



# Annual Review 2013

Bringing back smiles to bereaved children in Norfolk

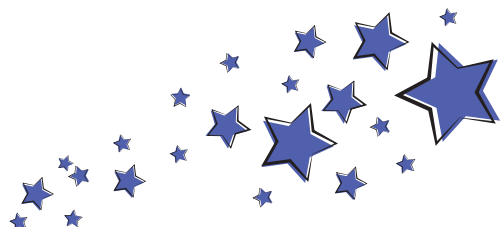
Nelson's  
Journey  
bringing back smiles to bereaved children

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**“No-one has ever understood my son before or known how to help him, you’ve changed our life, thank you so much”**

From the parent of a 15 year old boy with Aspergers that we supported through 1:1





# Chair of Trustees report

This is my first report as the newly appointed Chairman of the Board of Trustees. Having only been elected as a Trustee a few months ago, the role of Chairman is at first sight a daunting one.

I am however looking forward to the challenges ahead and am comforted in the knowledge that I have the support and commitment of an extremely effective and knowledgeable set of Trustees.

It would be remiss of me not to thank Andrew Merricks, my predecessor, for his efforts as Chairman. I am delighted that Andrew will remain on the Board of Trustees as his experience will be invaluable moving forwards. Stephen Bower has also recently stepped down as a Trustee. Stephen has played a pivotal role in managing the Charity's finances so successfully and his contribution has been significant. He will be sorely missed.

2014 promises to be a significant year for Nelsons Journey with our move to Smiles House (which we hope will take place during this Autumn) marking a new era for the Charity. We hope that the new building will help us to improve yet further, and possibly extend the services that we provide.

As ever, we remain indebted to the generosity of those within the local community and the Trustees are committed to providing Colin and his team with the necessary support to continue the fantastic work that our staff and volunteers undertake in the name of Nelsons Journey.

Phil Kerridge



# Chief Executive Officer report

As I write this report we have just had our first team meeting of 2014 and were able to start discussing our move into The Bradbury Building – Smiles House. Who would have thought that one year ago when we re-launched the Smiles Appeal with £68,000 in the bank that we would have raised over £600,000 towards the building and its contents. This is the result of a lot of hard work by the team but also the extreme generosity of many people both inside and outside Norfolk. I would like to thank all those who have helped us reach our target, it allows us to take Nelson's Journey to a purpose built building enabling us to deliver an enhanced service to the children of Norfolk.

Once again our referral rate has increased (25% on the previous year) seeing an even greater need to maintain the level of child bereavement support staff on the team.

I would like to formally congratulate the Nelson's Journey Youth Panel for winning a Bernard Matthews Youth Award in October 2013 following their dedicated and unwavering hard work with us. They continue to focus on developing new ideas to support bereaved children and young people. It is hoped that by the end of 2014 we will have seen the official launch of a Smartphone App specifically for bereaved young people. As ever I would like to thank all our volunteers who continue to give their time to help us and the children. Without this continued support the service would not survive.

Our corporate supporters once again have been amazing this year with sponsorship for events, staff volunteering and ensuring a presence at Nelson's Journey run events. I would like to say a big thank you to them and hope we can continue to work with them in the future.

2014 is going to be a very exciting year in the history of Nelson's Journey.

Colin Lang MBE  
CEO

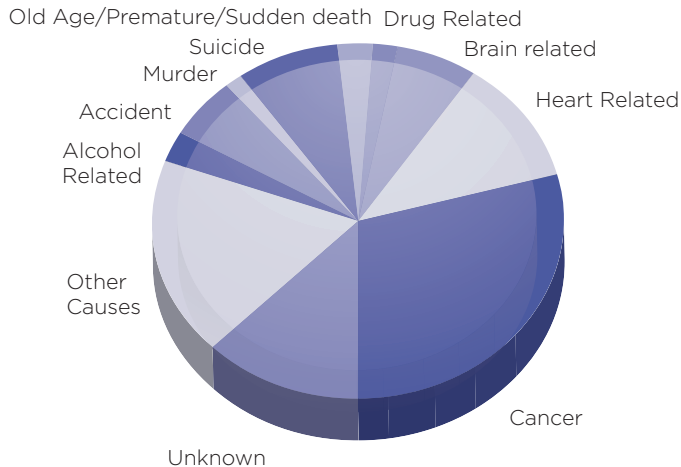




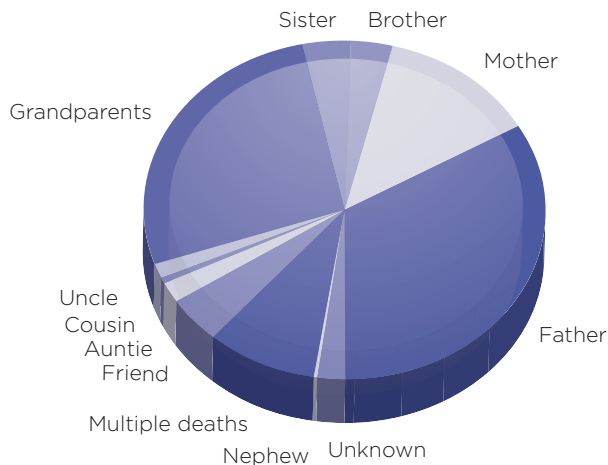
# Statistics

**Children and young people who have benefited from our support during 2013**

## Cause of death



## Relationship to child



**506**

bereaved children were referred for bereavement support

**Sixty Seven**

children and young people aged 8 – 17yrs attended a therapeutic weekend



**295**



children had their bereavement needs assessed

Out of the **74** children receiving

**1:1** support

**15** attended an Activity Day and

**12** attended a Residential Weekend

**74**



children received support on a 1:1 basis

**Eighty Two**



children and young people aged 0 - 17yrs attended a bereavement group

**114**



children and young people aged 0 – 17yrs attended an activity day

# Patrons



**William Armstrong**  
Retired H.M. Coroner  
for Norfolk



**HM Lord-Lieutenant  
Richard Jewson**



**Stephen Bumfrey**  
BBC Radio Norfolk  
broadcaster



**Chris Rankin**  
Percy Weasley in the  
Harry Potter films



**Carol Bundock**  
Deputy Lieutenant



# Trustees



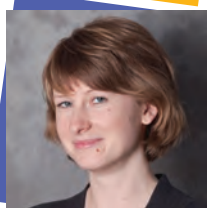
**Phil Kerridge**  
Chair of Trustees  
Trustee since:  
September 2013



**Andrew Merricks**  
Trustee since:  
October 2009



**Julie Andrews**  
Trustee since:  
November 2004



**Alexandra Haswell**  
Trustee since:  
March 2009



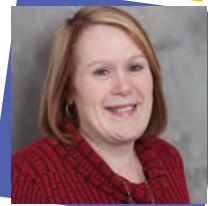
**Matthew Peek**  
Treasurer since:  
January 2014



**Anne Beckett - Allen**  
Trustee since:  
May 2013



**Richard Grant**  
Trustee since:  
December 2010



**Wendy Grinstead**  
Trustee since:  
August 2010



**Jill Greengrass**  
Trustee since:  
December 2012



**Nan Neville - Jones**  
Trustee since:  
October 2009



**Jacqui Sinkins**  
Trustee since:  
September 2013

# Staff



**Colin Lang MBE**  
Chief Executive Officer



**Funding & Marketing Team**  
Carol Plunkett, Sophie Berry and Sam Maycock



**Administration Team**  
Rob Sheehan, Kim Chase and Verity Ellis



**Child Bereavement Support Team**  
Adam White, Lorna Vyse, Debbie Winteringham, Ryan Doubleday and Fiona Coull



# Youth Panel Progress Report

- ☆ The Youth Panel supports Nelson's Journey in developing its services and resources to support bereaved children and young people
- ☆ The Youth Panel help to promote Nelson's Journey and how they help bereaved children and young people
- ☆ The Youth Panel helps to raise money for Nelson's Journey so that they can continue supporting bereaved children and young people.

During 2013, the Youth Panel worked hard on developing a game to offer children and young people an interactive way to learn about the effects of death, dying and bereavement. This will be a unique educational resource which will aid our work in raising awareness of the challenges bereaved children and young people face.

A Consultation Group was formed during 2013 following us having a full complement of members for our Youth Panel with requests from more young people to join. Rather than turn these valuable voices away the Consultation Group was formed who act as a secondary group of young people who can help give their thoughts and ideas about our service. Members of the Youth Panel and Consultation Group are all part of our young volunteers programme. The Youth Panel have been instrumental in helping us to put together a fundraising pack for young people, this project is nearly complete and we look forward to launching this in the very near future.

We were delighted when Selesti an award winning Norwich based company who specialise in Websites, Digital Media and online marketing agreed to support us with the development of our Smartphone App. The company are heavily backing the project and it is hoped funding enabling the project to fully commence

will be secured by June 2014. The App will provide bereaved children and young people with an interactive way to process their grief and the effects of bereavement. Achievements of the Youth Panel were formally recognised during October 2013 by Bernard Matthews who presented them with a Youth Award which recognised the significant contribution they have made to Nelson's Journey.

Upon receiving the award, Jeremiah (aged 12) said **"The best thing is that we can now help more bereaved children with our prize money"**.



# NJ clubs

## *The aims of the groups are as follows:*

- ☆ To provide an informal opportunity for children and young people to meet other bereaved children and young people who may have had similar experiences.
- ☆ To offer children and young people the opportunity to meet other bereaved children whilst they are waiting for a formal Nelson's Journey therapeutic intervention.
- ☆ To provide a place for children and young people who have attended a Nelson's Journey intervention to meet up with their new friends.
- ☆ To offer young people an opportunity to share their bereavement experiences through a peer mentoring scheme.

During 2013 we introduced NJ Clubs for those aged 8 – 17yrs who have received a service and those who are currently being supported by us. The groups are facilitated by MTM Youth Services and also supported by members of our child bereavement team, volunteers and members of our Youth Panel who act as peer mentors for those attending.

Each age group runs one session per school term in one of six locations around the County (Norwich, Gt. Yarmouth, Kings Lynn, North Walsham, Diss and Dereham).

We received the following feedback from a parent whose child attended a NJ Club.

"Please pass our Thanks on to the team from the Youth Group at Dereham tonight."

Ben was hesitant about going when he came home from school but we gave him a 'gentle nudge' and he arrived.

We had a warm and friendly greeting with all youth workers being introduced. We left Ben with the staff being introduced to another child and assured him we would be back and to have fun.

Well... he hasn't stopped talking about it and has asked, at bedtime, if he can go to the next one! He's given us excited news of what he's played, activities he's done and tea he has eaten. The added bonus is he met an old friend from football!!

This has enabled us to say to him – there are other children out there that feel the same as him about members of their families albeit the same or similar to Luke's situation and they also feel happy, sad, anxious etc and go to the group for support.

The added bonus for me is I also know his friends mum a little so we are swapping numbers next time and I hope to meet up with her after that outside the group too – someone we can share with and maybe support each other and ideas off and strategies too.

Feeling more happy and relaxed all round!!'



# Memorial Walk

In August 2013 we held our inaugural Memorial Walk within the National Trust's Blickling Estate. Over 130 people attended to walk in memory of a special person who had died. It was the first opportunity we have had to hold such an event which is therapeutic in its own right. Over £3,500 was raised enabling us to support more of Norfolk's bereaved children.

Participants were able to enjoy a leisurely stroll around the stunning Blickling Estate parkland before enjoying a picnic and afternoon of entertainment and games. We were incredibly pleased with the event and look forward to hosting the second Memorial Walk at Taverham Hall Preparatory School on Saturday 30th August, we are delighted that Taverham Hall are donating their venue for this event.

To take part in our 2014 Memorial Walk visit our website and click 'Get Involved'

## Quotes from walkers

"It was lovely for us as a family to remember the people we lost Lee, Marc and Liam without feeling sad and doing something we would have otherwise not have done so thanks."

"There was a warm and friendly feeling, as a rule we tend to try and hide the pain we feel it was good not to hide but too show how we felt by showing our loved ones faces and names. Thank you."

"A fantastic day"

"It was a great way to be surrounded by lovely people"



Photos taken and supplied by BigPhatPhotos at no cost





# Introducing The Baxter Family

**Jody Baxter 18yrs (pictured front, centre) tells the story of how Nelson's Journey helped him and his sisters Tilly and Poppy, following the death of their sister Maisie. (pictured back row, left).**

The 18th of February 2012 changed so many lives and put so many things into perspective for so many people.

Maisie was 13 at the time. She was a popular, witty, intelligent girl with an amazing voice and personality (even if I would never have admitted it in a million years at the time). She was also however, as is expected of girls that age, temperamental and rather dramatic to say the least! Being the ages we were at the time, we often argued and fell out over the most stupid things. That is not to say however that we didn't have a good relationship because we did. In our earlier years me and Maisie got up to all sorts of trouble with Tilly and Poppy. Now I come to think of it, getting up to mischief with her makes up for about 50% of my memories with her!

On the morning of the 18th, mum was going to Great Yarmouth to get the husky we'd all been begging for over the years. Mum wanted it to be a surprise so told the girls she was going to book us a holiday. Within seconds all three of them were running around trying to guess where we were going, that was until an argument over the most silliest of things ended in Maisie sending herself to her room in a strop. Mum went up to speak to her and told her she should stay in her room and finish tidying it so to prevent another bicker whilst she was gone.

A few hours past whilst mum and Phil were gone. Me, Tilly and Poppy were downstairs, directly beneath Maisie's room, playing on the Xbox and singing along to music at the top of our voices getting all excited over the 'holiday'. Maisie was still upstairs tidying her bedroom. Mum came back at about 6pm and I ran to the door. Mum came in and told Tilly to run upstairs to get Maisie, but she came down saying she wouldn't answer. I then went up, assuming she was in a mood and told her that the dog was here, expecting a reply, however I didn't get one either, not even



a 'get lost Jody!'. It's weird, but in an instant I knew something bad had happened, my whole body felt electric and I instinctively opened the door but something was in the way. I went downstairs, trying to act calm and told mum. Mum ran upstairs and instinctively knew something wasn't right too. She smashed her way through the door. To our absolute shock and horror, it was my little sister Maisie blocking the door. For reasons we shall never understand she had chosen to take her own life using a belt and the door.

The rest of the night is a bit of a blur; dad came round as well as grandma and a few of mum's friends that live nearby. The house was full of paramedics and police as we all waited nervously, in floods of tears, for good news. Of course the good news never came. In one hour our whole lives had been turned upside down. It's impossible to put into words how I felt, how we all felt. The weeks that came to pass seem to merge into one, we had a family counsellor come round but we decided she wasn't for us. That's when we heard of Nelson's Journey. It was my girlfriend's mum who told us about them. Dubious at first because of the previous counsellor I agreed to meet Ryan at our house along with the rest of my family.

Although I like to think our family is particularly close and capable of talking openly about our emotions, Maisie's suicide left me with such a complicated array of emotions. I began to internalise my feelings, and it was Ryan who managed to drag them out of me. Ryan came round and instantly I felt at ease with him, as did my sisters, mum and Phil.

After seeing him a few times he told us of an activity weekend we could all attend. To be honest I wanted nothing to do with it, I felt like I was too old but of course I didn't say that to him. Because of exams and holidays, I had to have my weekend postponed. Tilly and Poppy went first and came back completely different people. They were so much happier and livelier; it was amazing to see how much Nelson's Journey had done for them. At this point I was like great, it helps little kids but what in the world can it do for me? Still not really wanting to go I continued seeing Ryan and in this time, my girlfriend Helena went on her weekend. She too came back and said she had an amazing time and met all these amazing people. Helena's a year older than me so slowly she changed my mind, even though on the outside I made it look like I was raring to go.

Eventually my weekend came up, normally I don't get nervous, but the journey there was one of the most nerve racking things of my life. I couldn't make up my mind on whether I wanted to go, but in the end I bit the bullet and got out the car. How bad could it be?

After making my way to the entrance (late) I was greeted by Lorna and everyone and got given my very own hoody! I was led into the main room to meet the rest of my group and all my leaders. Thankfully Ryan was my group leader and helping him was Tam and Gill who were volunteers. Talking to people of a similar age, in a similar situation is the best possible help anyone in my situation could have had. I felt totally at ease with the other members of my group (2 boys and 2 girls). All 5 of us got on really well and spoke about everything. Helping other people to unravel their own grief and troubled emotions, talking helps in so many ways, especially for someone like me who doesn't like to talk about personal things.

The weekends set out so that there are icebreaking activities to start with. Our group however didn't need them. Within half an hour, we were already talking about why we were there and sharing stories of the people we'd come to remember. Getting to know everyone was so nice, there were so many different personalities. We were all completely different people yet the same in terms of what we were going through. It was this 'bond' that meant we all got on so well. I found myself telling almost complete strangers my deepest feelings and feeling 100 times better for it.

The fun activities were great, especially the giant swing, but for me the best and most memorable part has to be the candle lit ceremony. As hard hitting as it was, it was so nice to be able to be with everyone and have the chance to say goodbye to our loved ones.

The work Nelson's Journey does is amazing; they help so many people in so many ways. The work they do has inspired me so much that I'm hoping to be a volunteer myself; so that I can help people get through the same thing I had to. From one to one sessions, the weekends, the NJ clubs, and everything else, they help so many people in so many ways and I feel so lucky to have met them all.

They've allowed me to get on with my life, taught me ways to deal with anger, sadness, anxiety, helped me to be able to express my feelings, but most of all, they've made me realise that talking about how I feel is the best way to feel better.

*"For reasons we shall never understand she had chosen to take her own life..."*



# Volunteer perspective

## Kirsty Ward

**My name is Kirsty Ward, I am currently employed as a pupil specific teaching assistant at Lodge Lane Infant school, alongside studying for a degree in Childhood Studies. Committing to a degree in Childhood Studies has fuelled my desire to teach in the early years. I was recently accepted onto Suffolk and Norwich Initial Teacher Training, which I am due to begin in September.**

When I was seventeen, I was really keen and enthusiastic about getting involved in voluntary work with children. I am extremely passionate about making a positive contribution to both a child's education and well being, so when I read about the amazing work of Nelson's Journey, I knew I had to get involved. As a young child, I remember the mixture of emotions that accompanied me following the loss of both my nanny and grandad. I strongly believe that children should be supported throughout their bereavement, and no child should have to cope alone with their loss. Helping children through their individual journey of grief is absolutely essential to help children move forward positively with their lives.

### **What do you enjoy about volunteering?**

I did not feel it would be appropriate to write "everything" under what I enjoy about volunteering for Nelson's Journey, although this is a very honest answer. A slightly more specific answer would be the difference between the children when they first arrive at the therapeutic weekend, compared to when they leave. Not only have the children been helped to cope with the death of someone significant in their life, but they have also made friends that I feel they will stay in touch with throughout their lives. Children really benefit from meeting other children who have had similar experiences. It really is a gratifying experience to be able to see these friendships develop. Another part of the weekend that I thoroughly enjoy is the "anger wall." The children and volunteers are asked to draw a picture of something that makes them angry. The picture is then



taken to the anger wall where they can throw wet, gooey clay at their drawings. The children are encouraged to scream, shout and make as much noise as they can. It always ends up with both children and volunteers (especially volunteers) covered in clay too!

### **Tell us about the Ben Nevis fundraising challenge you undertook. Why? Was it difficult?**

Ben Nevis was probably one of the most challenging experiences of my life. It took a total of four and a half hours to reach the summit of Ben Nevis and an additional three hours to climb down. My aim was to raise £500 for Nelson's Journey, but thanks to everyone's kind contributions, I exceeded this target. I really wanted to challenge myself, and thought this would really push me to the limit. I felt so proud to wear my Nelson's Journey t-shirt, and knowing that I was raising funds for this charity really helped me to reach the top. Nelson's Journey was my chosen charity because I know how much it relies on fundraising to ensure it can continue to deliver its fantastic services, and with the increasing number of referrals, this has been difficult to do. I hope that my fundraising has or will inspire others to do the same.

### **What is your most memorable moment whilst volunteering with us**

My most memorable moment was probably when I was asked to do the "temper tantrum" by Debbie, a child bereavement Service Manager. As part of helping children to understand their emotions and to help them to learn how to manage their feelings without hurting themselves or others, a volunteer is asked to act out a "temper tantrum." Most of the children found it absolutely hilarious, especially when they were encouraged to join in! This is followed by a period of reflection whereby the children can discuss their own feelings, and how these can be expressed in a safe way. Surprisingly enough, I found the "temper tantrum" a very therapeutic experience!

# Quotes from Service Users



"You helped my daughter to grieve, which meant she finally cried the night she got back from the camp, and strange as it seems, it meant more to me to see her cry than to smile, as she needed to! She is still determined to volunteer when she is older."



"With the love, honesty and support given by everyone 'Lucy' now has a tool box of skills to tackle her fears and insecurities. Best of all 'Lucy' is talking and I'm listening intently to the daughter I thought I had lost. Thank you all but especially Ryan for the campfire heart to heart. It was her turning point x."

# Smiles Appeal



Smiles House was a vision of the charity dating back to 2009. The charity had been offered a piece of land free of charge subject to a business park being granted planning permission. Unfortunately this project came to an end. Plan B was to look at ways of fundraising to find enough money to purchase an already existing building to house the charity.

By the end of 2012 the charity had only raised £68,000, this was due to many reasons. The CEO decided that 2013 was the year that Smiles House funding would happen and along with the team set about a master plan to ensure that the funds were available to start the search for Smiles House.

We re-launched the Smiles Appeal in November 2012 with the help of our Patrons, Kim Betts and her children who had received a service from us and of course our mascot Nelson. Once again the EDP helped us with the campaign and the CEO started a mini tour of supporters, grant giving organisations and radio stations to tell as many people as possible about why we so desperately needed Smiles House.



Illustration of a Child and Family Support Room within Smiles House.

By this time our staff had increased to 10 and would increase again by the end of 2013 to 12 so we needed the space for ourselves to operate and a special place for young people and their families to come for their support.

The CEO always knew that he would have to make a funding request out of the County to find the full amount for Smiles House but he never realised how far he would end up going to reach the target!

A lot of time was spent finding the right property for us and we finally found this at the Octagon Business Park at Little Plumstead near Norwich, only a mile away from where we are currently based. With development of the Northern Distributer Road on the horizon we will be in a good location for access from all parts of the county. The building is eco-friendly with ground source heating and energy saving glass and insulation. This will help to keep running costs to a minimum. The building is set in four acres of peaceful park land which we can utilise in our work with young people, families and hold fundraising events on site. The property is a new build so the internal specification will be designed to meet our needs.

Our CEO always likes a challenge and this was certainly going to be one. The task was given a massive boost in February 2013 when Norfolk County Council donated £250,000 and we soon realised this target was going to be achievable as long as we kept talking about it wherever possible. Local funders were very supportive and soon grant cheques started to arrive into the office.

In early 2012 our CEO had been in talks with a charitable trust based in Hong Kong, those talks continued into 2013 with them agreeing that we could submit a bid to them for a grant of £130,000. This was submitted in July 2013 but they did not meet until early December 2013 so we would be taking the year long campaign right to the edge before we knew if we had succeeded.

Early December the great news came that they had decided to support us with a grant of £200,000. This took us to our goal of £600,000 and what a way to finish the year.

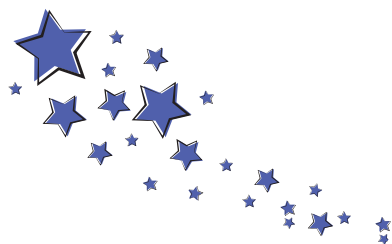


This means so much to the Charity and all the staff. It will mean that we can design a ground floor service delivery area that will support more children, young people and their families. This area will include one to one support rooms along with a chill out area for the young people. We are currently working with a very dynamic interior design company that will put the 'magic' into this area ensuring that it is appealing to children and young people and is not a place to be scared of. We hope to include a time capsule showing the history of Nelson's Journey from inception to date. There will be a resource area where families and professionals can borrow books and resources to help guide them in supporting bereaved children and young people.

We will be encouraging as many families as we can to visit us at Smiles House although we acknowledge that some families won't be able to do this. Our service will remain the same for these families with our support team visiting them.

2014 is going to be a very special year for Nelson's Journey. The dream of having our purpose built delivery area which will house the full team is going to happen. This will allow us to continue to offer the best professional service to the young people of Norfolk.

We hope to be in our new building by Autumn 2014.



# Corporate case study: Shorthose Russell



All businesses know that it is beneficial to be seen to support the local community and working with a local charity like Nelson's Journey is an excellent way to achieve that.

Not all businesses choose to support charities financially and there are other ways to help, such as providing professional time and expertise.

Shorthose Russell is an independent award winning integrated digital marketing agency specialising in PR, design, digital and communications based in Norwich. Managing Director Mark Harvey was introduced to Nelson's Journey during 2009 and subsequently joined our Board of Trustees on which he served for four years. Not only did Mark support us with his time but also utilised the services of Shorthose Russell and their team providing free PR guidance, design services and discounted printing.

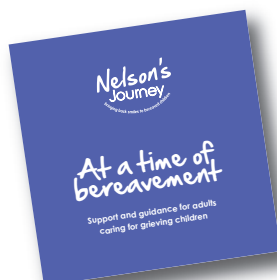
Our Child Bereavement Service Team have benefitted from the provision of support resources such as the design and production of 'At a Time of Bereavement' publication, 'Stress Buster' leaflet, Service Delivery folders and printing

of the UK's first Coroners Leaflet for children. All these resources are invaluable with our 1:1 work with bereaved children and their families and providing vital information and guidance around critical times of bereavement.

Following a rebrand by the charity in 2012, Shorthose Russell re-designed the new look annual review for us for free and continue to help us with this mass production annually.

During our exciting year of 2013, Shorthose Russell was on-hand to provide additional guidance and services for our Smiles House campaign, which saw Nelson's Journey successfully achieve the £600,000 fundraising target to purchase their new permanent home.

We are so grateful for all the expertise that Shorthose Russell has provided us over the years. They have provided over 100hrs of studio time and funded £185 of images for use in publications. Nelson's Journey could never afford to pay for the level of professional services that it has received and we are very proud to be associated with such a community focussed business.



**shorthose  
russell.**

# Statement of Financial Activities

## Statement of Financial Activities for year ending 31 December 2013

	Unrestricted Funds	Restricted Funds	TOTAL 2013	TOTAL 2012
<b>INCOMING RESOURCES</b>				
Donations, legacies and similar	276,952	494,791	771,743	318,876
Activities for generating funds	16,787	8,414	25,201	9,367
Investment income	781	0	781	1,240
<b>Total Incoming Resources</b>	<b>294,520</b>	<b>503,205</b>	<b>797,725</b>	<b>329,483</b>
<b>RESOURCES EXPENDED</b>				
Cost of generating funds	79,727	30	79,757	51,032
Costs of activities in furtherance of the charity's objects	88,500	115,348	203,848	145,103
Support costs (managing and administering the charity)	46,739	6,245	52,984	35,880
<b>Total Resources Expended</b>	<b>214,996</b>	<b>121,623</b>	<b>336,589</b>	<b>232,105</b>
Net Incoming Resources	79,554	381,582	461,136	97,468
Transfers between funds	0	0	0	0
<b>Net Incoming Resources After Transfers</b>	<b>79,479</b>	<b>381,582</b>	<b>461,136</b>	<b>97,468</b>
Total funds brought forward	179,479	125,232	304,711	207,243
<b>Total funds carried forward</b>	<b>259,033</b>	<b>506,814</b>	<b>765,847</b>	<b>304,711</b>

## Balance Sheet as at 31 December 2013

	2013		2012	
	£	£	£	£
<b>FIXED ASSETS</b>				
Tangible assets		5,739		4,473
<b>CURRENT ASSETS</b>				
Stock	6,722		4,609	
Debtors & prepayments	60,422		6,030	
Cash at bank and in hand	707,362		290,214	
	<b>774,506</b>		<b>300,853</b>	
<b>CURRENT LIABILITIES</b>				
Creditors amounts falling due within one year	(14,398)		(615)	
		760,108		300,238
<b>NET ASSETS</b>		<b>765,847</b>		<b>304,711</b>
<b>FUNDS</b>				
Unrestricted funds		189,033		114,479
Designated funds		70,000		65,000
Restricted funds		259,033		179,479
		506,814		125,232
		<b>765,847</b>		<b>304,711</b>

# Thank you

We would like to thank all individuals, companies, groups, volunteers and charitable trusts who supported Nelson's Journey during 2013 either financially, with their time or gifts in kind. Your support is extremely valuable to us, without you we couldn't continue to support bereaved children and young people living in Norfolk.

## Nelson's Journey

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