

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
Befrienders Highland Limited
(a company limited by guarantee)

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Befrienders Highland Limited

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for the Year Ended 31 March 2023

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Convenor's Annual Report
for the Year Ended 31 March 2023

Introduction

Following a period of uncertainty, with Covid-19 pandemic measures changing our working practices and the nature of some of our services, this year has seen the start of a return to a more familiar way of working, albeit with some longer-term changes following the periods of lockdown restricted working. The increases in referrals which we experienced during the lockdowns have remained and demand for our befriending is as high as it has ever been. Seeking funding for our services remains challenging with increased competition for fewer grant and trust funds. Because of this, the higher demand on staff time for funding applications which we saw in 2021-22 has remained.

Planning for our 30th Anniversary in 2023 has been a counterpoint to these difficulties and we were pleased to be finalist as charity of the year in the Highland Heroes awards. One of our volunteers, Bill Whyte, was also a finalist as Volunteer of the Year.

Service Development

Our group befriending services have all resumed with the walk-and-talk, writing and film groups all proving to be popular. Planning has started for group activities based in Invergordon and Alness as well, which we look forward to starting in 2023.

The new Peer-to-Peer Befriending course attracted 4 participants, and many new avenues are opening up for them as a result of the course. We'd been unable to recruit a Peer-to-Peer Coordinator and as a result, this area of our work has moved on to peer group-based activities. The home visits project which was part of our Memory and Carers service, completed this year with 6 people benefitting.

The Quality in Befriending Excellence award which we've held for many years, is reassessed every 3 years by Befriending Networks. It is, of course, always a nervous time while this happens but we were delighted to be awarded the Excellence award for a further 3 years, underlining the high quality of our services and the excellent work done by our volunteers and staff.

Finances

With ongoing funding challenges we established a fundraising subgroup of the Board with a remit to broaden our funding sources which were primarily from trust funders and grant-making bodies. The group is led by one of our Directors and includes staff and volunteers. We recognised in doing this that it would be a medium- to long-term project, but the group have started very well, with fundraising events planned for 2023 and the 30 for 30 challenge started at the beginning of 2023, aiming to raise £30,000 in celebration of our 30th anniversary year. The group has also attracted two local companies to appoint us as their charity of the year – An Talla/Jacobite Cruises and Alness Pharmacy are both actively helping us with fundraising and awareness-raising and we are extremely grateful to them.

Budgeting for the next year has proven to be extremely difficult with some grants expiring during 2022 and early 2023 and increased competition for new grants reducing our income from those sources. A balanced budget has been achieved, however, but to achieve this we faced the need to reduce our workforce in 2023. Fortunately, we were able to achieve this without redundancies, but with inevitable pressures on the remaining staff.

Staff and Office

We have resumed in-office working following a long period of home-based working for all staff during the pandemic restrictions. Our flexible working policy is long-established, and with the greater familiarity with working from home, many staff are using the office base less than previously. The move next door to a smaller office at Academy House took place at the beginning of the year, partly as a response to this, reducing our accommodation costs and using desk-sharing to make better use of the space we have. With a break clause in the new office lease, our need for office space will be reviewed again in the coming year.

Our Executive Director, Susan, retired at the end of the year and we wish her a long and happy retirement. She will stay as a volunteer so we will still benefit from her enthusiasm and talents though. With the financial pressures mentioned above, the Board have decided not to appoint a replacement for the time being and interim arrangements have been put in place with Senior Coordinators taking on more responsibilities supported and supervised by the Convenor. We also said goodbye to one of our Coordinators and again this post will not be replaced for the time being.

Board of Directors

At our AGM in September 2022, David Stallard retired as Convenor. David has a long history with Befrienders Highland, having been a founder member in 1993 and a constant presence thereafter. In recognition of his huge contribution to Befrienders and to mental health in the Highlands, David was awarded the British Empire Medal in King Charles III's birthday honours. He was also featured in the BBC's Scotland's People programme and Drew Hendry MP raised an Early Day Motion at Westminster to recognise the importance of his work.

Progress measured against the Objectives in BHL's Annual Plan

Generally, we have met or exceeded the targets in our annual plan for 2022-23. In total, we supported 148 people across all one-to-one befriending services. However, we did fall short of our target for carers due to lower levels of referrals than anticipated. We had started work to develop the face-to-face services in new parts of the Highlands. These have not yet met the targets we set ourselves, largely because of delays caused by the return to more familiar working following the pandemic restrictions.

Conclusion

Demand for our services remains high, and feedback from the beneficiaries is testament to the high quality and positive impacts. However, after many years of growth, the challenging funding situation has meant that our reach has remained at the same level as last year. Careful management and monitoring of our finances and service levels will be needed to ensure that we reach as many people as is possible within our means, whilst development of our group befriending activities will help us to reach more people in different ways.

We are grateful to our funders who help us to maintain the excellence and reach that we have achieved, to our excellent volunteers and staff and the partners who have worked with us. We have been supported by more individual donors and fundraisers than ever before this year and we are especially grateful to them.

Keith Walker, Convenor

July 2023

Report of the Trustees
for the Year Ended 31 March 2023

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 2023. 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 objective 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 objective 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, e-mail or video-call, 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 £72,202 against a projected deficit of approximately £7,400. The charity has struggled to secure grant funding throughout the year and as a result has had to rely on its reserves to continue providing its services. The board has prepared its budget for 2023/24 and is confident sufficient funding has already been secured to meet its costs in the year ahead.

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 4.2 months reserves based on the 2022/23 budgeted expenditure.

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 2023

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 (Resigned 08/09/2022)

K Walker (Appointed 01/06/2022)

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 22 Aug 2023 and signed on its behalf by:



.....
K Walker - Trustee

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

I report on the accounts for the year ended 31 March 2023 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(1)(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(1)(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(1)(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: 04 October 2023

Befrienders Highland Limited

Statement of Financial Activities (Incorporating Income and Expenditure Account)
for the Year Ended 31 March 2023

		Unrestricted fund	Restricted funds	31.3.23 Total funds	31.3.22 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies					
Donations		11,655	215	11,870	12,795
Charitable activities					
Befriending activities	3	51,839	156,650	208,489	238,326
Investment income	4	<u>387</u>	<u>-</u>	<u>387</u>	<u>66</u>
Total		63,881	156,865	220,746	251,187
 EXPENDITURE ON					
Charitable activities					
Befriending activities		<u>145,439</u>	<u>147,509</u>	<u>292,948</u>	<u>289,055</u>
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS		(81,558)	9,356	(72,202)	(37,868)
Transfers between funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET INCOME/(EXPENDITURE)		(81,558)	9,356	(72,202)	(37,868)
 RECONCILIATION OF FUNDS					
Total funds brought forward		83,072	95,337	178,409	216,277
TOTAL FUNDS CARRIED FORWARD		<u>1,514</u>	<u>104,693</u>	<u>106,207</u>	<u>178,409</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 2023

		Unrestricted fund	Restricted funds	31.3.23 Total funds	31.3.22 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	10	2,825	1,445	4,270	9,450
CURRENT ASSETS					
Debtors	11	1,284	1,082	2,366	3,081
Cash at bank		3,121	102,166	105,287	169,695
CREDITORS					
Amounts falling due within one year	12	(5,716)	-	(5,716)	(3,817)
NET CURRENT ASSETS/(LIABILITIES)		<u>(1,311)</u>	<u>103,248</u>	<u>101,937</u>	<u>168,959</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,514</u>	<u>104,693</u>	<u>106,207</u>	<u>178,409</u>
NET ASSETS		<u>1,514</u>	<u>104,693</u>	<u>106,207</u>	<u>178,409</u>
FUNDS	13				
Unrestricted funds				1,514	83,072
Restricted funds				<u>104,693</u>	<u>95,337</u>
TOTAL FUNDS				<u>106,207</u>	<u>178,409</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 2023.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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 on 22 Aug 2023 and were signed on its behalf by:



K Walker -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 – 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.

The Highland Council – Community Regeneration Fund represents funding received to sustain and grow the offer of face-to-face mental health befriending services in Dingwall, AIness, Invergordon and Tain.

Highland Third Sector Interface – Caithness Fund represents funds received to sustain and grow the mental health befriending services, including the extension of face-to-face group activities within and beyond Befrienders Highland, to help reduce loneliness and social isolation throughout Caithness.

Highland Third Sector Interface – Community and Mental Health Wellbeing Fund represents funds received to reduce dependence on long-term befriending by bringing people together to participate in group face-to-face activities within the Inverness area.

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.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

2. ACCOUNTING POLICIES – continued

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	31.3.23 Total funds
	£	£	£
Grants received	<u>51,839</u>	<u>156,650</u>	<u>208,489</u>

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

During the year, the charity recognised grants in the Statement of Financial Activities of £87,288 (2022 - £84,270) from the NHS and £53,999 (2022 – £78,627) from the National Lottery Community Fund. The charity also received the following grants over £5,000 in the year:

• Highland Third Sector Interface	£27,103
• Highland Council	£25,259
• Impact Funding Partners	£13,000

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	<u>387</u>	<u>66</u>
	<u>387</u>	<u>66</u>

5. NET INCOME

Net income is stated after charging:

	31.3.23	31.3.22
	£	£
Depreciation	5,097	5,717
Other operating leases	<u>9,150</u>	<u>15,850</u>

6. STAFF COSTS

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

	31.3.23	31.3.22
Administration and co-ordinators	<u>10</u>	<u>11</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 174 (2022 - 176). 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 2023 nor for the year ended 31 March 2022.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	12,795	-	12,795
Charitable activities			
Befriending activities	83,411	154,915	238,326
Investment income	66	-	66
Total	96,272	154,915	251,187
EXPENDITURE ON			
Charitable activities			
Befriending activities	109,373	179,682	289,055
NET INCOME/(EXPENDITURE)	(13,101)	(24,767)	(37,868)
RECONCILIATION OF FUNDS			
Total funds brought forward	96,173	120,104	216,277
TOTAL FUNDS CARRIED FORWARD	83,072	95,337	178,409

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 2022	9,028	13,317	22,345
Additions	-	-	-
Disposals	-	(999)	(999)
At 31 March 2023	9,028	12,318	21,346
DEPRECIATION			
At 1 April 2022	6,608	6,287	12,895
Charge for year	913	4,184	5,097
Eliminated on disposal	-	(916)	(916)
At 31 March 2023	7,521	9,555	17,076
NET BOOK VALUE			
At 31 March 2023	1,507	2,763	4,270
At 31 March 2022	2,420	7,030	9,450

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

11. DEBTORS

	31.3.23	31.3.22
	£	£
Prepayments	<u>2,366</u>	<u>3,081</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Social security and other taxes	4,506	3,817
Other creditors	<u>1,210</u>	<u>-</u>
	<u>5,716</u>	<u>3,817</u>

13. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund - Mental Health	83,072	(81,558)	1,514
Restricted funds			
Memory Loss and Carers Fund	74,027	(35,917)	38,110
National Lottery Community Fund – Improving Lives	9,869	(4,139)	5,730
Befriending Networks	8,769	(8,769)	-
Volunteering Support Fund	2,672	5,916	8,588
The Highland Council – Community Regeneration Fund	-	25,259	25,259
Highland Third Sector Interface – Calthness Fund	-	17,006	17,006
Highland Third Sector Interface – Community and Mental Health Wellbeing Fund	-	10,000	10,000
	<u>95,337</u>	<u>9,356</u>	<u>104,693</u>
TOTAL FUNDS	<u>178,409</u>	<u>(72,202)</u>	<u>106,207</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	63,881	(145,439)	-	(81,558)
Restricted funds				
Memory Loss and Carers Fund	37,504	(73,421)	-	(35,917)
National Lottery Community Fund – Improving Lives	53,999	(58,138)	-	(4,139)
Befriending Networks	-	(8,769)	-	(8,769)
Volunteering Support Fund	13,000	(7,084)	-	5,916
The Highland Council – Community Regeneration Fund	25,259	-	-	25,259
Highland Third Sector Interface – Calthness Fund	17,103	(97)	-	17,006
Highland Third Sector Interface – Community and Mental Health Wellbeing Fund	10,000	-	-	10,000
	<u>156,865</u>	<u>(147,509)</u>	<u>-</u>	<u>9,356</u>
TOTAL FUNDS	<u>220,746</u>	<u>(292,948)</u>	<u>-</u>	<u>(72,202)</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

At 31.03.23	Fixed Assets	Net Current Assets/ (Liabilities)	Total
	£	£	£
Unrestricted funds	2,825	(1,311)	1,514
Restrictive funds	<u>1,445</u>	<u>103,248</u>	<u>104,693</u>
	<u>4,270</u>	<u>101,937</u>	<u>106,207</u>

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>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023 or 31 March 2022.

Befrienders Highland Limited**Detailed Statement of Financial Activities**
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	11,870	12,795
Investment income		
Deposit account interest	387	66
Charitable activities		
Grants	<u>208,489</u>	<u>238,326</u>
Total incoming resources	220,746	251,187
 EXPENDITURE		
Charitable activities		
Wages	248,365	225,588
Rent	13,450	16,890
Publicity	506	4,867
Services charges and utilities	337	240
Computer expenses	3,335	4,665
Insurance	2,310	1,979
Telephone and internet	4,428	4,395
Postage and stationery	6,239	11,002
Volunteer expenses	2,306	1,600
Staff training	45	1,666
Staff general expenses	738	876
Maintenance	400	110
Other company costs	3,953	8,521
Bank charges	103	136
Legal expenses	1,753	803
Depreciation	5,097	5,717
(Gain)/loss on sale of fixed assets	<u>(417)</u>	<u>-</u>
Total resources expended	292,948	289,055
 Net income/(expenditure)	 <u>(72,202)</u>	 <u>(37,868)</u>