REGISTERED CHARITY NUMBER: 1190443

Knights Lowe
Chartered Accountants & Business Advisers

Report of the Trustees and

Unaudited Financial Statements

for the Year Ended 31 March 2023

for

YANA CIO

Knights Lowe Chartered Accountants
Eldo House
Kempson Way
Suffolk Business Park
Bury St Edmunds
Suffolk
IP32 7AR

YANA CIO

Contents of the Financial Statements
for the Year Ended 31 March 2023

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 16
Detailed Statement of Financial Activities	17 to 18

YANA CIO

Report of the Trustees
for the Year Ended 31 March 2023

The trustees 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the CIO are;

- to preserve and protect the mental health of agricultural workers and the rural community in general, in particular by providing a mental health support service and promoting the provision of counselling and other forms of therapy.

- to promote suicide prevention within the rural community, and;

- promote awareness of the importance of good mental health and educate the rural sector in matters relating to mental health.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including guidance "Public benefit: running a charity (PB2).

Significant activities

The charity saw continued growth in the number of requests for help made to the helpline and in its funded counselling provision. This support contributes to the prevention of suicide and remains the charities core activity.

The provision of mental health training is the preventative work that underpins the promotion of good mental health and suicide prevention. This develops understanding, confidence, and self awareness within the rural communities of East Anglia, and equips people with tools to help themselves and those around them.

The charity works to raise awareness of the problems of mental health in the rural community by educating those working in this area and opening the debate amongst the wider community and those in government and positions of influence. In doing so, the trustees have had regard to the guidance provided by the Charities Commission on public benefit.

Public benefit

The main activities for the year are promotion of good mental health through training, counselling, a confidential helpline and awareness arising.

The key actions employed to achieve the Charities objectives are:

- Providing a confidential helpline and fully funded counselling
- Building awareness of mental health through campaigns, resources, events and talks
- Investing in Mental Health training

In doing so, the trustees have had regard to the guidance provided by the Charities Commission on public benefit.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity continues to go from strength to strength as it provides more support to those in need. In every area of development it ensures all activities are aligned with its charitable objects. This year has seen a focus on the charities geographical growth from working across Norfolk and Suffolk, to becoming established in Essex and Cambridgeshire too. Alongside this has been a focus on developing a robust training offer that ensures there is something for everyone. Be it an introductory self awareness workshop through to a full 2-day Mental Health First Aider course.

The helpline received 25% more requests for help, based on the previous year, and YANA was able to provide funded counselling for 17% more people that were struggling with their mental health and ability to cope.

The three most cited reasons for requesting help were mental health; work; relationships.

Not only did YANA train 134 people as Mental Health First Aiders, the charity was also able to provide:

- Refresher training for 16 people to retain the qualification.

- YANA's 6 month support package and Share and Care (peer support) sessions

- Pilot sessions of a half day Mental Health: The Essentials training to 2 farm businesses directly plus 2 other sessions with a total of 42 individuals attending

- An introduction to Stress and Anxiety interactive workshop to 8 different businesses and community groups with a total of 107 individuals learning how to recognise stress and anxiety and understand healthy coping strategies

A Social Value study was carried out with funding from the Princes Countryside Fund and with support from the Rose Generation. We found for every £1.00 invested in Mental Health First Aid Training £3.85 of social value is generated, much of which is due to the support provided post training.

The staff team grew with the addition of a two part time roles; Administrator (with a focus on mental health training), and Helpline Coordinator.

The founder of YANA was invited to attend the house of commons to give evidence to EFRA's enquiry into Rural Mental Health, of which the report has now been published (19 May 2023).

Specific work in Cambridgeshire took place to introduce YANA and raise awareness of the support that is now available to the county. This was achieved through a stakeholder event; attending events; distribution of literature through partnerships; giving talks; and networking.

In the early part of 2023, work to raise awareness in Essex started, with the charities presence at events, and contributing to a suicide prevention project in Maldon.

A total of 62 events, community groups, conferences, and organisations had YANA representation and/or talks provided. Talks given reached at least 1200 people, all involved in the agricultural communities of East Anglia.

The Sticking Up for Better Rural Mental Health campaign continued to prove popular as well as leading people to ask for help. It provides a simple way for people to feel like they are doing something positive, as well as reminding people that help is available.

A resource to encourage people with seven simple steps to have helpful conversations was launched in the form of an air freshener, and now forms part of a small vehicle pack for tractors and other machinery.

Over 10,000 copies of awareness raising and educational literature was distributed. This includes 7 Tractor Facts to Save a Life, vehicle stickers, badges, leaflets, Let's get talking air fresheners and rural support directories.

ACHIEVEMENT AND PERFORMANCE

Looking ahead

Trustees made the difficult decision to find an alternative provider to support the agricultural community of Worcestershire, in order that they could focus on the East Anglian charity YANA is becoming. After exploring a range of options and after undertaking due diligence work, it was agreed that RABI would take over the baton of support in Worcestershire. In May 2023, this work will complete and all donations made to YANA to support the mental health provision in Worcestershire will be transferred to RABI.

At YANA's annual strategic planning day, Trustees agreed four key objectives for YANA during 2023, and these are to:
- Maintain day to day operations: training; counselling; helpline & awareness raising

- Develop the helpline to be open for some live hours

- Extend awareness of our support in Cambridgeshire, Essex & Suffolk

- Recruit new trustees

The year ahead is one of further growth and development as YANA truly establishes itself as a key part of the support available to agricultural and rural communities in East Anglia.

This would not be possible without the commitment of our volunteers, fundraisers, grant makers, and donors who remain by our side, as we extend our help to more individuals in need.

FINANCIAL REVIEW

Financial position

The year to 31st March 2023 has covered a further period of change for the charity reflecting a full year of the manager's salary and the addition of other paid part time staff roles, whilst the activities continue to grow. The Trustees had budgeted for a break even position and have achieved the expected level of costs and are delighted that the charity has continued to attract donations from grant makers, commercial supporters and a wide body of individual donors enabling the charity to exist within its income and to grow reserves to those held at 31st March 2023 of £337,725 (2022 - £331,004). The charity has no restricted funds. Our investments remain intact and these funds are invested in low risk investments suitable for charities and provide sufficient returns ,when added to regular donations and similar support, to cover expected annual running costs of the charity, including the cost of funding counselling those in need.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue operating. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

These accounts present the results for the third year of trading.

The financial statements have been prepared in accordance with the accounting policies set out herein and comply with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP 2015).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Charity constitution

YANA became a Charitable Incorporated Organisation (CIO) with UK registered charity number 1190443 in July 2022. It is governed by its Constitution which was adopted on 17 July 2020, and amended on 20 September 2022, to increase the maximum number of trustees from five to seven.

Recruitment and appointment of new trustees

The initial trustees were selected to provide a range of expertise to ensure successful establishment of the charity and cover skills in mental health as well as in the legal and accounting aspects of governance. Appointments were made for an initial 3 year term.

Trustees who served during the year were:

A Bartram
V Edgecombe
M Hubbard (retired 1 January 2023)
H Kilvert [Chair]
G Pilcher

As set out in the Constitution the Board of Trustees must comprise at least three and not more than seven individuals.

Organisational structure

The Board of Trustees administer the CIO. The Board meets at least four times a year for a full Board meeting.

The Charity Manager is appointed by the Trustees to manage the day-to-day operations of the CIO. To facilitate effective operations, the CIO has delegated authority for operational matters including finance, employment and day to day management of the organisation.

The Board is responsible for the employment and terms and conditions of the Charity Manager and general pay and remuneration terms of all employees.

Decision making

The board of trustees is the principle decision making body of the charity. Any decisions taken by the trustees in the running of the charity are done so in regular meetings of the trustee board.

Induction and training of new trustees

There is an informal induction process for new Trustees, each one meeting with the Chair of the Board prior to attending their first full board meeting. Copies of the Constitution and key business documents are made available to the new Trustee.

During the first Board meeting the new Trustee will meet key employees and other Trustees.
Trustees are also provided with a copy of the Charity Commission publication CC3 "The Essential Trustee". Further training opportunities are also identified throughout the year and various trustees will attend seminars providing feedback at relevant board meetings.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1190443

Principal address

Norfolk Showground
Dereham Road
Norwich
Norfolk
NR5 0TT

YANA CIO

Report of the Trustees
for the Year Ended 31 March 2023

Trustees
G S Pilcher
M E J Hubbard
H J Kilvert
Ms A S Bartram
Ms V C Edgecombe

Independent Examiner
Knights Lowe Chartered Accountants
Eldo House
Kempson Way
Suffolk Business Park
Bury St Edmunds
Suffolk
IP32 7AR

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Approved by order of the board of trustees on 13th June 2023 and signed on its behalf by:

.....
G S Pilcher - Trustee

Independent Examiner's Report to the Trustees of YANA CIO

Independent examiner's report to the trustees of YANA CIO
I report to the charity trustees on my examination of the accounts of YANA CIO (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

J Knights ACA, BSc

Knights Lowe Chartered Accountants
Eldo House
Kempson Way
Suffolk Business Park
Bury St Edmunds
Suffolk
IP32 7AR

Date: 20.7.2023

YANA CIO

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted fund £	**2023 Total funds £**	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	**162,717**	-	**162,717**	135,602
EXPENDITURE ON					
Charitable activities	3				
Support Costs		**110,175**	-	**110,175**	67,864
Direct costs		**45,425**	-	**45,425**	49,773
Total		**155,600**	-	**155,600**	117,637
Net gains/(losses) on investments		**(396)**	-	**(396)**	6,471
NET INCOME		**6,721**	-	**6,721**	24,436
RECONCILIATION OF FUNDS					
Total funds brought forward		**331,004**	-	**331,004**	306,568
TOTAL FUNDS CARRIED FORWARD		**337,725**	-	**337,725**	331,004

The notes form part of these financial statements

YANA CIO

Balance Sheet
31 March 2023

	Notes	Unrestricted fund £	Restricted fund £	**2023 Total funds £**	2022 Total funds £
FIXED ASSETS					
Tangible assets	9	**2,872**	-	**2,872**	881
Investments	10	**211,576**	-	**211,576**	210,883
		214,448	-	**214,448**	211,764
CURRENT ASSETS					
Debtors	11	**1,037**	-	**1,037**	1,975
Cash at bank		**128,896**	-	**128,896**	126,489
		129,933	-	**129,933**	128,464
CREDITORS					
Amounts falling due within one year	12	**(6,656)**	-	**(6,656)**	(9,224)
NET CURRENT ASSETS		**123,277**	-	**123,277**	119,240
TOTAL ASSETS LESS CURRENT LIABILITIES		**337,725**	-	**337,725**	331,004
NET ASSETS		**337,725**	-	**337,725**	331,004
FUNDS	13				
Unrestricted funds				**337,725**	331,004
TOTAL FUNDS				**337,725**	331,004

The financial statements were approved by the Board of Trustees and authorised for issue on 8th June 2023 and were signed on its behalf by:

G S Pilcher - Trustee

H J Kilvert - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Grants are included in the Statement of Financial Activities when entitlement occurs, The balance of income recieved for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is recieved in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued,

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 is classified by activity. The costs of each activity are made up of direct costs and shared costs, including support costs involved in undertaking each activity.

Direct costs attributable to a single activity are allocated directly to that activity.

Support costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between activities on a basis consistent with the use of resources.

Central staff costs are allocated on the basis of time spent and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any support costs.

All expenditure is inclusive of irrecoverable VAT.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

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

Computer equipment - 25% on cost

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. **ACCOUNTING POLICIES - continued**

Fund accounting
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 costs of raising and administering such funds are charged against the specific fund.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Going concern
After making appropriate enquiries and taking into consideration future income streams, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they have adopted a going concern basic in preparing the financial statements.

Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recongised at transaction value and subsequently measured at their settlement value, with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably, in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised are combined and presented in the Statement of Financial Activities.

2. **DONATIONS AND LEGACIES**

	2023	2022
	£	£
Donations	**143,791**	127,190
Grants	**17,837**	8,333
Interest on investments	**1,089**	79
	162,717	135,602

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Princes Trust	**17,837**	8,333

continued...

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 4)	Support costs (see note 5)	Totals
	£	£	£
Support Costs	**22,900**	**87,275**	**110,175**
Direct costs	**45,425**	**-**	**45,425**
	68,325	**87,275**	**155,600**

4. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2023	2022
	£	£
Counselling	**22,900**	16,148
Mental Health Courses	**45,425**	31,490
	68,325	47,638

5. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Support Costs	**83,814**	**336**	**3,125**	**87,275**

Support costs, included in the above, are as follows:

	2023 Support Costs	2022 Total activities
	£	£
Wages	**43,746**	**30,499**
Insurance	**1,765**	**689**
Training	**2,183**	**-**
Telephone and licences	**1,054**	**116**
Promotional activity	**31,668**	**31,144**
Sundries	**1,697**	**1,206**
Travel & subsistence	**1,190**	**-**
Depreciation of tangible and heritage assets	**511**	**120**
Bank charges	**336**	**36**
Accountancy & independent exam	**3,125**	**2,800**
Legal and professional fees	**-**	**1,254**
	87,275	**67,864**

continued...

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

7. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	**43,746**	30,499
	43,746	30,499

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

	2023	2022
Management and administration	**3**	1

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	135,602	-	135,602
EXPENDITURE ON			
Charitable activities			
Support Costs	67,864	-	67,864
Direct costs	47,638	2,135	49,773
Total	115,502	2,135	117,637
Net gains on investments	6,471	-	6,471
NET INCOME/(EXPENDITURE)	26,571	(2,135)	24,436
RECONCILIATION OF FUNDS			
Total funds brought forward	304,433	2,135	306,568
TOTAL FUNDS CARRIED FORWARD	331,004	-	331,004

continued...

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2022	**1,001**
Additions	**2,502**
At 31 March 2023	**3,503**
DEPRECIATION	
At 1 April 2022	**120**
Charge for year	**511**
At 31 March 2023	**631**
NET BOOK VALUE	
At 31 March 2023	**2,872**
At 31 March 2022	881

10. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2022	**210,883**
Revaluations	**693**
At 31 March 2023	**211,576**
NET BOOK VALUE	
At 31 March 2023	**211,576**
At 31 March 2022	210,883

There were no investment assets outside the UK.

Cost or valuation at 31 March 2023 is represented by:

	Listed investments £
Valuation in 2021	**6,183**
Valuation in 2022	**6,551**
Valuation in 2023	**693**
Cost	**198,149**
	211,576

continued...

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Prepayments	**1,037**	1,975

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	**1,935**	3,421
Taxation and social security	**1,681**	1,205
Accruals and deferred income	**3,040**	4,598
	6,656	9,224

13. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	**331,004**	**6,721**	**337,725**
TOTAL FUNDS	**331,004**	**6,721**	**337,725**

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

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund	**162,717**	**(155,600)**	**(396)**	**6,721**
TOTAL FUNDS	**162,717**	**(155,600)**	**(396)**	**6,721**

Comparatives for movement in funds

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	304,433	26,571	331,004
Restricted funds			
Suffolk Community Fund	2,135	(2,135)	-
TOTAL FUNDS	306,568	24,436	331,004

continued...

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	135,602	(115,502)	6,471	26,571
Restricted funds				
Suffolk Community Fund	-	(2,135)	-	(2,135)
TOTAL FUNDS	135,602	(117,637)	6,471	24,436

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	304,433	33,292	337,725
Restricted funds			
Suffolk Community Fund	2,135	(2,135)	-
TOTAL FUNDS	306,568	31,157	337,725

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	298,319	(271,102)	6,075	33,292
Restricted funds				
Suffolk Community Fund	-	(2,135)	-	(2,135)
TOTAL FUNDS	298,319	(273,237)	6,075	31,157

The restricted fund Suffolk Community Fund represents a grant received to fund counselling sessions for men from agricultural/rural industries.

continued...

14. RELATED PARTY DISCLOSURES

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

YANA CIO

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	**143,791**	127,190
Grants	**17,837**	8,333
Interest on investments	**1,089**	79
	162,717	135,602
Total incoming resources	**162,717**	135,602
EXPENDITURE		
Charitable activities		
Counselling	**22,900**	16,148
Mental Health Courses	**45,425**	31,490
Suffolk community grant costs	**-**	2,135
	68,325	49,773
Support costs		
Management		
Wages	**43,746**	30,499
Insurance	**1,765**	689
Training	**2,183**	-
Telephone and licences	**1,054**	116
Promotional activity	**31,668**	31,144
Sundries	**1,697**	1,206
Travel & subsistence	**1,190**	-
Computer equipment	**511**	120
	83,814	63,774
Finance		
Bank charges	**336**	36
Governance costs		
Accountancy & independent exam	**3,125**	2,800
Legal and professional fees	**-**	1,254
	3,125	4,054
Total resources expended	**155,600**	117,637
Net income before gains and losses	**7,117**	17,965
Realised recognised gains and losses		
Carried forward	**7,117**	17,965

YANA CIO

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	2023	2022
	£	£
Realised recognised gains and losses		
Brought forward	**7,117**	17,965
Realised gains/(losses) on fixed asset investments	**(396)**	6,471
Net income	**6,721**	24,436