



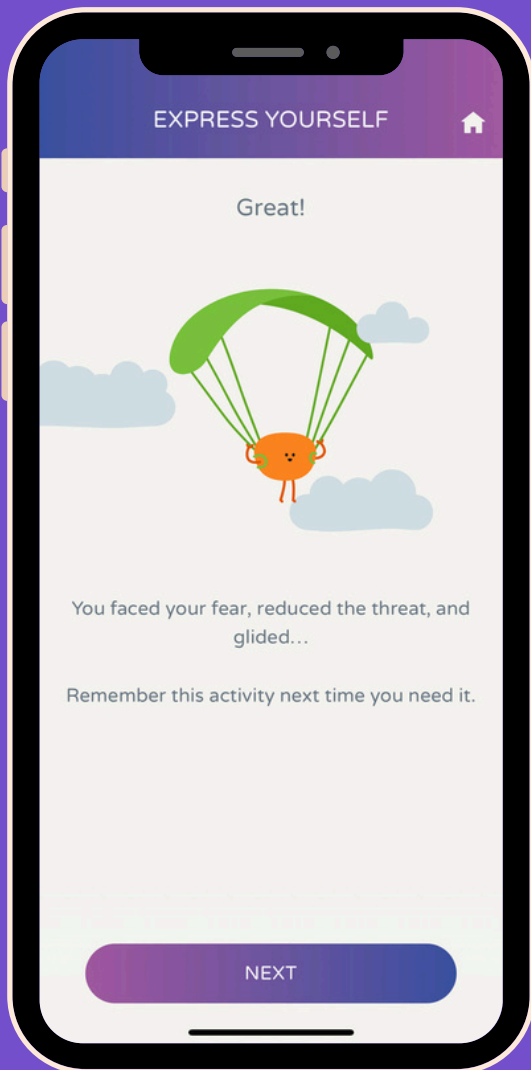
Charity number: 1144506



Annual Report and Accounts

YEAR TO 30 SEPTEMBER 2024

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CEO Introduction

Dear Supporter,

As we reflect on another year, stem4 remains committed to addressing the youth mental health crisis by focusing on what we do best: delivering scalable, clinically-validated digital solutions. With rising demand and constrained resources across the sector, we have made a strategic decision to prioritise our most impactful and cost-effective interventions: our award-winning mental health apps. These tools are proven to effectively support young people's mental health, providing evidence-based support when and where they need it most, facilitating early intervention.

This year has been both challenging and transformative for stem4. As demand for timely, accessible mental health support continues to grow, we have sharpened our focus on digital innovation, strengthening our evidence base, and forged strategic partnerships across health and education. Our apps have now reached over 4 million users worldwide, with measurable outcomes in reducing symptoms of anxiety, self-harm, low mood & depression, and body image issues & eating disorders.

We are immensely proud to have been awarded Small Charity of the Year for the second time at the prestigious Third Sector Awards 2024 in recognition of our work in supporting children and young people's mental health.

A key focus this year has been broadening our reach by integrating our tools into schools and health settings to ensure that every child and young person — regardless of their background — has access to clinically-proven mental health support. Post-year-end, we have already seen strong signs of further progress in integrating our apps into wider systems, amplifying our impact at both a local and a national level.



Dr Nihara Krause MBE

Founder and CEO

At the same time, we have continued to innovate in digital safety and mental health education. Our Online Safety First Aid (OSFA) training, developed in partnership with Ofcom, became the first programme of its kind to equip professionals with the skills to navigate the intersection of mental health and online interactions. We are proud to have trained over 500 professionals in this regard. Meanwhile, our annual awareness day, Youth Mental Health Day, continues to grow, reinforcing the message that early intervention, digital tools, and open conversations can drive positive change.

While the charitable funding environment remains uncertain, we have taken proactive steps to build financial sustainability. A key milestone this year has been securing financial support from reputable funders to support us on this journey, who have bought into our vision and will enable us to expand our reach and deepen our impact. By aligning our resources with our core strengths, transitioning to a long-term impact-driven funding model, and securing multi-year partnerships, we are creating a stable foundation for future growth.

I am immensely grateful to our dedicated team, trustees, partners, and supporters for their unwavering commitment to our mission. Their contributions ensure that stem4 continues to be the UK's leading digital mental health charity for children and young people, empowering them with tools that make a real difference to their lives.

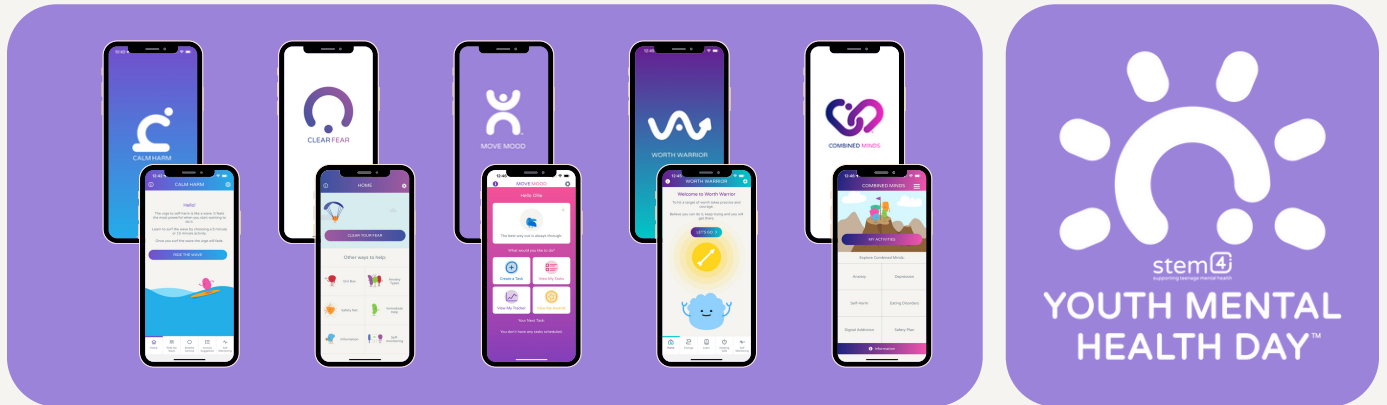
As we look to the future, the need for scalable, clinically-validated mental health solutions has never been greater. The challenge is vast, but with continued support from funders, educators, health professionals and policymakers, we can transform the way young people access mental health care.

Together, we can ensure that no young person is left without the tools they need not just to survive, but thrive.

A handwritten signature in blue ink, reading 'Nihara Krause', with a stylized flourish at the end.

Dr Nihara Krause MBE
Founder and stem4 CEO
Chief Clinical Officer/Consultant Clinical Psychologist

About stem4



stem4 is the UK's leading digital mental health charity for children and young people, specialising in prevention and early intervention.

We provide accessible, evidence-based support through pioneering mental health apps, a clinically-informed website, and national awareness campaigns.

Our mental health apps place clinically-validated support directly into the hands of children and young people across the UK, helping them to effectively manage a range of mental health issues including anxiety, low mood & depression, self-harm and body image issues & eating disorders.

Our work promotes positive mental health in young people and those who support them, including families, educators, and health professionals, wherever they are, whatever their background, and whatever their current circumstances.

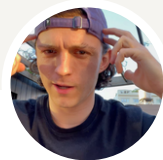


India's Story

Listen to India's story on her experience with using Calm Harm



[Scan or click here to view](#)

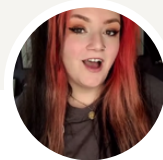


Spider-Man's Story

Hear actor Tom Holland's recommendation of stem4's apps to his young fanbase



[Scan or click here to view](#)



Beth's Story

Watch Beth share why she recommends stem4's apps to other young people



[Scan or click here to view](#)

Mission and Values

Vision

A world where every child and young person is empowered with the tools and knowledge to support their mental health, enabling them to lead happy, healthy, and resilient lives.

Mission

To provide scalable, evidence-based digital mental health solutions that foster awareness, prevention, and early intervention. We equip children and young people, families, educators, and health professionals with clinically-validated tools that are accessible, effective, and empowering.

Values

- Informative: Clinically accurate, solution-focused, and educational
- Positive: A strengths-based approach that promotes resilience and change
- Accessible: Digital-first, inclusive, and available to all - particularly vulnerable and disadvantaged communities
- Collaborative: Working with young people, professionals, and partners to drive impact
- Innovative: Using technology to create sustainable, scalable mental health support
- Effective: Committed to measurable impact and continuous improvement

Aims

- Increase Early Awareness: Providing engaging mental health education to start conversations and reduce stigma
- Deliver Accessible, Digital-First Support: Ensuring young people can access proven mental health tools anytime, anywhere
- Empower Self-Management: Helping young people build resilience, coping strategies, and mental well-being skills
- Strengthen Evidence-Based Intervention: Developing and refining digital tools with clinical research and real-world impact measurement
- Scale Reach Through Strategic Partnerships: Working with schools, healthcare providers, and digital health leaders to expand access and deepen impact
- Ensure Sustainability & Growth: Building financial and operational stability to secure long-term support for young people



Our Commitment to Sustainability

Sustainability is at the heart of everything we do. Our focus is not only on meeting today's needs but on building a future where every young person has lasting access to high-quality mental health support.

We are committed to strengthening our digital solutions, expanding strategic partnerships, and securing long-term financial resilience.

By doing so, we ensure that clinically-validated, evidence-based mental health support remains accessible to every child and young person today, tomorrow, and for generations to come.

“ I am a psychiatrist, so when my son started showing signs of anxiety and picky eating, I thought I would know what to do. Combined Minds gave me and my family the additional tools and structure we needed to help him through his recovery.

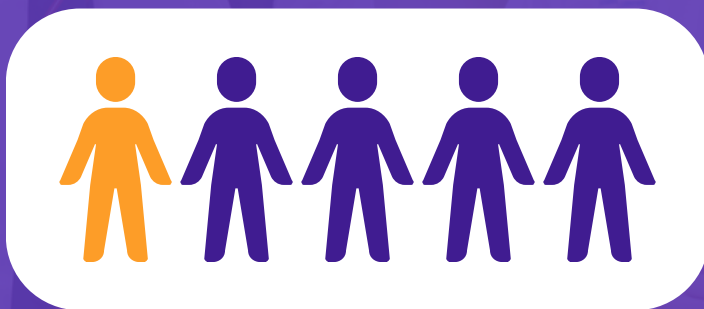
User review for Combined Minds

The State of Children and Young People's Mental Health

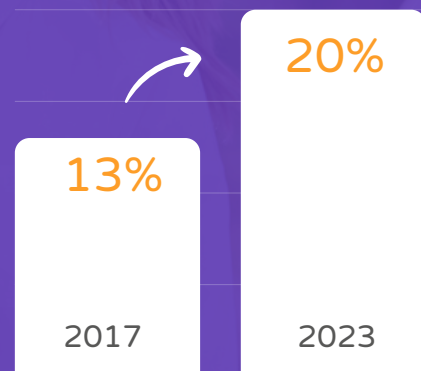
The youth mental health crisis is worsening, with demand for support outpacing available services, leaving many young people, particularly those in vulnerable groups, without the help they need.

Our digital tools are a key component in the fight against poor mental health.

Rates of children and young people in the UK with a probable mental health disorder have risen to 1 in 5, according to NHS England.*



% CYP in the UK with a probable mental health disorder, per year:



AGE

17-19 year olds had the greatest prevalence of probable mental health disorders out of all CYP in 2023*, at: **23%**

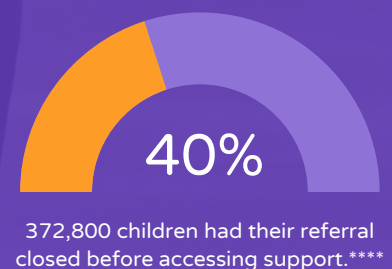
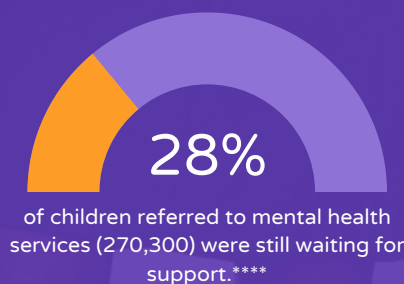
GENDER

In 17-25 year olds, rates of probable mental ill health in 2023 were **2x higher** in 2023 for young women than young men.* For eating disorders in 17-19 year olds, rates in 2023 were **4x higher** in young women than young men.*

INCOME

Children in the lowest income quintile are **4x more likely** to have severe mental health problems than those in the highest.** Among children experiencing poverty who are in need of mental health care, an estimated **>15%** receive services, and even fewer complete treatment.***

Almost **1 million** children and young people had active referrals for Children and Young People's Mental Health Services in England in 2022-23.****



*NHS England 2023, The Mental Health of Children and Young People in England 2023 report ([NHS England stats](#))

**Gutman, L., Joshi, H., Parsonage, M., & Schoon, I. (2015). Children of the new century: Mental health findings from the Millennium Cohort Study. London: Centre for Mental Health.

***Hodgkinson S, Godoy L, Beers LS, Lewin A. Improving Mental Health Access for Low-Income Children and Families in the Primary Care Setting. Pediatrics. 2017 Jan;139(1):e20151175. doi: 10.1542/peds.2015-1175. Epub 2016 Dec 12. PMID: 27965378; PMCID: PMC5192088.

**** Children's Commissioner, Over a quarter of a million children still waiting for mental health support, Children's Commissioner warns, March 2024

Impact Review

stem4's digital solutions provide **scalable**, **accessible**, and **clinically-validated** support, bridging critical gaps in care and ensuring young people can access help whenever and wherever they need it.

Timely, accessible support is crucial to preventing mental health issues from escalating. The youth mental health crisis is severe and worsening, yet many children and young people face long waiting lists, limited professional support, or no access to services at all.

At stem4, we believe that timely, accessible, and evidence-based digital solutions can transform outcomes for young people, providing early intervention before symptoms escalate.

We are proud of our ambition to ensure that every young person in the UK can access evidence-based, clinically validated support when they need it. Empowering young people to utilise evidence-based tools, stem4 enables them to build resilience.

This is particularly true for disadvantaged children and young people, as we know that the poorest children face four times the risk of mental ill health before they leave primary school* and that their

parents and carers find negotiating a referral for help the hardest.

People from marginalised communities in the UK are also some of the hardest-hit**, having worse experiences of mental health services. stem4's widely-available and effective tools are particularly beneficial for these communities.

Every time a young person, parent, or carer downloads one of our apps, clinically-validated, evidence-based support is placed directly in their hands. Every time a school provides a child or young person with a stem4 app, they are providing universal access to much needed help whilst also working with parents and carers in understanding and supporting young people together.

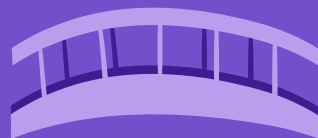
Each download ensures that children and young people, whoever they are, wherever they are, have access to leading mental health tools that empower them to take control, build resilience, and thrive.

*Gutman, L. et al. (2015) Children of the new century. Centre for Mental Health. Available from: <https://www.centreformentalhealth.org.uk/publications/children-new-century> [Accessed 7 May 2024]

**Bansal N, Karlsen S, Sashidharan SP, Cohen R, Chew-Graham CA, Malpass A. Understanding ethnic inequalities in mental healthcare in the UK: A meta-ethnography. PLoS Med. 2022 Dec 13;19(12):e1004139. doi: 10.1371/journal.pmed.1004139. PMID: 36512523; PMCID: PMC9746991

Apps At A Glance

In January 2024, our apps surpassed **4 million** downloads worldwide—a testament to the growing demand for scalable, accessible mental health support. In the past year alone, **300,000** users accessed our five mental health apps, including **121,000** in the UK.



With half of this year's users not receiving professional support elsewhere, stem4 plays a key role in bridging the gap for those without access to traditional mental health services.

ALL-TIME:

4 million
downloads

THIS YEAR:

300,000
users

50% not receiving
professional support

Our Year in Numbers

In the past year:

stem4's apps reached **300,000 users** and surpassed **4 million total downloads**. In the past 12 months, **1.2 million sessions** were logged across our 5 apps.

40,000+

hours of support were provided to children and young people through our apps in the past year—equivalent to **4.5 hours' worth every hour**.

APPS



91%

of activities carried out were reported to have been helpful



100,000+

times our apps provided a safety net for young people in distress



75,000

urges to self-harm successfully reduced through Calm Harm



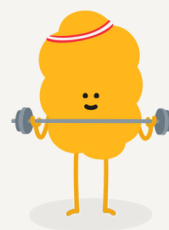
24,000

anxious thoughts rationalised and conquered with Clear Fear



50,000

mindfulness exercises completed



15,600

positive action tasks completed with Move Mood (e.g., exercise, self-care, socialising)



900

instances of negative body image reframed with Worth Warrior



1,600

friends and family members given 'things they can do in the moment' when supporting a young person's mental health with Combined Minds

600,000+

young people engaged across all our interventions this year

Our Year in Numbers

Alongside our apps, stem4's websites have served as key **digital mental health hubs**, ensuring young people, parents, and professionals have access to high-quality, evidence-based information and resources.

WEBSITES & RESOURCES



220,000+

visitors across our 8 websites



300,000

total sessions recorded across our websites



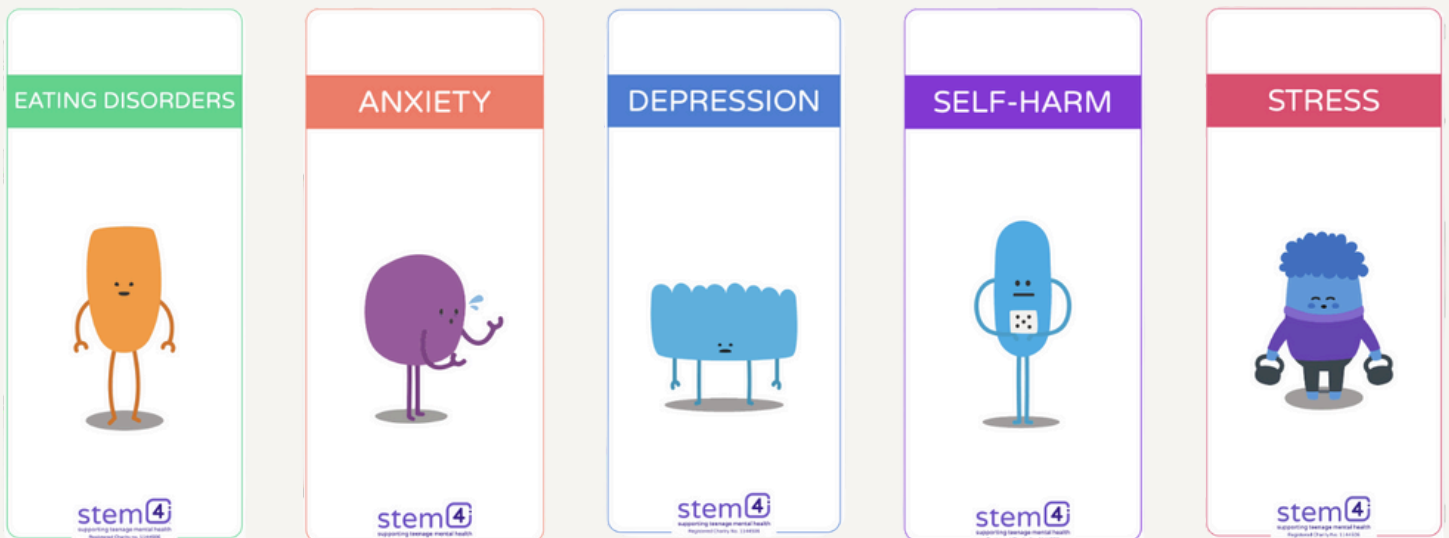
73,000

visitors to our main website, stem4.org.uk



18,000

mental health resources downloaded, e.g. self-help guides & Youth Mental Health Day toolkits



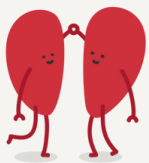
With **almost 1 million young people** on NHS mental health waiting lists, the need for early intervention is greater than ever. stem4's evidence-based tools help ease the pressure on overstretched NHS and school services, improving access to care and reducing waiting lists.

Our Year in Numbers

To create **lasting impact**, we also equip professionals, educators, and young people with the skills to support mental health effectively through our **training, education programmes** and **outreach**.

Beyond direct interventions, our **campaigns, partnerships, social media presence**, and **training programmes** ensure that we reach young people, and those who support them, at scale, empowering them with knowledge, strategies, and tools for positive mental well-being.

SOCIAL MEDIA & CAMPAIGNS



700,000+

people reached by stem4's social media accounts



25,000

interactions with stem4's social media content



84,000

people reached on social media for our Youth Mental Health Day campaign



1,000s

of parents & organisations engaged on social media using #stem4PMHD for Parent Mental Health Day

TRAINING, EDUCATION & OUTREACH



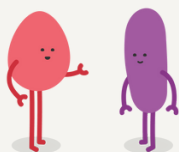
500+

professionals trained through our Online Safety First Aid (OSFA) course, developed with Ofcom



64,000+

estimated young people reached through professionals trained by stem4



540

students attending our school talks and mental health conferences



5,000+

secondary school students estimated to have benefitted from our Head Ed programme



Impact in Focus

Pressure on Schools



Schools are increasingly a frontline source of mental health support for young people, yet many struggle to meet growing demand. Digital solutions like the Clear Fear app offer an immediate, scalable, and cost-effective way to provide students with evidence-based tools to manage anxiety.

Over the past year, we have taken the first steps in understanding how Clear Fear can reduce reliance on school counsellors, teachers, and overstretched NHS services. Our new in-app measurement tool has shown promising initial results, indicating that students using Clear Fear feel more equipped to self-manage their anxiety, reducing their need for further intervention.

Building on this foundation, next year we aim to embed Clear Fear in schools, ensuring that thousands more students have access to evidence-based mental health support whenever they need it and providing schools with actionable data insights to improve provision.

By working closely with schools, education authorities, and funders, we are committed to making Clear Fear a cornerstone of school mental health strategies, providing sustainable early intervention that empowers students and alleviates pressure on school staff.



I saw this app on a poster at my school and as someone with anxiety I thought it was worth a try. There are lots of activities and support, explaining many different times of anxiety! The pictures are lovely and overall this app is great.

User review for Clear Fear



There is a massive need for schools to support students struggling with anxiety every day, but our teachers often struggle with time, resources and even the expertise to provide the help every student needs. Having a clinically validated resource like Clear Fear, which students can access instantly, will make a real difference. We're excited to start using it in our school to provide immediate, evidence-based support when it's needed most.



Amanda Collyer
Student Support and Wellbeing Ambassador
Howard of Effingham School

Impact in Focus

To maximise impact, stem4 continues to innovate, expand partnerships, and strengthen clinical validation:



An in-app impact measurement tool is being devised to provide further anonymised insights into how how Clear Fear can support children and young people and reduce pressure on support services



An update for Combined Minds is underway to improve support for families and carers.



Our Clear Fear study has been completed and submitted for peer review and publication. We are delighted with the initial results which demonstrate statistically significant improvements in anxiety management.



A case study on Worth Warrior is in development following promising results from a small-scale study.



Calm Harm was introduced to selected international markets as part of an initiative to assess its commercial viability, broader market applicability and to extend its positive impact worldwide.



Our partnership with Good Thinking (pan-London NHS initiative) has continued, providing all young Londoners with customised versions of Clear Fear and Combined Minds to support the NHS in proactively managing young people's mental health whilst receiving anonymised data analytics to inform future work.



Our successful work with Leeds City Council on a suicide prevention initiative enabled free city-wide access to Calm Harm, supporting young people at risk of self-harm, with the customised app identifying self-harm hotspots to which in-person resources could be directed.



Whilst we believe in tech for good in terms of health management, we are concerned about the potential negatives of online interaction on the mental health of children and young people. We were delighted to partner with Ofcom on creating an informed and effective course to train adults supporting young people's mental health on online safety, and also provide training to parents and carers on how to work together to educate, support and protect. Read our full impact and evaluation report [here](#).

"I now have a more thorough knowledge of the importance of media safety, sources of information and links to health, including mental health."

Media Literacy & Mental Health Trainee (Restorative Justice Worker, Youth Justice Service)

Education and Training

At stem4, we remain committed to equipping young people, parents, teachers, and professionals with the tools and knowledge to support positive mental health. This year, our education and training programmes have continued to raise awareness, build resilience, and strengthen support networks.

We've expanded our school engagement through:

- **Engaging student conferences**, where young people developed peer-led mental health initiatives;
- **Interactive school talks and training sessions**, equipping students with the knowledge and confidence to support their well-being;
- **Collaborations with teachers**, to ensure mental health education is embedded within school systems.

A key development has been the growth of Head Ed, our free online mental health programme for ages 11+ and 14+. Head Ed offers curriculum-linked lessons and comprehensive teacher resources on topics such as stress, anxiety, depression, self-harm, and resilience, enabling schools to safely and confidently deliver mental health education.

Our stem4 ambassadors continue to inspire and connect with students through their lived experience, fostering understanding and empathy.

As we look ahead, we are placing a greater focus on integrating our digital tools within school settings, enabling them to provide accessible, ongoing mental health support at scale. Recognising the vital role schools play in supporting student mental health, we are adapting our approach to ensure that our resources reach as many young people as possible in a scalable, cost-effective, and financially sustainable way. Rather than prioritising in-person events, we are embedding our clinically-validated, evidence-based digital mental health solutions directly into schools. This will ensure that every student—regardless of background or resources—can access the support they need, when they need it.

my school is doing the charity "first give" competition, where we would be able to win £1,000 for the charity we chose. A lovely lady came in and explained the apps stem 4 makes - and I thought it would be a good idea to download Calm Harm because I suffer from self harm unfortunately. This app gives me a lot of ways to distract myself, and I can use it to give my friends advice when they need it, too. It's easy to navigate and lets you customise colours. Thank you a lot!

Digital Campaigns

Alongside our digital mental health tools, our social media campaigns play a crucial role in engaging young people, parents, and professionals in open conversations about mental health. These campaigns amplify awareness, provide practical strategies for support, and drive meaningful action—ensuring that our clinically-validated solutions reach as many people as possible in a cost-effective, scalable way.

Over the past year, our social media engagement has continued to grow, reaching hundreds of thousands of young people and sparking essential conversations about mental well-being.

Campaign Highlights 2023-24:

November 2023

“He’s talking, but are you listening?”

November 2023: Supporting Boys and Young Men’s Mental Health

In November, stem4 ran the “He’s Talking, But Are You Listening?” campaign, highlighting the importance of actively listening to boys and young men when they open up about their mental health. The campaign was boosted by influencers and public figures and featured clips from Flynn Matthews’ short film Midpoint, which explores different experiences of anxiety.



240,000 accounts reached



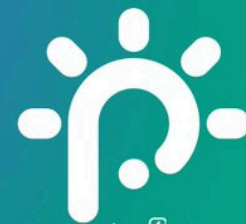
387,000 total video plays



5,400 likes & engagements



200 downloads of dedicated mental health resources



stem4
PARENT MENTAL HEALTH DAY™
27th January 2024

#CreatingPositiveRelationships

Parent Mental Health Day 2024: #CreatingPositiveRelationships

Held in January 2024, this campaign focused on helping parents and carers strengthen family relationships to support their own and their children’s mental health. Against the backdrop of the cost-of-living crisis and rising concerns about digital harm, we provided practical tools to foster connection and improve well-being at home.



20,000 website views in January



800 downloads of PMHD resources, incl. social media packs & guides



1000s of parents & organisations engaged on social media using #stem4PMHD



8,000 views to the PMHD webpage

FROM SHADOWS TO SUPPORT

Self-Harm Awareness Day 2024:
#FromShadowsToSupport

In March, we launched a campaign for **Self-Harm Awareness Day** to reduce stigma, open conversations, and promote help-seeking for self-harm. We encouraged engagement with our Calm Harm app, which helps thousands of young people manage self-harm urges daily, and raised funds to sustain these essential resources.



The Power of Digital

With mental health challenges affecting more young people than ever before, our digital campaigns provide scalable, high-impact interventions at low cost. By leveraging social media, engaging influential voices, and providing free, evidence-based digital resources, we ensure that every young person, regardless of background, has access to meaningful mental health support.



During the year, our work to expand access to our award-winning apps along with our partnership with Ofcom to develop our **Online Safety First Aid™** training course, were key developments.



#CONTROLYOURSCROLL

REMINDER

You can take control of how your phone impacts your mental health.

Great!

Tell me more!

Youth Mental Health Day 2024:
#ControlYourScroll

September 2024 marked the fifth **Youth Mental Health Day (YMHD)**, dedicated to helping young people develop healthier digital habits. The **#ControlYourScroll** campaign provided simple digital hacks and mental health strategies to help young people create a positive and safe online experience.



60,000+ combined
video reach across
social media
platforms



84,000+ total social
media reach, with
2,500+ direct
interactions



52% of organisations
that posted used a
stem4 graphic,
increasing campaign
visibility



3,700+ downloads of
YMHD resources, incl.
a 96% year-on-year
increase in our young
person's guide
downloads



44% increase in
website traffic
compared to last year



High-profile
engagement from
Manchester United, **10 Downing Street**, the
Department of Health and Social Care, and
more

Expanding Our Reach Further

Alongside our core focus on delivering scalable, evidence-based digital mental health solutions, we are committed to developing supplementary initiatives that enhance awareness, provide practical resources, and support local communities. These initiatives help ensure that mental health support is accessible in a variety of ways, complementing our apps and expanding our reach.



Bringing Mental Health Resources into the Community:

Repurposing Disused Phone Boxes

In October 2023, we launched an initiative transforming disused phone boxes into local mental health resource hubs. These iconic red phone boxes have been given a new purpose offering accessible mental health information in the heart of local communities. This project is part of our commitment to breaking down barriers to support and reducing stigma around youth mental health.



[Read more about this project here.](#)

STEP-up © Self-Care Checker

Recognising the importance of self-care in mental well-being, in January 2024, we launched STEP-up©, a free digital tool designed to help young people assess and improve their self-care habits. Developed by Dr. Nihara Krause MBE, this interactive resource provides personalised recommendations to support brain health and overall well-being.



[Complete the quiz here.](#)

Supporting Students with School Avoidance

Emotionally Based School Avoidance (EBSA) is a growing concern, affecting 3 in 10 young people in the UK. In response, we developed the “Worried About Going to School” workbooks, designed specifically for primary and secondary school-aged children struggling with attendance due to mental health challenges. Created by Dr. Nihara Krause MBE, these practical guides offer structured strategies alongside our Clear Fear app to manage anxiety symptoms associated with EBSA and build confidence.



[Check out the workbook here.](#)

Supporting the Psychological Health of Primary School Children Exposed to a Traumatic Incident

This resource offers clear, practical guidance for adults supporting primary-aged children experiencing post-traumatic distress. Recognising that age and developmental stage impact how trauma is processed, the resource provides developmentally appropriate strategies to help children understand and cope with their experiences.



[Download the workbook here](#)

Engaging Conversations Through Digital Media

Understanding Teen Minds Podcast



To further support young people and those around them, we continue to produce the Understanding Teen Minds podcast, hosted by stem4 founder and Consultant Clinical Psychologist, Dr. Nihara Krause MBE.

Covering topics such as anxiety, depression, self-harm, and resilience, the podcast provides expert insights and practical strategies to help young people navigate their mental health.

Over the past year, podcast engagement has grown significantly, with over 2,800 more downloads in the past 12 months—taking us to an all-time total of 4,598. Our most popular episodes continue to focus on self-esteem in boys and young men, resilience-building, and the impact of social media on mental health.

+2,864
podcast
downloads

[Click here to listen](#)

Awards and Recognition



We are proud that stem4 was named Small Charity of the Year for the second time at the prestigious Third Sector Awards 2024, recognising our groundbreaking work in supporting young people's mental health through clinically-validated digital solutions.

Our commitment to innovation, impact, and accessibility was further recognised with two additional award nominations:

- Our Worth Warrior app, which provides essential support for young people struggling with eating disorders, was nominated for Digital Innovation of the Year.
- Our Online Safety First Aid (OSFA) Course was shortlisted for Breakthrough of the Year, reflecting its unique approach in equipping professionals with the skills to navigate mental health challenges in the digital world.

Small
Charity of
the Year
2024

Strategic Priorities

As young people face increasingly complex mental health challenges, stem4 is strengthening its focus on scalable, digital-first solutions that provide early intervention, evidence-based support, and measurable impact. To achieve this, we have identified three core strategic priorities that will guide our work during the years ahead.

Financial Sustainability

stem4 is building a sustainable funding model to ensure free, high-quality mental health support for young people now and in the future. Recent progress includes diversifying income, securing multi-year funding, and boosting efficiency.

To achieve this, we are committed to:

- Diversifying income through grants, fundraising, partnerships, and earned revenue
- Monetising selected services while keeping core support free
- Maximising efficiency to prioritise high-impact work
- Leveraging partnerships to optimise resources
- Demonstrating impact to secure long-term funding

Technological Innovation

Making clinically validated, mental health apps as accessible as any essential service reaching young people with the right support, at the right time.

To achieve this, we are committed to:

- Reach over 200,000 young people annually
- Drive engagement through national campaigns
- Improve apps using feedback and emerging needs
- Strengthen NHS, school, and digital health partnerships
- Evaluate impact to ensure measurable outcomes
- Uphold data security and clinical safety

Evidence-Based Impact

Impactful mental health support requires rigorous evaluation. Our research-driven, data-informed approach ensures interventions are effective, scalable, and cost-efficient, driving system-wide change and embedding digital-first solutions in education and healthcare.

To achieve this, we are committed to:

- Gathering real-world data to refine app effectiveness and user experience
- Evaluating impact in health and education settings
- Embedding Theory of Change models in our approach
- Conducting health economic analysis to show cost-saving benefits of digital tools



I have tested it out, I struggle a lot with my mental health and I have no one to talk to about it I constantly feel isolated and alone and this helped me out thankyou

Funding

In a challenging funding environment, we have worked hard to secure the long-term future of stem4 through a diversified funding strategy. This is an ongoing process and we are pleased with our progress to date; we look forward to further milestones reached in 2025.



Support from Charitable Trusts and Foundations

stem4 is incredibly grateful for the continued support of charitable trusts, foundations, and grant providers. Their commitment not only enables us to sustain and grow our work but also validates our approach to deliver scalable, clinically-validated digital mental health solutions that provide young people with support wherever and whenever they need it.

Over the past year, we have received funding from a number of high-profile organisations, particularly those focused on youth mental health, digital innovation, and early intervention. This endorsement from organisations including the Prudence Trust and the Stone Family Foundation highlights stem4's leadership in this highly specialised area and reinforces the importance of our work in bridging the gap between need and access to support.

What has been particularly promising is the multi-year commitment from some key funders, reflecting their belief in our vision to sustainably transform how youth mental health is managed at scale. These strategic partnerships allow us to focus on long-term innovation and expansion, ensuring that stem4 remains a leading force in digital mental health intervention and prevention.

We extend our sincere gratitude to all the charitable trusts and foundations who have backed our mission. Your support is making a tangible difference in the lives of young people every single day.

Looking ahead, we remain committed to strengthening and maintaining partnerships with funders - existing and new - who share our vision for scalable, evidence-based mental health support that can be delivered sustainably across the UK.

Worth Warrior exceeded my expectations. I thought it might just give me some insight to myself, but it's helped with my confidence, self-respect and thoughts, changing my perspective. I liked the 'change the way I view my body' part as it made you think in a more positive way instead of the first thought... thinking is it factual or a thought.



Community Effort

This past year, we have been incredibly fortunate to receive the support of dedicated individuals, schools, and organisations who have rallied behind stem4's mission. Despite an increasingly challenging fundraising climate, our supporters have shown remarkable creativity, perseverance, and generosity, helping us sustain and grow our mental health initiatives.

From endurance challenges to charity events, our fundraisers have played a crucial role in ensuring that young people across the UK retain ongoing access to life-changing mental health support.

Fundraising Highlights

Marathons & Endurance Events:

- A team from Allen & Overy (now A&O Shearman) ran the Royal Parks Half Marathon in October 2023, raising vital funds.
- John Krause completed his 210th marathon in April 2024, once again raising money for stem4.
- Arthur Leney ran the Edinburgh Marathon in May 2024.
- In February 2024, runners took part in the Malta Marathon, sponsored by long term corporate supporter Diespeker & Co, in support of stem4.

School & Community Fundraising:

- Ursuline Girls and The Perse School supported stem4 through First Give and a Lip Sync Battle.
- Ricards Lodge School contributed through social action fundraising.
- Rutlish School won a prize for stem4 through First Give.

Events & Creative Initiatives:

- The Comedy Cares event, organised by Evie May, raised important funds for stem4.
- The 5th Charity Ball, hosted by Schmidt Kitchens Wimbledon and sponsored by Diespeker and Company.
- Our Wishing Trees on Wimbledon Common brought together the local community, offering a place for reflection and hope.
- In July 2024, Alex Berry, in memory of her sister Lydia, raised funds for stem4 through the Musica Kirklees' charity concert.
- Ivette Landino set up a Zumba fundraiser for stem4 in September 2024 which added a fun, active element to our Youth Mental Health Day campaign.

These events not only provided crucial funding but also raised awareness, bringing together communities in a shared commitment to improving youth mental health.

We are immensely grateful to everyone who participated, donated, and championed our cause. Your efforts directly contribute to ensuring that every young person has access to high-quality, evidence-based mental health support.

We look forward to working with you on more amazing initiatives in 2025.



Corporate Partnerships

Our work would not be possible without the generous contributions of our corporate partners, who recognise the importance of investing in young people's mental health.

This year, we have deepened relationships with longstanding partners while also securing new strategic collaborations that will help us expand our reach and impact. These partnerships are essential in enabling stem4 to provide cost-effective, scalable mental health solutions that support young people across the UK.

We are incredibly grateful to all the organisations who have supported us over the last year, and include just some of their names below:

- A&O Shearman
- Clayton, Dubilier & Rice
- Diespeker & Co
- Goldman Sachs
- Lansdowne Partners
- MedPro Group
- Schmidt Kitchens Wimbledon
- Terra Ferma Media
- The Co-Operative Group
- Pension Insurance Corporation

We welcome further collaborations with mission-driven organisations that share our vision for scalable, evidence-based mental health support. Whether through funding, pro bono expertise, or employee engagement, corporate partnerships play a crucial role in ensuring young people have access to the tools they need to build resilience and thrive. To explore how your organisation can support stem4, please get in touch.

“

The Allen & Overy Shearman team chose to support stem4 in the Royal Parks Half Marathon because of the charity's vital mission to promote early intervention and positive mental health among teenagers. With one of the runners serving as a trustee of stem4, the cause had a strong personal connection and aligned with the firm's broader values around supporting youth wellbeing and mental health awareness.

”

The stem4 Team

At stem4, our impact is driven by a passionate and dedicated team, working across clinical, digital, educational, and operational functions to ensure that young people receive high-quality, evidence-based mental health support.

The team as of 30 September 2024:



Dr Nihara Krause MBE
CEO & Chief
Clinical Officer



Philippa Beeson
Education Coordinator
& Safeguarding Lead



Rita Nagy
Project Manager



Yvette Nieslony
Lead Technical Officer &
Data Protection Lead



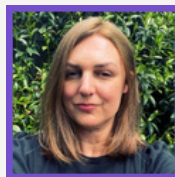
Ollie Head
Business Development
Manager



Dr Richard Graham
Clinical Director



Geraldine Hellings
Finance Manager



Katie Donnell
Digital Lead



Rachel Edwards
Digital Insights
Analyst



Zoe Peters
Senior
Communications
Coordinator

We are grateful to all team members, past and present, for their invaluable contributions to stem4 over the years.

Trustees

We are fortunate to have a strong board of trustees providing oversight, expertise, and strategic guidance to support our growth and sustainability.

This year, we were pleased to strengthen our board with the appointment of Dr Amit Seyan and Alan Kelly, bringing valuable expertise in healthcare, digital innovation, and financial management. Their guidance will be instrumental as we continue to expand our impact and ensure that stem4 remains at the forefront of scalable, evidence-based mental health solutions.

- Serkan Girgin
- Andrew Sales
- Debbie Ward
- Sthen Wiseman
- Franz Ranero
- Alan Kelly
- Dr Amit Seyan



We extend our deepest gratitude to our dedicated team, whose tireless efforts ensure that stem4 continues to deliver high-quality, evidence-based mental health support at scale. Their commitment, expertise and passion are what drive our success.

Financial and Operational Overview

In a challenging economic climate, stem4 has made progress in strengthening its financial position while continuing to deliver life-changing mental health support at scale. Our strategy remains focused on financial sustainability, cost control, income stability, and increasing reserves, ensuring we can maintain and grow our impact for years to come

Navigating Challenges & Strengthening Resilience

The past year has been a period of both challenge and progress, with rising costs and a tougher funding environment affecting charities across the sector. To maintain our impact whilst safeguarding our future, we have:

- Maintained the number of children and young people accessing our support.
- Reduced non-core overheads and prioritised high-impact initiatives.
- Stabilised income streams.
- Focused on securing multi-year funding, with over 25% of forecast revenue for the next two years already committed.
- Developed our apps' ability to generate sustainable income.

These steps have ensured that every pound raised delivers maximum impact, keeping our mental health solutions free for young people across the UK while building financial resilience.

A Strategic & Sustainable Approach

To sustain our long-term impact, we have refined our operational structure, reducing the breadth of our offerings while doubling down on our most effective, scalable, and cost-efficient interventions: our clinically-validated digital mental health solutions. This ensures that we can:

- Expand our reach by embedding our tools into education and health settings.
- Reduce dependency on short-term funding by prioritising multi-year partnerships.
- Continue to strengthen financial reserves, ensuring long-term stability.

While building long-term financial security takes time, our progress to date is proof of our ability to become increasingly financially sustainable.

The Road Ahead: Scaling Impact with Financial Stability

As we look ahead, our financial strategy remains focused on growth, sustainability, and measurable impact, with key priorities including:

- Expanding multi-year funding agreements with strategic partners who share our long-term vision.
- Developing earned income streams to complement grant funding.
- Maximising efficiency, ensuring resources are directed towards high-impact initiatives.

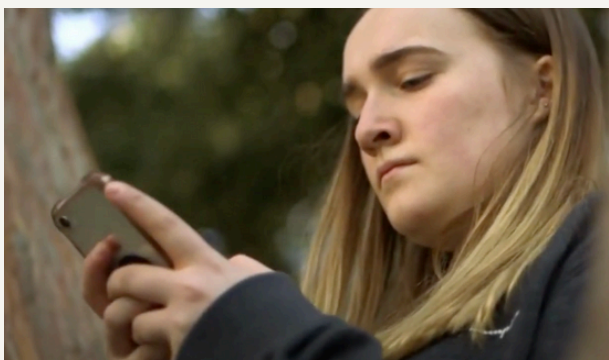
With strong governance, a clear strategic direction, and increasing confidence from funders, stem4 is building a sustainable financial foundation to expand and maintain vital youth mental health support.

Join Us: Scaling Solutions, Changing Lives

The success of stem4's digital mental health solutions is only possible through the support of funders, corporate partners, and individuals who share our vision.

As we work to scale our impact and integrate our tools into schools and health systems, we invite you to join us in ensuring that every young person has access to clinically-validated, evidence-based mental health support.

Whether through grants, corporate partnerships, or individual giving, your support can help shape the future of youth mental health. To explore ways to collaborate, please get in touch.



[Click here to watch India's Story.](#)

Finances

Building Financial Strength

In a challenging economic environment, stem4 has taken decisive steps to ensure long-term financial sustainability. We have strengthened our financial position while continuing to deliver high-impact, evidence-based mental health support for young people across the UK.

This year, we have reduced costs, diversified our income and focussed our efforts on our most cost-effective tools. These changes have not only improved our financial stability but have also made the charity leaner, more resilient and better positioned for sustainable growth.

Net Income: A Positive Trend

Following a turbulent 2022-23, we have worked hard to move the charity closer to historic levels of net income. The positive steps we have taken, including a strict focus on cost control, are already having a significant impact, with a substantial improvement in our net income over the last year.

The direction of travel is clear and encouraging, and will be an area of continued focus in line with our commitment to maintain the charity on a strong and stable financial footing. We are on the path to greater financial balance, underpinned by long-term partnerships, significantly reduced operating costs, and a focus on growing sustainable income streams.

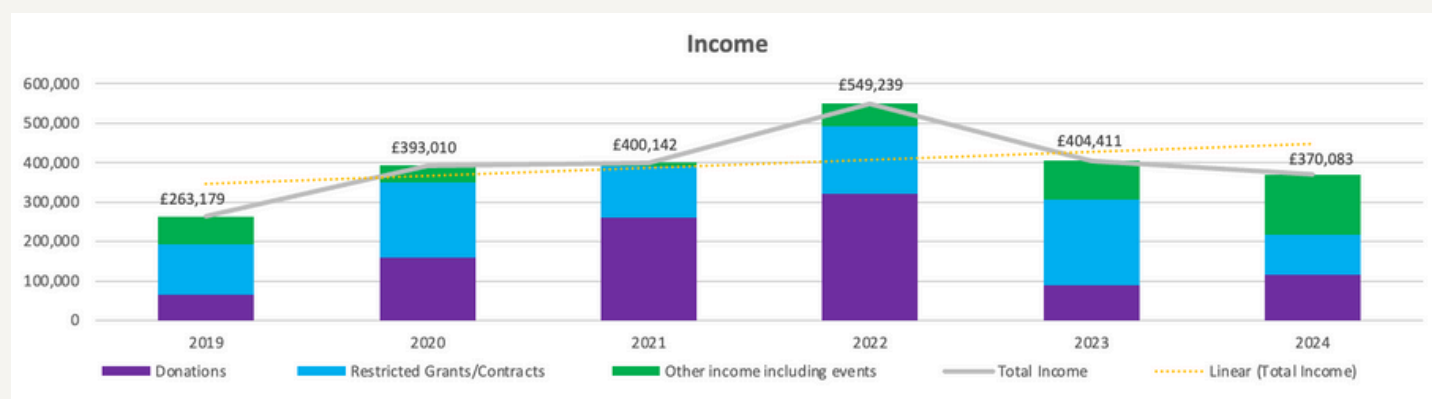


Income: A More Balanced Picture

In 2023-24, stem4 generated income of £370,083, which represents a healthy, diversified funding base across grants, donations, corporate partnerships and earned income. We have focussed on developing our income profile to be more balanced and more resilient, reflecting our long-term strategy to reduce reliance on any single funding source. This approach allows us to plan with greater confidence and to safeguard the free-to-access mental health support we provide for thousands of young people across the UK each year.

We are proud and grateful to have counted on the continued support of long-term funders during the year, whilst simultaneously welcoming a range of new donors supporting our transition to a more financially sustainable future.

Looking ahead, we are focussed on continuing to enhance our financial stability and setting the charity up for a secure future where we can continually invest in both enhancing the impact of our mental health tools whilst expanding access to children and young people across the UK.



Expenditure: A Leaner, Sharper Focus

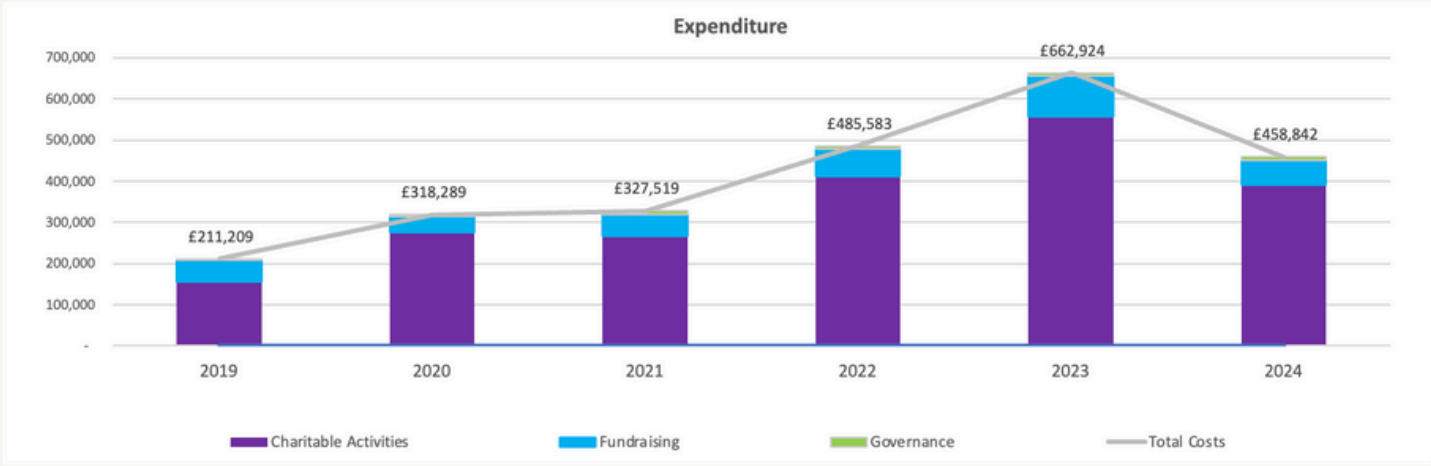
Total expenditure for the year was £458,842, a significant reduction from the prior year which reflects our commitment to operating efficiently whilst protecting and enhancing the quality of our core services.

We continued to spend the majority of our income directly on charitable activities, which has now become narrower in scope and focussed on our most impactful and cost-effective tools: our award-winning mental health apps. Governance and fundraising costs remain proportionate and are carefully controlled, with overheads strategically reduced during the year.

Investment on our suite of apps during the year has mainly comprised updates to improve the user experience and mental health outcomes, our ability to analyse and communicate impact, along with efforts to enhance the commercial viability of our apps to develop future sustainable income.

We are proud to have maintained our reach and impact during a year of reduced expenditure, proof of our ability to deliver exceptional value for every pound received.

Looking ahead, we will continue to spend funds carefully on enhancing impact, expanding reach and improving the charity's financial sustainability.



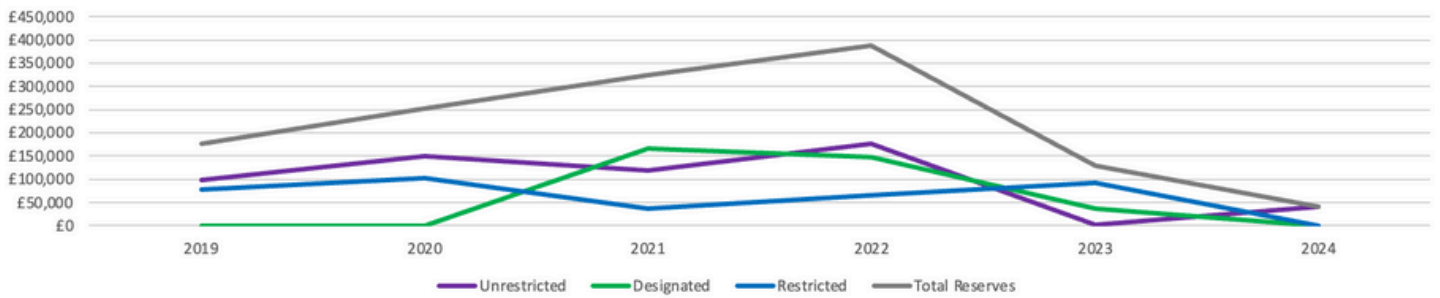
Reserves: Rebuilding With Confidence

The Trustees' prudent attitude to reserves historically has served the charity well over the last few turbulent years, enabling stem4 to adequately weather a perfect storm of rising costs, reduced income and increased need for our support from children and young people across the UK.

At the year-end, unrestricted reserves stood at £40,951 which is a significant improvement from last year. Whilst we recognise there is more work to do in terms of building up the charity's reserve levels, we are pleased with the progress made over the year.

The Trustees' target reserves policy remains 3-6 months of operating expenditure which is intended to strike a balance between continuous investment in our products with retaining financial stability, flexibility, and confidence as we increase our impact. Further progress has been made since the year end in this regard.

Reserves

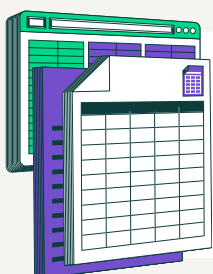


Looking Ahead

The past year has proven that challenge breeds innovation. We have tightened our cost base, improved the quality of our income and sharpened our strategic focus, all of which will stand stem4 in good stead to deliver enhanced impact over the coming years.

Next year, we will continue focussing on strictly managing our cost base, enhancing the quality of our income streams - focussing on medium and long-term income streams along with earned income - whilst maintaining investment in our products to safeguard their future and impact.

We look forward to working with partners and donors over the coming year who continue to be supportive of our plans to transition to a more financially sustainable model whilst maintaining our impact across the UK.



stem4's independently reviewed Report and Accounts for the year ended 30th September 2024 can be found on page 32

Risks and Compliance

At stem4, effective risk management is central to our ability to deliver high-quality, scalable mental health support. As we continue to expand our digital services, we are proactively addressing key risks to safeguard our impact, maintain operational resilience, and ensure compliance with industry best practices.

This year, our risk management approach has focused on two critical areas:

1. Optimising our resources to ensure sustainability and maximise impact.
2. Enhancing cybersecurity and data protection to safeguard users and maintain trust.

By strengthening these areas, we are mitigating potential risks while building a more resilient and efficient organisation capable of sustaining long-term impact.

Principle Risks



Resourcing & Organisational Capacity

Meeting growing demand with finite resources remains a challenge across the sector. At stem4, we have taken strategic steps to optimise our capacity, including:

- Prioritising high-impact work by streamlining operations and focusing on our core digital mental health solutions.
- Strengthening internal efficiency to ensure our small but highly skilled team can continue to deliver significant impact.
- Leveraging external expertise, working with third-party specialists where needed to expand our capabilities in a cost-effective way.

While resource constraints remain an ongoing challenge, our agile approach to workforce planning has allowed us to maintain high output while ensuring long-term sustainability.



Cybersecurity & Data Protection

With 32% of UK charities reporting data breaches in the past year, cybersecurity threats are an increasing concern. As a digital-first charity, stem4 remains fully committed to protecting user data and maintaining robust security systems.

This year, we:

- Successfully achieved our Cyber Essentials recertification, reaffirming our strong cybersecurity foundations.
- Strengthened our data security training to ensure that all staff remain vigilant against cyber threats.
- Continued our proactive monitoring to identify and mitigate risks in real time.

Even with limited financial resources, we continue to invest in best-practice cybersecurity measures to ensure our systems remain secure and our users' data is protected.

Compliance & Quality Standards



Clinical Safety of Our Apps

stem4's apps are developed in alignment with the Age-Appropriate Design Code, ensuring user privacy by default. We do not collect personally identifiable data, focusing only on anonymised usage patterns to enhance app effectiveness while safeguarding privacy.

To ensure the highest standards of clinical safety, each app undergoes a rigorous risk assessment process, including:

- Continuous collaboration with clinical practitioners to monitor and address emerging risks.
- A regularly updated Hazard Log, ensuring that any identified risks are mitigated effectively.



Data Security & Protection

We adhere to the NHS Data Security and Protection Toolkit (DSPT), which assesses our compliance with the National Data Guardian's 10 data security standards. Our annual self-assessment ensures that our data protection practices remain robust and aligned with the latest regulatory requirements.



Quality & Information Security Management

stem4 maintains a comprehensive suite of ISO-aligned documents, covering all aspects of quality assurance and information security management. These are reviewed:

- Annually, to maintain compliance.
- Whenever significant operational changes occur.
- When new regulatory requirements emerge.

This structured approach ensures that stem4 consistently meets high standards of security, compliance, and clinical safety, reinforcing our position as a trusted provider of digital mental health solutions.

I got recommended this app from my therapist when I admitted that I self harm and that I needed help with it. I found it really helpful I would definitely recommend it to others.



UNAUDITED FINANCIAL STATEMENTS

Charity number: 1144506

Charity registration number 1144506

Company registration number 07779151 (England and Wales)

STEM4

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

STEM4

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr N S Krause MBE Mr A G Sales Ms D V Ward Ms S E Wiseman Mr S Girgin Mr A J Kelly Dr A S Seyan	(Appointed 20 September 2024) (Appointed 9 August 2024)
Charity number	1144506	
Company number	07779151	
Registered office	Connect House 133-137 Alexandra Road London United Kingdom SW19 7JY	
Independent examiner	Azets Audit Services Ashcombe Court Woolsack Way Godalming Surrey United Kingdom GU7 1LQ	

STEM4

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STEM4

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 SEPTEMBER 2024

Introduction

The trustees present their annual report and financial statements for the year ended 30 September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: 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)" (effective 1 January 2019).

All members of the Trustee Board are Directors of the Charitable Company, and this report represents a Directors' report as required by s417 of the Companies Act 2006.

Within the Trustee Report are the following sections for Companies Act reporting requirements: Achievements and Performance, Financial Review and Principal Risks and Uncertainties.

Objectives and activities

stem4 is a charity that promotes the early detection and intervention of teenage mental health conditions through the provision of accessible, evidence-based mental health education, digital tools, and resources. Our mission is to equip young people, their families, and those who support them with clinically-validated tools that empower early intervention, reduce mental health symptoms, and build long-term resilience.

Our key aims during this financial year have been to:

- **Deliver Accessible, Early-Intervention Support:** We continue to prioritise the development and dissemination of digital tools that provide young people with immediate, evidence-based support for anxiety, self-harm, depression, and eating disorders. This is primarily achieved via the ongoing maintenance of and investment in our suite of five apps: Clear Fear, Calm Harm, Combined Minds, Move Mood, and Worth Warrior.
- **Strengthen Education and Awareness:** Through initiatives like Youth Mental Health Day, we have driven targeted campaigns to raise awareness, reduce stigma, and encourage help-seeking behaviours among young people, families, and professionals.
- **Support Frontline Professionals and Carers:** We remain committed to equipping those in close contact with young people—teachers, parents, and health professionals—with resources and training that enhance their ability to identify, support, and respond to emerging mental health challenges.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In reviewing stem4's aims and objectives, the Trustees remain firmly focused on the charity's mission to provide accessible, evidence-based mental health support to young people, their families, and those who work with them. The delivery of public benefit is achieved through stem4's suite of five clinically-validated digital mental health apps, educational resources, and targeted awareness campaigns.

Over the past year, we have continued to prioritise early intervention and prevention, ensuring that young people have access to support regardless of background, location, or financial circumstances.

The Trustees have kept the principles of public benefit at the forefront of all strategic and operational planning, ensuring that all of stem4's activities serve to improve the mental health and well-being of young people across the UK.

STEM4

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

Achievements and performance

Strategic Focus and Operational Impact

Throughout the financial year ending 30 September 2024, stem4 has strategically concentrated on its core strengths: digital innovation, scalability, and clinical validation. Amidst escalating demand for youth mental health services and increasingly strained NHS resources, we have intensified efforts to provide accessible, evidence-based digital support, ensuring that young people can access vital mental health tools wherever they are.

1. Digital Solutions at Scale:

Our suite of five clinically-validated apps – Calm Harm, Clear Fear, Move Mood, Combined Minds, and Worth Warrior – continues to play a pivotal role in early intervention and preventative mental health support across the UK.

- This year, we surpassed 4 million downloads globally, with 300,000 users accessing our apps, including 121,000 in the UK. Notably, 50% of these users were not receiving any other form of mental health support, highlighting our role in bridging the gap for those without access to traditional services.
- We have since introduced new impact measurement tools within Clear Fear, allowing us to assess its effectiveness in reducing the need for teacher and counsellor support in schools. Early findings are promising and will inform our strategic focus on expanding Clear Fear's reach in educational settings, ensuring universal access to students and easing the pressure on overstretched school services.

2. Educational Outreach and Awareness Campaigns:

Amidst ongoing economic challenges and increased online use, we have reinforced our commitment to mental health literacy and digital safety through targeted educational outreach.

- The fifth annual Youth Mental Health Day (YMHD) and the third annual Parent Mental Health Day (PMHD) saw a significant increase in reach and engagement, with over 600,000 people engaged across all platforms and 3,700 resources downloaded during YMHD alone.
- Recognising the vital role of schools in identifying and supporting young people's mental health, we conducted school talks and conferences, engaging with 540 students, focusing on resilience-building and anxiety management.

3. Financial Resilience and Organisational Adjustment:

In response to the economic climate, we have strategically realigned operations to focus on the most cost-effective, scalable digital interventions.

- Operational adjustments included reducing non-core overheads, stabilising income streams, and securing multi-year funding agreements, which now account for over 20% of forecast revenue for the next two years.
- Despite inflationary cost increases, we have successfully maintained the breadth of our digital mental health support, enabling us to sustain service delivery while building financial stability.
- This financial discipline has been balanced with targeted investment in key areas, including cybersecurity, data protection, clinical safety, and digital impact measurement, ensuring that our services remain robust and effective.

STEM4

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

4. Recognition and Awards:

Our work in supporting youth mental health through clinically-validated digital solutions continues to be recognised at a national level:

- stem4 was awarded Small Charity of the Year at the Third Sector Awards 2024, marking our second recognition for impactful work in youth mental health.
- Our Worth Warrior app was nominated for Digital Innovation of the Year, reinforcing our reputation as a leader in delivering scalable, evidence-based mental health solutions.

Looking Forward

As we move into the next financial year, we remain committed to building on these achievements, further embedding our digital tools within schools, expanding partnerships, and leveraging impact data to drive sustainable growth. By maintaining a strategic focus on scalability, financial stability, and clinical validation, stem4 is well-positioned to address the youth mental health crisis at scale, ensuring that every young person has access to high-quality, evidence-based support.

Fundraising

stem4 continued to maintain a diversified income base. Highlights include:

- Corporate partnerships.
- Community fundraising activities and school fundraising.
- Pro bono and in-kind contributions, including digital marketing and legal support.

All fundraising activities adhered to the Charity Commission's fundraising guidance and the Fundraising Regulator's Code of Fundraising Practice.

Financial review

The charity continued to operate under challenging financial conditions, however a number of proactive measures taken by the Trustees and Management Team have ensured continued stability and availability of stem4's vital resources.

Rising costs and reduced availability of fundraising and grant income necessitated a strict and prudent financial management strategy, focussed on reducing overheads and targeting long-term core funding, which has proved fruitful with a number of high-profile funders supporting stem4's transition to sustainable income streams via one-off and medium-term funding.

Income and Expenditure

stem4's total income for the year was £370,083, compared to £404,411 in 2023. This included grant funding, donations, corporate sponsorships, and fee-for-service income. Total expenditure was £458,842 (2023: £662,924), primarily directed toward programme delivery and development of digital tools, with reduced expenditure reflecting a reduction in non-core overheads and a narrower focus on our most impactful products driven by a challenging financial climate.

Net expenditure for the year was £88,759 which is a significant improvement on the prior year (2023: £258,513), demonstrating prudent financial management and a more stable financial situation. Progress has continued in this regard post year-end.

STEM4

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

Reserves policy

The Trustees review the reserves policy annually. The aim is to maintain unrestricted reserves equivalent to at least three months of operational costs.

This reserves policy aims to achieve the following:

- The option to develop new services or expand current ones in line with the changing needs of the community;
- To ensure that delays in the receipt of expected income does not interrupt services or cause serious financial difficulty for the charity; and
- The ability to survive unexpected setbacks and problems arising from internal or external causes.

The Trustees review reserves at least quarterly and the policy threshold annually to ensure that there are sufficient funds to maintain the charity's financial stability and ongoing development. The current policy, approved in June 2022, requires target free reserves to be maintained to cover 3-6 months' unrestricted operational expenditure (between £75k and £125k).

At year-end, free reserves stood at £40,951 (2023: £1,018). Whilst the charity's reserves remain below the Trustees' reserves policy, significantly growing free reserves over the past year is a great achievement in the context of a challenging financial environment and demonstrates the charity's finances are trending ever-stronger.

The Trustees' reserves policy has paid dividends, enabling stem4 to successfully navigate a perfect storm of rising costs and falling charitable income over the last two years. The Trustees' remain steadfastly focussed on continuing to build up reserves over the course of next year in order to ensure the charity's ongoing financial strength.

To achieve this, we remain committed to monetising existing products alongside seeking strategic partnerships with long-term funders. The charity is operating on a greatly reduced cost structure and we continue to keep a close eye on cost control. Further progress with regards to the charity's reserves has been made since year-end.

Risk Management

1. Financial Stability:

Funding volatility remains a significant risk, particularly in a challenging economic environment. We actively manage this through regular financial reviews, prudent cost management, and the development of multi-year funding agreements to provide greater financial predictability.

2. Data and Cybersecurity:

As a digital-first charity, protecting user data and maintaining robust security systems is paramount. We have achieved Cyber Essentials recertification, implemented ongoing staff training, and maintain stringent data protection protocols in line with the Age Appropriate Design Code and GDPR guidelines.

3. Compliance and Product Safety:

Ensuring that our digital products remain clinically safe and technically secure is critical. Regular risk assessments are conducted on all apps, and our in-house clinical safety team continues to monitor and mitigate emerging risks.

4. Safeguarding:

Safeguarding those we support and our staff remains a priority. Our Dedicated Safeguarding Officer works closely with the safeguarding trustee to review safeguarding protocols regularly. All staff undergo safeguarding training, with senior leadership completing safer recruitment training.

5. Sustainable Growth:

Operational adjustments have been made to align with a more streamlined and cost-effective model, ensuring that stem4 remains agile and able to adapt to external pressures without compromising on impact.

Risks are reviewed regularly by the Trustees, with ownership of specific risks assigned to individual Trustees for oversight. This structured approach ensures that emerging risks are identified early and managed effectively.

STEM4

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

Plans for future periods

In 2024-2025, stem4 aims to:

- **Expand Evidence-Based Support:** Continue to focus on providing clinically-validated, evidence-based support in particular to disadvantaged and underrepresented communities, particularly through school-based initiatives and targeted digital tools.
- **Strengthen Financial Sustainability:** Continue developing sustainable income streams, including monetising select products, licensing digital tools to schools, and expanding partnerships to secure multi-year funding.
- **Invest in Technological Stability:** Ensure continued investment in our digital infrastructure, enhancing app stability and security to maintain user trust and safeguard data.
- **Demonstrate Impact:** Expand data collection and outcome measures across all digital tools to demonstrate clinical and cost-effective impact, providing the evidence base needed to engage new partners and funders.
- **Leverage Partnerships and Collaborations:** Continue to embed Clear Fear and other digital tools in schools, seeking to maximise the potential of promising early-stage results through wider school-based deployment.

Structure, governance and management

The charity is a company limited by guarantee and is governed by its Memorandum and Articles of Association. Trustees meet regularly to review strategy and oversee operational delivery. Delegated authority is given to the Chief Executive and senior leadership team for day-to-day operations.

We are governed by our Board of Trustees which meets formally at least 4 times a year. The Board approves the charity's strategy and is responsible for ensuring that our broad policies and strategies are in keeping with our mission. They provide guidance on initiatives.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr N S Krause MBE

Mr F J Ranero

(Resigned 25 March 2025)

Mr A G Sales

Ms D V Ward

Ms S E Wiseman

Dr A Murphy

(Resigned 20 February 2024)

Mr S Girgin

Mr A J Kelly

(Appointed 20 September 2024)

Dr A S Seyan

(Appointed 9 August 2024)

Trustee recruitment and selection is made by an annual skills audit and managed through Board recruiters, by a series of interviews and a nomination process. Our articles of association allow up to 9 Trustees on the Board. Trustees are appointed for an initial 5-year term and may be re-appointed for up to 2 further terms at a time.

All Trustees have an induction programme and receive guidance outlining their responsibilities. They complete Mandatory Safeguarding and Prevent training and for those on the interview committee, Safer Recruitment Training. They are provided with the stem4 policies and procedures handbook and social media guidance.

During the year, we welcomed Dr Amit Seyan and Mr Alan Kelly, bringing expertise in NHS Primary Care Medicine and Finance, respectively.

STEM4

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Our Trustees are all volunteers and have a wide range of experience. They come from across the country, from diverse backgrounds, and over half of them have personal experience of the mental health difficulties the charity represents.

The Chief Executive is responsible to the Board of Trustees for the day-to-day running of the charity and for delivering the organisational strategy and policies. We ensure that our governance structure, documents and practices are aligned with relevant Charity Commission guidance, including the Charity Governance Code.

We have a conflict of interest policy which requires us to identify and record any conflicts of interest held by Trustees. Any conflicts arising are formally recorded at meetings of the Board. Once a year, the Board and management team members have a special Board meeting to review strategy and to discuss changes in the operating environment. The Board meets quarterly without the Chair to review and satisfy any potential conflicts of interest by the dual role. Future direction includes an intention to appoint a CEO equivalent to the management committee.

The Trustees report was approved by the Board of Trustees.


.....
Dr N S Krause MBE

Date: 2 June 2025

STEM4

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STEM4

I report to the trustees on my examination of the financial statements of stem4 (the charity) for the year ended 30 September 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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 that in any material respect:

- 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 financial statements to be reached.

Debra Saunders
FCA
Azets Audit Services
Ashcombe Court
Woolsack Way
Godalming
Surrey
GU7 1LQ
United Kingdom

Dated: 6 June 2025

STEM4

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 SEPTEMBER 2024

Current financial year

		Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
	Notes					
Income from:						
Donations and legacies	3	114,695	-	-	114,695	88,484
Charitable activities	4	153,345	-	101,226	254,571	312,991
Investments and bank interest	5	817	-	-	817	2,936
Total income		268,857	-	101,226	370,083	404,411
Expenditure on:						
Raising funds	6	(58,792)	-	-	(58,792)	(97,964)
Charitable activities	7	(206,476)	-	(193,574)	(400,050)	(564,960)
Total resources expended		(265,268)	-	(193,574)	(458,842)	(662,924)
Net incoming/(outgoing) resources before transfers		3,589	-	(92,348)	(88,759)	(258,513)
Gross transfers between funds		36,344	(37,376)	1,032	-	-
Net income/(expenditure) for the year/ Net movement in funds		39,933	(37,376)	(91,316)	(88,759)	(258,513)
Fund balances at 1 October 2023		1,018	37,376	91,316	129,710	388,223
Fund balances at 30 September 2024		40,951	-	-	40,951	129,710

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

STEM4

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Prior financial year					
		Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes				
Income from:					
Donations and legacies	3	88,484	-	-	88,484
Charitable activities	4	95,191	-	217,800	312,991
Investments	5	2,936	-	-	2,936
Total income		186,611	-	217,800	404,411
Expenditure on:					
Raising funds	6	(97,964)	-	-	(97,964)
Charitable activities	7	(316,902)	52,624	(195,434)	(564,960)
Total resources expended		(414,866)	52,624	(195,434)	(662,924)
Net incoming/(outgoing) resources before transfers		(228,255)	(52,624)	22,366	(258,513)
Gross transfers between funds		53,075	(56,858)	3,783	-
Net income/(expenditure) for the year/ Net movement in funds		(175,180)	(109,482)	26,149	(258,513)
Fund balances at 1 October 2022		176,198	146,858	65,167	388,223
Fund balances at 30 September 2023		1,018	37,376	91,316	129,710

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

STEM4

BALANCE SHEET

AS AT 30 SEPTEMBER 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	12		3,499		6,475
Investments	13		100		100
			<u>3,599</u>		<u>6,575</u>
Current assets					
Debtors	14	19,756		98,868	
Cash at bank and in hand		48,620		86,023	
		<u>68,376</u>		<u>184,891</u>	
Creditors: amounts falling due within one year	15	(31,024)		(57,756)	
Net current assets			<u>37,352</u>		<u>127,135</u>
Total assets less current liabilities			40,951		133,710
Creditors: amounts falling due after more than one year	16		-		(4,000)
Net assets			<u>40,951</u>		<u>129,710</u>
Income funds					
Restricted funds	15		-		91,316
<u>Unrestricted funds</u>					
Designated funds		-		37,376	
General unrestricted funds		40,951		1,018	
		<u>40,951</u>		<u>38,394</u>	
			<u>40,951</u>		<u>129,710</u>

STEM4

BALANCE SHEET (CONTINUED)

AS AT 30 SEPTEMBER 2024

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 September 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the Trustees on2 June 2025....


.....

Dr N S Krause MBE

Trustee

Company Registration No. 07779151

STEM4

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

Charity information

stem4 is a private company limited by guarantee incorporated in England and Wales. The registered office is Connect House, 133-137 Alexandra Road, London, SW19 7JY, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: 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) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

These financial statements are prepared on the going concern basis. The trustees have a reasonable expectation that the charity will continue in operational existence for the foreseeable future.

The trustees are aware of certain material uncertainties, which may cause doubt on the charity's ability to continue as a going concern due to the uncertain economic climate. These uncertainties include the low level of unrestricted reserves at the year end and a reduction in working capital. The trustees are focused on mitigating these issues and creating financial stability for the charity through lowering the cost base, increasing short-term income and pursuing long-term sustainable income generation which have all seen progress post-year end.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

(Continued)

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Costs of raising funds includes of fundraising events and production of goods for resale.

Expenditure on charitable activities includes delivery of projects including provision of mental health education and development of software applications.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources. Premises and other overheads have been allocated on the same basis.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Office equipment	25% per annum, straight-line basis
------------------	------------------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

(Continued)

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Leases

Rentals payable under operating leases, including any lease incentives received, are charged as an expense on a straight line basis over the term of the relevant lease.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

3 Donations and legacies

	2024	2023
	£	£
Donations and gifts (all unrestricted)		
Donations received	109,961	72,271
Gift aid received	4,734	10,795
Other	-	5,418
	<u>114,695</u>	<u>88,484</u>

4 Charitable activities

	2024	2023
	£	£
Analysis by fund - activities for generating funds		
Unrestricted funds - general	153,345	95,191
Restricted funds	101,226	217,800
	<u>254,571</u>	<u>312,991</u>

5 Investments

	Unrestricted funds general 2024 £	Unrestricted funds general 2023 £
Bank interest	<u>817</u>	<u>2,936</u>

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

6 Raising funds

	Unrestricted funds general 2024 £	Unrestricted funds general 2023 £
<u>Fundraising and publicity</u>		
Staging fundraising events	2,906	4,307
Other fundraising costs	1,103	2,015
Support costs	54,783	91,642
	<hr/>	<hr/>
Fundraising and publicity	58,792	97,964
	<hr/>	<hr/>

7 Charitable activities

	2024 £	2023 £
Charitable activities	36,281	173,428
Share of support costs (see note 8)	355,384	383,402
Share of governance costs (see note 8)	8,385	8,130
	<hr/>	<hr/>
	400,050	564,960
	<hr/>	<hr/>
Analysis by fund		
Unrestricted funds - general	206,476	316,902
Unrestricted funds - designated	-	52,624
Restricted funds	193,574	195,434
	<hr/>	<hr/>
	400,050	564,960
	<hr/>	<hr/>

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

8 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	274,966	-	274,966	303,324	-	303,324
Depreciation	2,976	-	2,976	3,126	-	3,126
Computer expenses	14,393	-	14,393	11,687	-	11,687
Telephone	1,326	-	1,326	1,378	-	1,378
Other support costs	64,800	-	64,800	97,815	-	97,815
Sundry expenses	157	-	157	450	-	450
Printing, stationery and postage	2,346	-	2,346	5,413	-	5,413
Travel and subsistence	152	-	152	458	-	458
Advertising	751	-	751	10,622	-	10,622
Insurance	3,339	-	3,339	2,124	-	2,124
Office rent costs	37,266	-	37,266	37,358	-	37,358
Other staff costs	7,695	-	7,695	1,289	-	1,289
Independent examination fees	-	6,730	6,730	-	3,000	3,000
Professional fees	-	1,176	1,176	-	3,906	3,906
Other governance costs	-	479	479	-	1,224	1,224
	<u>410,167</u>	<u>8,385</u>	<u>418,552</u>	<u>475,044</u>	<u>8,130</u>	<u>483,174</u>
Analysed between						
Fundraising	54,783	-	54,783	91,642	-	91,642
Charitable activities	355,384	8,385	363,769	383,402	8,130	391,532
	<u>410,167</u>	<u>8,385</u>	<u>418,552</u>	<u>475,044</u>	<u>8,130</u>	<u>483,174</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or expenses from the charity during the year and prior year.

10 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Employees	<u>9</u>	<u>11</u>

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

10 Employees

(Continued)

Employment costs	2024 £	2023 £
Wages and salaries	253,583	275,650
Social security costs	15,707	22,384
Other pension costs	5,676	5,290
	<u>274,966</u>	<u>303,324</u>

There are no employees who received total employee benefits (excluding employer pension costs) of more than £60,000 per annum (2023 - none).

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Tangible fixed assets

	Office equipment £
Cost	
At 1 October 2023	23,795
At 30 September 2024	<u>23,795</u>
Depreciation and impairment	
At 1 October 2023	17,320
Depreciation charged in the year	2,976
At 30 September 2024	<u>20,296</u>
Carrying amount	
At 30 September 2024	<u>3,499</u>
At 30 September 2023	<u>6,475</u>

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

13 Fixed asset investments

		Other investments £
Cost or valuation		
At 1 October 2023 & 30 September 2024		100
Carrying amount		
At 30 September 2024		100
At 30 September 2023		100

	Notes	2024 £	2023 £
Other investments comprise:			
Investments in subsidiaries	21	100	100

14 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	850	-
Amounts owed by subsidiary undertakings	-	5,418
Other debtors	7,800	7,800
Prepayments and accrued income	11,106	85,650
	19,756	98,868

15 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	14,677	21,728
Other creditors	6,147	7,128
Accruals and deferred income	10,200	28,900
	31,024	57,756

16 Creditors: amounts falling due after more than one year

	2024 £	2023 £
Accruals and deferred income	-	4,000

STEM4

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £5,676 (2023 - £5,290). The year end liability in relation to defined contribution schemes was £867 (2023: £610).

18 Movement in Funds

Current year

	Movement in funds				
	Balance at 1 October 2023	Incoming resources	Resources expended	Transfers	Balance at 30 September 2024
	£	£	£	£	£
Restricted funds					
Co-operative	142	1,240	(1,756)	-	-
Head Ed (Big Give)	3,220	-	(3,220)	-	-
Nominet Reset Mental Health	3,862	-	(3,862)	-	-
Wimbledon Community Fund	5,500	10,000	(15,500)	-	-
Combined Minds	17,622	20,000	(37,622)	-	-
Ofcom	60,970	69,988	(131,990)	1,032	-
Total restricted funds	91,316	101,228	(193,576)	1,032	-
Unrestricted funds					
Designated funds:					
Digital Projects Fund	-	-	-	-	-
Organisational Growth Fund	-	-	-	-	-
BNB	37,376	-	-	(37,376)	-
Total designated funds	37,376	-	-	(37,376)	-
General fund	1,018	268,857	(265,268)	36,344	40,951
Total unrestricted funds	38,394	268,857	(265,268)	(1,032)	40,951
Total funds	129,710	370,085	(458,844)	-	40,951

STEM4

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

18 Movement in Funds

(Continued)

Restricted funds

The Generations Foundation relates to funding provided for office rent.

The Co-Operative relates to the funding of telephone kiosks for mental health 'hubs'.

Leeds Calm Harm relates to a contract to provide a version of the Calm Harm app for Leeds City Council. Income has been ringfenced within Restricted funds.

Head Ed relates to work in relation to the HeadEd programme which contains videos and modules around eating disorders.

Nominet Reset Mental Health relates to funding awarded to drive digital capacity, marketing outreach, and impact study to reach even more young people and drive sustainability.

National Institute for Health and Care Research is for funding aimed at improving the eating disorder app named Worth Warrior.

BNB relates to funding for a new digital development focusing on building resilience and supporting wellbeing.

Tides Foundation relates to funding aimed at mental health support costs.

Combined Minds relates to an app for parents, carers and friends who are supporting a young person with a mental ill health condition.

OfCom relates to a new media literacy and mental health course.

Designated Funds

Digital Projects relates to priority projects including the upgrade and enhancement of existing apps, and investment in wellbeing and resilience tools.

Organisational Growth relates to the onboarding additional staff as the charity continues to grow.

STEM4

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

18 Movement in Funds

(Continued)

Prior year

	Balance at 1 October 2022	Movement in funds		Balance at 30 September 2023
	£	Incoming resources £	Resources expended £	£
Co-operative	516	3,036	(3,410)	142
Head Ed (Big Give)	24,497	10,000	(31,277)	3,220
Nominet Reset Mental Health	10,976	40,000	47,114	3,862
National Institute for Health and Care Research	9,060	40,564	(52,152)	-
Wimbledon Community Fund	-	10,000	4,500	5,500
BNB	11,799	-	13,379	-
Tide Foundation	8,319	-	(8,368)	-
Combined Minds	-	40,000	(22,378)	17,622
Ofcom	-	74,200	13,230	60,970
Total Restricted Funds	65,167	217,800	(195,434)	91,316
Unrestricted funds				
Designated funds:				
Digital Project Fund	106,858	-	-	-
Organisational Growth Fund	40,000	-	-	-
BNB	-	-	(52,624)	37,376
Total designated funds	146,858	-	(52,624)	37,376
General fund	176,198	186,611	(414,866)	1,018
Total unrestricted funds	323,056	186,611	(467,490)	38,394
Total funds	388,223	404,411	(662,924)	129,710

STEM4

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

19 Analysis of net assets between funds

	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 30 September 2024 are represented by:								
Tangible assets	3,499	-	-	3,499	6,475	-	-	6,475
Investments	100	-	-	100	100	-	-	100
Current assets/(liabilities)	37,352	-	-	37,352	(1,557)	37,376	91,316	127,135
Long term liabilities	-	-	-	-	(4,000)	-	-	(4,000)
	<u>40,951</u>	<u>-</u>	<u>-</u>	<u>40,951</u>	<u>1,018</u>	<u>37,376</u>	<u>91,316</u>	<u>129,710</u>

STEM4

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

20 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

21 Subsidiaries

Details of the charity's subsidiaries at 30 September 2024 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
stem4 wellbeing CIC	England and Wales	Community Interest Company	Ordinary Shares	100.00	

stem4 wellbeing CIC donates all of its income to stem4 and was incorporated on 12 October 2020.

Get in Touch



Website

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