

capella



Annual Report

and Financial Statements

2022-2023




capella

formerly *Sleep Scotland*





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**CAPELLA CHARITY
(FORMERLY SLEEP SCOTLAND)**
Annual Report and Financial Statements
for the Year Ended 31 March 2023
Charity registration number SC027560 (Scotland)
Company registration number SC182935 (Scotland)



Trustees' Report

The Trustees present their Report, together with the accounts for the year ended 31st March 2023. The Board have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) 2019 in preparing the annual report and financial statements of the charity.

The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, and 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) 2019.

Objectives and activities

Our year

The charity celebrated its 25th year in 2023, having been supporting people since February 1997. We have continued to thrive, opening a new Teens+ centre and expanding our Sleep Support Line. We were delighted to have been named Employer of the Year by the Edinburgh Chamber of Commerce and our Sleep Support Team a finalist in the UK-wide Third Sector Awards.

As COVID restrictions continued to ease, we responded rapidly to the new opportunities and threats in the post-pandemic world. The economic climate has made for difficult operating conditions but the charity has continued to perform well. The charity has implemented new ways to support our staff and increased delivery of support, all while feeling the pressures of high inflation and challenges to supply. Despite these challenges, the charity has adapted and our stakeholders continue to hold our service quality in high regard.

We look forward to continued growth and development of our services so that we can deliver lasting change through learning to help even more people to thrive.

Thanks to our funders

All of our work in 2022/23 could not have been possible without the generous support of our funders. We are incredibly grateful for every grant that helps us achieve our goal of delivering lasting change through learning.



Objectives and activities *continued*

Strategy 2025: Change for Good

We believe in lasting change through learning, because everyone deserves to thrive. Our ambitious new strategy, Change for Good, sets our vision for a thriving charity that delivers our purpose; to realise the potential of children and adults in need.

The aim of our strategy is to grow in order to reach and support more people and become more sustainable. Our values are very important to us and everyone at Capella represents our values, to help people thrive.

T	H	R	I	V	E
Tailored	Humour	Resilient	Integrity	Value	Empathy
We always put people at the centre of our work.	Great things can be achieved when we are happy and have fun.	Flexibility, confidence, and creativity turn challenges into opportunities.	Passion and professionalism are vital for all involved in our organisation.	Everybody deserves respect and we are enriched through our differences.	Compassion and care are in everything we do.



Sleep Scotland Thriving through healthy sleep

We are the leading provider of sleep support, training and resources in the UK. We work with professionals, families and employers to promote healthy sleep for everyone. In 2022/23 we were proud to have continued to help achieve our aim and help many more people have healthy sleep.

Supporting children, young people and their families to have healthy sleep

Our Sleep Support Line continued to see high demand, which increased during lockdown and has not reduced since. We secured a new, three-year funding award from the National Lottery Community Fund to expand our Sleep Support Line. This alongside Scottish Government and Robertson Trust funding, allowed us to meet continuing high demand. In September 2022 we implemented new information and guidance for families while on our waiting list which has resulted in some families having their needs met without the need to wait for one of our Sleep Advisors. Our increased capacity and guidance helped us reduce the number of families waiting for support by 86%, which significantly reduced the amount of time families in crisis were waiting for our help. With the help of our increased funding, we supported 715 families in 22/23, which is an increase of 23.5% from 21/22.

80% of the families we supported said that there was an improvement in their child's sleep and 84% of families said their day-to-day life had improved. With healthier sleep, we can expect that those we support will have improved mental health, increased educational attainment and healthier lifestyles. At a time when the NHS is under such pressure, we are proud that we play a part in reducing the pressure on our overstretched health service.

“ Sleep Scotland’s help has been immeasurable. Our Sleep Counsellor was beyond helpful, kind and supportive. She gave simple suggestions that were easy to implement that I just had not thought of in our very sleep deprived state. Despite being simple in their practicality, the results were phenomenal. It very much felt like two people brainstorming, looking for tweaks and not at all like I was being preached to, or thought badly of for not knowing these things. My daughter has gone from not sleeping (literally) to having a disrupted sleep one out of 14-21 days.”

Our Sleep Support Line team were finalists in the Frontline Team of the Year in the UK Third Sector Awards. We were the only Scottish charity to be recognised in these prestigious awards and were incredibly proud of the recognition for the impact our work makes on the lives of the families we support.

Providing high-quality training to support healthy sleep for everyone

We continued to grow our sleep training provision by launching a new Sleep Counselling for Adults course. This course is aimed at raising awareness of sleep difficulties in adults with additional support needs, and training staff in health and social care posts to improve service user independence and health outcomes through healthy sleep.

37 Training courses delivered

526 People trained in healthy sleep

99% Delegate satisfaction

We continued to maintain the highest professional experience within our lecturing team and recruited seven new lecturers to the team, adding valuable experience in areas such as adult mental health, clinical psychology and General Practice.

Online training continued to be popular but we began to return to face-to-face training, delivering training to over 100 professionals in person. We plan to keep online training as our main offering but expect to see an increased demand for face-to-face learning in the future.



Sleep Scotland *continued*

Using the latest scientific understanding to promote healthy sleep in new knowledge spheres

In September 2022 we were co-authors with the University of Glasgow on the Clock Off Study. This project used a peer-led approach based on our Sound Sleep programme to support teenagers to decrease the use of screens before sleep. The study was presented at the annual UK Society for Behavioural Medicine and generated a great deal of interest in the field.

Sleep Scotland also presented at the Voluntary Health Sector Conference 2022 on the importance of fair access to support amongst the most disadvantaged communities.



Healthy sleep - who gets it?

Background

Sleep Scotland was founded in 1998 and is working to ensure we all thrive through healthy sleep.

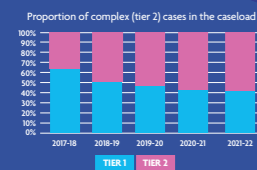
We provide training for healthcare, social work, education and third sector professionals to be able to improve sleep for the families in the communities they work in.

Additionally, since 2017 Sleep Scotland operates a completely free of charge Sleep Support Line for families of children (aged 18 months-18 years) across all local authorities in Scotland.

The service is run at two tiers:

TIER 1
Sleep Advisors work with parents and carers of typically developing children and young people, providing assessment of sleep issue and tailored sleep management plan.

TIER 2
Sleep Counsellors undertake the same process, focusing on working with children and families with complex needs such as physical disabilities, neurodiversity, learning difficulties, mental health, experience of trauma and suicidal ideation.



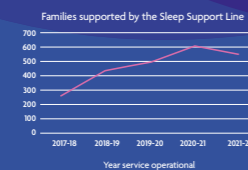
Sleep Support Line through the pandemic

During the Covid-19 pandemic, the Support Line has seen the number of cases rising dramatically.

Families have been struggling with sleep due to disruption of routine, fewer opportunities to be outdoors and exercise, lack of social input, severely limited access to other support services and the overwhelming anxiety caused by the Covid-19 pandemic.

Service development during the pandemic:

- New referral process implemented
- Waiting list management introduced
- New software used for data management and appointment booking to increase efficiency
- Resources developed to supply families with information and strategies as early intervention
- Additional Sleep Advisor and Counsellors capacity created



Fair access to healthy sleep

Children and families who routinely do not sleep well are negatively affected in their cognitive, emotional and physical development and wellbeing. Healthy sleep is a key foundation to overall wellbeing, however the opportunity to have healthy sleep is not equal to all.

Significant sleep issues are found in 86% of children with additional support needs, compared to 40% of their typically developing peers. Socio-economic status and housing provision has direct impact on quality of sleep.

As of July 2022, our data indicated that 63% of families we supported reside in most deprived areas of Scotland (SIMD 182).



How we make our service more fair and accessible:

- Families can self-refer to service or be supported by another professional to do so
- All support is free of charge to families of children and young people (18mths - 18 yrs) living in Scotland
- All appointments are carried out via telephone to remove need for travel and calls are made to the family to avoid any phone charges on the family's behalf
- Families have a choice of appointment times and we work flexibly to provide support at times that suit them
- Ongoing work is carried out to ensure language and communication needs are being met by engaging interpreting services and translation of resources

OUR FUNDERS



www.sleepscotland.org

Sleep Scotland is a division of Capella. Capella Charity is a registered charity (SC027560) and company limited by guarantee (SC182935). Registered office in Scotland: 60 Ravenscroft Street, Edinburgh, United Kingdom, EH7 8QW



Teens+ Helping people with additional support needs to thrive

When a disabled child turns 18 they are forced to transfer to adult support services, which often pulls the supportive rug out from under their feet and that of their families. That is where Teens+ comes in. We are there for as long as we are needed and we help make stepping into adulthood just that little bit easier for disabled young people and their families.

Providing transitional education opportunities for young adults to build confidence, life skills and employment experience

Our ethos is to provide person-centred support where our students have ownership of their learning. We aim to provide increased access to opportunities and, by doing so, improve mental and physical health. Our approach builds greater confidence and independence, which builds resilience and positive life choices.

“My son loves coming to Teens+. Having a team of staff working with each student, rather than just one person, has really helped my son’s speech and language and social skills. Most importantly, he’s happy, which is what every parent wants.”

2022/23 was a significant year for Teens+ as we celebrated the opening of a new centre in East Lothian. As a result of this growth, we supported 63 students across our three centres, which is a 34% growth on the previous year.

In January 2023 we launched our new Next Steps project, which aims to support young people with additional support needs to meaningfully engage in social activities and develop skills appropriate for work. This project received £99,817 from the National Lottery Community Fund for three years and will support over 60 students to enjoy new freedoms and let them decide for themselves what they want to do.

Provide a high-quality Friends+ service to support students and their families 24/7

Our Friends+ service had been significantly impacted by Covid lockdown measures. In June 2022 we were pleased to recommence respite weekends away at Netherurd Garden House. We are incredibly thankful for the generous support of Creative Breaks, who awarded us with a grant for £14,312 from their Short Breaks Fund to help us provide affordable weekends away for young adults with additional support needs.

We supported 30 students during the year and delivered 35 weekends away. This service is a vital support to enhance the life and social skills of our students, while also giving families some time away from their caring responsibilities.

CASE STUDY

Lewis has a big phobia of needles and had refused to get his Covid vaccinations. Lewis's family had tried to convince Lewis to get his vaccinations as this would mean his health would be protected and that they would be able to take him abroad on holiday but they had not had much success.

We worked intensively with Lewis and his family to break down his fears into manageable steps. Through lots of learning and encouragement, Lewis felt ready to confront his fear and attend a vaccination clinic. Lewis is now fully vaccinated and he and his family were able to go on holiday to visit Mickey Mouse in Disneyland Paris. Lewis said:

“After my jags we went for a hot chocolate and to look at trains which made me feel happy. Being with my friends made me calm about getting my jags”



Our team

Our people are the most important asset we have. We pride ourselves on being a welcoming and supportive place to work. In 2022/23 we invested in new initiatives to help staff during the cost of living crisis such as an annual bus pass scheme and free breakfasts and lunches for all staff. We became a Living Wage Employer and, as a result of our growth, we created 47 new Living Wage jobs during 22/23.

As a result of our ongoing investment and support for our team, we were incredibly proud to have been named Employer of the Year by Edinburgh City Chamber of Commerce in March 2023. The award was a reflection on how we value our team and ensure that everyone connects with our values.

We continue to invest in our team through extensive training and development, including teaming up with X-Sector Mentor to launch an external mentoring scheme.

During 2022/23, staff felt more supported and more able to manage within the difficult financial climate. Absenteeism fell from 3.89% to 2.99% and staff turnover reduced by half, falling from 3.74% to 1.79%.



96% of our staff feel supported to do their job

98% of our staff are proud to work for us

99% of our staff think that we take positive action on health and wellbeing

95% of our staff recommend Capella as a good place to work

What our staff say about our support:

“The free staff meals have brought everyone together. There is more of a community at work and it feels more like a family now.”

“It helps out with the cost of living and saves me a lot of time and stress.”

In 2022/23 we addressed the challenge of our rapid growth by reviewing our internal processes and structures. As a result, we invested in new finance and support systems, created a new corporate service structure and created new monitoring and reporting mechanisms.

Financial review

In 2022/23 the charity performed well, growing our services and supporting more people. Our income continued to perform well and we operated efficiently. As a result, the charity returned a surplus of £142,170.

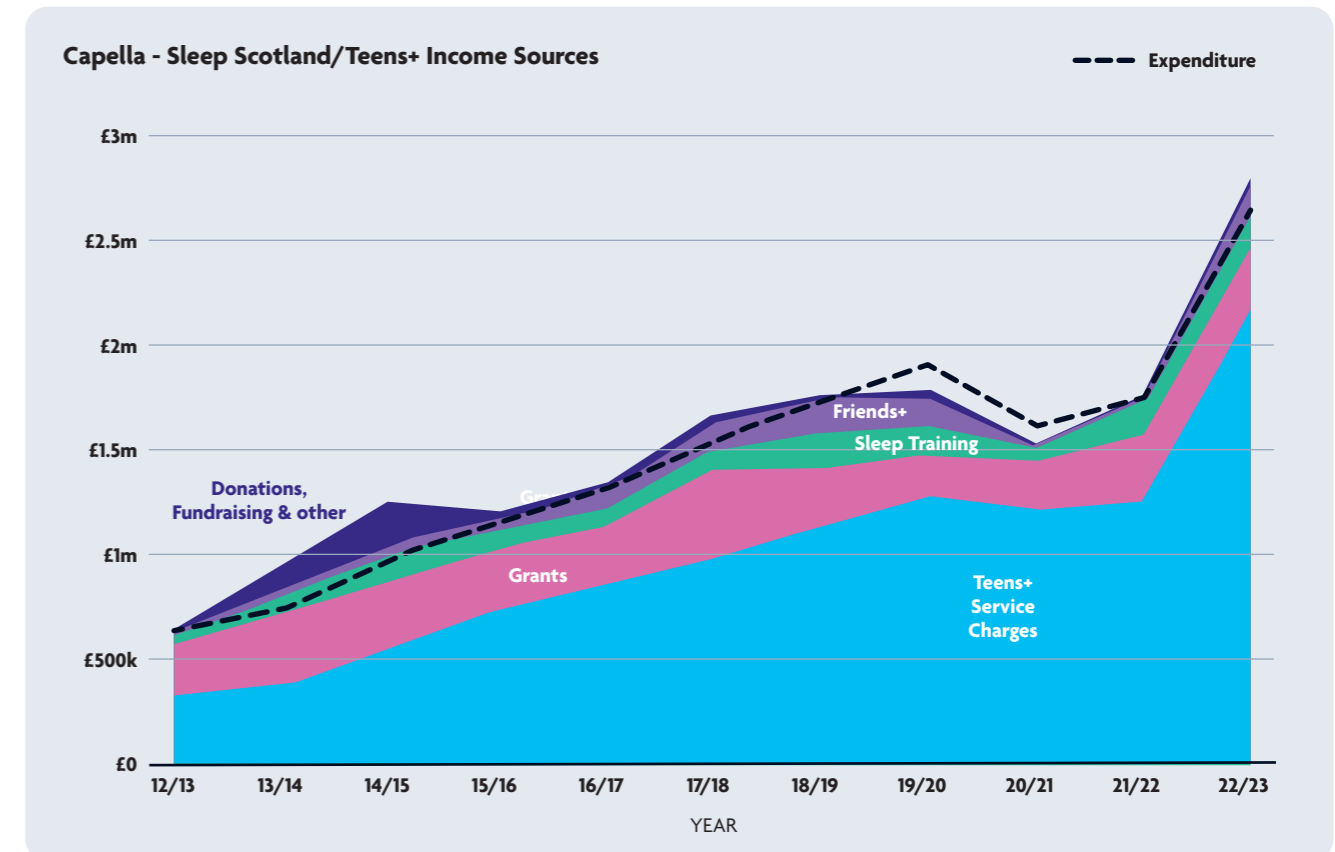
Higher student numbers and our new centre increased TEENS+ income by 70% from last year, which allowed us to invest in our services, such as expanding training, increasing our activities programme and investing in facilities. As a result of this growth, TEENS+ ended the year with a surplus of £142,781.

Sleep Scotland demand continued to remain high, with another exceptional year. Training income was 46% up from the previous year, which resulted in a surplus of £48,872. A main factor in this continued growth has been our ability to offer all of our courses online, opening up geographical areas that were previously not able to access in-person training due to travel costs. The Sleep Scotland reputation for providing high-quality and practical training has also ensured we continue to exceed our targets for commissioned courses.

In 2022/23 our total grant income was £295,772 which helped the charity to support more people.

- £95,750 from the Scottish Government for Sleep Services
- £25,513 from the National Lottery for Sleep Support
- £39,100 from the Robertson Trust for Sleep Counsellors
- £100,000 from East Lothian Council to set up our new TEENS+ centre
- £18,272 of smaller TEENS+ grants
- £17,137 from City of Edinburgh Council for Sleep Support

Overall, the charity continued to perform well, despite challenging economic conditions. This demonstrates that our services are never more needed by the communities we serve. We anticipate our turnover will continue to grow as we expand to meet the demand for our services.



Principal Funding Sources

Around 88% of funding is generated through charging for our TEENS+, Friends+ and Sleep Training services. The balance is made up from grants from the Scottish Government, Local Authorities, the National Lottery and other Trusts.

Funding for TEENS+ is received from Councils and individual users, who are supported by the Department of Health & Social Care, SDS & ILF.

Financial impact of any pension liability

Capella operates a defined contribution scheme for its employees with NOW Pensions.

Social, environmental or ethical policies

The charity is currently working on a formal policy governing these issues.

Reserves policy

The Board has adopted a policy to ensure that the charity has sufficient funds available to mitigate any uncertainty or unforeseen events, cover gaps in funding, provide sufficient working capital and enable the charity to invest in service expansion. Such funds are currently held in an instant access bank accounts with any surplus available invested in short-term deposit accounts.

Ability to operate in future periods

There are currently no concerns about the charity's ability to operate in future periods but the current risks and uncertainties are noted in the section below.

Cyber security

Capella reviewed its cyber security in 2022/23 and invested in new protection such as encrypting devices and two-factor authentications. The charity has ongoing support in place to keep our cyber security up to date. We are working towards achieving Cyber Essentials Certification in the near future.

Principal risks and uncertainties

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees recognise their responsibility for the management of risk throughout the organisation and have established a set of policies and procedures to cover all key areas. The management of specific risk areas has been delegated to senior staff on an ongoing basis. Overview monitoring is carried out at Board level. The principal risks and uncertainties for the charity are currently:

Risk	Management
Inability to recruit and retain adequately skilled staff resulting in poor service provision causing loss of income and reputational damage	<p>We have consistently focused on this area and have achieved success in becoming an employer of choice. This is evidenced by our low staff turnover and the awards for Employer of the Year and as a Living Wage Employer. There are a number of measures in place:</p> <ol style="list-style-type: none"> 1. Robust recruitment and induction processes. 2. Competency framework and strong culture and values throughout the team. 3. Leadership and management training for all management roles. 4. There is a package of benefits for all staff including unique benefits such as free meals and a bus pass scheme.
Government policy shifts in the current climate putting the charity under financial or social pressure	<p>We have robust controls and reporting mechanisms to ensure that we adhere to all our legal and funding obligations. We have identified that future changes in government policy will require action from the charity to remain a sector leader in good practice:</p> <ol style="list-style-type: none"> 1. Create a Net Zero strategy and seek funding to support our journey to achieve our target. 2. Appointed to a new Head of Corporate Services role with responsibility for ensuring the charity achieves Net Zero. 3. Maintain connections with sector bodies to stay up to date with the latest guidelines and thinking.
Compliance with legislation and regulations appropriate to the activities, size and structure of the charity	<p>We actively manage and review all of our compliance requirements to ensure we remain fully compliant at all times. We are overdue for an inspection from the Care Inspectorate, which has been delayed due to the pandemic.</p> <ol style="list-style-type: none"> 1. Key responsibilities are outlined in Senior Management role descriptions. 2. Compliance is a standing item on fortnightly SLT meetings. 3. Established a Quality Sub Group of the Board, which meets quarterly. 4. We undertake mock inspections. 5. We train all of our staff in their compliance responsibilities. 6. CRM and standardised reporting across all our services.

Structure, governance and management

Legal structure and governance

We are a charitable company limited by guarantee and provide for a limitation to member liability to £1. Our charitable purpose is to realise the potential of children and adults in need, principally those with complex needs.

We are registered under the name Capella and also use the names Sleep Scotland, Sleep United Kingdom and Teens+ for our different charitable services. Our Articles of Association were last amended on 2 December 2021 and require review every five years.

The Board of Trustees is responsible for the governance and strategy of Capella. The Board is made up of 12 Trustees, comprising a mix of service users and other Trustees with key skills that support the purpose and strategy of the charity. Trustees receive no remuneration. Reasonable attendance expenses and other duties may be claimed.

The Finance Committee is a sub-group of the Board which is chaired by the Treasurer. The Finance Committee is responsible for reviewing and recommending budgets and management accounts along with advising the board on the scope and adequacy of audit arrangements and any financial policy.

The Quality and Operations Committee is a sub-group of the Board which is chaired by the Vice Chair. The QOC is responsible for providing assurance on the quality and safety of services; compliance and safeguarding issues. This committee was formed in March 2023 to support the charity during its growth.

The Board meets on a quarterly basis and delegates the day to day responsibility for the running of Capella to the Chief Executive Officer.

Trustee recruitment, induction and training

In accordance with the Articles of Association, Trustees are appointed for a term of three years and may offer themselves for re-appointment for a second term. The charity undertakes an annual skills audit and uses this information for board development and succession planning. The Trustee Appointments Committee is responsible for the recruitment and recommendation of new Trustees.

A mandatory induction programme is in place for new trustees including legal duties of trustees and directors; information security and equality and diversity. Training opportunities are made available throughout the year and we undertake a board performance review each year.

Benchmarking and setting remuneration of key employees

All roles were benchmarked against similar roles in the relevant sectors. Teens+ Project Worker salaries were adjusted in April 2022 following the Scottish Government social care pay uplifts.

Related parties

Four trustees are parents of students attending TEENS+: TC Campbell, A Taylor (stood down 9/8/22), A McLaughlin and C Burrows (appointed 31/3/23).

Trustee M Gardani is also a guest lecturer for Sleep Scotland delivering training to delegates.

Reference and Administrative Information

The Directors of the charitable company (the charity) are its Trustees for the purposes of Charity Law and throughout this report are collectively referred to as the Trustees. The Trustees who served during the year and/or on the date these accounts were approved are as follows:-

Trustees	
Paul Bott (Chair)	
Suzanne Daly (Vice Chair)	
Stuart Lee (Treasurer)	
Alan Taylor	Term ended 9 August 2022
Richard Stark	
Thomas Colin Campbell	
Lisa Otty	
Robbie Young	
Julia White	
Alison McLaughlin	Appointed 4 May 2022
Maria Gardani	Appointed 4 May 2022
Colin Burrows	Appointed 31 March 2023
Marc Strathie	Appointed 31 March 2023
Senior Staff	
Gail Burden	CEO
Simon Pearce-Madge	Head of Teens+
Alyson O'Brien	Head of Sleep Scotland (maternity leave from 22 September)
Martyna Jabłońska	Sleep Services Manager (maternity cover)
Zuzana Beak	Head of HR
Graeme Tait	Finance Manager
Heather Smith	Operations Manager
Alan Earsman	Finance Director (appointed 5 April 2023)
Christopher McShane	Head of Corporate Services (appointed 5 June 2023)
Registered Office and Principal Address	60 Ravenscroft Street Edinburgh, EH17 8QW
Auditors	Thomson Cooper
Bankers	Unity Trust Bank Royal Bank of Scotland
Charity Registration Number	SC027560
Company Number	SC182935

Statement of Trustees' Responsibilities

Statement of trustees' responsibility

The charity Trustees (who are also the Directors for the purposes of company law) are responsible for preparing the Trustees' Annual 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 Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) 2006 Regulations (as amended). They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

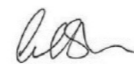
Auditor

In accordance with the company's articles, a resolution proposing that Thomson Cooper be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.



G Burden
CEO

Dated: 4 October 2023

Independent Auditor's Report

Opinion

We have audited the financial statements of Capella Charity (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report.

We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Independent Auditor's Report *continued*

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Extent to which the audit was capable of detecting irregularities, including fraud

We considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud in the following areas: existence and timing of recognition of income, posting of unusual journals along with complex transactions and non-compliance with laws and regulations. We discussed these risks with management, designed audit procedures to test the timing and existence of revenue, tested a sample of journals to confirm they were appropriate and inspected minutes from meetings held by management and trustees for any reference to breaches of laws and regulations. In addition, we reviewed areas of judgement for indicators of management bias to address these risks.

We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our sector experience through discussion with the officers and other management (as required by the auditing standards).

We reviewed the laws and regulations in areas that directly affect the financial statements including applicable charity and company law and considered the extent of compliance with those laws and regulations as part of our procedures on the related financial statement items.

With the exception of any known or possible non-compliance with relevant and significant laws and regulations, and as required by the auditing standards, our work in respect of these was limited to enquiry of the officers and management of the charity.

We communicated identified laws and regulations and potential fraud risks throughout our team and remained alert to any indications of non-compliance or fraud throughout the audit. However the primary responsibility for the prevention and detection of fraud rests with the trustees.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

These inherent limitations are particularly significant in the case of misstatement resulting from fraud as this may involve sophisticated schemes designed to avoid detection, including deliberate failure to record transactions, collusion or the provision of intentional misrepresentations.

A further description of our responsibilities is available on the Financial Reporting Council's website at:

www.frc.org.uk/auditorsresponsibilities.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Alan Mitchell (Senior Statutory Auditor)
For and on behalf of Thomson Cooper, Statutory Auditors
Dunfermline

Dated: 10 October 2023

Thomson Cooper is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

Statement of Financial Activities Including Income and Expenditure Account for the Year Ended 31 March 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	6,407	-	6,407	9,084	-	9,084
Charitable activities	6	2,471,256	295,772	2,767,028	1,456,510	293,320	1,749,830
Other trading activities	4	22,831	-	22,831	15,647	-	15,647
Investments	5	311	-	311	22	-	22
Total income		2,500,805	295,772	2,796,577	1,481,263	293,320	1,774,583
Expenditure on:							
Raising funds	7	15,680	-	15,680	14,560	-	14,560
Charitable activities	8	2,326,583	312,144	2,638,727	1,444,358	290,491	1,734,849
Total expenditure		2,342,263	312,144	2,654,407	1,458,918	290,491	1,749,409
Net income/(expenditure) for the year							
Net incoming/(outgoing) resources before transfers		158,542	(16,372)	142,170	22,345	2,829	25,174
Gross transfers between funds		(4,866)	4,866	-	-	-	-
Net income/(expenditure) for the year/ Net movement in funds		153,676	(11,506)	142,170	22,345	2,829	25,174
Fund balances at 1 April 2022		614,755	104,108	718,863	592,410	101,279	693,689
Fund balances at 31 March 2023		768,431	92,602	861,033	614,755	104,108	718,863

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Balance sheet

As at 31 March 2023

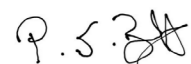
	Notes	2023		2022 As restated	
		£	£	£	£
Fixed assets					
Tangible assets	12		114,907		132,801
Current assets					
Debtors	13	430,764		316,685	
Cash at bank and in hand		531,015		511,119	
		961,779		827,804	
Creditors: amounts falling due within one year	14	(215,653)		(241,742)	
Net current assets			746,126		586,062
Total assets less current liabilities			861,033		718,863
Income funds					
Restricted funds	15		92,602		104,108
Unrestricted funds			768,431		614,755
			861,033		718,863

The Trustees consider that the company is entitled to the exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act. However, an audit is required in accordance with section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 31 March 2020 and of its net incoming resources for the year in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to small companies within Part 15 of the Companies Act 2006 and in accordance with Financial Reporting Standard 102.

The financial statements were approved by the Trustees on **4 October 2023**



P Bott
Trustee

Company Registration No. SC182935

Statement of cash flows

for the year ended 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Cash flows from operating activities					
Cash generated from/ (absorbed by) operations	20		25,205		(33,288)
Investing activities					
Purchase of tangible fixed assets		(5,620)		-	
Interest received		311		22	
Net cash (used in)/generated from investing activities			(5,309)		22
Net cash used in financing activities			-		-
Net decrease in cash and cash equivalents			19,896		(33,266)
Cash and cash equivalents at beginning of year			511,119		544,385
Cash and cash equivalents at end of year			531,015		511,119

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies

Charity information

Capella Charity is a private company limited by guarantee incorporated in Scotland. The liability of each member in the event of winding-up is £1.

The registered office is 60 Ravenscroft Street, Edinburgh, EH17 8QW.

1.1. Accounting convention

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2019) - (Charities SORP (FRS 102)), and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements are prepared on a going concern basis under the historical cost convention.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for a period of not less than 12 months. The trustees consider that the charity has sufficient reserves to ensure short term liquidity and longer-term financial viability. As such the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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.

1.4. Incoming resources

All incoming resources are recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received, and the amount can be measured reliably.

Income received from donations and legacies are recognised where there is entitlement, certainty of receipt and amounts can be measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income received from charitable activities, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Grants, where entitlement is not conditional on the delivery of a specific performance, are recognised when the charity becomes unconditionally entitled to the grant. Where a grant is received for a specific purpose, it is included in restricted income and any unexpended portion carried forward as a restricted fund.

Income from other trading activities is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Investment income includes interest on funds held on deposit and is included when receivable and the amount can be measured reliably by the charity, normally upon notification of the interest paid or payable by the Bank.

1.5. Donated Services

Donated services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

1.6. Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably. Staff costs are allocated on the basis of time spent on each activity by employees and other overheads according to estimated usage. Expenditure is classified under the following activity headings, where applicable:

Cost of raising funds comprises the costs of the general fundraising activities of the charity, and their associated support costs.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries, including the costs of delivering various project objectives, and their associated support costs.

Other expenditure comprises costs not falling into any other heading.

The charity is not registered for VAT and therefore all expenditure is recorded inclusive of VAT.

1.7. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, payroll, general administration, and governance costs and are incurred directly in support of expenditure on the objects of the charity. The bases on which support costs have been allocated are on a direct basis or as a proportion of time spent.

1.8. Operating leases

The total cost of assets held under operating leases is charged to the profit and loss account as they fall due.

1.9. Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Leasehold improvements	7% on a straight line basis
Fixtures, fittings & equipment	25% on a straight line basis
Office equipment	25% on a straight line basis

1.10. Debtors

Trade and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any discounts due.

1.11. Cash at bank and in hand

Cash at bank and cash in hand includes cash and all amounts held within bank current and deposit accounts.

1.12. Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

1.13. Financial instruments

The charity only has financial assets and financial instruments. Basic financial instruments are initially measured at their settlement value.

1.14. Pensions

The charity operates a defined contribution scheme. The amount charged to the Statement of Financial Activities represents the contributions payable to the scheme in respect of the accounting year.

1.15. Taxation

The charity meets the definition of a charitable company for UK corporation tax purposes and is therefore considered exempt.

1.16. Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.17. Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. Donations and legacies

	Unrestricted funds 2023	As restated Restricted funds 2022
	£	£
Donations and gifts	6,407	9,084

4. Other trading activities

	Unrestricted funds 2023	As restated Restricted funds 2022
	£	£
Sundry income	22,831	15,647

5. Investments

	Unrestricted funds 2023	Restricted funds 2022
	£	£
Bank interest	311	22

6. Charitable activities

	2023	2022
	£	£
Grants and awards receivable	295,772	293,320
TEENS+ Service charges	2,159,941	1,266,938
Training course fees	237,317	162,703
Befriending income	73,998	26,869
	2,767,028	1,749,830
Analysis by fund		
Unrestricted funds	2,471,256	1,456,510
Restricted funds	295,772	293,320
	2,767,028	1,749,830
Grants and Awards Receivable		
LA East Lothian	100,000	-
LA East Dumbartonshire	-	6,322
LA Edinburgh	17,137	17,137
Scottish Executive (Unified Fund)	-	85,000
Scottish Government	95,750	122,732
Trans Ed Grants & Donations	9,480	8,477
Robertson Trust	39,100	34,000
Other grants and awards	34,305	19,652
	295,772	293,320

7. Raising funds

	Unrestricted funds 2023	Unrestricted funds 2022
	£	£
Fundraising and publicity		
Other fundraising costs	15,680	14,560
	15,680	14,560

8. Charitable activities

	Sleep Counselling & Support 2023	Respite & TEENS 2023	Training 2023	Total 2023	Sleep Counselling & Support 2022	Respite & TEENS 2022	Training 2022	Total 2022
	£	£	£	£	£	£	£	£
Salary costs	127,552	1,559,999	92,742	1,780,293	118,269	979,222	54,646	1,152,135
Depreciation and impairment	930	20,699	-	21,629	930	21,279	-	22,209
Recruitment, training & travel	1,225	12,623	3,042	16,890	1,534	29,503	25	31,062
Rent, rates & insurance	-	112,463	-	112,463	-	74,546	-	74,546
Utilities	-	25,763	-	25,763	-	17,530	-	17,530
Other premises costs	-	48,073	-	48,073	-	57,491	-	57,491
Office printing & stationery	6,015	21,276	10,849	38,140	3,158	10,713	7,041	20,912
Activities, transport & catering	-	32,552	-	32,552	-	15,438	-	15,438
Cost of training events	-	-	36,754	36,754	-	-	19,670	19,670
Sleep support line	-	-	-	-	-	-	-	-
Sleep Counselling activities	-	-	-	-	-	-	-	-
Settlement/redundancy costs	-	-	-	-	-	-	-	-
Professional fees	-	46,414	-	46,414	-	21,532	-	21,532
Marketing & conferences	-	-	16,784	16,784	-	-	13,857	13,857
New Centre set up costs	-	104,866	-	104,866	-	-	-	-
	135,722	1,984,728	160,171	2,280,621	123,889	1,227,254	95,239	1,446,382
Grant funding of activities (see note X)	-	-	-	-	-	-	-	-
Share of support costs (see note 9)	31,579	256,965	27,540	316,084	19,263	215,140	20,213	254,616
Share of governance costs (see note 9)	4,198	28,603	3,661	42,022	2,561	28,603	2,687	33,851
	171,499	2,275,856	191,372	2,638,727	145,713	1,470,997	118,139	1,734,849
Analysis by fund								
Unrestricted funds	3,129	2,132,081	191,372	2,326,583	-	1,333,631	110,727	1,444,358
Endowment funds - designated	-	-	-	-	-	-	-	-
Restricted funds	168,370	143,775	-	312,144	145,713	137,366	7,412	290,491
Endowment funds - general	-	-	-	-	-	-	-	-
	171,499	2,275,856	191,372	2,638,727	145,713	1,470,997	118,139	1,734,849

9. Support costs

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between its key charitable activities undertaken in the year. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

	Support costs 2023	Governance costs 2023	Total costs 2023	Support costs 2022	Governance costs 2022	Total costs 2022
	£	£	£	£	£	£
Staff costs	252,500	33,569	286,069	184,236	24,494	208,730
Depreciation	1,664	221	1,885	1,333	177	1,510
Audit fees	5,778	768	6,546	5,251	698	5,949
Other administrative overheads	56,142	7,464	63,606	63,796	8,482	72,278
	316,084	42,022	358,106	254,616	33,851	288,467

All costs are allocated to activities on a direct basis, where appropriate, with all shared expenditure allocated on a percentage basis, calculated related to time spent.

10. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11. Employees

Number of employees

The average monthly number of employees during the year was:

Number of employees	2023 Number	2022 Number
Direct charitable activity	92	76
Support staff	12	12
	104	88

Employment costs

Employment costs	2023 Number	2022 Number
Wages and salaries	1,890,888	1,254,652
Social security costs	142,052	85,594
Other pension costs	33,422	20,619
	2,066,362	1,360,865

The total amount of employee benefits received by key management personnel of the charity is £278,255 (2022: £247,286).

The charity considers its key management personnel comprise the Chief Executive Officer, TEENS+ Manager, Sleep Services Manager, HR Manager, Finance Manager and Operations Manager.

The number of employees whose annual remuneration was £60,000 or more were

	2023 Number	2022 Number
	1	1
	1	1

12. Tangible fixed assets

Cost	Leasehold improvements £	Fixtures, fittings & equipment £	Total £
At 1 April 2022	387,698	74,568	462,266
Additions	-	5,620	5,620
At 31 March 2023	387,698	80,188	467,886
Depreciation and impairment			
At 1 April 2022	267,082	62,383	329,465
Depreciation charged in the year	17,231	6,283	23,514
At 31 March 2023	284,313	68,666	352,979
Carrying amount			
At 31 March 2023	103,385	11,522	114,907
At 31 March 2022	120,616	12,185	132,801

13. Debtors

Amounts falling due within one year:

	2023 £	2022 £
Trade debtors	149,197	147,445
Other debtors and prepayments	281,567	169,240
	430,764	316,685

14. Creditors**Amounts falling due within one year:**

	2023	2022
	£	£
Other taxation and social security	35,406	22,677
Trade creditors	22,203	43,663
Other creditors	17,408	11,946
Accruals and deferred income	140,636	163,456
	215,653	241,742

15. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Movement in funds					
	As restated Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£
Sleep	5,667	171,000	(168,370)	-	8,297
TEENS+	17,629	118,272	(132,229)	4,866	8,538
Ravenscroft	80,812	-	(11,545)	-	69,267
Sleep Training Grants	-	6,500	-	-	6,500
	104,108	295,772	(312,144)	4,866	92,602

Movement in funds					
	As restated Balance at 1 April 2021	As restated Incoming resources	As restated Resources expended	As restated Transfers	As restated Balance at 31 March 2022
	£	£	£	£	£
Sleep	8,922	142,459	(145,714)	-	5,667
TEENS+	-	143,449	(125,820)	-	17,629
Ravenscroft	92,357	-	(11,545)	-	80,812
Sleep Training Grants	-	7,412	(7,412)	-	-
	101,279	295,772	(290,491)	-	104,108

Purposes of Restricted Funds

Sleep Counselling and Support	Amounts represent funding received for Sleep Counselling.
TEENS+	Amounts represent funding received for the TEENS+ education project.
Ravenscroft	Amounts represent funding received from third parties towards the development of Ravenscroft Hall.

16. Analysis of net assets between funds

Fund balances at 31 March 2023 are represented by:	Unrestricted Funds 2023	Restricted Funds 2023	Total 2023	Unrestricted Funds 2022	Restricted Funds 2022	Total 2022
	£	£	£	£	£	£
Tangible assets	45,639	69,268	114,907	51,988	80,813	132,801
Current assets/(liabilities)	722,792	23,334	746,126	562,767	23,295	586,062
	768,431	92,602	861,033	614,755	104,108	718,863

17. Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023	2022
	£	£
Within one year	125,864	79,480
Between two and five years	326,353	317,920
In over five years	329,000	356,999
	781,217	754,399

18. Related party transactions

The charity has provided services to two close family members of Colin Campbell during the year. These services have a value of £109,102 (2022: £91,583) and have been charged to Colin at arms length. At the balance sheet date, the amount of £1,315 (2022: £176) was outstanding in relation to the services provided. This is included within trade debtors in the accounts.

The charity has provided services to a close family member of Alan Taylor during the year. These services have a value of £43,983 (2022: £33,680) and have been charged to Alan at arms length. At the balance sheet date, the amount of £1,021 (2022: £432) was outstanding in relation to the services provided. This is included within trade debtors in the accounts.

The charity has provided services to a close family member of Alison McLaughlin during the year. These services have a value of £26,660 (2022: £24,167) and have been charged to Alison at arms length. At the balance sheet date, the amount of £Nil (2022: £141) was outstanding in relation to the services provided. This is included within trade debtors in the accounts.

The charity has provided services to a close family member of Colin Burrow during the year. These services have a value of £27,468 (2022: £Nil) and have been charged to Colin at arms length. At the balance sheet date, the amount of £Nil (2022: £Nil) was outstanding in relation to the services provided.

During the year sleep lecturing services were provided by Maria Gardani at a cost of £1,286 (2022: £Nil). At the balance sheet date, the amount of £225 (2022: £Nil) was outstanding in relation to the services received. This is included within creditors due within one year in the accounts.

19. Prior period adjustment

In the completion of the accounts it became apparent that some funding had incorrectly been shown as restricted funds instead of unrestricted and this has now been allocated to the correct fund. There is no change in the total reserves figure.

	As previously reported	Adjustment	As restated
	£	£	£
Restricted funds	326,037	(221,929)	104,108
Unrestricted funds	392,826	221,929	614,755
	718,863	-	718,863

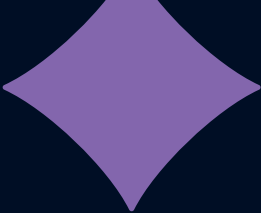
20. Cash generated from operations

	2023	2022
	£	£
Surplus for the year	142,170	25,174
Adjustments for:		
Investment income recognised in statement of financial activities	(311)	(22)
Depreciation and impairment of tangible fixed assets	23,514	23,719
Movements in working capital:		
(Increase) in debtors	(114,079)	(178,158)
Increase/(decrease) in creditors	(26,089)	95,999
Cash absorbed by operations	25,205	(33,288)



capella

formerly *Sleep Scotland*



capella 

Charity registration number SC027560 (Scotland)
Company registration number SC182935 (Scotland)