

Empowering · Compassionate · Trusted

24-25

ANNUAL REPORT & FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

NIP IN THE BUD . CIO

A CHARITABLE INCORPORATED ORGANISATION

REGISTERED CHARITY NO. 1162388

COMPANY NO. CE004879

Through film, Nip in the Bud creates a space where knowledge meets compassion, where lived experience is heard, experts are trusted, and no one feels alone.

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Legal and administrative information

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.

TRUSTEES

Katherine Nabarro	(Chair)
Michael Caro	
Gordana Milavic	
Lisanne Stock	
Denman Rooke	
Michelle Blunt	
Julie Eyres	
Michael Eder	(Appointed 26 February 2025)
Nicholas Angel Treasurer	(Appointed 26 February 2025)

Principal Office: 21 Priory Close, London, N20 8BB

Bankers: HSBC Bank Plc, 88 The Broadway,
Muswell Hill, London, N10 3RX

Independent Examiner: Jerry Michael ACA FCCA,
Baginsky Cohen, 930 High Road,
London, N12 9RT

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 produces: Information Films, which explain the MHDs, Real Life Experience Films, in which individuals who have the MHD, and their parents speak about their experience of living with the MHD and Emotional Wellbeing films on wider topics that inform and help deal with improving children's mental health. All the films produced 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 also produces podcasts.

Nip in the Bud is particularly focused 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.

Report of the Trustees for the year ended 31 Mar 2025

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 constitution, the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2015).

A Note from our Chair, Kitty Nabarro

In the summer of 2015, my husband, Daniel came up with the idea of starting the charity

"Nip in the Bud: Learning about Children's Mental Health through Film".

We took the idea to Dr Bruce Clark Clinical Director at South London and Maudsley NHS Foundation Trust, who immediately recognised its potential

We launched Nip in the Bud in November 2017 with six short films. Since then, the charity has grown into a trusted, evidence-led resource offering over 100 short films, a library of fact sheets, more than 25 podcasts released monthly, and a range of articles - all freely available to parents, carers and teachers supporting primary-age children.

- 2017: Charity launched with six films
- 2018 - 2020: Expanded our film series to cover a broader range of children's mental health and neurodiversity topics
- 2021: Daniel sadly passed away, but his vision continues to guide everything we do
- 2022 - 2024: Introduced podcasts and classroom resources.
- Today: Recognised by leading children's mental health charities and NHS Trusts as a trusted source of guidance and support

Daniel would have been so proud of what Nip in the Bud has become. His legacy lives on through our passionate and dedicated small team of part-time freelancers, and through every child, parent, and teacher we continue to empower.

Nip in the Bud's activities, achievements and performance in the year ended 31 March 2025

Films produced during the year focused on Emotional Wellbeing:

Feature story: Stolen Childhood Smartphones, social media and Online Safety

I. In 2024, our work shone a light on one of the biggest challenges to children's emotional well-being today - smartphones, social media and online safety.

Our film "A Stolen Childhood" and its accompanying factsheet were created to spark awareness and action around how digital life impacts young minds. The response was remarkable. Shared widely through the Papaya Parents network and the Smartphone Free Childhood movement, the film quickly became a trusted resource for parents, educators and campaigners across the UK.

Nova Eden, regional leader for north London at Smartphone Free Childhood, described the film as "a powerful tool for initiating conversations during community coffee mornings and school discussions."

She added, "Its compelling statistics on smartphone dangers set the stage for deeper dialogue about the campaign. It is a fantastic video and particularly helpful for parents."

The impact didn't stop there. Inspired by these conversations and supported by strong community advocacy, Barnet Council became the first in the UK to introduce a smartphone ban across both primary and secondary schools, effective from September 2025. This pioneering policy was made possible through collaboration between school leaders, Barnet Public Health and Dan Tomlinson, MP for Chipping Barnet.

As Dan Tomlinson put it:

"Smartphones profoundly impact children's wellbeing, and we must act now to support parents and protect young people. Nip in the Bud's video poignantly highlights this issue. The alarming statistic that rates of school loneliness have doubled worldwide since 2012 underscores the need for intervention. Children deserve to enjoy their education and social lives without the pressures of smartphones and social media."

He added:

"Together with local groups, advocates, and educators, I'm committed to making Barnet schools smartphone-free - fostering healthier, happier environments where young people can thrive."

Our film continues to be used nationwide to spark constructive dialogue - in schools, parent groups and communities, ensuring children's wellbeing stays at the heart of the digital debate.

II. Lived Experience Films:

- Grief and Me: a very moving film with young people sharing their experiences of losing a parent and their experiences of what helped and what didn't help.
- Stigma and discrimination - This film explores shame and secrecy around mental health in children. Expert Dr Petra Gronholm explains the different types of stigmas that affect young people and how to reduce stigma so that children have less fear about speaking up.

III. Practical Guidance Films:

For our Series "Tips for Parents and Carers" presented by Sian Williams on the topics of:

- Conduct Disorder | ODD | PTSD | Eating Disorders | Grief and Loss

For our Series "Tips for Teachers" presented by Sian Williams on the topics of:

- Emotionally Based School Avoidance (EBSA) | Self Harm | Bullying | Eating Disorders

Each of these films was accompanied by one of our downloadable fact sheets

IV. Podcasts

<https://nipinthebud.org/podcasts/>

Two years of hosting Nip in the Bud's Children's Mental Health podcast and some key themes that have been discussed:

In 2022 Nip in the Bud had the idea to start a podcast alongside our many short films and factsheets. It is a way to provide more in-depth information that can't be done through short films on topics such as neurodiversity, autism, Emotionally Based School Avoidance, strategies in the classroom and information for parents. Podcasts are also appealing to some of our audiences who like to multitask while listening. The monthly podcast was launched in September 2023, and episodes have been downloaded over 4000 times so far.

Our educational consultant, Alis Rocca, the host of the podcast, interviews contributors willing to share their expertise and lived experiences in an informal, conversational way. Alis has met a wide variety of guests with different backgrounds and expertise, from specialists in various fields of mental health and neurodivergence to parents and educators who care for or work with children every day. Some examples:

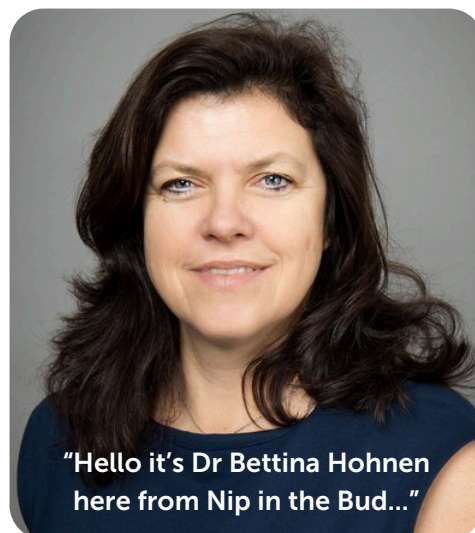
- A father caring for his severely autistic son
- Two different guests working with communities of refugees and dealing with trauma
- The founder and CEO of the charity Words Matter explains how damaging verbal abuse is
- The founder of PAPAYA – Parents Against Phone Addiction in Young Adolescents
- The CEO of Chance UK - speaking about Early Intervention and providing mentoring to children and young people to build resilience and self-esteem.

V. Dr Bettina Hohnen's | Monthly Parenting Vlog Series

Our Clinical Psychologist, Dr Bettina Hohnen, produces a monthly vlog series designed for parents and carers, focusing on parenting skills, positive modelling, and understanding how children's neurological development and neurodiversity influence their mental health and well-being.

Each episode takes the form of a Q&A, where parents can submit questions anonymously for Dr. Hohnen to address. This accessible format helps adults gain practical insights into supporting children more effectively.

The series is currently available on the Nip in the Bud YouTube channel and will soon be featured on our website, making it even easier for families to access expert guidance.



See the link below:

<https://www.youtube.com/playlist?list=PLS65xMu-topX1k9fOAhKRC7mqOISczkaW>

VI. Digital Performance Overview & Analytics

In October 2024, technical issues affecting organic and paid search led to a 26% drop in total website users compared with 2023/24. In response, we brought in part-time digital specialists to focus on Google Analytics, SEO, Google Ads, audience engagement, YouTube performance, and website functionality. Early signs show steady recovery in reach and engagement across platforms required for growth in 2025-2026.

Despite these challenges, our digital platforms continue to play a vital role in reaching parents, carers, and professionals with accessible, evidence-based mental health information. The year's data reflects both the temporary impact of visibility issues and the growing depth of engagement from those who connect with our content.

Key Metrics (1 April 2024 – 31 March 2025)

- New users: 94,167 (↓ 26%)
- Total page views: 161,743 (↓ 23%)
- Sessions: 117,304 (↓ 28%)
- Engagement rate: 93.8% (↑ 14%)

While overall reach declined, engagement quality improved significantly - visitors are staying longer and exploring more content.



Fewer Clicks but deeper connections

Where Visitors Came From

- Organic search (Google results): 45,452 (↓ 27%)
- Paid search (Google Ads): 26,978 (↓ 36%)
- Direct visits: 21,919 (↑ 47%)
- Referrals (links from other sites): 9,763 (↑ 44%)
- Social media: 1,767 (↑ 41%)

These shifts show stronger brand recognition and a growing share of visitors arriving directly or via trusted partner sites and social platforms.

YouTube Performance

Film views fell to 268,000 (↓ 35%), but our subscriber base rose to 7,203 (↑ 31%), showing that audiences discovering our content are choosing to stay connected and engage with our films more regularly.

VII. Social Media

All existing film rushes have now been digitised and securely archived, allowing us to repurpose content for social media and YouTube Shorts. This strategic move preserves our creative assets, increases our digital agility, and helps us share powerful messages with new audiences in modern, engaging formats - ensuring our films continue to deliver value and reach long after their initial release.

Facebook

Facebook delivered steady audience growth and a dramatic surge in engagement, with interactions up more than 360% and profile visits rising 33%. Reels led performance, underscoring the continued shift toward short-form video.

Instagram

Instagram saw strong momentum with follower gains and a significant lift in reach - up 380% year-on-year, powered by high-performing Reels and collaborative content. Engagement doubled, reflecting rising audience interest and visibility.

LinkedIn Growth and Engagement

- LinkedIn audience surged, with follower growth of 42% on the main channel and 47% on the co-founder's, signalling expanding influence and visibility.
- Engagement soared across likes, shares, and comments, proving our content is resonating strongly with a professional audience.
- Stronger reach and authority on LinkedIn have amplified our brand presence and deepened connections with stakeholders across sectors and regions.

These results not only showcase our progress in digital engagement but also lay a strong foundation for continued outreach and influence in the year ahead.

VIII. Partnership

ACAMH - Association of Child and Adolescent Mental Health

In February 2025, Nip in the Bud and ACAMH signed an agreement to establish a partnership. ACAMH launched a new section, ACAMH Learn, and was particularly keen to feature the Nip in the Bud films on their platform. These films provide evidence-based mental health information to professionals working with children and adolescents. Importantly, ACAMH recognised that Nip in the Bud's value lies not only in clinical expertise but also in the lived experiences of children and their families, which offer a fresh, more accessible perspective to a platform that is predominantly academic.

Through this partnership, ACAMH promotes Nip in the Bud content to its national and global membership via marketing emails. Audiences around the world can access translations of these videos and receive free CPD certificates, expanding the reach and impact of the films while making vital mental health knowledge more widely accessible.

IX. Funding

Nip in the Bud is very grateful for the generous donations it has received from individual donors and supporters.

Gifts in Kind

- The charity acknowledges the help of the ongoing Google Ad grant of \$US10,000 a month to spend for digital search ads, as well as discounts from Hootsuite & Microsoft
- Our thanks go to October Films who allow us to use their fantastic facilities for backing up rushes, editing, storage of digital material, free subscription to Trint and for use of a conference room for team meetings and who subscribe us to Trint.
- Nip in the Bud is extremely grateful to mental health experts, educationalists, professionals and parents who contribute their time, expertise and experiences to our films and podcasts. The evidence-based information they freely and so generously share is invaluable to our audiences.
- The charity is also grateful for networking opportunities and ongoing mentoring received from the Gunnercooke Foundation through their free "Inspire" programme.

Our year in brief: Growth, Impact and Connection

The year ended 31 March 2025 has been one of renewal, reflection and growth for Nip in the Bud. Building on our mission to improve children's mental health awareness through accessible, evidence-based content, we've continued to expand our reach, strengthen our partnerships, and adapt to a rapidly evolving digital landscape.

Our focus on emotional well-being led to a series of powerful new films, including *A Stolen Childhood*, which helped catalyse important national conversations about smartphone use and online safety. The film not only resonated with parents and educators but also contributed to Barnet Council's landmark decision to ban smartphones in schools from 2025 - a major policy shift that reflects the real-world impact of our work.

Our films on grief, stigma, and loss, along with practical tips for parents and teachers presented by Sian Williams, continued to offer trusted guidance for those supporting children through challenging times.

The Nip in the Bud Podcast, now in its second year and hosted by educationalist Alis Rocca, has built an inspiring community of experts, educators and families sharing their insights and lived experiences.

Our new partnership with ACAMH opens up international opportunities for professional learning and CPD accreditation, marking a major step in our growth.

Our long-term, medium-term and current year objectives

Nip in the Bud's long-term objective is to have achieved widespread recognition and understanding of childhood issues around mental health and neurodiversity in the UK so those who are responsible for the care of children can be better able to recognise and respond to concerns without stigma, leading to a greater chance of early intervention and treatment. Conditions can be "nipped in the bud" and so reduce the risks of them becoming more serious in later years.

Nip in the Bud's medium-term objectives

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

- to explain the concept of neurodivergence through films and fact sheets
- to ensure that the website content covers mental health, neurodiversity and emotional wellbeing topics through all mediums: films, fact sheets, podcasts, articles and Tips for Teachers/Tips for Parents series
- to improve on any existing films where the state of knowledge on mental health and neurodiversity has developed
- to take stock of all our assets, to digitise the rushes and catalogue them
- to create YouTube Shorts and social media clips out of unused rushes
- to work on further improving website functionality to expand reach
- to focus on SEO, Google Search Console, so our audiences can easily find out resources
- to continue to grow our followers on YouTube, LinkedIn, Instagram and other social media platforms
- to continue to establish partnership arrangements with other charities that work in the area of children's mental health
- to continue achieving recognition and endorsement by educational authorities and health professionals
- to continue to roll out the resources to parents/carers, teaching staff and other professionals working with children in Early Years and Primary Schools
- to deliver training and strategies for teachers in the classroom and parents at home
- to explore corporate partnerships that might help us achieve our goals
- to focus on marketing, impact, outcomes, long-term growth and endurance

Objectives for the year 1 April 2025 to 31 March 2026

Updating some resources to include:

- A film which explains Neurodiversity. Under this Umbrella come Autism, ADHD, Conduct Disorder, Dyslexia, Dyspraxia, Dyscalculia and Tourette's Syndrome
- Updating the About Us film
- A new film on ADHD and an accompanying factsheet – the last one was filmed in 2016. Since then, there has been much more information on recognising, understanding and supporting children who might need Early Intervention.
- We hope to produce training materials on ADHD for parents and teachers which will hopefully be designed pro-bono by Emperor Design.
- A film on ODD (Oppositional Defiant Disorder) and Challenging Behaviours. Our film on Conduct Disorder in Children, produced in 2017 needs updating. Our analytics consistently show continued interest and tangible engagement with this topic.

Researching a potential Wellness Triage 10-year plan

- The aim of the planned research is to see if we could create a method for all primary schools to enable them to assess each individual child at the beginning of KS2 to find out:
 - (a) how they learn best – a learning profile
 - (b) any barriers to learning that exist, cognitive or psychological
 - (c) any emotional or behavioural issues that are emerging
 - (d) a full sensory profile

This national, one-off, early well-being and learning profile assessment would offer parents, carers and teachers an insight into the child and immediately flags up any issues that need accommodating or further support.

- Investigating the possibility of a strategic partnership with Professor Amanda Kirby using her digital Do-It Profiler for this 10-year plan. <https://doitprofiler.com/>

Sponsored YouTube series:

- The planned YouTube series is designed to raise awareness of the importance of early intervention, which lies at the heart of our mission and underscores why the Wellness Triage tool is vital for identifying children with unmet needs. Beyond its educational purpose, the series will act as a strategic marketing tool to support our 10-year goal. Following discussions with Mike Hope-Milne, of Pearl and Dean, there are plans to secure a lead sponsor - such as Kia or Waitrose - to feature the series in Everyman cinemas before the main feature presentation.
- A pilot episode will be filmed to showcase the project to potential sponsors, with an estimated 10–20% chance of landing a primary sponsor. If a lead sponsor does not commit, we will explore securing a group of smaller sponsors, while maintaining the possibility of screening the series in Everyman cinemas.
- This initiative not only broadens the visibility of our work but also emphasises the critical role of early intervention in supporting children's mental health and well-being.

E-Learning

- Investigating a possible e-learning programme for teachers and trainees by doing market research and focus groups to understand how our material would land with audiences.

Filmed Podcasts

- Filming our Podcasts - this gives the audience the choice of just listening to the podcast or to watch and listen and also allows us to leverage any filmed footage for future films and social media clips.

The Resources Required

The Trustees understand that current supporters will continue to give their support for the plans outlined above for 2025/26. However, further funding will be necessary to carry through all the plans for 2025/26 and Nip in the Bud will be looking at different sources of funding.

Objectives and activities for the 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.

Additional legally required information

Structure, governance and management

The trustees who served during the year were:

Katherine Nabarro (Chair)	Michelle Blunt
Michael Caro	Julie Eyres
Gordana Milavic	Michael Eder (appointed 26 February 2025)
Lisanne Stock	Nicholas Angel (Treasurer) (appointed 26 February 2025)

Appointment and Induction of New Trustees

Apart from the first trustees, every trustee must be appointed by a resolution of the trustees at a special meeting called under clause 13 of the constitution 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.

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. Full details of these provisions are set out in the Constitution.

1. The trustees manage the affairs of the Charity.
2. The names of the current trustees are set out on page 1 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:
 - by the members at any time; or
 - 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:
 - 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
 - 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.

Trustees responsibilities and going concern basis

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 funds remaining in line with the charities reserve policy.

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.

Reserves Policy

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

Risk management

The trustees have examined the major, strategic, business and operational risks that the charity faces and confirm that the systems have been established to ensure that these risks are minimised.

Trustees' Remuneration

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

Independent examiner

The trustees intend to ask the existing independent examiner to undertake the independent examination of the trust in the following year.

Trustees' responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

Trustees

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Approved by the trustees on 15 December 2025

and signed on their behalf by

Katherine Nabarro

Kitty Nabarro (Dec 19, 2025, 2:53pm)

Katherine Nabarro
Chair

I report on the financial statements of the Charity for the year ended 31 March 2025.

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:

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- the accounts do not accord with those records: or
- 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.

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

18 December 2025

Jerry Michael

Signed..... Jerry Michael (Dec 19, 2025, 3:03pm)

Receipts and Payments Account Year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total £	2024 Total £
Incoming Resources					
Donations (Unrestricted)		122 215	-	122 215	183 815
Donations (Restricted)		-	150	150	1 000
Gift Aid Receivable		10 000	-	10 000	26 446
Interest Received		730	-	730	70
Total Incoming Resources		<u>132 945</u>	<u>150</u>	<u>133 095</u>	<u>211 331</u>
Resources Expended					
<u>Charitable activities</u>					
Consultancy		81 086	-	81 086	56 294
Social media		27 711	-	27 711	16 700
Website		2 676	-	2 676	1 752
Film and podcast making		53 353	-	53 353	60 728
Film and podcast making (restricted)		-	150	150	1 000
Administration	4	12 755	-	12 755	13 422
Total Resources Expended		<u>177 580</u>	<u>150</u>	<u>177 730</u>	<u>149 896</u>
Net expenditure for the year and Net movement in funds		(44 635)	-	(44 635)	61 435
Fund balance at 30 March 2024		<u>85 572</u>	<u>-</u>	<u>85 572</u>	<u>24 137</u>
Fund balance at 30 March 2025		<u>40 937</u>	<u>-</u>	<u>40 937</u>	<u>85 572</u>

The statement of financial activities includes all gains and losses in the year and therefore a separate statement of total recognised gains and losses has not been prepared.

All of the incoming resources and resources expended derive from continuing activities.

The notes on pages 18 - 20 form part of these financial statements.

Statement of assets and liabilities as at Year ended 31 March 2025

		2025		2024	
		£	£	£	£
CASH FUNDS					
Cash at Bank	HSBC Current Account	24 447		8 564	
	HSBC Money Market	35 139		65 058	
	Other	333		295	
			59 919		73 917
OTHER DEBTORS					
Gift Aid receivable			0		18 184
TOTAL ASSETS LESS CURRENT LIABILITIES			59 919		92 101
Creditors: Amounts falling due after more than one year					
Payables			7 275		5 629
Accruals			11 707		900
NET ASSETS			40 937		85 572
Representing:					
Unrestricted fund			40 937		85 572
Restricted Fund			-		-
			40 937		85 572

The financial statements set out were approved by the Trustees on

and were signed on their behalf by:

Katherine Nabarro

Kitty Nabarro (Dec 19, 2025, 2:53pm)

Katherine Nabarro
Chair

Notes forming part of the Financial statements

1 Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

1.1 Basis of accounting

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.

1.2 Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of donations and gifts and is included in full in the statement of financial activities when received.

The value of services provided by volunteers has not been included.

1.3 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.

Direct expenditure comprise the cost of donations made; other expenditure includes costs incurred by the charity in delivery of its activities and services for its beneficiaries. Governance costs are those incurred in connection with the administration of the charity and compliance with the constitutional and statutory requirements.

Notes forming part of the Financial statements

1 4 Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in the furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are subject to specific conditions by donors as to how they may be used.

1 5 Film Production Costs

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

1 6 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. The notes which follow form part of the financial statements.

2 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year, and none of them were reimbursed any expenses.

3 Accountancy

Net Expenditure are stated after charging:

	2025	2024
	£	£
Independent examiners fee	960 00	960 00

4 Administration

	2025	2024
	£	£
Accountancy Fees		
Bank Charges		
Entertainment-100% business	3 1 260	1 200
IT - Support, software and consumables	77	99
Marketing support	156	-
Subscriptions	2 038	3 537
Travel - National	2 449	1 560
	5 279	6 079
	456	-
	12 755	13 422

Notes forming part of the Financial statements

5 Statement of restricted funds

	1 April 2024	Incoming Resources	Resources Expended	30 March 2025
	£	£	£	£
Movement in the year	-	150	- 150	-
	-	150	(150)	-

6 Statement of unrestricted funds

	1 April 2024	Incoming Resources	Resources Expended	30 March 2025
	£	£	£	£
Movement in the year	85 572	132 945	(177 580)	40 937
	85 572	132 945	(177 580)	40 937

7 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2025 are represented by:			
Current assets	40 937	-	40 937
	40 937	-	40 937

8 Related party transactions

During the year the charity received donations of £40,000 (2024: £33,510) from Katherine Nabarro (Trustee) and £Nil (2024: £71,000) from the Kitty and Daniel Nabarro Charitable Trust of which Katherine Nabarro is a trustee.

We thank you for your ongoing support of our work



Nip in the bud

www.nipinthebud.org | hello@nipinthebud.org

Charity Commission for England & Wales registered number: 1162388





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