



Trustees' Annual Report for the period

		Period start date			Period end date		
		Day 01	Month April	Year 2019	Day 31	Month March	Year 2020
From					To		

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Section A Reference and administration details

Charity name My Black Dog

Other names charity is known by

Registered charity number (if any) 1182690

Charity's principal address 34 New House

67-68 Hatton Garden

London

Postcode

EC1N 8JY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Oliver Roth			
2	Leon Douch			
3	Rachel Fowles			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Bankers	Bank of Scotland	
Bankers	Santander	
Accountants	Dales Evans & Co Ltd	88/90 Baker Street, London, W1U 6TQ
Independent Examiners	Blue Spire Limited	Cawley Priory, South Pallant, Chichester, West Sussex, PO19 1SY

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution dated 29 March 2019
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed by the existing trustees by resolution at a meeting of the trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is To promote and protect the mental health of people suffering from enduring mental illness living in England and Wales, in particular, but exclusively by the provision of a supportive, online community platform to ease the suffering of mental illness and improve the lives of people suffering from enduring mental illness.

In determining the charity's activities the trustees have had regard to the Charity Commission's guidance on public benefit.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During the year under review the charity worked on establishing its plans for fulfilling its objects.

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the reporting period the charity had free reserves amounting to £28,104.

The Trustees pursue a policy of maintaining a free reserve available to be spent in the furtherance of the charity's objectives, as well as covering future needs, opportunities, contingencies and risks.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Leon Douch

Full name(s)

Leon Douch

Position (eg Secretary, Chair, etc)

Trustee

Date 10 December 2020



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
My Black Dog

No (if any)
1182690

Receipts and payments accounts

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For the period from	Period start date 01 April 2019	To	Period end date 31 March 2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	32,123	-	-	32,123	-
Gift aid	6,750	-	-	6,750	-
Income from bank interest	4	-	-	4	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,877	-	-	38,877	-
A2 Asset and investment sales, (see table).					
Sale of investments	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,877	-	-	38,877	-
A3 Payments					
Room Hire	152	-	-	152	-
Printing, Postage & Stationery	6	-	-	6	-
Advertising & Promotion	3,397	-	-	3,397	-
Computer Costs	15	-	-	15	-
Accountancy Fees	945	-	-	945	-
Wages & Salaries	5,207	-	-	5,207	-
Training Costs	200	-	-	200	-
Subscriptions	571	-	-	571	-
Fundraising event costs	280	-	-	280	-
	-	-	-	-	-
Sub total	10,773	-	-	10,773	-
A4 Asset and investment purchases, (see table)					
Investment purchases	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	10,773	-	-	10,773	-
Net of receipts/(payments)	28,104	-	-	28,104	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	28,104	-	-	28,104	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank of Scotland	21,282	-	-
	Santander	6,822	-	-
		-	-	-
	Total cash funds	28,104	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE and NIC	Unrestricted	292	
	Advertising	Unrestricted	100	
	Independent examiner	Unrestricted	1,200	
			-	
		-		
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Leon Douch	Leon Douch Trustee	10 December 2020	

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)	Unrestricted income funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.
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C2 Grants to institutions	Recipient - 1 grant unless annotated	£
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C3 Related party transactions	No trustee received any remuneration nor reimbursed any expenses in the year under review.
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Independent Examiner's Report to the Trustees of My Black Dog

I report to the charity trustees on my examination of the accounts of the charity for the year ended (date) which are set out on pages 6 to 8.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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



Geoffrey Frost BSc(Hons) FCA
Blue Spire Limited
Cawley Priory
South Pallant
Chichester
West Sussex
PO19 1SY

Date 10 December 2020