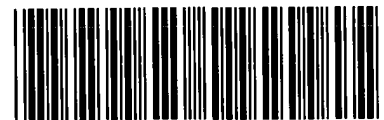


**BATTLE AGAINST TRANQUILLISERS LTD**  
**TRUSTEES AND DIRECTORS REPORT AND ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2019**

**Charity no: 1056508**

**Company no: 03169578 (England and Wales)**

WEDNESDAY



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**BATTLE AGAINST TRANQUILLISERS LIMITED**

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## **BATTLE AGAINST TRANQUILLISERS LIMITED**

### **ANNUAL REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

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The Trustees present their annual report and financial statements for the year ended 31 March 2019 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charities Act 2011, the Companies Act 2006, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standing applicable in the UK and Republic of Ireland published on 16 July 2014.

#### **Objectives and Activities for the public benefit**

##### **Purposes and Aims**

The charity's objectives are:

- To help those addicted to prescribed drugs of addiction (including benzodiazepines, Z drugs, sleeping pills, Pregabalin, Gabapentin and opiate-based painkillers) who wish to withdraw from them, to do so as comfortably as possible, and to help them make the necessary changes in life after withdrawal.
- To educate and inform all those who may come across the problem of benzodiazepine addiction, either personally or professionally, towards an understanding of the difficulties caused by this drug's actions and the compounding of these difficulties in withdrawal.
- To influence services in their prescribing of and withdrawing patients from these drugs.

##### **How our activities deliver public benefit.**

Our main activities and who we try to help are described below. All our charitable activities focus on the promotion of health and wellbeing and are undertaken to further our charitable purposes for the public benefit.

#### **A review of our achievements and performance**

##### **Who used and benefited from our services?**

The number of new presentations to BAT services during 2018-19 were 76 clients and 56 clients choose to remain in BAT's service receiving regular one-to-one support. During the year approximately 50+ regular callers have been supported by the helpline or e-mail.

We have continued to receive in excess of 400 telephone calls per month, with approximately 20 new people making enquires each week. This has ranged from service users, concerned family members and health professionals seeking advice.

BAT's weekly support groups are held in two locations seeing over 300 people accessing support during the year, which has included support workers and family members who are welcome to attend to support people in the group for the first few visits. BAT will continue to

## **BATTLE AGAINST TRANQUILLISERS LIMITED**

### **ANNUAL REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

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support those who attend groups making sure that they receive the right support and treatment.

Clients leave our services when they are drug free or have reduced to a low dose of prescribed drugs. BAT has a very low representation to service with only 3 service users re-presenting to service during the past 5 years.

#### **BAT's work continues.**

BAT has received a small amount of income this year however, BAT has been effectively running on its generous legacy since 2017. Using this legacy, BAT continues to provide services to clients in the immediate area (South Glos, Bristol and North Somerset). BAT continues to deliver two support groups each week in Old Market on a Wednesday evening and Gloucester House, Southmead Hospital every Thursday afternoon. Our group at the Beehive in Bath came to an end in December 2018 as funding from Developing Health and Independence (DHI) came to an end.

BAT continues to provide a support line which operates Monday to Friday and until 7.30pm every Monday, Wednesday and Friday. BAT continues to support clients more directly by offering an advocacy service.

#### Recovery Agenda

Service users continue to represent BAT in various settings. They are part of BAT training sessions, wherever possible. Both prescribed and illicit Benzo-use experiences are part of these sessions as are service users with polydrug use and those with a dual diagnosis.

We continue to promote volunteers to our service and welcome those who have been addicted to prescribed drugs once they have been drug free for 12 months or more. We have successfully finished training one of our volunteers who is an invaluable part of our helpline service.

#### Financial Review

Battle Against Tranquillisers Ltd ends this financial year in deficit, as we have not been able to cover our costs for this financial year, due to mainly concentrating on the service users.

#### Principal Funding Sources

BAT has not received any principal funding sources this year and has been running on its reserves. BAT was funded by DHI to provide a weekly support group in Bath this funding ended in December 2018.

#### Investment Policy

The Board of Trustees took the decision last year to invest a lump sum from our reserves over a 3-year period, enabling BAT to operate and provide a valuable service to a

## **BATTLE AGAINST TRANQUILLISERS LIMITED**

### **ANNUAL REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

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vulnerable client group. The aim of a 3-year investment period is to help BAT plan for the future enabling us to grow our income and remain sustainable. The Board of Trustees chose to invest in a low risk investment with Brewin Dolphin.

#### Reserves Policy

BAT recognises the importance of maintaining an appropriate level of reserves to allow for contingency planning or action.

The trustees are aware of the extreme importance for the charity to have enough funds to run for a period of at least one year, during which time the trustees will consolidate and decide the future of the charity.

#### Plans for Future Periods

The main aim for the Board of Trustees for the next financial year is to recruit more trustees who will bring more insight and perspective, which will ultimately create a strong platform from which to launch the growth we ultimately desire, impacting positively of the lives of many more people.

The Board of Trustees and Staff team aim to continue the services offered by the charity with the overall aim of the expansion of the current services and the reaching of more individuals in need of these charities' services.

The Board would like to see BAT move to a more sustainable funding model, to help make this a reality in February 2019 the Board of Trustees and staff have decided that for BAT to remain in the charity sector it is necessary to recruit a Chief Executive Officer, who will have a hands on approach and be responsible for determining the strategic direction of BAT and ensuring that strategy is implemented. Marketing, business development, the annual budget, finance responsibilities and a fundraising strategy will be among the CEO's responsibilities. The aim is to advertise in March/April 2019 and for the person to be in post by June 2019.

#### Risk Management

The Board of Trustees annually review the major risks to which BAT is exposed. Where deemed appropriate, systems and/or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of internal financial controls which are regularly monitored and updated if necessary. Policies and procedures are in place to ensure compliance with the health and safety of staff and volunteers.

### **Structure, Governance and Management**

#### Governing Document

The organisation is a charitable company limited by guarantee incorporated on 08 March 1996 and registered as a charity on 01 July 1996. The company was established under a

**BATTLE AGAINST TRANQUILLISERS LIMITED**

**ANNUAL REPORT**

**FOR THE YEAR ENDED 31 MARCH 2019**

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Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.00.

Recruitment and Appointment of Trustees

The number of trustees shall be not less than three but shall not be subject to any maximum. At each annual general meeting, one third of the trustees who are subject to retirement by rotation, or if their number is not three or a multiple of three, the number nearest to one third shall retire from office; but if there is only one trustee who is subject to retirement by rotation, he shall retire. The trustees to retire by rotation shall be those who have been longest in office.

Trustee Induction and Training

New trustees are provided with a full induction to the organisation, covering the roles and responsibilities of Board members, operational, financial and health and safety policies, services and activities, and the Strategic Plans of the Charity.

Reference and Administrative Details of the Charity.

Battle Against Tranquillisers Ltd is a company limited by guarantee and a registered Charity.

Registered office: 1<sup>st</sup> Floor, East Wing, The Kingswood Estate, Britannia Road, Kingswood, Bristol BS15 8DB

Registered Company No: 03169578

Registered Charity No: 1056508

Trustees and Directors at March 31<sup>st</sup>, 2018

Mr Robert Farrow  
Mrs Carol Stock  
Ms Edith Milne (Honorary Trustee)

**Bankers**

Charities Aid Foundation (CAF) Bank  
25 Kings Hill Ave,  
Kings Hill,  
West Malling  
ME19 4JQ

**BATTLE AGAINST TRANQUILLISERS LIMITED**

**ANNUAL REPORT**

**FOR THE YEAR ENDED 31 MARCH 2019**

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Examiners     Harwood, Lane & Co  
Chartered Accountants and Registered Auditors  
Units 1-4 Crossley Farm Business Centre  
Swan Lane, Winterbourne  
BRISTOL, BS36 1RH

Statement of trustees' responsibilities

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Accepted Accounting Practices).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

Select suitable accounting policies and then apply them consistently;  
Observe the methods and principles in the applicable Charities SORP;  
Make judgements and estimates that are reasonable and prudent;  
State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;  
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 that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Board

Members of the Board of Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 4.

In accordance with company law, as the company's directors, we certify that:

- so far as we are aware, there is no relevant accounts information of which the independent examiners are unaware
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant accounts information and to establish that the charity's examiners are aware of that information.

**BATTLE AGAINST TRANQUILLISERS LIMITED**

**ANNUAL REPORT**

**FOR THE YEAR ENDED 31 MARCH 2019**

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Independent Examiners

Harwood Lane & Co were the charitable company's independent examiners for the year and have expressed their willingness to continue in that capacity.

Approval

This report was approved by the Board of Trustees on 19.11.2019 and signed on its behalf.

A handwritten signature in black ink, appearing to be 'R Farrow', written over a horizontal line.

Name: Robert Farrow  
Chair of Trustees



**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE****BATTLE AGAINST TRANQUILLISERS LIMITED**

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I report on the accounts of the Company for the year ended 31 March 2019, which are set out on pages 10 to 18.

**Respective responsibilities of trustees and examiners**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

**Basis of independent examiners' report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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, no opinion is given as to whether the accounts present a true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

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

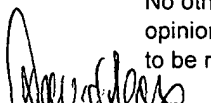
(1) which give me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with s386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met.

Although the trustees were able to provide adequate explanation for expenditure they were unable to provide me with detailed supporting evidence for a number of expenditure transactions which has prevented a detailed analysis being carried out of certain of those expenses.

No other matter has come to my attention in connection with my examination, to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Cox F.C.A.

**For and on behalf of Harwood Lane & Co  
Chartered Accountants and Statutory Auditors**

Units 1 - 4

Crossley Farm Business Centre

Swan Lane

Winterbourne

BRISTOL

BS36 1RH

Date: 19/11/19

**BATTLE AGAINST TRANQUILLISERS LIMITED****BALANCE SHEET AS AT 31 MARCH 2019**

	Notes	2019	2018
<b>FIXED ASSET INVESTMENTS</b>	<b>2</b>	<b>246,316</b>	<b>247,287</b>
<b>CURRENT ASSETS</b>			
Stocks	3	153	153
Debtors	4	0	625
Cash at Bank		240,208	320,015
		<u>240,361</u>	<u>320,793</u>
<b>CREDITORS: amounts falling due within one year</b>	<b>5</b>	<b>(2,903)</b>	<b>(3,520)</b>
		<u></u>	<u></u>
<b>Net Current Assets</b>		<b>237,458</b>	<b>317,273</b>
<b>Total Assets Less Current Liabilities</b>		<b>£483,774</b>	<b>£564,560</b>
<b>CAPITAL AND RESERVES</b>			
General Reserve	11	483,774	564,560
Restricted Reserve	11	0	0
<b>Charity Funds</b>		<b>£483,774</b>	<b>£564,560</b>

The Directors considers that the company is entitled to exemption from the requirement to have an audit under the provisions of s.477 of the Companies Act 2006. Members have not required the company under s.476 of the Companies Act 2006, to obtain an audit for the period ended 31 March 2019. The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s.386 and s.387 of the Companies Act 2006, and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2019 and of its profit for the period then ended in accordance with the requirements of s.396, and which otherwise comply with the requirements of the Act relating to the accounts so far as applicable to the company.

The financial statements which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 were approved by the board on 19 November 2019 and are signed on its behalf.



Trustee  
Name: R Farrow

The notes on page 13 to 18 form part of these accounts

**BATTLE AGAINST TRANQUILLISERS LIMITED****STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31 MARCH 2019****SUMMARY INCOME AND EXPENDITURE ACCOUNT**

	Notes	Restricted Funds	Unrestricted Fund	2019 Total	2018 Total
<b><u>INCOMING RESOURCES</u></b>					
Income from Charitable Activities	14	0	3,480	3,480	27,211
<i>Donations and Legacies</i>		0	6,550	6,550	114
<i>Income from other trading activities</i>	15	0	150	150	795
Investment Income	16	0	5,900	5,900	11
<b>Total Incoming Resources</b>		0	16,080	16,080	28,131
<b><u>RESOURCES EXPENDED</u></b>					
Cost of Generating Funds					
Fundraising Costs	17	0	0	0	0
Charitable Activities	18	0	103,288	103,288	101,918
<b>Total Expenditure</b>		0	103,288	103,288	101,918
Transfer between funds		0	0	0	0
		0	103,288	103,288	101,918
<b>Net Incoming/(Outgoing) Resources for the year</b>	8	0	(87,208)	(87,208)	(73,787)
Realised (losses)/gains on investments			(4,709)	(4,709)	
Unrealised (losses)/gains on investments		0	11,131	11,131	0
Balance brought forward	11	0	564,560	564,560	638,347
<b>Total Funds Carried Forward</b>	11	£0	£483,774	£483,774	£564,560

The notes on page 13 to 18 form part of these accounts

**BATTLE AGAINST TRANQUILLISERS LIMITED****STATEMENT OF CASH FLOWS****FOR THE YEAR ENDED 31 MARCH 2019**

	Notes	Total Funds 2019	Prior Year 2018
<b>Net Cash used in operating activities</b>	19	<u>(93,100)</u>	<u>457,852</u>
<b><i>Cash Flow from investing activities:</i></b>			
Interest and dividends		5,900	11
Purchase of investments		(114,603)	(247,287)
Proceeds from sale of investments		121,996	0
<b>Net cash provided by investing activities</b>		<u>13,293</u>	<u>(247,276)</u>
<b><i>Cash Flow from financing activities:</i></b>			
Repayment of borrowing		0	0
Receipt of expendable endowment		0	0
<b>Net cash provided by financing activities</b>		<u>0</u>	<u>0</u>
<b>Change in cash and cash equivalents in the year</b>		<u>(79,807)</u>	<u>210,576</u>
Cash and cash equivalent brought forward		320,015	109,439
<b>Cash and cash equivalent carried forward</b>		<b>£240,208</b>	<b>£320,015</b>

## **NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

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### **1. Accounting policies**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

#### **(a) Basis of Accounting**

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Battle Against Tranquillisers Ltd meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### **(b) Income Recognition**

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

#### **(c) Expenditure Recognition**

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

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**(d) Stocks**

Stocks are valued at the lower of cost and net realisable value.

**(e) Fund Accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

<b>2</b>	<b>FIXED ASSET INVESTMENTS</b>	<b>2019</b>	<b>2018</b>
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Quoted Shares and Corporate Bonds - historical cost	£246,316	£247,287
Quoted Shares and Corporate Bonds - market value	£238,562	£247,287

<b>3</b>	<b>Stocks</b>	<b>2019</b>	<b>2018</b>
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T Shirts	£153	£153
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<b>4</b>	<b>Debtors</b>	<b>2019</b>	<b>2018</b>
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Legacy Income	0	0
Prepayments	0	625
	£0	£625

<b>5</b>	<b>Creditors: amounts falling due within one year</b>	<b>2019</b>	<b>2018</b>
----------	---	-------------	-------------

Accruals	1,111	1,734
Income Received in Advance	0	0
Other Taxes and Social Security Costs	1,792	1,786
	£2,903	£3,520

**BATTLE AGAINST TRANQUILLISERS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

<b>6</b>	<b>Employee costs</b>	<b>2019</b>	<b>2018</b>
	Wages and Salaries	84,277	82,233
	Social Security Costs	4,181	5,147
	Pension Contributions	747	121
		<b>£89,205</b>	<b>£87,501</b>

No employees received emoluments of more than £60,000.

Average number of employees	4	4
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**7 Trustees remuneration and related party transactions**

No members of the board of trustees received any remuneration during the year.

No trustees or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2018 - Nil).

<b>8</b>	<b>Net incoming resources</b>	<b>2019</b>	<b>2018</b>
	Net Incoming Resources is stated after charging:		
	Depreciation	0	0
	Independent Examiners Fee (inc VAT)	792	780

<b>9</b>	<b>Capital commitments</b>	<b>2019</b>	<b>2018</b>
	Authorised but not contracted	£ nil	£ nil
	Contracted but not spent	£ nil	£ nil

<b>10</b>	<b>Analysis of net assets between funds</b>	<b>General Funds</b>	<b>Restricted Funds</b>	<b>Total</b>
	Fixed Asset Investments	246,316	0	246,316
	Current Assets	240,361	0	240,361
	Current Liabilities	(2,903)	0	(2,903)
		<b>£483,774</b>	<b>£0</b>	<b>£483,774</b>

**BATTLE AGAINST TRANQUILLISERS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

11	Reserves	At 01.04.18	Transfers	Income	Expenditure	At 31.03.19
	<i>General Reserves</i>					
	- general funds	518,185	6,422	16,080	(103,288)	437,399
	- designated funds	46,375	0	0	0	46,375
		564,560	6,422	16,080	(103,288)	483,774
	Gains/(losses)	0	(6,422)	6,422	0	0
	<b>Total Reserves</b>	<b>£564,560</b>	<b>£0</b>	<b>£22,502</b>	<b>(£103,288)</b>	<b>£483,774</b>

12	Designated reserves	2019	2018
	Designated Reserves consist of:		
	Dr J. Pym	27,486	27,486
	Development Reserve	18,889	18,889
		<b>£46,375</b>	<b>£46,375</b>

**Purpose of Restricted Funds**

There were no restricted funds during the year.

**Purpose of Designated Funds**

***Dr J. Pym***

This reserve is consists of donations made from Dr J Pym. No decision has been made as to how these donations will be spent.

***Development Reserve***

A Development Reserve has been established to set aside funds for the purpose of the on-going development of the charity.

**13 Taxation**

As a charity, Battle Against Tranquillisers is exempt from tax on income and gains falling within current tax legislation to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.



**BATTLE AGAINST TRANQUILLISERS LIMITED****NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2019**

14	Income from charitable activities	Restricted	Unrestricted	2019 Total	2018 Total
	South Gloucestershire Council	0	0	0	19,171
	DHI	0	3,480	3,480	8,040
		£0	£3,480	£3,480	£27,211
15	Income from other trading activities	Restricted	Unrestricted	2019 Total	2018 Total
	Training		0	0	495
	Group Work		150	150	300
		£0	£150	£150	£795
16	Investment income				
	All of the charities investment income of £5,900 (2018 £11) arises from money held in interest bearing accounts and investments.				
17	Direct charitable expenditure	Restricted	Unrestricted	2019 Total	2018 Total
	Fundraising Costs	£0	£0	£0	£0
18	Charitable activities	Restricted	Unrestricted	2019	2018
	Salaries	0	89,205	89,205	87,501
	Sessional Workers	0	390	390	615
	Postage	0	15	15	37
	Photocopying and Printing	0	110	110	210
	IT Costs	0	811	811	687
	Cost of Goods sold	0	180	180	0
	Travel	0	769	769	1,661
	Subscriptions and Publications	0	170	170	20
	Advertising/Promotion	0	0	0	813
	Training	0	0	0	95
	Telephone	0	2,045	2,045	2,697
	Bank Charges	0	60	60	60
	Investment Fees	0	1,374	1,374	84
	Rent	0	3,853	3,853	3,184
	Insurance	0	818	818	791
	Professional	0	0	0	0
	Repairs and Renewals	0	1,088	1,088	11
	Payroll Bureau	0	414	414	485
	Miscellaneous Expenses	0	8	8	186
	Book-Keeping	0	608	608	464
	Legal and Professional	0	0	0	1,698
	Project Work	0	512	512	0
	Supervision	0	66	66	0
	Independent Examination	0	792	792	619
		£0	£103,288	£103,288	£101,918

**BATTLE AGAINST TRANQUILLISERS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

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<b>19</b>	<b>Reconciliation of net movements in funds to net cash flow from operating activities</b>		
		<b>2019</b>	<b>2018</b>
	Net Movement in funds	(87,208)	(73,787)
	Deduct interest income	(5,900)	(11)
	Decrease (increase) in debtors	625	531,273
	Increase (decrease) in creditors	(617)	377
	<b>Net cash used in operating activities</b>	<b>(£93,100)</b>	<b>£457,852</b>