

**CAMPAIGN AGAINST LIVING MISERABLY**  
(A COMPANY LIMITED BY GUARANTEE)

**REPORT & FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 MARCH 2008

**COMPANIE  
HOUSE**



Royce Peeling Green Limited  
Chartered Accountants & Registered Auditors  
The Copper Room  
Deva Centre  
Trinity Way  
Manchester, M3 7BG

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for the year ended 31 March 2008**

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**LEGAL AND ADMINISTRATIVE INFORMATION**  
**for the year ended 31 March 2008**

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**DIRECTORS**

Dr Elaine Church (Chairman)  
Andrew Gregory (Company Secretary)  
Janet Finucane  
David Sweeney  
Maggie Day

**TRUSTEES**

Dr Elaine Church (Chairman)  
Andrew Gregory (Company Secretary)  
Janet Finucane  
David Sweeney  
Maggie Day  
Cathryn Wright

**SECRETARY**

Andrew Gregory

**CHARITY CHIEF EXEC**

Jane Powell

**REGISTERED OFFICE**

PO Box 52490  
London  
NW3 9DW

**ACCOUNTANTS**

Royce Peeling Green Limited  
Chartered Accountants & Registered Auditors  
The Copper Room  
Deva Centre  
Trinity Way  
Manchester, M3 7BG

**BANKERS**

Co-operative Bank plc  
PO Box 250  
Delf House  
Southway  
Skelmersdale  
WN8 6WT

**LEGAL ADVISORS**

DWF Solicitors  
Centurion House  
129 Deansgate  
Manchester  
M3 3AA

**TRUSTEES' REPORT  
for the year ended 31 March 2008**

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## **Structure, Governance and Management**

### **Nature of governing document / how constituted etc**

The Company was incorporated on 28/07/05 via Memorandum and Articles of Association as a company limited by guarantee and not having share capital.

### **Methods for recruitment and appointment of trustees**

The trustees are recruited as and when required.

### **Organisational Structure**

The charity has a Management Committee made up of members who meet on a quarterly basis and are responsible for the strategic direction and policy of the charity.

The delegation of the day to day responsibility for the running of the organisation rests with the National Director/Chief Exec Jane Powell.

### **Objectives and Activities**

The charities objectives are: the preservation and protection and improvement of mental health and well-being amongst young persons in England and Wales by offering but not limited to the use of support services, counseling, advice and/or information about depression and/or crisis management in whatever form is deemed most appropriate at that time to ensure that the services on offer are accessible to young people, and through but not limited to the advancement of health education and public awareness relating to young people's mental health issues.

David Sweeny and Maggie Day joined the campaign as Trustees during this financial year.

### **Achievements and Performance**

The Charity runs a web-site targeted at men aged between 15 and 35. The charity also run a helpline, currently four days a week, and within CALMzones works with local health commissioners/Primary Care Trusts to socially market CALMs message and services to young men. CALM is a member of the Mental Health Helpline Partnership, a body backed by the Dept of Health, and has its phoneline accredited by them. CALM's message to young men is that it is OK, and strong, to talk. The message aimed at the general public is about the sheer scale of suicide among young men.

**TRUSTEES' REPORT cont....  
for the year ended 31 March 2008**

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## **A Narrative of the Year, National**

The year did not get off to a good start for CALM. The Department of Health (DH) launched the CALM (Campaign Against Living Miserably) telephone helpline in Manchester in 1997. When we took the decision to relaunch as a charity we had striven to continue with the helpline and keep it 7 days a week, from 5pm till 3am, starting from a standing position. We had secured a DH Section 64 grant to help with our re-launch, which included funding towards the helpline operation. We managed to scrape by somehow for 11 months from April 06, and introduce a trial online facility, but by Feb 07 it was clear that we were about to fail, so the helpline and online service was pulled. A dark moment in our first struggling year as a charity. The decision to suspend the helpline had not been taken lightly, but as a result it was also necessary for the DH grant (awarded in 2006 - £ 123,000 over three years) to be temporarily suspended. However, following discussions with DH and an agreement on the way forward, grant payments were recommenced. Our belief in the value of the campaign and of the service we could potentially provide was strong, so we persevered.

### **The Comedy Night**

In June, spearheaded by Claire Anstey, a comedy night was organised at Clapham Grand, London. Initially seen as a low key event with maybe three comedian's, it grew to an outstanding event with Robin Ince, Simon Amstell, Ed Byrne, Daniel Kitson, Matthew Holness, Richard Herring, Hattie Hayridge, Phil Nicol and Paul Sinha. It sold out weeks before the actual event. Metro sponsored the night and helped on promotion. Ogilvy did some fine advertising; TMW produced a stonking mspace site. David Baddiel and Stephen Merchant sold goodie bags in the interval and some back-stage filming. That month CALM banked around £14,000. Not all of this was from the Comedy Night – our sponsored 10K runs in Manchester and London accounted for a good whack, but this boost kept the campaign alive and kicking.

### **Comic Relief / Texting-Online Proposal**

During June we also put in a proposal to Comic Relief to launch an online/texting service – with the idea that we would raise funds for this ourselves as well, looking for 500 companies to give us £100 each. Metro helpfully pushed this proposal in the paper, well before Comic Relief had agreed to the proposal – an appeal which brought in over £6000 that year.

### **Accrington CALMzone**

In the spring, ever optimistic, we'd also put in a very limited proposal for a CALMzone in Accrington. Much to our surprise this was successful and we worked to put a CALMzone Coordinator in place in Aug/Sept 07. The intention was to launch before Xmas, but events overtook us, so the Accrington CALMzone wasn't launched until Feb 08, more about Accrington and E Lancs in next year's Annual Report.

### **Wasted Youth**

In the late summer we worked to support Wasted Youth, founded by Daniel Fulvio, to put on a gig in Pentonville Prison with Dirty Pretty Things and The Enemy to raise awareness of male suicide, and used our account with Ticketweb to promote a gig at KoKo's in Camden to help raise funds for CALM and other charities working in this field.

The accounts show the measure of support we've received from the public. Without the benefit of a fundraiser – or indeed an office – the public were generous. Most of the donations arose from collections made at the funeral of a young suicide, or more and more frequently now by people organising fundraisers for CALM or running for CALM in the 10K Manchester or London runs. Friends and family of James Walsh have been particularly generous to CALM and have played a significant role in supporting the charity. During this year we set established an online E-Bulletin to keep in contact with supporters. This elicits a strong readership, with between 35-40% of people opening their newsletter.

### **Relaunching Services**

Whilst the helpline was down we put our efforts into putting our Database online, so that at least visitors to the website could find out about local agencies that could support them. This was launched late 2007. The intention following the suspension of the phoneline was that we would push to raise funds in the first instance for the texting/online service and come back to the phoneline. However, the Dept of Health was keen that we get the phoneline back up first, and that they would unsuspend the grant. After discussions late 2007 the helpline was launched in March 2008, 4 days a week Sat-Tues, 5pm to midnight.

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**TRUSTEES' REPORT cont....  
for the year ended 31 March 2008**

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**NotAnotherCrapXmas**

Late 2007 Catapult Digital, an online design agency, proposed an online Advent Calendar – with maybe music/games available each day of the Calendar. With the help of Advisors like Chris Price – programme director, MTV, and with Claire Anstey and friends over 40 tracks were sent into CALM for consideration for the site. Chris Price and Annie Mac selected the tracks, and the calendar attracted extensive online coverage, and secured tracks from great signed and unsigned artists including Scroobius Pip and Dan le Sac, Newton Faulkner, The Fratellis, Rumble Strips, The King Blues, Sasha, Yoav, Taio Cruz, James Zabiela.

**Dizze Rascal / Dean Video**

In the early days of 2008 we set out on a very very cold, and very very wet day to shoot a video to accompany Dizze Rascal's 'Dean' track, a song about a friend of his who committed suicide. Dick Carruthers and Tom Woodcraft pulled together the filming, with the help and support of numerous friends, agencies and studio's. Dean then went on sale via i-tunes, profits to CALM.

**Winner of Mike Farrer Self Care Challenge**

Finally, we also heard at the start of 2008 that CALM had won the prestigious North West Self Care Challenge 2008 in the mental health category, bringing £5000 to spend on the two CALMzones and £5,000 to spend on the online/texting service when launched.

*Jane Powell, National Director/Chief Exec*

**Report from Merseyside CALMzone**

The Merseyside CALMzone has been in existence since it was launched at Cream Nightclub in 2000 when CALM was a Dept of Health pilot. The CALMzone is currently formed of a partnership of 5 local Primary Care Trusts who jointly fund a local marketing budget and employ the local CALMzone Coordinator. Simon Howes has been the CALMzone Coordinator in Merseyside since 2004.

**Distribution**

30,000 CALM cards distributed  
30,000 CALM foldout booklets distributed  
25,000 CALM badges, stickers and keyrings distributed

**E-newsletters**

We set up a new e-newsletter system enabling us to stay in regular contact with key stakeholders and supporters in Merseyside.

**Health Trainers**

We began giving CALM presentations to the teams of NHS Health trainers across Merseyside, enabling them to signpost people in the community to CALM, where appropriate.

**MySpace Promotion**

The CALM MySpace page was set up and maintained by the Merseyside CALMzone, growing our number of friends and profile views, linking in with all the local and national events, bands, artists and influencers to spread the message of CALM to MySpace users.

**St Helens Citadel venue (Throughout the year)**

Promotion with Overload (under 18's) and Rubberneck nights at St Helens Citadel venue.

**Radio City Promotion (Throughout the year)**

We worked with Radio City to give info and advice to their listeners via their website plus on-air discussions and DJ reads also to increase interest. Pushes included Freshers, Christmas & NY, Valentines and Exam Stress.

**Hub urban arts festival (May 2007)**

Promotion materials distributed at the UK's largest and fastest growing youth festival celebrating the very best of urban and extreme sports culture, attracting over 20,000 14-25 year olds over 2 days.

**TRUSTEES' REPORT cont....  
for the year ended 31 March 2008**

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**CALM promotion at Southport Weekender (May and Nov 07)**

We teamed up with the guys behind the legendary Southport Weekender and promoted CALM to their dedicated fan base via promo packs and web / e-shot articles.

**Knowsley Hall Music Festival (23rd - 24th June 2007)**

It was no mean feat just getting the CALMzone Chill out tent set up in the rain but we did it and with support from beanbag providers Ambient Lounge, staff from Knowsley's fantastic Lighthouse Project and a chilled sound track we relaxed our way through 2 days of very muddy rock 'n' roll festival shenanigans!

With over 800 people enjoying the atmosphere and relaxing in the tent we made sure everyone who entered got a good dose of CALM and went away rejuvenated and ready for more great music from the likes of The Zutons, Keane, The Coral, Joss Stone, Madness and The Who.

**Eclectica Festival (August 07)**

Our promo team were out and about at this St Helens based, outdoor music event, handing out CALM materials and badges.

**Creamfields (Aug 07)**

Thanks to our friends at Cream we were once again backstage at Creamfields, meeting and talking to artists about CALM. We also interviewed many of them on camera and asked them how they chill out and express their emotions through their music.

We caught up with Claude Von Stroke, Annie Mac, Yousef, James Zabiela, Anton Powers, New Young Pony Club, Rob Tissera and even comedian Alexi Sayle!

**Freshers promotion (October 07)**

Over 10,000 packs went out to the massive student community on Merseyside, each containing information on CALM and some of the ways it can help.

**Stand Up To Stop Suicide – Liverpool Comedy Night (Nov 2007)**

Featuring the cream of North West talent and the bargain price of £7 a ticket, hundreds joined us for a brilliant line up featuring:

- Keith Carter as Nige - "Nige thinks he's a superhero. In comedy terms he already is..." - Edinburgh Evening News
- Chris Cairns MC - "Liverpool's very own Big Yin" – Liverpool Echo
- Mick Ferry - "As good as it gets.....highly original and hilarious" - Metro Big Issue
- Daliso Chaponda - "A comedian with raw Eddie Murphy confidence, cheek and super-polished style" - Nerve, Liverpool
- Paul Smith – "Far too young to be as talented as he is!" – Bar XS

**Promotions at Liverpool Music Week 2007 (Nov/Dec 07)**

The UK's biggest indoor winter music festival taking over 10+ city centre venues with over 200 live acts was also promoting CALM to it's audience. We had our promo team out and about at the venues plus signage to make sure everyone knew "Being Silent Isn't Being Strong".

**Christmas & New Year Outdoor Advertising**

Over the Christmas and New Year period thirty 6-sheet bus stop sites and one 48 sheet billboard were advertising CALM and it's website to the Merseyside population. The location of these was informed by hotspots identified from the residential data of attempted suicide or self-harm amongst 15 - 35 males from the TIIG database

**CALM installation (Mar 08)**

We worked with a new live music venue (Bar Fluid Live Lounge) in St Helens and installed CALM graphics on the venues walls, stage area, bar and gents toilets to promote our message to the crowds of music lovers coming to the venue regularly to watch local talent play.

*Simon Howes, Merseyside CALMzone Coordinator*

**TRUSTEES' REPORT cont....  
for the year ended 31 March 2008**

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## **Financial review**

### **Principal Funding sources**

Funding during this year fell fairly evenly between the CALMzones, grants and donations.

### **Investment Policy**

The Trustees have the power to invest in such assets as they see fit. Aside from retaining a prudent amount in reserves, it is intended that most of the charity's funds are to be spent in the short term, which leaves no funds for long term investment. The trustees, having regard to the liquidity requirements of operating the charity, have maintained a policy of keeping funds in an interest bearing deposit account.

### **Reserves Policy**

The uncommitted funds generated this year were £5,047 (2007 - £11,162). It is anticipated that a target of reserves amounting to at least twice the working capital requirements of the charity will be set.

### **Risk Management**

The trustees have assessed the major risks to which the charity is exposed, in particular those related to its operations and finances, and are satisfied that systems are in place to mitigate our exposure to the major risks. Risk factors and control systems are reviewed regularly by the trustees.

### **Statement of Directors and Trustees' Responsibilities**

Law applicable to charities in England and Wales requires trustees to prepare financial statements for each financial year which give a true and fair view of the financial activities of the charity during the year and state of affairs at the end of the year. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any 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 company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 1985. 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.

### **Companies Act 1985**

This report has been prepared in accordance with the special provisions relating to small companies within Part VII of the Companies Act 1985.

This report was approved by the board on 29 January 2009



**Dr E Church  
Chair of Trustees**



## Independent examiners' report on the accounts to the Trustees of Campaign Against Living Miserably

We have examined the accounts of Campaign Against Living Miserably for the year ended 31 March 2008 set out on pages 8 to 14.

### Respective responsibilities of the trustees and independent examiners

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (The Act), as amended by section 28 of the Charities Act 2006) and that an independent examination is needed. It is our responsibility to:

- examine the accounts (under section 43 of the Act, as amended);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act, as amended); and
- state whether particular matters have come to our attention.

### Basis of independent examiner's report

Our 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 we do not express an audit opinion on the view given by the accounts.

### Independent examiners' statement

In connection with our examination no matter has come to our attention:

(1) which gives us reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the Act); and
- accounts are prepared which accord with the accounting records and comply with the accounting requirements of the Act; or.

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

Royce Peeling Green Limited  
Chartered Accountants & Registered Auditors  
The Copper Room  
Deva Centre  
Trinity Way  
Manchester, M3 7BG

29/1/09

Royce Peeling Green Limited

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
for the year ended 31 March 2008**

	Notes	Unrestricted funds £	Restricted funds £	Totals 2008 £	Totals 2007 £
<b>Incoming resources</b>	<b>3</b>				
Voluntary income		37,606	66,423	104,029	142,075
Fundraising Activities		37,604	-	37,604	835
Investment Income		516	-	516	302
<b>Incoming resources from charitable activities</b>		-	-	-	-
<b>Other incoming resources</b>		-	-	-	-
<b>Total incoming resources</b>		<b>75,726</b>	<b>66,423</b>	<b>142,149</b>	<b>143,212</b>
<b>Costs of generating funds</b>	<b>4</b>				
Costs of generating voluntary Income		-	-	-	3,046
Fundraising costs		20,183	-	20,183	-
<b>Charitable activities</b>		<b>31,675</b>	<b>55,742</b>	<b>87,417</b>	<b>97,681</b>
<b>Governance costs</b>		<b>29,502</b>	<b>-</b>	<b>29,502</b>	<b>31,323</b>
<b>Total resources expended</b>		<b>81,360</b>	<b>55,742</b>	<b>137,102</b>	<b>132,050</b>
<b>Net incoming resources before Transfers</b>		<b>(5,634)</b>	<b>10,681</b>	<b>5,047</b>	<b>11,162</b>
<b>Gross transfer between funds</b>		-	-	-	-
<b>Net incoming resources before other recognised gains/(losses)</b>		<b>(5,634)</b>	<b>10,681</b>	<b>5,047</b>	<b>11,162</b>
<b>Other recognised gains/(losses)</b>					
Gains or losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Gains or losses on investment assets		-	-	-	-
<b>Net movements in funds</b>		<b>(5,634)</b>	<b>10,681</b>	<b>5,047</b>	<b>11,162</b>
<b>Total funds brought forward</b>		<b>9,937</b>	<b>13,056</b>	<b>22,993</b>	<b>11,831</b>
<b>Total funds carried forward</b>		<b>4,303</b>	<b>23,737</b>	<b>28,040</b>	<b>22,993</b>

# CAMPAIGN AGAINST LIVING MISERABLY

## BALANCE SHEET for the year ended 31 March 2008

		Unrestricted funds	Restricted income funds	Totals 2008	Totals 2007
	Notes	£	£	£	£
<b>CURRENT ASSETS:</b>					
Accrued Income		-	9,797	9,797	-
Cash at bank and in hand		18,047	13,940	31,987	23,404
<b>CREDITORS: amounts falling due within one year</b>	<b>6</b>	<b>(13,744)</b>	<b>-</b>	<b>(13,744)</b>	<b>(411)</b>
<b>NET ASSETS</b>		<b>4,303</b>	<b>23,737</b>	<b>28,040</b>	<b>22,993</b>
<b>Funds of the Charity</b>					
Unrestricted funds	8	4,303		4,303	9,937
Restricted income funds	8		23,737	23,737	13,056
<b>TOTAL FUNDS</b>		<b>4,303</b>	<b>23,737</b>	<b>28,040</b>	<b>22,993</b>

For the year ended 31<sup>st</sup> March 2008 the company was entitled to exemption under section 249A (1) of the Companies Act 1985. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 249B (2). The directors acknowledge their responsibility for: i) Ensuring the company keeps accounting records which comply with section 221; and ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at the end of its profit and loss for the financial year in accordance with section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

The financial statements on pages 4 to 8 were approved by the trustees on 29 January 2009 and signed on their behalf



**Dr E Church**  
Director

**NOTES TO THE ACCOUNTS  
for the year ended 31 March 2008**

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**1. BASIS OF PREPARATION**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005), Financial Reporting Standards for Smaller Enterprises (FRSSE) and with the Charities Act 1993.

**2. ACCOUNTING POLICIES**

**Company status**

The charity is a company limited by guarantee. The members of the company are the trustees named on page 2. In the event of the charity being wound up the liability in respect of the guarantee is limited to £1 per member of the charity.

**Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

**Incoming resources**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

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

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

Donated facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received. No amounts are included in the financial statements for services donated by volunteers.

Investment income is included in the accounts when receivable.

**Gifts in kind**

Gifts in kind for use or distribution by the charity are valued at the estimated market value and accounted for as income with a corresponding expenditure item of equivalent value at the time of use or transfer to beneficiaries. Gifts of new and second hand goods subsequent auction or raffle are accounted for as income at amounts realised at the time of sale.

**NOTES TO THE ACCOUNTS**  
**for the year ended 31 March 2008**

**EXPENDITURE AND LIABILITIES**

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

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

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fund raising costs are those incurred raising income for the charity through events and promotions. Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

**3. ANALYSIS OF INCOMING RESOURCES**

		<b>Analysis</b>	<b>2008 £</b>	<b>2007 £</b>
<b>Voluntary income</b>	Public Donations		27,606	38,408
	Sponsorships		10,000	-
	Grant – Dept of Health S64	<b>Note: 9</b>	14,883	45,000
	Grant – E Lancs PCT	<b>Note: 9</b>	27,979	18,667
	Grant – Merseyside PCT – Agreed Marketing		22,894	-
	Grant – Merseyside PCT – Helpline		667	10,000
	Grant – MHHP		-	30,000
			<b>104,029</b>	<b>142,075</b>
<b>Fundraising Activities</b>	Events & sponsorship		26,154	835
	Online donations/fundraising		5,050	-
	Texting/online appeal		6,400	-
			<b>37,604</b>	<b>835</b>
<b>Investment income</b>	Bank Interest		<b>516</b>	<b>302</b>

**NOTES TO THE ACCOUNTS**  
**for the year ended 31 March 2008**

**4. ANALYSIS OF RESOURCES EXPENDED**

		<b>Analysis</b>	<b>2008</b> <b>£</b>	<b>2007</b> <b>£</b>
<b>Costs of generating voluntary income</b>		Public relations and marketing costs	-	3,046
<b>Fundraising costs</b>		Fundraising	10,590	-
		Marketing, Comms & Event	6,897	-
		Production	2,696	-
			<u>20,183</u>	<u>-</u>
<b>Charitable activities</b>		Service Provisions	87,417	97,681
<b>Governance costs</b>		Staff/Management Costs	24,687	22,400
		Office and Related Costs	4,815	8,923
			<u>29,502</u>	<u>31,323</u>

**5. DETAILS OF CERTAIN ITEMS OF EXPENDITURE**

**Trustee expenses**

The charity made the following payments or reimbursements of out of pocket expenses to trustees:

	<b>2008</b>	<b>2007</b>
Number of trustees who were paid expenses	nil	1
Nature of the expenses	Travel	Travel
Total amount paid	£nil	£51.40

**Fees for examination or audit of the accounts**

	<b>2008</b>	<b>2007</b>
Independent examiner's or auditors' fees for reporting on the accounts	350	411
Other fees paid to the independent examiner or auditor	-	-

**NOTES TO THE ACCOUNTS**  
**for the year ended 31 March 2008**

**6. CREDITORS AND ACCRUALS**

	Amounts falling due within one year		Amounts falling due after more than one year	
	2008 £	2007 £	2008 £	2007 £
Trade Creditors	13,394	-	-	-
Accruals and deferred income	350	411	-	-

**7. ENDOWMENT AND RESTRICTED INCOME FUNDS**

Fund Name	Purpose and Restrictions
Restricted income	To operate CALM Zone in Accrington

**8. STATEMENT OF FUNDS**

	At 1 April 2007	Income	Expenditure	At 31 March 2008
	£	£	£	£
General Reserve	9,937	75,726	81,360	4,303
Total unrestricted funds	<u>9,937</u>	<u>75,726</u>	<u>81,360</u>	<u>4,303</u>
Total restricted funds	<u>13,056</u>	<u>66,423</u>	<u>55,742</u>	<u>23,737</u>
Total Funds	<u>22,993</u>	<u>142,149</u>	<u>137,102</u>	<u>28,040</u>

The General Reserve represents the free funds of the charity, which are not designated for particular purposes.

**NOTES TO THE ACCOUNTS**  
**for the year ended 31 March 2008**

**9. DEPARTMENT OF HEALTH SPEND - S64**

	2008 £
<b>Setup costs for relaunch of helpline:</b>	
Telephony review & testing	118
Advisor training	3,525
Monthly reporting & management	588
Advisor hours	10,405
Call charges	247
<b>TOTAL EXPENDITURE</b>	<b><u>14,883</u></b>

**EAST LANCS PCT SPEND**

	£	2008 £
<b>Funds Received:</b>		
Brought Forward 1 <sup>st</sup> April 2007		13,056
Slipage	9,000	
2008/2009 Grant	<u>18,979</u>	
		27,979
<b>Total Received</b>		<b><u>41,035</u></b>
<b>Service Provision</b>		
Helpline Counsellors and Staff	8,083	
<b>Total Service Provision</b>	<b>8,083</b>	
<b>Marketing</b>		
Marketing and Promotion	7,039	
<b>Total Marketing</b>	<b>7,039</b>	
<b>Administration</b>		
Administrative Support	2,176	
<b>Total Administration</b>	<b>2,176</b>	
<b>TOTAL EXPENDITURE</b>		<b>17,298</b>
<b>Funds Carried Forward</b>		<b><u>23,737</u></b>