



CHARITY COMMISSION
FOR ENGLAND AND WALES

My Mito Mission

1176616

Receipts and payments accounts

CC16a

| | | | |
|------------------------|---------------------|----|-----------------------|
| For the period from | 1st January 2019 | To | 31st December 2019 |
|------------------------|---------------------|----|-----------------------|

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 | | | | | |
| | 27,572.63 | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 27,572.63 | - | - | - | - |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | - | - | - | - | - |
| A3 Payments | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 29,714.57 | - | - | - | - |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 29,714.57 | - | - | - | - |
| Total payments | 29,714.57 | - | - | - | - |
| Net of receipts/(payments) | -2,141.94 | - | - | - | - |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | -2,141.94 | - | - | - | - |

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 | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | -2,141.94 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |

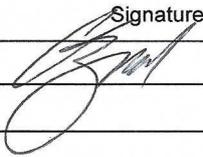
| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

| Categories | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|---------|-----------------------------|-----------------|--------------------------|
| B3 Investment assets | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| Categories | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---|---------|-----------------------------|-----------------|--------------------------|
| B4 Assets retained for the charity's own use | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| Categories | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|---------|---------------------------------|-----------------------|---------------------|
| B5 Liabilities | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|---|----------------|------------------|
|  | CHRISTINE BEAL | 19.10.2021 |



Section A

Independent Examiner's Report

Report to the trustees/ members of

My Mito Mission

On accounts for the year ended

2020

Charity no (if any)

1176616

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 2019. As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Independent examiner's statement

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed: PJwild.

Date: 19.10.2021

Name: PHILIPPA JANE WILD.

Relevant professional qualification(s) or body (if any):

ASSOCIATION OF ACCOUNTING TECHNICIANS (A.A.T)

Address:

7, CLOSE LEA WAY, RASTRICK BRIGHOUSE, WEST YORKSHIRE HD6 3DF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A



Trustees' Annual Report for the period 1st January - 31st December 2020

Charity name: My Mito Mission

Charity registration number: 1176616

Objectives and Activities

| | SORP reference | |
|--|--------------------|--|
| Summary of the purposes of the charity as set out in its governing document | Para 1.17 | <p>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</p> <p>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</p> |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | <p>Our website continues to serve as a valuable resource for:</p> <ul style="list-style-type: none"> - those affected by mitochondrial disease who can be signposted to many sources of information and support - the general public who may learn more about the illness <p>Our principal activities to date undertaken for the public benefit are:</p> <ul style="list-style-type: none"> - educating the public by means of handing out literature, social media and through publicity about mitochondrial disease - enabling affected families to have localised 'missions' to raise awareness and funds for research - the granting of funds to increase support and research to find treatment and cures for everyone impacted by mitochondrial disease |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit | Para 1.18 | The trustees have had regard to the guidance issue by the Charity Commission on public benefit. |

Additional information (optional)

You may choose to include further statements where relevant about:

| | SORP reference | |
|--|----------------|--|
| | | This year, we have considered it prudent to |

| | | |
|--|-----------|---|
| Policy on grant making | Para 1.38 | <p>continue to grant fund through The Lily Foundation in order to benefit from their established processes of:</p> <ul style="list-style-type: none"> - ensuring the worthiness of research bids - ascertaining what the mito community itself wants in the way of research and support <p>We will remain open to alternative options and keep this decision under annual review.</p> |
| Policy on social investment including program related investment | Para 1.38 | |
| Contribution made by volunteers | Para 1.38 | <p>Contributions made by volunteers in both fundraising and assisting operating our charity continue to be invaluable, given we do not employ any staff.</p> |
| Other | | |

Achievements and Performance

| | SORP reference | |
|--|----------------|---|
| <p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p> | Para 1.20 | <p>We granted £23,237 in August 2020 through the leading charity for mitochondrial disease, The Lily Foundation (TLF) towards a research project in Neuropsychiatric and Brain Imaging of Primary Mitochondrial Disease (expected start date Q1 2021).</p> <p>In addition to the above, in liaison with TLF, we re-allocated £14,000 of funding awarded in 2019 previously designated for the 'Oxford Drug Repurposing' project, as follows:</p> <ul style="list-style-type: none"> - £10,000 – The RUDY Study, a platform to facilitate patient engagement in research. This funding will enable mitochondrial disease patients to be included (expected start date Sept 2020) - £4,000 - Added to the Neuropsychiatric and Brain Imaging of Primary Mitochondrial Disease project, bringing total to £27,237 <p>At the outset of the pandemic, we re-assigned perishable donated goods we could no longer use in tombolas etc into 'Hug Bundles'. Over 30 individuals and families affected by mitochondrial disease received them.</p> |

We created our new website launched in May in line with our re-brand of 2019. It is now considerably more impactful and easier to navigate for the general public, supporters and those impacted by mito. It also enabled us to host an online shop launched in November, selling merchandise.

As well as the shop, other new income streams have been developed, in particular online ones:

- **Shopping commission sites: Amazon Smile & Give As You Live. Small amount generated to date, but large growth potential.**
- **Facebook fundraising was finally enabled in February 2020 and generated £3.6k.**
- **We have developed Ebay and Facebook Marketplace donations and sales – combined these brought in a retail total of £1.1k.**
- **We began running a tombola stall on Brighthouse outdoor market in late September, once pandemic restrictions allowed.**

We welcomed 3 patrons – Edmund Thornhill, Neil Hurst and Nick Powell from the worlds of business, entertainment and sport respectively.

The charity has launched five further localised missions centred around an individual mito sufferer(s) - empowering their families, friends and communities to raise awareness and funds for research to the extent they wish, and are able. Despite the limitations of the pandemic, income from missions (excluding the original, Emma's) has risen from £125 in 2019 to £3k in 2020.

Just as importantly, we have facilitated and encouraged liaison and support between our missionees. Friendships are being formed and a sense of empowerment reported by some of those running their own missions from feeling a 'part of the solution'.

Due to the tremendous voluntary support we receive, our annual administration expenses

| | | |
|--|--|--|
| | | <p>have been kept below 5% of outgoings at 3.7%. All other outgoings have been for either awareness-raising, support or research as per our objects. The percentage breakdown of our expenditure to date is now added to our website to enable the public to see where their donations and fundraising go.</p> |
|--|--|--|

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|--|-----------|--|
| Achievements against objectives set | Para 1.41 | |
| Performance of fundraising activities against objectives set | Para 1.41 | |
| Investment performance against objectives | Para 1.41 | |
| Other | | |

Financial Review

| | | |
|---|-----------|---|
| Review of the charity's financial position at the end of the period | Para 1.21 | <p>We began the year with £26,187.41 in the bank and ended with £24,585.47.</p> <p>This year's income was £27,572.63 and outgoings £29,174.57 which included £23,343 granted to research and support - as detailed earlier.</p> |
|---|-----------|---|

| | | |
|--|-----------|---|
| Statement explaining the policy for holding reserves stating why they are held | Para 1.22 | We do not have a reserves policy at this time and do not consider that our financial position requires one. |
| Amount of reserves held | Para 1.22 | None |
| Reasons for holding zero reserves | Para 1.22 | We have funds which will already enable us to grant fund next year. We have no expenditure to which we are committed. We will not grant out any funding which would take us anywhere near a nil balance. |
| Details of fund materially in deficit | Para 1.24 | None |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | None |

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising) | Para 1.47 | <p>Our normal, principal sources of funding were badly impacted by the covid-19 pandemic – fundraising from events and public donation through collections.</p> <p>Events either organised by ourselves or others were almost all cancelled from March, and huge detrimental effect on collecting cans, sponsored events etc. Having been on track to raise £50k in 2020 the cancellation of most activity meant this was no longer achievable.</p> <p>As listed previously, we put focus on building new income streams online to help mitigate this. In the event therefore, we were pleased to raise £27.6k.</p> <p>We are aware that this was largely due to our largest ever single donation of £10k in January 2020, and grateful that this came in a very opportune year when other sources of funds were denied to us.</p> |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 | |
| A description of the principal risks facing the charity | Para 1.46 | The principal risk remains our reliance of the Chair's voluntary time in a 'CEO' type role to move the charity forward. |
| | | |

| | | |
|-------|--|--|
| Other | | |
|-------|--|--|

Structure, Governance and Management

| | | |
|---|-----------|---|
| Description of charity's trusts: | | |
| Type of governing document (trust deed, royal charter) | Para 1.25 | Trust Deed |
| How is the charity constituted? (e.g unincorporated association, CIO) | Para 1.25 | Charitable Trust |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | Trustees appoint any new trustees as per Trust Deed document |

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|---|-----------|--|
| Policies and procedures adopted for the induction and training of trustees | Para 1.51 | |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51 | |
| Relationship with any related parties | Para 1.51 | |
| Other | | |

Reference and Administrative details

| | |
|-----------------------------|------------------------|
| Charity name | My Mito Mission |
| Other name the charity uses | None |
| Registered charity number | 1176616 |

| | |
|-----------------------------|--|
| Charity's principal address | 44d Long Ridge Brighouse West Yorkshire HD6 3RZ |
| | |

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 | Christine Beal | Chair | | |
| 2 | Joanna Flynn | Secretary | | |
| 3 | Bethany Ellis | Treasurer | | |
| 4 | Sophie Whittaker | | | |
| 5 | Christopher Appleby | | | |
| 6 | | | | |

Corporate trustees – names of the directors at the date the report was approved

| Director name | | |
|---------------|--|--|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year | |
|--------------|-----------------------------------|--|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Funds held as custodian trustees on behalf of others

| | |
|---|------|
| Description of the assets held in this capacity | None |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects | None |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets | None |

| | |
|--|--|
| | |
|--|--|

Additional information (optional)

Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
| | | |
| | | |
| | | |
| | | |

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

| |
|--|
| |
|--|

Exemptions from disclosure

Reason for non-disclosure of key personnel details

| |
|------|
| None |
|------|

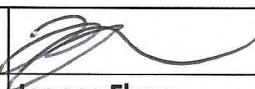
Other optional information

| |
|--|
| |
|--|

Declarations

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

Signed on behalf of the charity's trustees

| | | |
|--------------|---|--|
| Signature(s) |  |  |
| Full name(s) | Christine Beal | Joanna Flynn |

| | | |
|-------------------------------------|-------|-----------|
| Position (eg Secretary, Chair, etc) | Chair | Secretary |
|-------------------------------------|-------|-----------|

| | |
|------|-------------------------------|
| Date | 20 th October 2021 |
|------|-------------------------------|