

Charity Registration Number: 1189982  
Company Registration Number: CE022209



# **Helping Young Minds**

(A charitable incorporated organisation)

## **Report and Financial Statements**

**For the period ended 30<sup>th</sup> November 2021**

**Helping Young Minds**  
**For the period 17<sup>th</sup> June 2020 to 30<sup>th</sup> November 2021**

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**Helping Young Minds**  
**Charity Information**  
**For the period 17<sup>th</sup> June 2020 to 30<sup>th</sup> November 2021**

**1**

<b>Charity Name</b>	Helping Young Minds
<b>Date of Incorporation</b>	17 <sup>th</sup> June 2020
<b>Company Registration No.</b>	CE022209
<b>Charity Registration No.</b>	1189982
<b>Registered address</b>	Mad4Dance Centre, 61-63 Bargates, Christchurch Dorset BH23 1QE
<b>Trustees</b>	Julie Laming Nicholas Love Emily Weaver Bethany Eames  The Trustees were appointed on incorporation except Bethany Eames who was appointed on 11 <sup>th</sup> March 2021
<b>Bankers</b>	Natwest, 57 High Street, Christchurch, Dorset BH23 1BB

## **Background**

Helping Young Minds was incorporated on 17<sup>th</sup> June 2020 as a charitable incorporate organisation (CIO) and is based in Christchurch, Dorset.

Starting a charity during a global pandemic has not been easy however the periods of lockdown have enabled the Trustees to focus on their strategic plan and to put in place a range of systems, controls, and policies together with developing links with strategic Partners.

These foundations will enable Helping Young Minds to help and support children, young people, and their families in the local area with their mental and emotional wellbeing. This will be achieved through activities, guidance, information, and support.

## **Objects**

1. To act as a resource in Christchurch and surrounding areas in Dorset and Hampshire by providing advice, assistance and helping children and young people from the ages of 3 years to 25 years. This will be achieved by:
  - a) Providing recreational and social welfare, designed to improve their conditions of life, in particular but not exclusive to dance, art, theatre, fitness and other outdoor recreational activities;
  - b) Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals.
2. To relieve the needs of young people affected by poor mental health, in Christchurch and surrounding areas in Dorset and Hampshire, for public benefit by:
  - a) Working with specialist agencies and mental health professionals to provide counselling and related mental health support;
  - b) Raising awareness and providing information to people within the community about mental health illnesses and ways to maintain good mental health and to further both purposes with a Christian ethos.

We believe that there is a hopeful and fulfilled future for every young person no matter how they may be feeling right now. By helping children find purpose, self-value and a sense of belonging, they can redefine how they see themselves in their lives.

We are passionate about empowering every young mind so they can shape their own futures into happy fulfilled ones.

## **Main Activities and Achievements**

During the period we have developed links to several specialist agencies and mental health professionals and worked to develop a range of educational courses that will provide guidance, help and support to both young people and their families.

In October 2021 we held a Day of Discovery (DOD) workshop with twelve teenagers which was facilitated by specialist counsellors. This enabled the Trustees to identify some of the key issues that young people are facing today, the feedback from which has enabled us to focus our educational courses and activities on areas that will make a real difference to young people's mental health.

As a direct result of the DOD feedback, we ran a group social session in November 2021 with around 15 young people attending and feedback from this and the DOD has been excellent with comments including:

*"I learnt a lot about other people and how they cope with issues of their own experiences on mental health"*

*"I really enjoyed watching everyone feel comfortable about opening up"*

Following on from this we are developing a range of attachment parenting courses, to be delivered by a local specialist provider, together with courses for young people that include subjects on coping strategies, resilience building and meditation with the focus on developing self-help strategies.

## **Public Benefit**

When planning activities for young people and their families/support group the Trustees are mindful of the Charity Commission guidance on Public Benefit and believe that the Charity has complied with the duty in section 17 (5) of the Charities Act 2011.

A safeguarding policy is in place and risk assessments are always carried out where appropriate.

## **Fundraising**

Due to the COVID restrictions the Charity has, aside from a launch event, been unable to hold any fundraising events however the Trustees would like to give a massive “thank you” to all the volunteers and fundraisers who undertook personal challenges to raise funds for the Charity. In total individuals raised funds of £3,791 in the period which is included in our unrestricted income and is more fully detailed in note 2.

We were also awarded a grant of £1,180 by The Hendy Foundation specifically to enable us to run courses that have been developed on Attachment Parenting and Empowering Young Minds. These courses will provide parents with support and tools to help them deal with teenagers with mental health issues and will equip the young people with skills to enable them to support and help their friends.

Both courses will be led and facilitated by an experienced and qualified therapist and we are extremely grateful to The Hendy Foundation for their support.

## **Financial Review**

The review of the Charity’s financial activities and the position on 30<sup>th</sup> November 2021 are detailed on pages 7 and 8.

During the period the charity made a surplus of £4,584 of which £1,180 relates to restricted funds in respect of The Hendy Foundation grant, which is more fully detailed in note 4.

## **Reserves Policy**

The Trustees continually monitor the Charity’s reserves to ensure that there are sufficient unrestricted reserves to meet its foreseeable commitments and in particular fund its programme of courses and administrative costs for a twelve-month period. Based upon the strategic plan and contractual, statutory, and legal obligations the Trustees have set this level of unrestricted reserves at £3,000, a level that had been achieved by 30<sup>th</sup> November 2021.

## **Structure, Governance and Management**

Helping Young Minds is a CIO that was registered on 17<sup>th</sup> June 2020 and is governed by its CIO Foundation Constitution.

The Charity has set a minimum requirement of three Trustees and at the 30<sup>th</sup> November 2021 the Trustees of the Charity were as follows:

Julie Laming  
Nicholas Love  
Emily Weaver  
Bethany Eames

The Trustees were appointed on incorporation except Bethany Eames who was appointed on 11<sup>th</sup> March 2021.

The Trustees serve for a period of three years after which they can put themselves forward for re-election.

A regular review is undertaken of the Trustee Board to ensure the Charity has the required skills and breadth of experience and, where deficiencies are identified, the Trustees advertise for suitable candidates and undertake an interview process for all applicants.

## **Responsibilities of the Board of Trustees**

The Trustees are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. Company Law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the income resources and application of resources, including the income and expenditure of the charitable company for the 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 of 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 departure disclosed and explained in the financial statements
- Prepare financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

**Responsibilities of the Board of Trustees (contd)**

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on ...29/11/22... and signed on their behalf by:



Julie Laming  
Trustee



**Statement of Financial Activities (incorporating income and expenditure account)****For the period 17<sup>th</sup> June 2020 to 30<sup>th</sup> November 2021**

	<b>Note</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
<b>Income</b>				
Donations		139	-	139
Individuals Fundraising		3,791	-	3,791
Fundraising Events		682	-	682
Grant		-	1,180	1,180
<b>Total</b>	<b>2</b>	<b>4,612</b>	<b>1,180</b>	<b>5,792</b>
<b>Expenditure</b>				
Charitable Activities	<b>3</b>	1,208	-	1,208
<b>Total</b>		<b>1,208</b>	<b>-</b>	<b>1,208</b>
<b>Net Income/Outgoings for the Period</b>		<b>3,404</b>	<b>1,180</b>	<b>4,584</b>
<b>Balance Brought Forward</b>		<b>-</b>	<b>-</b>	<b>-</b>
<b>Balance Carried Forward at 30<sup>th</sup> November 2021</b>		<b>3,404</b>	<b>1,180</b>	<b>4,584</b>

**Continuing Operations**

None of the company's activities were acquired or discontinued during the period.

**Total Recognised Gains and Losses**

The charity has no recognised gains or losses (other than income/outgoings) for the period.

## Balance Sheet

For the period 17<sup>th</sup> June 2020 to 30<sup>th</sup> November 2021

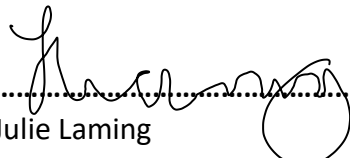
	Note	2021
		£
<b>Current Assets</b>		
Cash at bank and in hand		<u>4,584</u>
<b>Net Current Assets</b>		4,584
<b>Net Assets</b>		<u><b>4,584</b></u>
<b>Reserves</b>		
Unrestricted Funds	7	3,404
Restricted Funds	7	1,180
		<u><b>4,584</b></u>


The Trustees are satisfied that the charity is entitled to exemption from the requirement to obtain an audit/independent examination under section 144(2) of the Charities Act 2011 (the 2011 Act).

The Trustees of the charity have not required the charity to obtain an independent examination in accordance with section 144(2) of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Charity Act 2011 with respect to accounting records and the preparation of accounts.

The financial statements on pages 7 to 11 were approved by the trustees, and authorised for issue on .....29.11.22 and signed on their behalf by:

  
 .....  
 Julie Laming  
 Trustee

  
 .....  
 Nicholas Love  
 Trustee

## 1. Accounting Policies

### (a) Basis of preparation of the financial statements

The financial statements are prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" revised in 2015.

### (b) Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees and in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the general terms.

## 2. Income from Charitable Activities

	Unrestricted £	Restricted £	Total £
Donations	139	-	139
Individuals Fundraising	3,791	-	3,791
Fundraising Events	682	-	682
The Hendy Foundation Grant (Note 4)	-	1,180	1,180
Charitable Activities	<b>4,612</b>	<b>1,180</b>	<b>5,792</b>

## 3. Expenditure on Charitable activities

	Unrestricted £	Restricted £	Total £
Insurance	595	-	595
Course costs	66	-	66
Fundraising costs	466	-	466
Training	75	-	75
Bank charges	6	-	6
	<b>1,208</b>	<b>-</b>	<b>1,208</b>

#### **4. Statement of Net Income by Fund**

	<b>2021</b>
	<b>£</b>
<b>Gross Income by Fund</b>	
Unrestricted	4,612
Restricted	1,180
	<u><b>5,792</b></u>
 <b>Total Expenditure by Fund</b>	
Unrestricted	1,208
Restricted	-
	<u><b>1,208</b></u>
 <b>Net Movement in Funds</b>	 <u><b>4,584</b></u>

The grant from The Hendy Foundation is subject to restrictions which provide that the funds are used to run a minimum of two group therapy sessions in the year to July 2022. These include courses on Empowering Young Minds for children aged 14 to 17 years and Attachment Parenting which is aimed at parents of children with mental health issues.

#### **5. Staff Costs and Trustee Expenses**

The Charity does not employ any staff and no remuneration was paid in the period to Trustees nor were any expenses reimbursed to them.

#### **6. Trustee remuneration and Related Party Transactions**

No remuneration directly or indirectly out of the fund of the charity was paid or is payable for the period to any Trustee or to any person or entity known to be connected with any Trustee.

Julie Laming, a Trustee, is the proprietor of Mad4Dance which is a dance school that rents and trades from the property from which the Charity operates. No charge is made for the provision of these facilities or any other services and a formal agreement, which has been provided to the Charity Commission, is in place.

The Charity has a robust conflicts of interest policy which is considered at each meeting of the Trustees and reviewed in conjunction with the agenda.

## 7. Movement in Funds

	B/F	Income	Expenditure	Transfers	As at 30 <sup>th</sup> November 2021
	£	£	£	£	£
<b>Restricted</b>					
The Hendy Foundation	-	1,180	-	-	1,180
<b>Unrestricted</b>					
General Fund	-	4,612	1,208	-	3,404
<b>Total Funds</b>	-	<b>5,782</b>	<b>1,208</b>	-	<b>4,584</b>

## 8. Guarantees and Debt

The charity has not given any guarantees and there are no debts subject to a charge on assets.