

TALKING2MINDS LTD

England & Wales · Charity number 1131142

Details

Other names	TALKING2MINDS
Status	Registered
Legal form	Charitable company
Company number	06892330
Registered	2009-08-14
Register	View on the Charity Commission register

Contact

Address	22 Cheyne Walk Hendon London NW4 3QJ
Phone	07766398217
Website	www.talking2minds.co.uk

Activities

Objects: THE PROMOTION AND PRESERVATION OF GOOD MENTAL AND PHYSICAL HEALTH OF THE PUBLIC, PARTICULARLY, BUT NOT EXCLUSIVELY, MEMBERS AND EX-MEMBERS OF THE ARMED FORCES, THROUGH THE PROVISION OF A COUNSELLING SERVICE INCLUDING THE PSYCHOLOGICAL AND COGNITIVE THERAPIES OF HYPNOTHERAPY, NEURO LINGUISTIC AND TIME LINE THERAPIES.

Activities: T2M is a volunteer led charity that is making its mark by having assisted well over 500 sufferers of Post Traumatic Stress Disorder and other Severe Stress Related Conditions and who have not found a positive outcome with accessing trauma focussed therapies. Our unique approach is evidence based and ongoing clinical studies are continuing to show significant long term results.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£6,070	£275	-	-
2024-03-31	£6,337	£14,291	-	-
2023-03-31	£7,560	£18,974	-	-
2022-03-31	£26,934	£30,327	-	-
2021-03-31	£23,320	£21,174	-	-

Trustees

Name	Role	Appointed
Robert Paxman		2014-06-05
Rolland Kinsey		2014-06-06
Steve McDowell		2014-06-06

TALKING2MINDS LTD

England & Wales - Charity number 1131142

Accounts

COMPANY REGISTRATION NUMBER: 06892330
CHARITY REGISTRATION NUMBER: 1131142

TALKING2MINDS Limited
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2022

CLAYTON LONGLEY LIMITED
Chartered Certified Accountants
22 Cheyne Walk
London
NW4 3QJ

TALKING2MINDS Limited
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2022

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TALKING2MINDS Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name TALKING2MINDS Limited

Charity registration number 1131142

Company registration number 06892330

Principal office and registered office 22 Cheyne Walk
London
NW4 3QJ

The trustees

Mr RFC Paxman
Mr E Dowell
Mr TS McDowell
Mr RRD Kinsey
Mr J Telford

Independent examiner Clayton Longley Ltd Chartered Certified Accountant
22 Cheyne Walk
London
NW4 3QJ

Structure, governance and management

The directors of the charitable company are its trustees for the purposes of charity law. The board of trustees, who meet as and when required to conduct the charity's business, administer the charity.

The trustees and changes to them are listed on page 1.

Objectives and activities

TALKING2MINDS Limited was incorporated on 24 April 2009 as a company limited by guarantee and is registered as a charity with the Charities Commission. The affairs of the company are governed by its memorandum and articles of association.

The objects of the charity are to provide treatment for all types of post traumatic stress disorder for servicemen and others, to include among other treatments hypnotherapy, neuro linguistic therapy and time line therapy.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

TALKING2MINDS Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Strategic report

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

TALKING2MINDS Limited provided courses and a telephone helpline to persons suffering from post traumatic stress disorder during the year. It's success in these objectives was assisted by the continued support from it's trustees, marketing and donations from benefactors.

Financial review

The results for the year are set out in the Statement of Financial Activities. Further details are given in the notes to the accounts.

The trustees' annual report and the strategic report were approved on 28 December 2022 and signed on behalf of the board of trustees by:

Mr RFC Paxman
Trustee

TALKING2MINDS Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of TALKING2MINDS Limited

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of TALKING2MINDS Limited ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Clayton Longley Ltd
Chartered Certified Accountant
Independent Examiner

22 Cheyne Walk
London
NW4 3QJ

TALKING2MINDS Limited
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2022

		2022	2021
	Unrestricted		
	funds	Total funds	Total funds
Note	£	£	£
Income and endowments			
Donations and legacies	5	26,934	23,320
Total income		<u>26,934</u>	<u>23,320</u>
Expenditure			
Expenditure on raising funds:			
Costs of raising donations and legacies	6	12,879	18,330
Expenditure on charitable activities	7,8	17,448	2,844
Total expenditure		<u>30,327</u>	<u>21,174</u>
Net income/(loss) and net movement in funds			
		<u>(3,393)</u>	<u>2,146</u>
Reconciliation of funds			
Total funds brought forward		(21,794)	(23,940)
Total funds carried forward		<u>(25,187)</u>	<u>(21,794)</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 7 to 10 form part of these financial statements.

TALKING2MINDS Limited
Company Limited by Guarantee
Statement of Financial Position

31 March 2022

	Note	2022 £	£	2021 £
Current assets				
Cash at bank and in hand		77		912
Creditors: amounts falling due within one year	10	(1,950)		(1,500)
Net current liabilities			(1,873)	(588)
Total assets less current liabilities			(1,873)	(588)
Creditors: amounts falling due after more than one year	11		(23,314)	(21,206)
Net liabilities			(25,187)	(21,794)
Funds of the charity				
Unrestricted funds			(25,187)	(21,794)
Total charity funds	12		(25,187)	(21,794)

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 28 December 2022, and are signed on behalf of the board by:

Mr RFC Paxman
Trustee

The notes on pages 7 to 10 form part of these financial statements.

TALKING2MINDS Limited
Company Limited by Guarantee
Statement of Cash Flows
Year ended 31 March 2022

	2022	2021
	£	£
Cash flows from operating activities		
Net income/(outgoings)	(3,393)	2,146
<i>Changes in:</i>		
Trade and other creditors	2,558	(1,317)
Cash generated from operations	(835)	829
Net cash (used in)/from operating activities	(835)	829
Net (decrease)/increase in cash and cash equivalents	(835)	829
Cash and cash equivalents at beginning of year	912	83
Cash and cash equivalents at end of year	77	912

The notes on pages 7 to 10 form part of these financial statements.

TALKING2MINDS Limited
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 22 Cheyne Walk, London, NW4 3QJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

TALKING2MINDS Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

4. Limited by guarantee

TALKING2MINDS Limited is a company limited by guarantee and is a registered charity with the charity commission. The affairs of the company are governed by its memorandum and articles of association.

TALKING2MINDS Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Donations				
Donations	26,934	26,934	23,320	23,320

6. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Donations - wages & employee costs	-	-	-	-
Donations - rent	10,942	10,942	17,300	17,300
Donations - insurance	250	250	250	250
Donations - motor vehicle expenses	261	261	280	280
Donations - other motor/travel costs	200	200	209	209
Donations - accountancy	1,000	1,000	-	-
Donations – telephone & IT	193	193	197	197
Donations (generating income costs) - print post & stationery	-	-	-	-
Donations (generating income costs) - bank/finance costs	33	33	94	94
	<u>12,879</u>	<u>12,879</u>	<u>18,330</u>	<u>18,330</u>

7. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Charity work by trustees – general	16,397	16,397	1,591	1,591
Charity work by trustees – events	1,051	1,051	1,253	1,253
General	-	-	-	-
	<u>17,448</u>	<u>17,448</u>	<u>2,844</u>	<u>2,844</u>

8. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2022 £	Total fund 2021 £
Charity work by trustees – general	16,397	-	16,397	1,591
Charity work by trustees – events	1,051	-	1,051	1,253
General	-	-	-	-
	<u>17,448</u>	<u>-</u>	<u>17,448</u>	<u>2,844</u>

TALKING2MINDS Limited
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2022

9. Trustee remuneration and expenses

No trustees received remuneration in the year

10. Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	<u>1,950</u>	<u>1,500</u>

11. Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Other creditors	<u>23,314</u>	<u>21,206</u>

12. Analysis of charitable funds

Unrestricted funds

	At 1 Apr 2021	Income	Expenditure	At 31 Mar 2022
	£	£	£	£
General funds	<u>(21,794)</u>	<u>26,934</u>	<u>(30,327)</u>	<u>(25,187)</u>