions on the number of people from different households allowed to meet together indoors. This has generally worked well, with some decisions being made between meetings through e-mail contact. Board membership continued unchanged, with 7 Directors, and this has given us a strong body with a good range of skills and perspectives.

BHL's Annual Plan and also its longer-term strategic plan were both updated during the year and I am very grateful to fellow-Director, Shane Spence, for the lead role he took in this.

Board members have been aware for some time of the need for succession-planning. Some Directors, particularly the Convenor, have been on the Board for many years and there is a clear need to create turnover and find replacements in a planned way. The Convenor, David Stallard, advised the Board during this year that he now wished to stand down to allow a new Convenor to take over. A recruitment process took place and it is proposed that Keith Walker, a past Co-ordinator and Executive Director in the service, should move into this role at the next AGM.

Progress measured against the Objectives in BHL's Annual Plan

Generally, BHL achieved or exceeded its targets for 2021/22; for example in the number of friendships maintained in both the Mental Health and Memory Loss and Carers, in the number of volunteers recruited and in planned developments in services.

Two shortfalls must be recorded, however. One target was to reduce the number of people on the waiting list for friendships to below 20. This was not achieved and there were 43 people waiting to be befriended in March 2022. A two-fold increase in referrals during the year contributed to this. So too did the difficulties in arranging training for new volunteers and in making matches, due to the Covid restrictions. This remains a concern and is to prompt new initiatives in the coming year. Another target was to offer support and advice to 20 unpaid carers within our Memory Loss and Carers service. In fact, 13 carers received this service during the year. Again, this is a concern as the level of unmet need for this group must be huge. Initiatives will be taken to develop links with other services likely to be in contact with people in this position and to publicise for the service BHL can offer.

Conclusion

There is steady and growing demand for the services which Befrienders Highland offers and consistently good feedback about their effects and quality. There is continuing development and expansion across all our services.

The funding environment continues to be a very difficult one but steps are being taken to address this. Our finances will need careful monitoring during the coming year. The Covid pandemic continues to affect how our services can work and this has been the case for two, long years now. However, some improvements do seem to be in sight here.

Our services are flourishing and we have excellent staff, volunteers and members. I am very grateful to all our funders for their generosity. Without this, we simply could not operate. I give a special mention to the individual donors who have raised money through some astonishing feats of endurance, and to our corporate sponsors and local charitable funders. As always, it is a pleasure to be part of such a fine service.

David Stallard, Convenor

August 2022

Befrienders Highland Limited

Report of the Trustees for the Year Ended 31 March 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The principal object of the company is: -

"to reduce loneliness and isolation experienced by people who have a mental health problem by arranging and supporting one-to-one relationships between them and suitable volunteers, to provide a vital link between them and the community and to promote their self-confidence and feelings of self-worth"

This object defines the main activity of BHL which is to recruit, train and support volunteers to engage in befriending relationships and to support these relationships, as required, once established. The company's main and longest-standing service offers face-to-face befriending services in Inverness and Nairn; and a distance service, where the means of contact is letter, phone or e-mail, throughout the Highland area. The company also offers a befriending service within the Highland area for people with memory loss and a befriending and information service to carers.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Details of the charity's achievements and performance can be found in the convenors report.

FINANCIAL REVIEW

Financial position

During the year the charity made a deficit of £37,868 against a projected deficit of approximately £52,000. Following the success of 2020/21, where we ended the year with approximately 12 months of reserve, the charity was projecting a deficit in order to reduce our reserve in line with our policy noted below.

Going concern

The financial statements have been prepared on a going concern basis. The validity of the going concern basis depends on the ability of the company to operate within available funding.

The company relies substantially upon funding by public grants and donations from other sources for its current and future commitments. The trustees are satisfied that the company can meet its liabilities as they fall due for the foreseeable future, and on this basis consider it appropriate to prepare the financial statements on a going concern basis.

Reserves policy

The charity is to maintain a reserve of at least the cost of 6 months operations and no more than 9 months. Any reserve held in excess of 9 months should be invested in developing our services. At the year end the charity held approximately 7.4 months reserves.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Trustees' appointment

Trustees are appointed by the Board of Trustees either to fill a vacancy or by way of addition to the Board. The trustees are volunteers and are recruited by nomination at the AGM. Between AGM's trustees can be nominated but require ratification at the AGM. The company's articles require that one third of the Trustees stand down at each AGM and that replacement(s) be elected at that meeting. Trustees standing down may be re-elected.

Befrienders Highland Limited

Report of the Trustees
for the Year Ended 31 March 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
SC199867 (Scotland)

Registered Charity number
SC029386

Registered office & Principal address

1st Floor Academy House
42 Academy Street
Inverness
IV1 1JT

Trustees

D J Stallard
N J Curley
Mrs J Macdonald
S Spence
S Adie
H Macleod
J Page

Independent examiner

Marina Grant CA
ICAS

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also the directors of Befrienders Highland Limited for the purposes of company law) are responsible for preparing the report of trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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;
- state whether applicable UK Accounting Standards have been followed subject to any material departures disclosed and explained in the financial statements, and;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustees Investment (Scotland) Act 2005, Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 23/08/22 and signed on its behalf by:



D J Stallard - Trustee

Independent Examiner's Report to the Trustees of
Befrienders Highland Limited

I report on the accounts for the year ended 31 March 2022 set out on pages six to thirteen.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(■)(a) to (c) of the 2006 Accounts Regulations (as amended) does not apply. It is my responsibility to examine the accounts as required under Section 44(■)(c) of the 2005 Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 44(■)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations (as amended), and;
 - to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations (as amended).

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

M Grant

Marina Grant CA
29 Braeside Park
Balloch
Inverness
IV2 7HL

Date: 26 October 2022

Befrienders Highland Limited

Statement of Financial Activities (Incorporating Income and Expenditure Account)
for the Year Ended 31 March 2022

		Unrestricted fund	Restricted funds	31.3.22 Total funds	31.3.21 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies					
Donations		12,795	-	12,795	9,676
Charitable activities					
Befriending activities	3	83,411	154,915	238,326	317,199
Investment income	4	<u>66</u>	<u>-</u>	<u>66</u>	<u>493</u>
Total		96,272	154,915	251,187	327,368
EXPENDITURE ON					
Charitable activities					
Befriending activities		<u>109,373</u>	<u>179,682</u>	<u>289,055</u>	<u>225,247</u>
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS					
		(13,101)	(24,767)	(37,868)	102,121
Transfers between funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET INCOME/(EXPENDITURE)		(13,101)	(24,767)	(37,868)	102,121
RECONCILIATION OF FUNDS					
Total funds brought forward		96,173	120,104	216,277	114,156
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		<u>83,072</u>	<u>95,337</u>	<u>178,409</u>	<u>216,277</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The Statement of Financial Activities includes all gains and losses in the year.

Befrienders Highland Limited

Balance Sheet

At 31 March 2022

		Unrestricted fund	Restricted funds	31.3.22 Total funds	31.3.21 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	10	4,956	4,494	9,450	8,351
CURRENT ASSETS					
Debtors	11	1,484	1,597	3,081	3,151
Cash at bank		80,449	89,246	169,695	263,505
CREDITORS					
Amounts falling due within one year	12	(3,817)	-	(3,817)	(58,730)
NET CURRENT ASSETS		<u>78,116</u>	<u>90,843</u>	<u>168,959</u>	<u>207,926</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>83,072</u>	<u>95,337</u>	<u>178,409</u>	<u>216,277</u>
NET ASSETS		<u>83,072</u>	<u>95,337</u>	<u>178,409</u>	<u>216,277</u>
FUNDS	13				
Unrestricted funds				83,072	96,173
Restricted funds				<u>95,337</u>	<u>120,104</u>
TOTAL FUNDS				<u>178,409</u>	<u>216,277</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies for the year ended 31 March 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees on23/08/22..... and were signed on its behalf by:



D J Stallard -Trustee

The notes form part of these financial statements

1. GENERAL INFORMATION

These financial statements are presented in pounds sterling (GBP) as that is the currency in which the charitable company's transactions are denominated. They comprise the financial statements of the charitable company.

The principal activity of Befrienders Highland Limited can be found in the Report of the Trustees.

Befrienders Highland Limited is a company limited by guarantee incorporated in the United Kingdom and registered in Scotland, under company number SC199867. It is recognised as a charitable company for tax purposes by HMRC and is registered with the Office of the Scottish Charity Regulator (OSCR) under charity number SC029386. In the event of the winding up of the charitable company a member is liable to contribute a sum not exceeding £1. Details of the registered office can be found in the Report of the Trustees.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Going concern

The financial statements have been prepared on a going concern basis. The validity of the going concern basis depends on the ability of the company to operate within available funding.

The company relies substantially upon funding by public grants and donations from other sources for its current and future commitments. The trustees are satisfied that the company can meet its liabilities as they fall due for the foreseeable future, and on this basis consider it appropriate to prepare the financial statements on a going concern basis.

Income from donations and legacies

Donations and gifts received are included in full in the Statement of Financial Activities when receivable. Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Income from charitable activities

Income from charitable activities relates to grants received which fund the provision of particular services provided by the charity. Grants related to the provision of a service are deferred and released to the Statement of Financial Activities over the term of the grant.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

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

Taxation

The charity is exempt from corporation tax on its charitable activities. The charity is not VAT registered and accordingly expenditure is stated gross of VAT.

Reserves

The charity is to maintain a reserve of at least the cost of 6 months operations and no more than 9 months. Any reserve held in excess of 9 months should be invested in developing our services.

2. ACCOUNTING POLICIES – continued

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.

The memory loss and carers fund represents the funding received to provide befriending services to people with memory loss, those at risk of memory loss and carers.

The National Lottery Community Fund – Refocus Project represents the funding received to introduce and implement the refocus project for mental health befriending.

Health and Social Care Alliance represents funding received to adopt the Carer’s Outcome Star evaluation tool and process, establish a carer steering group and establish a carer peer support group to encourage carer self care.

The National Lottery Community Fund – Improving Lives represents funding to continue offering mental health befriending and to expand face to face befriending into new areas.

Befriending Network fund represents funding received for a pilot of face to face befriending for those with advanced dementia.

The volunteer support fund represents funding received to offer volunteering opportunities to those who would traditionally experience barriers to volunteering, specifically for the Peer2Peer initiative.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 20% on cost
Computer equipment	- 33% on cost

Debtors

Short term debtors are measured at transaction price, less any impairment.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of 3 months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provision are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charity only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors.

Hire purchase and leasing commitments

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

Pensions

The charity contributes to a group personal pension scheme open to all qualifying employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

Judgements in applying accounting policies and key sources of estimation uncertainty

The preparation of financial statements in compliance with FRS102 requires the use of certain critical accounting estimates. It also requires management to exercise its judgement in the process of applying the company's accounting policies.

The trustees are satisfied that accounting policies are appropriate and applied consistently. Key sources of accounting estimation have been applied to the depreciation rates which are deemed to be appropriate for the class of asset.

3. CHARITABLE ACTIVITIES INCOME

	Unrestricted fund	Restricted funds	31.3.22 Total funds
	£	£	£
Grants received	<u>83,411</u>	<u>154,915</u>	<u>238,326</u>

	Unrestricted fund	Restricted funds	31.3.21 Total funds
	£	£	£
Grants received	<u>126,169</u>	<u>191,030</u>	<u>317,199</u>

During the year, the charity recognised grants in the Statement of Financial Activities of £84,270 (2021 - £104,042) from the NHS and £78,627 (2021 – 103,682) from the National Lottery Community Fund. The charity also received the following grants over £5,000 in the year:

• Highland Third Sector Interface	£29,909
• The Robertson Trust	£15,000
• Befriending Network	£15,000
• Highland Council	£5,520
• The Health and Social Care Alliance	£5,000

4. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Deposit account interest	<u>66</u>	<u>493</u>
	<u>66</u>	<u>493</u>

5. NET INCOME

Net income is stated after charging:

	31.3.22	31.3.21
	£	£
Depreciation	5,717	3,856
Other operating leases	<u>15,850</u>	<u>15,850</u>

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Administration and co-ordinators	<u>11</u>	<u>8</u>

The charity relies on unpaid volunteers to build friendships with the people who the charity supports. During the year the average number of unpaid volunteers used by the charity was 176 (2021 - 161). No employees received emoluments in excess of £60,000 in the current or prior year.

7. TRUSTEES' REMUNERATION, BENEFITS AND EXPENSES

There were no trustees' remuneration, benefits or expenses for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	9,646	30	9,676
Charitable activities			
Befriending activities	126,169	191,030	317,199
Investment income	493	-	493
Total	136,308	191,060	327,368
EXPENDITURE ON			
Charitable activities			
Befriending activities	90,856	134,391	225,247
Total	90,856	134,391	225,247
NET INCOME	45,452	56,669	102,121
RECONCILIATION OF FUNDS			
Total funds brought forward	50,721	63,435	114,156
TOTAL FUNDS CARRIED FORWARD	96,173	120,104	216,277

9. CORE AND ADMINISTRATIVE COSTS

Core and administrative costs which cannot be attributed to a specific fund or activity are split between the general mental health fund, the memory loss and carers fund and the National Lottery Community Fund on a ratio equivalent to staff time.

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2021	8,695	9,801	18,496
Additions	728	6,088	6,816
Disposals	(395)	(2,572)	(2,967)
At 31 March 2022	9,028	13,317	22,345
DEPRECIATION			
At 1 April 2021	5,207	4,938	10,145
Charge for year	1,796	3,921	5,717
Eliminated on disposal	(395)	(2,572)	(2,967)
At 31 March 2022	6,608	6,287	12,895
NET BOOK VALUE			
At 31 March 2022	2,420	7,030	9,450
At 31 March 2021	3,488	4,863	8,351

Befrienders Highland Limited

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

11. DEBTORS

	31.3.22	31.3.21
	£	£
Prepayments	<u>3,081</u>	<u>3,151</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Social security and other taxes	3,817	4,069
Other creditors	-	1,034
Deferred income	<u>-</u>	<u>53,627</u>
	<u>3,817</u>	<u>58,730</u>

The charity defers grant income and recognises it equally over the term of the grant. At the year-end total deferred grants were £nil (2021 - £53,627).

13. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund - Mental Health	96,173	(13,101)	83,072
Restricted funds			
Memory Loss and Carers Fund	80,653	(6,626)	74,027
National Lottery Community Fund – Refocus Project	33,815	(33,815)	-
Health and Social Care Alliance	5,636	(5,636)	-
National Lottery Community Fund – Improving Lives	-	9,869	9,869
Befriending Networks	-	8,769	8,769
Volunteering Support Fund	<u>-</u>	<u>2,672</u>	<u>2,672</u>
	120,104	(24,767)	95,337
	<u>216,277</u>	<u>(37,868)</u>	<u>178,409</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Transfers	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund - Mental Health	96,272	(109,373)	-	(13,101)
Restricted funds				
Memory Loss and Carers Fund	52,288	(58,914)	-	(6,626)
National Lottery Community Fund – Refocus Project	53,627	(87,442)	-	(33,815)
Health and Social Care Alliance	5,000	(10,636)	-	(5,636)
National Lottery Community Fund – Improving Lives	25,000	(15,131)	-	9,869
Befriending Networks	15,000	(6,231)	-	8,769
Volunteering Support Fund	<u>4,000</u>	<u>(1,328)</u>	<u>-</u>	<u>2,672</u>
	154,915	(179,682)	-	(24,767)
TOTAL FUNDS	<u>251,187</u>	<u>(289,055)</u>	<u>-</u>	<u>(37,868)</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

At 31.03.22	Fixed Assets £	Net Current Assets £	Total £
Unrestricted funds	4,956	78,116	83,072
Restrictive funds	<u>4,494</u>	<u>90,843</u>	<u>95,337</u>
	<u>9,450</u>	<u>168,959</u>	<u>178,409</u>

At 31.03.21	Fixed Assets £	Net Current Assets £	Total £
Unrestricted funds	6,438	89,735	96,173
Restrictive funds	<u>1,913</u>	<u>118,191</u>	<u>120,104</u>
	<u>8,351</u>	<u>207,926</u>	<u>216,277</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022 or 31 March 2021.

Befrienders Highland Limited

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22	31.3.21
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	12,795	9,676
Investment income		
Deposit account interest	66	493
Charitable activities		
Grants	<u>238,326</u>	<u>317,199</u>
Total incoming resources	251,187	327,368
EXPENDITURE		
Charitable activities		
Wages	225,588	181,515
Rent	16,890	16,877
Publicity	4,867	-
Services charges and utilities	240	-
Computer expenses	4,665	3,869
Insurance	1,979	1,180
Telephone and internet	4,395	3,708
Postage and stationery	11,002	7,724
Volunteer expenses	1,600	958
Staff training	1,666	1,050
Staff general expenses	876	152
Maintenance	110	20
Other company costs	8,521	3,599
Bank charges	136	110
Legal expenses	803	629
Depreciation	<u>5,717</u>	<u>3,856</u>
Total resources expended	289,055	225,247
Net income/(expenditure)	<u><u>(37,868)</u></u>	<u><u>102,121</u></u>