

COMPANY REGISTRATION NUMBER: SC404409
CHARITY REGISTRATION NUMBER: SC042513

Spirit Advocacy
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2023

RITSONS
Chartered Accountants
Forbes House
36 Huntly Street
Inverness
IV3 5PR



Spirit Advocacy
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2023

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Spirit Advocacy
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name	Spirit Advocacy
Charity registration number	SC042513
Company registration number	SC404409
Principal office and registered office	Ritsons Chartered Accountants & Business Advisers Forbes House 36 Huntly Street Inverness IV3 5PR Scotland

The trustees

Mr W Cook	(Resigned 18 August 2023)
Mrs M K Hill	(Resigned 28 August 2023)
Mr A Bithell	(Resigned 28 August 2023)
Mr J D Gallon	(Resigned 29 August 2023)
Mr G C Morgan	(Resigned 6 June 2022)
Miss E A Grant	(Resigned 30 August 2022)
Miss H E MacLeod	(Resigned 28 August 2023)
Ms M MacDonald	(Served from 9 December 2022 to 29 August 2023)
Mrs S J Lyons	(Served from 10 January 2023 to 10 August 2023)
Miss A J Lewis	(Served from 10 January 2023 to 29 August 2023)
Mr P H Todd	(Served from 10 January 2023 to 21 August 2023)
Mr S Lewis	(Served from 2 August to 29 August 2023)
Mr K R Bolger	(Served from 19 July 2022 to 29 August 2023)
Mr W Cook	Appointed 25 September 2023
Dr G M Terry	Appointed 25 September 2023
Mrs S J Lyons	Appointed 25 September 2023
Mrs M K Hill	Appointed 25 September 2023
Miss L D Rowall	Appointed 25 September 2023
Miss E A F Grant	Appointed 25 September 2023

Independent examiner	Daniel Palombo M.A. (Hons), C.A. Forbes House 36 Huntly Street Inverness IV3 5PR
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Spirit Advocacy

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Structure, governance and management

The company limited by guarantee was established under a 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. Permission has been obtained from the Registrar of Companies to omit the word 'limited' from the company name.

Three part time development worker posts for HUG, a development worker for all SPIRIT volunteer activity, some additional clerical and admin support and a trainee post for a SPEAK worker.

The board has met bi-monthly and as recorded in the minutes has reviewed the work reported by staff and dealt with relevant governance and management issues.

Recruitment, appointment, induction & training of trustees

The appointment of trustees and election of office bearers has been carried out in accordance with the constitution. Trustees are selected for appointment to the Board from contacts of existing Trustees and Members. The Board of Trustees has a wide range of skills collectively and any additional training is completed as required.

Trustees serve for three years and at which time elections are held to the board from the membership. Of the board three trustees are elected by HUG (Action for Mental Health) and three trustees are elected by People First Highland, through their advisory groups. These are two projects managed by SPIRIT Advocacy. In this way involvement of service users is ensured.

HUG (Action for Mental Health) Advisory Group provides advice and expertise on work carried out to promote the voice of people with a mental health in Highland. This includes agreeing what is said on behalf of HUG (Action for Mental Health) and how that voice is found and promoted.

People First Highland advisory group provides advice and expertise on work carried out to promote the voice of people with a learning disability in Highland. This includes agreeing what is said on behalf of People First Highland and how that voice is found and promoted.

Trustees have where necessary been supported by staff and have engaged in activities which have enhanced their contribution to company aims and objectives.

Objectives and activities

The charity's objects are:-

- The promotion of equality and diversity and the elimination of stigma and discrimination against people with learning disabilities, mental health problems and associated conditions.
- The advancement of citizenship and community development by strengthening the collective voice of people with learning disabilities, mental health problems and associated conditions and enabling them to express their own views and make their own decisions.
- The promotion of positive mental health and wellbeing of people with learning disabilities, mental health problems and related conditions.
- Improve the lives and experiences of people with learning disabilities, mental health problems and related conditions.

Spirit Advocacy

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The board of trustees is satisfied that all the activities of staff and volunteers have been in keeping with these.

The charity supports and promotes independent collective advocacy services for people with mental health issues and learning disabilities.

Achievements and performance

SPIRIT's year started with the creative project, *Wha's Like Us* in full swing. This was inspired by the research of Moira Hansen into what Burns himself called his "Blue Devilism". His experience of mental health problems. Special thanks go to Meg Pokrass for volunteering to lead the writing sessions at the Bike Shed. And thanks to all those others who helped lead us on the way. We had a very special afternoon at Moniac Mhor. What I learned there will stay with me. It was led by Hamish MacDonald; who achieved the near impossible and got me singing in front of others.

The end result of *Wha's Like Us* was a night to remember when we celebrated with a traditional Burn's supper and the reading of some of the work produced. The celebration was preceded by a large "Café Conversation" led by our friend John Beaton. The results of this will be published in a report titled "I'm Part of the Solution". A powerful quote from one of the participants; one, which for me, sums up perfectly what I want to say to service providers, the person is a very large part of the solution. They need to be inspired to participate in their recovery, something which is best done by someone who has "been there" themselves. That is the first thing a peer supporter can offer the medical treatment providers.

Catching up from the previous year the People First Highland Convention was held in September. A huge success raising the profile of People First Highland. It was well attended and well received. I hope to see more events of this kind in the future, especially as a large part of the organisation was done by PFH members. It is also my hope that we can build closer connections between PFH and HUG, not least in the area of supporting and facilitating each other's events.

September also saw the departure of Susan Lions the SPIRIT Manager. Having completed her Masters with UHI she was offered the opportunity to study for her PhD in Rural Poverty at Glasgow on a fully funded course. Her passion for her studies come from her abhorrence at the evils of poverty. We all wish her well with her studies. It wasn't a long separation between SPIRIT and Sue. She returned in January as a director.

Jamie has replaced Sue as manager on a temporary basis. We will need to address a permanent replacement this year.

We also welcomed Carrie Waugh onto our team. She brings both good academic background and a genuine delight in working with our members to her role. Welcome aboard Carrie.

As the new year approached, we eagerly awaited the news from NHS Highland about the extension to the contract. The 31st December, we were told was the last day they could tell us and would be the day they told us. The new year came and went without any indication about the state of the extension. Eventually we contacted them, only to be told that the person who would inform us was off sick. We knew this and they knew that this was a planned absence so should have been covered. Then the conditions changed. We were told we are only given 3 months' notice if the contract would change. We wear it seemed to take no action on the part of NHS Highland as a confirmation of the contract extension. We now have funding secure until March 2023. However, much work needs to be done in order to secure our work beyond then.

At the end of March Christene left the SPIRIT fold after many years of loyal service. I discovered it was Christene and her way with words that came up with the SPIRIT title, Strengthening People In Raising Issues Together. It was a bitter sweet departure because we will greatly miss Christene, she is now, we all hope, enjoying a well-deserved retirement. All the best Christene from all the board.

Spirit Advocacy

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

During the period the charity made a deficit of £40,450 (2022 - surplus £65). This is made up of a deficit in unrestricted of £21,665 (2022 - £917 surplus) and a deficit in restricted of £18,786 (2022 - £982 deficit). At the year end date the balance on unrestricted funds was £28,940 (2022 - £50,657) and there was a balance of £1,635 (2022 - £20,368) in restricted funds.

Reserves policy

The charity operates two types of reserves: Restricted and Unrestricted funds. Restricted funds are funds that must be used for a specific purpose. The reserves policy of SPIRIT has always been to maintain sufficient reserves to meet our obligations for redundancy pay, and those costs associated with the winding up of the organisation (including final accounts, etc) should it become clear that our core funding from NHS Highland would not continue.

For the last few years we have always managed to carry forward additional uncommitted underspend, over and above the required reserves. As the real value of our core funding from NHS Highland has decreased, and uncertainty about NHS future funding inhibited our ability to secure additional grant support from charitable trusts, these funds have been depleted year on year as set out in the annual reports, but allowed us to maintain activity and staffing levels in pursuance of our Aims and Objectives.

Plans for future periods

SPIRIT Advocacy began to contribute to the various strategies that the NHS both locally and nationally have begun to undertake. SPIRIT Advocacy has created opportunities for our members to contribute to these and has appropriately amplified their voices to those who need to hear them. These are both ongoing as is SPIRIT Advocacy's engagement with them and we will continue to work to ensure a strong voice for lived experience in work to shape the design and delivery of services. Regular meetings with NHS Highland ensure that your voices as members are heard and that the NHS is updated on our activity and the work we are doing on a regular basis.

Spirit Advocacy

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

TRUSTEES' RESPONSIBILITIES STATEMENT

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

Company law 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 charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these 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 judgments and accounting estimates that are reasonable and prudent;

prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

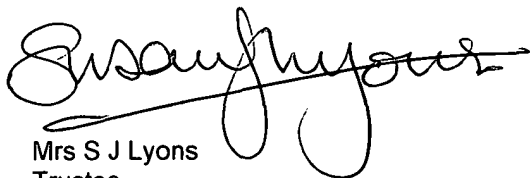
The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 26/10/23..... and signed on behalf of the board of trustees by:



Mrs S J Lyons
Trustee

Spirit Advocacy

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Spirit Advocacy

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Spirit Advocacy ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 ('the 2005 Act'), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts carried out under section 44(1)(c) of the 2005 Act. In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Independent examiner's statement

Since the charity is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I can confirm that I am qualified to undertake the examination because I am a registered member of ICAS which is one of the listed bodies.

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act, section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; or
2. the financial statements do not accord with those records or with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Spirit Advocacy

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Spirit Advocacy *(continued)*

Year ended 31 March 2023

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Other matters

To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our work, for this report, or for the opinions I have formed.



Daniel Palombo M.A. (Hons), C.A.
Independent Examiner

Forbes House
36 Huntly Street
Inverness
IV3 5PR

26 October 2023

Spirit Advocacy
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2023

		Unrestricted funds	2023 Restricted funds	Total funds	2022 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	270	1,688	1,958	23,600
Charitable activities	6	124,375	—	124,375	120,000
Total income		<u>124,645</u>	<u>1,688</u>	<u>126,333</u>	<u>143,600</u>
Expenditure					
Expenditure on charitable activities	7,8	(146,310)	(20,473)	(166,783)	(143,535)
Total expenditure		<u>(146,310)</u>	<u>(20,473)</u>	<u>(166,783)</u>	<u>(143,535)</u>
Net (expenditure)/income		<u>(21,665)</u>	<u>(18,785)</u>	<u>(40,450)</u>	<u>65</u>
Transfers between funds		(52)	52	—	—
Net movement in funds		<u>(21,717)</u>	<u>(18,733)</u>	<u>(40,450)</u>	<u>65</u>
Reconciliation of funds					
Total funds brought forward		50,657	20,368	71,025	70,960
Total funds carried forward		<u>28,940</u>	<u>1,635</u>	<u>30,575</u>	<u>71,025</u>

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

The notes on pages 10 to 18 form part of these financial statements.

Spirit Advocacy
Company Limited by Guarantee
Statement of Financial Position
31 March 2023

	Note	2023 £	£	2022 £
Fixed assets				
Tangible fixed assets	15		1,331	2,018
Current assets				
Debtors	16	2,079		4,300
Cash at bank and in hand		94,368		71,492
		96,447		75,792
Creditors: amounts falling due within one year	17	(67,203)		(6,785)
Net current assets			29,244	69,007
Total assets less current liabilities			30,575	71,025
Net assets			30,575	71,025
Funds of the charity				
Restricted funds			1,635	20,368
Unrestricted funds			28,940	50,657
Total charity funds	20		30,575	71,025

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 26/10/23....., and are signed on behalf of the board by:



Mrs S J Lyons
Trustee

Company registration number: SC404409

The notes on pages 10 to 18 form part of these financial statements.

Spirit Advocacy
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Scotland and a registered charity in Scotland. The address of the registered office is Ritsons, Chartered Accountants & Business Advisers, Forbes House, 36 Huntly Street, Inverness, IV3 5PR, Scotland.

2. Statement of compliance

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

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The charity currently has a service level agreement in place up to 31 March 2024. The charity is currently in discussions to obtain continued funding beyond this point although nothing is yet in place. Although there are uncertainties regarding future funding the board are confident that this will be secured in due course. On this basis the trustees consider the accounts should continue to be prepared on a going concern basis.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	- 25% straight line
Equipment	- 25% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date. For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

4. Limited by guarantee

Spirit Advocacy is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being wound up while he or she is a member, or within one year after he or she ceases to be a member.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	270	1,688	1,958
Grants			
YPI Scotland	—	—	—
Miscellaneous grants	—	—	—
	<u>270</u>	<u>1,688</u>	<u>1,958</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	250	2,256	2,506
Grants			
YPI Scotland	3,000	—	3,000
Miscellaneous grants	—	18,094	18,094
	<u>3,250</u>	<u>20,350</u>	<u>23,600</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
NHS Highland	120,000	120,000	120,000	120,000
Other income	4,375	4,375	—	—
	<u>124,375</u>	<u>124,375</u>	<u>120,000</u>	<u>120,000</u>

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

7. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
General Operations	141,204	20,473	161,677
People 1st	–	–	–
SPEAK DA	–	–	–
Support costs	5,106	–	5,106
	<u>146,310</u>	<u>20,473</u>	<u>166,783</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
General Operations	110,783	1,556	112,339
People 1st	–	16,427	16,427
SPEAK DA	6,905	–	6,905
Support costs	6,479	1,385	7,864
	<u>124,167</u>	<u>19,368</u>	<u>143,535</u>

8. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2023 £	Total fund 2022 £
General Operations	161,677	5,106	166,783	120,203
People 1st	–	–	–	16,427
SPEAK DA	–	–	–	6,905
	<u>161,677</u>	<u>5,106</u>	<u>166,783</u>	<u>143,535</u>

9. Analysis of support costs

	General operations £	Total 2023 £	Total 2022 £
Premises	2,950	2,950	5,405
Communications and IT	2,052	2,052	2,338
Other costs	104	104	121
	<u>5,106</u>	<u>5,106</u>	<u>7,864</u>

10. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>1,117</u>	<u>1,010</u>

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

11. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	3,711	3,550
Other financial services	1,394	1,229
	<u>5,105</u>	<u>4,779</u>

12. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	109,999	110,340
Employer contributions to pension plans	3,033	3,216
	<u>113,032</u>	<u>113,556</u>

Pension costs are allocated to projects by employee.

The average head count of employees during the year was 6 (2022: 6).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total compensation paid to key management personnel for services provided to the charity was £33,696 (2022: £26,448).

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

One trustee (2022 - one) was reimbursed £1,015 (2022 - £67) for travel expenses and £61 (2022 - £nil) for sundry office expenses incurred while carrying out their duties.

14. Transfers between funds

During the year £52 (2022 - £nil) was transferred from the unrestricted fund to the HTSI - Celebrating Reconnecting Fund to clear the fund deficit at the year end date.

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

15. Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 April 2022	4,038	4,038
Additions	430	430
At 31 March 2023	4,468	4,468
Depreciation		
At 1 April 2022	2,020	2,020
Charge for the year	1,117	1,117
At 31 March 2023	3,137	3,137
Carrying amount		
At 31 March 2023	1,331	1,331
At 31 March 2022	2,018	2,018

16. Debtors

	2023 £	2022 £
Prepayments and accrued income	2,079	4,300

17. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	64,131	3,956
Social security and other taxes	2,503	1,134
Other creditors	569	1,695
	67,203	6,785

18. Deferred income

	2023 £	2022 £
Amount deferred in year	60,000	—

Deferred income comprises of funding from NHS Highland received during the year which the donor has specified must be used in future accounting periods.

19. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £3,033 (2022: £3,216).

At the year end the outstanding pension payments amounted to £569 (2022 - £1,663).

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 31 March 2023

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 Mar 2023
	£	£	£	£	£
General funds	<u>50,657</u>	<u>124,645</u>	<u>(146,310)</u>	<u>(52)</u>	<u>28,940</u>

	At 1 April 2021	Income	Expenditure	Transfers	At 31 Mar 2022
	£	£	£	£	£
General funds	<u>51,574</u>	<u>123,250</u>	<u>(124,167)</u>	<u>-</u>	<u>50,657</u>

Restricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 Mar 2023
	£	£	£	£	£
People 1st	-	-	-	-	-
See Me	872	-	-	-	872
Caring & Sharing	-	-	-	-	-
Royal Horticultural Society - garden project	-	-	-	-	-
STV Children's Appeal	-	-	-	-	-
HTSI - Wha's Like Us	13,696	-	(12,933)	-	763
HTSI - Celebrating Reconnecting	<u>5,800</u>	<u>1,688</u>	<u>(7,540)</u>	<u>52</u>	<u>-</u>
	<u>20,368</u>	<u>1,688</u>	<u>(20,473)</u>	<u>52</u>	<u>1,635</u>

	At 1 April 2021	Income	Expenditure	Transfers	At 31 Mar 2022
	£	£	£	£	£
People 1st	16,427	-	(16,427)	-	-
See Me	872	-	-	-	872
Caring & Sharing	502	-	(502)	-	-
Royal Horticultural Society - garden project	200	-	(200)	-	-
STV Children's Appeal	1,385	-	(1,385)	-	-
HTSI - Wha's Like Us	-	14,550	(854)	-	13,696
HTSI - Celebrating Reconnecting	-	<u>5,800</u>	<u>-</u>	<u>-</u>	<u>5,800</u>
	<u>19,386</u>	<u>20,350</u>	<u>(19,368)</u>	<u>-</u>	<u>20,368</u>

Spirit Advocacy

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

NHS contract funding for HUG Action for Mental Health

Provision of collective advocacy for people with mental ill health.

NHS contract funding for People First Highland

Provision of collective advocacy for people with a learning disability.

See Me

The national anti-stigma initiative, funded the ongoing development of HUG's 'Hear Me' project, focusing on parents with mental ill health whose children had been taken into care. In 2017, after the project's first year, a report was prepared by HUG's development worker which suggested a 'peer support' approach should be adopted in future.

Caring and Sharing

A Caring and Sharing grant was awarded to People First Highland to support its ongoing work involving people with a learning disability.

RHS

A fund to be used for costs of the garden.

STV Children's Appeal

Funding to provide support for specific work with young people. This was used to support the Speak project.

HTSI - Wha's Like Us

Funding for a project to use mainstream events to challenge people to think differently about mental illness and publish a book of the work of the people involved.

HTSI - Celebrating reconnecting

Funding to be used to support adults with learning difficulties to organise and run a conference focusing on the lessons learned during lockdown and celebrating reconnecting.

21. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Tangible fixed assets	1,331	–	1,331
Current assets	94,812	1,635	96,447
Creditors less than 1 year	(67,203)	–	(67,203)
Net assets	28,940	1,635	30,575

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Tangible fixed assets	2,018	–	2,018
Current assets	55,424	20,368	75,792
Creditors less than 1 year	(6,785)	–	(6,785)
Net assets	50,657	20,368	71,025

22. Related parties

No trustee, or person related to the charity, had any personal interest in any contract or transaction entered into by the charity during the year.