

Registered Charity No. 1162388

Company No. CE004879

NIP IN THE BUD

A Charitable Incorporated Organisation

**Annual Report
and
Financial Statements**

**for the year ended
31 March 2021**

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

The trustees present their report and financial statements for the year ended 31 March 2021. The financial statements have been drawn up in accordance with the Statement of Recommended Practice (SORP 2015) - Accounting and Reporting by Charities.

Governing document

Nip in the Bud was registered under The Charities Act 2011 as a Charitable Incorporated Organisation (CIO) on 24 June 2015 and is registered charity no. 1162388.

Principal address

21 Priory Close
London N20 8BB

Trustees

Daniel Nabarro (Chairman) (to 16 April 2021)
Kitty Nabarro (Chair - from 16 April 2021)
Michael Caro
Gordana Milavic
Alis Rocca (Appointed 29 April 2020, resigned 29 August 2020)
Denman Rooke (Appointed 8 June 2020)
Lisanne Stock
Jeffrey Ward
Nicholas Winters (Treasurer) (Appointed 14 April 2020)

It is with deep sadness that we announce the death on 16 April 2021 of our co-founder, Daniel Nabarro.

Without Daniel's vision and determination, Nip in the Bud wouldn't be what it is or where it is today.

The gap in mental health support for children led Daniel to come up with the concept of Nip in the Bud using short films to raise awareness among teaching staff, parents, carers and others working with primary school children and to highlight the positive benefit of early diagnosis of mental health issues.

Mental health had an immense impact on Daniel and Kitty's lives as their daughter first displayed OCD symptoms at the age of eight but wasn't diagnosed until her late teens precisely because there was a lack of information about children's mental health conditions at that time.

Daniel was chair of OCD Action for six years and was instrumental in moving this forward from a small organisation to a well-established and recognised charity.

Daniel obtained his degree in Electrical Sciences at Cambridge and went on to do an MBA. He then worked in telecommunications research and volunteered at the Samaritans. After working at GEC and Motorola he set up Inter-City Paging in 1982 and in 1998 he set up the pioneering online lingerie company, Fingleaves.com. He was subsequently chairman of Spektrix.com.

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

Independent Examiner

Jerry Michael ACA FCCA
Baginsky Cohen
930 High Road
London N12 9RT

Bankers

HSBC Bank plc

Summary of the charity's objectives

Nip in the Bud's purpose is to improve society's understanding of childhood mental health disorders ("MHDs") in order to increase the prospects of early intervention and to reduce the risks of those MHDs becoming more serious in later years.

The founders of the Charity believe passionately that if people who are responsible for the care of children can be more informed about and better able to recognise childhood MHDs there is a greater chance of early intervention and treatment.

Nip in the Bud aims to achieve its objectives by making short films with accompanying fact sheets and by providing training using those films and fact sheets. The founders believe that in today's world of rapid communication one of the best ways of providing more information and a better understanding of childhood MHDs is to use the power of film and the internet.

Nip in the Bud currently produces two types of films: Information Films, which explain the MHD and shorter Real Life Experience Films, in which individuals who have the MHD and their parents speak about their experience of living with the MHD. All the films made by Nip in the Bud are available without charge on Nip in the Bud's website (<https://nipinthebud.org/>) together with documentary information.

Nip in the Bud is particularly focussed on providing education, training and information about childhood MHDs to primary school staff, parents, health professionals, social workers and others who are responsible for the care of children.

Nip in the Bud's objectives are set out in full in its Constitution which is registered with the Charity Commission.

Nip in the Bud's activities, achievements, and performance

The year ended 31 March 2021 was a year in which Nip in the Bud both consolidated and improved the resources and services which we provide and responded to the impact of the Covid 19 pandemic.

The following were the major activities of Nip in the Bud during the year ended 31 March 2021:

Our original plan for 2020/21 had been to spread the word about Nip in the Bud to schools around the country, to establish contacts with other organisations to encourage them to recommend our resources, to invest more in social media to attract more interest in our website, to offer presentations to teacher training universities, to produce films on Autism & Comorbidity and Self Harm and to make more Real Life Experience Films.

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

The Covid 19 Pandemic prevented us from implementing all of that plan as originally intended but also caused us to adjust our focus to help teachers and parents to deal with the impact of the pandemic. As a result, the following were our major achievements during 2020/21.

1. Real life experience films

Before the first Covid 19 lockdown, we had fortunately completed all the footage for more Real Life Experience films. We were therefore able to begin the 2020/21 year with the editing of this footage to produce and add to our website the following highly engaging, honest and moving accounts from contributors such as parents, young people and others who were keen to share their experiences:

- **Living with Autism**
- **Raising a Child with Autism**
- **Growing up with Autism**
- **Oppositional Defiant Disorder: Raising a Child with ODD and ADHD – this film continues to attract a large amount of viewers**
- **Parenting a Child with OCD**
- **OCD and Me**

2. Our responses to the problems and difficulties arising from the pandemic and the lockdown

As we became aware of the impact of the Covid 19 lockdown, we did the following.

2.1 Films and fact sheets for teachers dealing with the problems and difficulties arising from the pandemic and the lockdown

- (a) We asked our Anxiety expert and principal clinical psychologist, Dr Jess Richardson, to self-film on the topic “**Tips for Returning to School**” in which she provided excellent guidance for parents and teachers alike. This popular film was released on 28 May 2020 just before the start of school on 1 June. The viewings rocketed (from 959 Direct Searches in May 2020 to 5011 Direct Searches in June 2020. The trend continued when Mentally Healthy Schools agreed to put this film into the toolkit for all primary schools before the end of term on 13 July.
- (b) Over the summer of 2020 we focussed on producing shorter films to help teaching staff manage the destabilizing effect the pandemic and lockdown was having on pupils and teachers. This led to us producing the following.
 - a) **Two films on “Managing Transitions” and “Handling Disclosures”** which were self-filmed respectively by the Headteacher/educational consultant, Alis Rocca, and the Trauma Specialist at the Anna Freud Centre, Dr David Trickey.
 - b) In September we produced **a series of 4-minute films and fact sheets with practical Tips for Teachers** who may have had children in their classroom who were experiencing mental health issues as a result of the pandemic and lockdown. These short films were professionally presented by broadcaster Sian Williams.

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

2.2 Films and fact sheets for parents dealing with the problems and difficulties arising from the pandemic and the lockdown

As we saw more of the impact of the pandemic on some children's mental health, we again engaged the Headteacher/Educational Consultant, Alis Rocca, to film herself in **very short films aimed at helping parents** to notice changes in the moods and emotions in their children and guiding them on how to respond with warm and supportive interactions. Alis Rocca's experience in dealing with emotional wellbeing in children enabled her to focus these films on helping children understand how they are feeling and how to express themselves. In these films Alis explained techniques which could be used to help calm a child's mind and ease the mood.

2.3 Training resources for trainee teachers

At our request, a training resource was produced by Alis Rocca entitled "Recognising & Responding to Potential Mental Health Conditions in Children".

This resource was aimed at helping to fulfil the commitment in the Government's Green Paper "Transforming Children and Young People's Mental Health".

This resource is aimed at teacher trainees, other organisations working with children, as well as all Primary School staff. Nip in the Bud charges a fee for the purchase of a one-year licence for all staff to have full access to the resource for 365 days. The resource can be used flexibly in large or small groups, or individually.

3. Improving our website

We have grown our website resources so that since our launch in November 2017 with six films and fact sheets, we now have about 45 films and many fact sheets.

4. Investing more in social media to attract more interest in our website

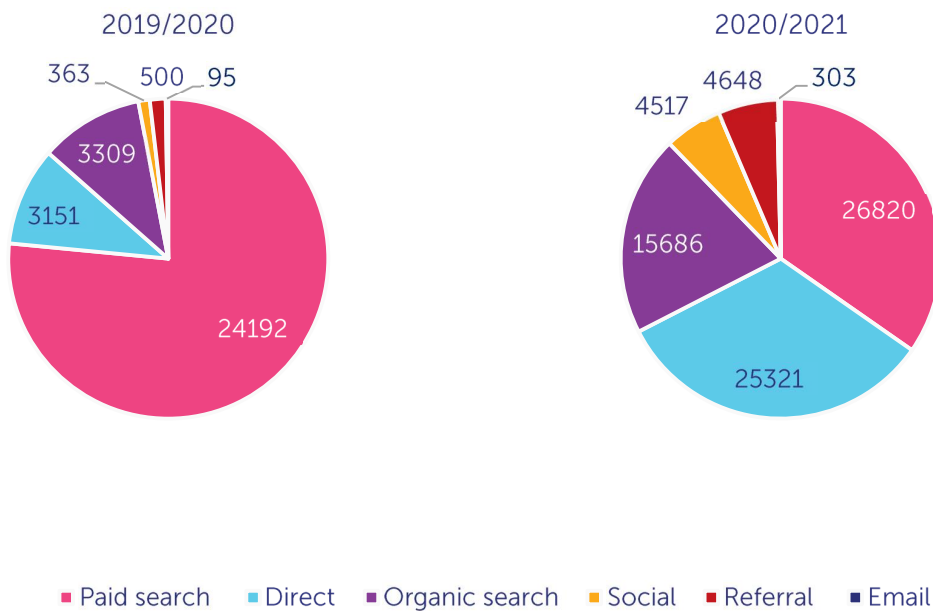
We introduced a Blog in April 2020 which has greatly improved traffic to the website through Organic Searching. This, together with our added films and content over the year, increased engagement across all channels, especially Instagram, where the images from the Nip in the Bud film library could be regularly used. We also recognised that our social media needed to be more dynamic and responsive and in February 2021 a different team took over.

The following table shows the significant increases which have resulted from these initiatives:

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

Metric	2019/2020	2020/2021	% change
New users New users that have had a session within the date range	31,456	76,564	143.4%
Returning users Returning users that have had a session within the date range	3,609	10,679	195.9%
Sessions When a user visits and interacts with the site within a given timeframe (up to 30 minutes)	37,194	95,988	158%
Page views Total number of pages viewed (includes repeated views of a page)	102,485	152,077	48.4%

Where are people coming from?



5. Engagements with charities which have similar or complementary aims

We continued to have discussions and attend webinars and, where possible, meetings and workshops with organisations such as ACAMH (Association of Child and Adolescent Mental Health) (CYPMHC (Children and Young People's Mental Health Coalition), Embracing Complexity (managed by Autistica), and Young Barnet Foundation. Our Google Analytics show that Place2Be regularly uses the Nip in the Bud resources.

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

Funding

The Kitty and Daniel Nabarro Charitable Trust has continued to give its financial support. In the year ended 31 March 2021 it donated £44,100. (2020: £56,000).

The charity Nip in the Bud is very grateful for some sizeable donations it received and for the many smaller donations given by its supporters.

Nip in the Bud's objectives and future prospects

Nip in the Bud's long-term objectives

Nip in the Bud's long-term objective is to have achieved widespread recognition and understanding of childhood mental health disorders ("MHDs") in the UK so that the need for early intervention is quickly recognised and acted upon without stigma and the risks of those childhood MHDs becoming more serious in later years is substantially reduced.

Nip in the Bud's medium-term objectives

In order to move further towards achieving its long-term objective, Nip in the Bud's aims over the next three years are broadly:

- to make more Information films, Real Life Experience films and other types of films with accompanying fact sheets;
- to further improve its website;
- to improve on and significantly expand the training of trainee teachers and practising teachers on childhood MHDs;
- to have established partnership arrangements with other charities who work in the area of childhood MHDs;
- to have achieved recognition and endorsement of its work by educational authorities and other relevant governmental bodies which are focussed on childhood MHDs;
- to have rolled out the films and website and training on MHDs to social workers, health professionals and parents;
- to have improved on any existing films and fact sheets where the state of knowledge on MHDs has developed;
- to have covered more of its costs by charging a fee for delivering training to trainee teachers; and
- to have raised further funds from charitable organisations to enable it to move towards achieving these medium-term goals.

Nip in the Bud's plans for the current year, 2021/22

- To continue to find ways to spread the word about the Nip in the Bud's free online resources and training resource for INSET to primary schools all around the country so that many more school staff including Head Teachers and Deputies, SENCOs, Special Needs (SEND) and school nurses are fully aware of Nip in the Bud's resources and use those resources;
- To establish good contacts with organisations like the Department of Education, ACAMH, Mentally Healthy Schools, Early Intervention Foundation, Place2Be.
- To invest more in Social Media in order to create more traction on the website; and to create images from the Nip in the Bud film library to use for Instagram ideal for Likes and Shares;

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

- To research conferences for groups such as Head Teachers, SENCOs, Social Workers, Girl guide leaders and others to offer them presentations for a fee, which fees will be used to help us to raise further funds for the charity to achieve its objectives.
- To investigate using local authorities to help disseminate the resources
- To finish production of the film on Autism and Comorbidity
- To research and produce an Information Film on Self-Harm
- To research and produce an Information Film on Eating Disorders
- To further improve our website by investigating different possible changes considering the growth in content and the different “personas” using the website.
- To further consider and seek funding from other sources.

The resources required

Doing all that we plan in the year 2021/22 will require more time and effort. The trustees consider that the current structure and funding will enable the Charity to achieve its objectives in the current year, but external funding could help the charity to progress more rapidly, particularly in order to enable us to [make the films on Self Harm and Eating Disorders, to further improve our website and to [Kitty, please amend or add any other specific objectives which might interest potential funders].

The trustees understand that current supporters, principally The Kitty and Daniel Nabarro Charitable Trust, will continue to give their support for the plans outlined above for 2021/22.

Nip in the Bud’s structure, governance and management

The following is a brief and simplified summary of the provisions of the Charity’s Constitution which deal with the method of appointment or election of trustees. Full details of these provisions are set out in the Constitution.

1. The affairs of the Charity are managed by the trustees.
2. The names of the current trustees are set out on page 2 of this document.
3. There must be at least four and no more than twelve trustees (except that this maximum may be exceeded in the circumstances summarised in 7 (ii) below.
4. At the first and every subsequent Annual General Meeting (“AGM”) of the members of the Charity, one-third of the trustees or the number nearest to one-third shall retire from office. The trustees to retire are those who have been longest in office since their last appointment or reappointment.
5. The vacancies arising may be filled by the members at the AGM.
6. Any vacancies not filled at the AGM may be filled:
 - i. by the members at any time; or
 - ii. by the trustees themselves at any time and in making such appointments the trustees may exceed by four the limit of twelve trustees provided that if the limit of twelve trustees is exceeded by such appointments the number of new trustees appointed must not exceed one-third of the total number of trustees at the time the relevant new trustees are appointed.
7. A person appointed as a trustee by the members shall retire by rotation in accordance with the one third retirement rule summarised in 4 above.
8. A person appointed as a trustee by the trustees themselves shall hold office only until the conclusion of the next AGM after the date of his or her appointment when he/she shall cease to hold office as a trustee and a trustee who is appointed as a trustee by the trustees themselves:

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

- i. shall not be counted for the purpose of determining which of the trustees is to retire by rotation at the AGM, unless appointed as a trustee by the members; and
- ii. shall not be re-appointed by the trustees within the period of 12 months starting on the date of the AGM at which he/she ceased to hold office.

Public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives they have set, and they are satisfied that the public benefits to be provided are directly related to the Charity's aims and objectives.

Appointment and induction of new trustees

As appropriate, new trustees will be appointed by the current trustees and will receive the relevant necessary training and guidance. A list of trustees acting during the year appears above and in the information page of these statements.

Activities and financial review

The trustees are responsible for the governance of the charitable and fundraising activities of the Charity. During the year, these activities were concentrated upon the making of films to be used in achieving its objectives and the year saw a positive net movement in funds.

After making appropriate enquiries, the Charity's trustees have a reasonable expectation that it has adequate resources to continue in operational existence for the foreseeable future. For this reason, they have adopted the going concern basis in preparing the financial statements.

As noted above, in the year ended 31 March 2021, The Kitty and Daniel Nabarro Charitable Trust donated £44,100 (2020: £56,000).

Educational films

The Charity largely meets its objectives by producing and making available educational films. To date 45 films have been produced at a total cost of £225,307 all of which has been charged to the Income and Expenditure account.

Reserves policy

It is the charity's policy to hold in reserve not less than that needed to meet six months estimated day-to-day expenditure. Capital projects and expenses of a one-off nature will only be undertaken as and when sufficient funds have been raised.

Trustees' remuneration

The Trustees meet regularly to discuss and review the Charity's activities. No Trustee has received any remuneration during the year.

Trustees' responsibilities

**NIP IN THE BUD
Trustees' Report
for the year ended
31 March 2021**

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations. Charity law requires the trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally

Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent, state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees *Katherine Nabarro* Date 20 September 2021

Katherine Nabarro (Chair)
Katherine Nabarro (Sep 20, 2021, 6:46pm)

NIP IN THE BUD
Independent Examiner's Report to the Trustees

I report on the financial statements of the Charity for the year ended 31 March 2021.

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) but that an independent examination is needed. It is my responsibility to:

- examine the financial statements under section 145 of the Act.
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's report

My examination was carried out in accordance with the general directions given by The Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's statement

In connection with my examination, 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 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

Signed: Jerry Michael

Dated: 20 September 2021

Jerry Michael (Sep 22, 2021, 7:35pm)
Jerry Michael ACA FCCA
Baginsky Cohen
Chartered Accountants
930 High Road
London N12 9RT

NIP IN THE BUD
Statement of Financial Activities
for the year ended
31 March 2021

	Note	Unrestricted Funds 2021 £	£	Unrestricted Funds 2020 £	£
Incoming resources					
Incoming resources from generated funds					
Donations			65,033		58,685
Other			<u>725</u>		-
Total generated			65,758		58,685
Resources expended					
Charitable activities					
Consultancy		20,110		35,212	
Social media		13,693		4,975	
Website		6,976		4,678	
Film-making	4	18,098		16,390	
Administration		<u>2,984</u>		<u>2,112</u>	
Total resources expended			(61,861)		(63,367)
Net movement in funds			3,897		(4,682)
Balance at 1 April 2020			<u>44,666</u>		<u>49,348</u>
Balance at 31 March 2021			<u>£48,563</u>		<u>£44,666</u>

**NIP IN THE BUD
Balance Sheet
31 March 2021**

	Note	2021 £	2020 £
Current assets			
Cash at bank		52,615	47,319
Other debtors		<u>570</u>	-
		53,185	47,319
Current liabilities			
Creditors falling due within one year	3	<u>(4,622)</u>	<u>(2,653)</u>
Net assets		<u>£48,563</u>	<u>£44,666</u>
Representing:			
General fund	2	<u>£48,563</u>	<u>£44,666</u>
Reserves		<u>£48,563</u>	<u>£44,666</u>

The trustees approved these financial statements, and authorised their distribution on

Date 20 September 2021

Katherine Nabarro
Katherine Nabarro
Trustee
Kitty Nabarro (Sep 22, 2021, 6:48pm)

The notes which follow form part of these financial statements.

NIP IN THE BUD
Notes to the Financial Statements for the year ended 31 March 2021

1. Accounting policies

Basis of preparation

The financial statements have been prepared to give a true and fair view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) where the charity is legally entitled to receipt.

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Governance costs are those incurred in the governance of the charity and are primarily associated with the constitutional and statutory requirements.

Fund accounting

The general fund consists of funds which the charity may use for its purposes at its discretion.

Film production costs

All costs of the production of films are expensed as incurred.

Going concern

After making appropriate enquiries, the Charity's trustees have a reasonable expectation that it has adequate resources to continue in operational existence for the foreseeable future. For this reason, they have adopted the going concern basis in preparing the financial statements.

2. General fund

The general fund represents funds which have not been designated for any particular purpose.

	£
Opening balance at 1 April 2020	44,666
Movement in funds for the year	3,897
Closing balance 31 March 2021	<u>£48,563</u>

NIP IN THE BUD
Notes to the Financial Statements for the year ended 31 March 2021

3. Creditors	2021	2020
	£	£
Amounts falling due within one year		
Trade payables	4,022	2,053
Accruals	<u>600</u>	<u>600</u>
	<u>£4,622</u>	<u>£2,653</u>

4. Film production costs

All film production costs are charged to the income statement as incurred although by providing access to these films Nip in the Bud achieves its objectives. Since its formation, the charity has spent £225,273 (2020: £207,175) on the production of approximately 45 educational films.

5. Related parties

During the year, £44,100 (2020 - £56,000) was donated to Nip in the Bud by The Kitty & Daniel Nabarro Charitable Trust. Kitty and Daniel Nabarro are trustees of both Nip in the Bud and The Kitty & Daniel Nabarro Charitable Trust.



Issuer Baginsky Cohen

Document generated Wed, 22nd Sep 2021 17:07:37 BST

Document fingerprint 618f41e412d08ca5785067c5bf55b993

Parties involved with this document

Document processed	Party + Fingerprint
Wed, 22nd Sep 2021 18:48:46 BST	Kitty Nabarro - Signer (341844077fcfd66cca2485a50a6e841b)
Wed, 22nd Sep 2021 19:35:57 BST	Jerry Michael - Signer (85d38ac6eb4f5f10948d4069413dad75)

Audit history log

Date	Action
Wed, 22nd Sep 2021 19:35:57 BST	The envelope has been signed by all parties. (86.18.82.165)
Wed, 22nd Sep 2021 19:35:57 BST	Jerry Michael signed the envelope. (86.18.82.165)
Wed, 22nd Sep 2021 19:35:38 BST	Jerry Michael viewed the envelope. (86.18.82.165)
Wed, 22nd Sep 2021 19:35:28 BST	Jerry Michael opened the document email. (86.18.82.165)
Wed, 22nd Sep 2021 18:48:47 BST	Document emailed to jerry@baginskycohen.com (18.130.143.104)
Wed, 22nd Sep 2021 18:48:46 BST	Sent the envelope to Jerry Michael (jerry@baginskycohen.com) for signing. (143.159.52.80)
Wed, 22nd Sep 2021 18:48:46 BST	Kitty Nabarro signed the envelope. (143.159.52.80)
Wed, 22nd Sep 2021 18:44:56 BST	Kitty Nabarro viewed the envelope. (143.159.52.80)
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Wed, 22nd Sep 2021 18:44:36 BST	Kitty Nabarro opened the document email. (66.249.93.215)
Wed, 22nd Sep 2021 17:09:01 BST	Document emailed to kitty.nabarro@gmail.com (18.134.152.67)
Wed, 22nd Sep 2021 17:09:01 BST	Sent the envelope to Kitty Nabarro (kitty.nabarro@gmail.com) for signing. (81.137.243.195)
Wed, 22nd Sep 2021 17:08:21 BST	Jerry Michael has been assigned to this envelope (81.137.243.195)
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