

I CAN AND I AM LIMITED

England & Wales · Charity number 1163075

Details

Status	Registered
Legal form	Charitable company
Company number	09518038
Registered	2015-08-10
Register	View on the Charity Commission register

Contact

Address	7A Warminster Road Beckington Frome BA11 6SP
Phone	07880792172
Email	enquiries@icanandiam.com
Website	www.icanandiam.com

Activities

Objects: TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF INSPIRING THEIR SELF-BELIEF IN WHO THEY ARE AND WHAT THEY CAN DO, IMPROVING THEIR CONFIDENCE AND ENCOURAGING THEIR AMBITIONS TO ACHIEVE. THIS WILL BE DONE BY PROVIDING ADVICE IN PARTICULAR THROUGH MOTIVATIONAL TALKS, ONE ON ONE DEVELOPMENT SESSIONS AND COUNSEL. THE FOCUS WILL BE ON GROUPS OF YOUNG PEOPLE AND THOSE WHO ARE INVOLVED IN PASTORAL CARE, BUT WILL INCLUDE OTHER PERSONS AS THE CHARITY TRUSTEES THINK FIT.

Activities: The charity's purpose is to advance the education of the public in developing self-belief by providing advice through motivational talks plus engaging workshops delivered on adapted double decker buses. Activities will be supported by the use of the charity's teaching resources by the school community. Primary beneficiaries will be young people, parents and those in pastoral care.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, The General Public/mankind

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£435,262	£446,997	-	-
2024-03-31	£428,308	£385,056	-	-
2023-03-31	£364,447	£284,807	-	-
2022-03-31	£285,897	£203,610	-	-
2021-03-31	£276,287	£165,611	-	-

Trustees

Name	Role	Appointed
JAMES THOMAS CHARLES KENDALL	Chair	2012-03-11
Charlie Goddard		2015-09-01
Rebecca Hourston		2025-03-04
Sarah Seldon		2021-02-11

I CAN AND I AM LIMITED

England & Wales - Charity number 1163075

Accounts

Company Registration Number - 09518038

Charity Registration Number - 1163075



I Can and I Am Limited

Report and Accounts

31 March 2025

I Can and I Am Limited

Report and accounts for the year ended 31 March 2025

Contents

	Page
Annual Report	1 to 3
Independent Accountant's Report	4 to 5
Statement of Financial Activities	6
Balance sheet	7
Notes to the accounts	8 to 12

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2025

Introduction

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of I Can & I Am for the year 1 April 2024 to 31 March 2025. The trustees have prepared this report in accordance with the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities.

Reference and administrative details

- Charity name: I Can & I Am Limited
- Charity number: 1163075 (England & Wales)
- Company number: 09518038
- Incorporation: 30 March 2015
- Charity registration: 10 August 2015
- Registered & principal office: The Orchard, 7a Warminster Road, Beckington, Frome, BA11 6SP

Trustees during the year:

- J Kendall
- C P Goddard
- S Sayer
- R Hourston (appointed March 2025)

Structure, Governance & Management

The charity is governed by its Memorandum and Articles of Association and is a company limited by guarantee. The Management Committee of four trustees meets quarterly and oversees strategy and governance.

Day-to-day management is delegated to:

- James Shone – Founder
- Rebecca Burton – Charity Manager
- Anthony Dutton – Operations Manager
- Alice Delap – Education Lead
- Tom Ratnett – Driver

They are supported by 12 freelance facilitators who assist on the buses.

Charitable Objects & Aims

The charity's objects are:

"To advance the education of the public in the subject of inspiring their self-belief in who they are and what they can do, improving their confidence and encouraging their ambitions to achieve. this will be done by providing advice in particular through motivational talks, one on one development sessions and counsel. the focus will be on groups of young people and those who are involved in pastoral care but will include other persons as the charity trustees think fit."

Activities & Public Benefit

The trustees confirm they have complied with the duty to have due regard to Charity Commission guidance on public benefit.

In 2024–25, activities focused on:

- Primary beneficiaries: Young people (school years 5–13)
- Secondary beneficiaries: Teachers, parents, youth leaders, and others working with young people

Key strategies:

- Motivational presentations by James Shone
- Bus-based workshops (pizza-making & group discussions)
- Free online resources for schools
- Blogs and newsletters for subscribers

Achievements & Performance

- Bus Programme:
 - 86 schools visited
 - 238 delivery days
 - 10,136 visitors
 - Survey results: average rating 4.77/5; 82% reported higher self-belief, 76% found the learning/talking most useful
 - Second bus launched February 2024, expanding reach
- Presentations: 40 chargeable visits (down from 70) due to health and external funding pressures in private schools, but feedback remained exceptional.
- Growth & Recognition:
 - Welcomed fourth trustee, Beks Hourston
 - Expanded to 12 freelance facilitators
 - Finalist in the Bath Life Awards
 - Celebrated 25,000th bus visitor and 10th anniversary
 - Fully booked bus programme, with six-month waiting lists

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2025

Impact

Our work has a lasting and profound impact on young people, teachers, and schools. Feedback highlights this:

- *"The best pastoral care INSET I've ever attended." – Teacher, Loughborough Grammar School*
- *"Inspirational... life-enhancing and not often found in the curriculum." – Headmaster, Port Regis School*
- *"The most memorable visit our students have experienced at school." – Deputy Head, Kingdown School*

Financial review

The trustees consider the financial performance during the year to have been satisfactory.

- The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of the expenditure. Budgeted expenditure for 2025/2026 is £470,000 and therefore the target is £235,000 (half) in general funds. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding. The present level of reserves available to the charity of £368,042 is therefore comfortably above the desired target level.
- Funding sources: Donations from generous supporters (notably Howdens Ltd and Boodles Ltd), complemented by presentation income.
- Fundraising events:
 - Bath Half Marathon (£8,000)
 - Triathlon-4-All (£28,000)
 - Golf Day (£9,000)
- Investment policy: Investment policy is to seek return on reserved funds through low risk deposits. These are managed by Insignis, with maximum £80,000 in each account to ensure protection and strong returns.

Future Priorities

- Increase presentation income as James's health improves
- Maintain high-quality delivery of bus programme
- Charge a small "commitment fee" for state schools (from September 2025)
- Broaden donor base and secure long-term commitments
- Develop additional resources for schools
- Expand staff capacity in fundraising and programme management
- Strengthen measurement of "lasting impact" to attract support
- expanding and developing materials and content of programmes to support lasting positive change and resilience in young people

Trustees' Responsibilities

The trustees (also directors of I Can & I Am Limited) are responsible for preparing the Trustees' Report and financial statements in accordance with company law and United Kingdom Accounting Standards.

They must ensure the accounts:

- Give a true and fair view of the charity's financial activities and position
- Are prepared using suitable accounting policies and prudent estimates
- Comply with Part 15 of the Companies Act 2006
- Comply FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

Trustees are also responsible for safeguarding assets, maintaining accurate records, and ensuring proper governance.

Independent Examination

The Independent examiner:

Emma D'Aubyn, ICAEW
Mutu Accountancy Ltd
Unit 1.03 Newark Works
2 Foundry Lane
Bath
BA2 3GZ

26 Sep 2025

Approval

This report was approved by the board of trustees on


C P GODDARD
Director and Trustee

I Can and I Am Limited

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2025

I report to the Trustees on my examination of the financial statements of the charitable company for the year ended 31 March 2025.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the Trustees report, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(2) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with the Companies Act 2006 and that no member or members have requested an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission.

An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company 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 such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

I Can and I Am Limited

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material 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 386 of the Companies Act 2006;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 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;

have not been prepared in accordance with the methods and principles set out in Statement of Recommended Practice for Accounting and Reporting by Charities.

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.



Emma D'Aubyn - Independent Examiner
Chartered Accountants
Mutu Accountancy Ltd
1.03 Newark Works
Foundry Lane
Bath
BA2 3DZ

This report was signed on 17th September 2025

**I Can and I Am Limited - Statement of Financial Activities for the year
ended 31 March 2025**

***Statement of Financial Activities (including the Income and Expenditure
Account for the year ended 31 March 2025, as required by the Companies
Act 2006)***

	Current year Unrestricted Funds 2025 £	Prior year Unrestricted Funds 2024 £
Income & Endowments from:		
Donations and legacies	352,634	294,023
Charitable activities	71,574	131,349
Investments	11,054	2,936
Total income	<u>435,262</u>	<u>428,308</u>
Expenditure on:		
Charitable activities	446,997	385,056
Total expenditure	<u>446,997</u>	<u>385,056</u>
Net income/(expenditure) for the year	<u>(11,735)</u>	<u>43,252</u>
Net income after transfers	<u>(11,735)</u>	<u>43,252</u>
Net movement in funds	<u>(11,735)</u>	<u>43,252</u>
Reconciliation of funds:-		
Total funds brought forward	379,777	336,525
Total funds carried forward	<u>368,042</u>	<u>379,777</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All the prior year transactions were unrestricted items, and no further analysis is required
All activities derive from continuing operations

I Can and I Am Limited - Balance Sheet as at 31 March 2025

	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	8	30,470	39,943
Current assets			
Debtors	9	19,517	24,371
Cash at bank and in hand		330,211	338,658
Total current assets		<u>349,728</u>	<u>363,029</u>
Creditors: amounts falling due within one year	10	<u>12,156</u>	<u>23,195</u>
Net current assets		337,572	339,834
The total net assets of the charity		<u>368,042</u>	<u>379,777</u>

The total net assets of the charity are funded by the funds of the charity, as follows:-

Unrestricted Funds

Unrestricted Revenue Funds	14	368,042	379,777
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Total charity funds		<u>368,042</u>	<u>379,777</u>
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The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

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

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 8.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.


26 Sep 2025
C P GODDARD
 Trustee
 Approved by the board of trustees on

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared in accordance with the Financial Reporting Standard 102, (effective 1st January 2016), the Statement of Recommended Practice for Accounting and Reporting by Charities, and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No restatement was found to be required.

Going Concern

The charitable activities are dependent on continuing voluntary donations as well as trading revenues. As a consequence, the going concern basis is dependent on the future flow of these uncertain funding streams. Accordingly, the Trustees have obtained forecasts and, after reviewing the financial forecasts for future periods, the Trustees are satisfied that, at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements. Other than these matters, the Trustees are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Policies relating to categories of income and income recognition.

Nature of income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Categories of Income

Income is categorised as income from voluntary donations and income from trading activities. Trading activities relate to speeches and attendances by the charity at schools and other similar organisations.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2025

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Plant and machinery etc.	33% straight line
Motor vehicles	25% reducing balance

A regular annual review of the likelihood of asset impairment is undertaken.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

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

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose.

Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

The charity is a company limited by guarantee and has no share capital.

4 Significance of financial instruments to the charity's position

There are no significant implications of financial instruments to the charity's position.

5 Net income/(expenditure)

	2025	2024
	£	£
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	10,057	11,309
Independent Examiner's fee	330	330
Accountancy fees paid to Independent Examiner for other services	1,824	684

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2025

6 Staff costs and emoluments

Salary costs	2025	2024
	£	£
Wages and salaries	209,832	180,981
Social security costs	17,922	14,547
Pensions costs	4,663	3,836
Total salaries, wages and related costs	232,417	199,364
Numbers of full time employees or full time equivalents	2025	2024
The average number of total staff employed in the year was	4	4

One employee received emoluments in excess of £60,000.

7 Remuneration and payments to Trustees and persons connected with them

No trustees received remuneration in the year.

8 Tangible fixed assets

	Total	Computer Equipment	Motor Vehicles
	£	£	£
Cost			
At 1 April 2024	66,952	6,634	60,318
Additions	585	585	-
At 31 March 2025	67,537	7,219	60,318
Depreciation			
At 1 April 2024	27,009	6,417	20,592
Charge for the year	10,057	125	9,932
At 31 March 2025	37,066	6,542	30,524
Net book value			
At 31 March 2025	30,471	677	29,794
At 31 March 2024	39,943	217	39,726

9 Debtors

	2025	2024
	£	£
Trade debtors	4,048	5,022
Accrued income	12,834	-
Prepayments	1,141	4,533
Other debtors	1,494	14,816
	19,517	24,371

10 Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals	894	894
Taxation and Social Security	6,062	4,028
Other creditors	5,200	18,273
	12,156	23,195

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2025

11 Income and Expenditure account summary

	2025 £	2024 £
At 1 April 2024	379,777	336,525
Surplus/(loss) after tax for the year	(11,735)	43,252
At 31 March 2025	368,042	379,777

12 Related party transactions

There were no transactions with related parties in the year, except with regard to trustees' remuneration and trustees' expenses which are fully disclosed in the notes above.

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2025	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	20,087	-	10,384	30,471
Current Assets	349,728	-	-	349,728
Current Liabilities	(12,156)	-	-	(12,156)
	357,659	-	10,384	368,042
At 1 April 2024	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	29,559	-	10,384	39,943
Current Assets	363,029	-	-	363,029
Current Liabilities	(23,195)	-	-	(23,195)
	369,393	-	10,384	379,777

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward £	Movement in funds £	Funds carried forward £
Unrestricted and designated funds:-			
General fund	379,777	(11,735)	368,042

15 Analysis of movements in funds over the year as shown in Note 14

	Income 2025 £	Expenditure 2025 £	Other Gains & Losses 2025 £	Movement in funds 2025 £
Unrestricted and designated funds:-				
General fund	435,262	(446,997)	-	(11,735)
Designated Revenue Funds	-	-	-	-
	435,262	(446,997)	-	(11,735)

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2025

16 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity is obliged to contribute such amount as may be required not exceeding £10 to the assets of the company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.



Issuer Mutu Accountancy

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Document fingerprint c1542f699e4364ea6c291a9383b5914a

Parties involved with this document

Document processed	Party + Fingerprint
Fri, 26th Sep 2025 9:35:06 BST	Mr Charlie Paul Goddard - Signer (957d7d0def3672fb263056db2517aa79)
Fri, 26th Sep 2025 9:35:06 BST	Lynn McQuarrie - Copied In (090d2c4b48d91781cb20a93c6bd79f9d)

Audit history log

Date	Action
Tue, 23rd Sep 2025 11:35:57 BST	Envelope generated with fingerprint d1a006706e04d48d62c09ed37da3acae (35.176.231.177)
Tue, 23rd Sep 2025 11:35:57 BST	Document generated with fingerprint c1542f699e4364ea6c291a9383b5914a. (35.176.231.177)
Tue, 23rd Sep 2025 11:35:57 BST	Mr Charlie Paul Goddard has been assigned to this envelope. (35.176.231.177)
Tue, 23rd Sep 2025 11:35:57 BST	Lynn McQuarrie has been assigned to this envelope. (35.176.231.177)
Tue, 23rd Sep 2025 11:35:57 BST	Envelope has been set to automatically remind the active signer every 7 day(s). (35.176.231.177)
Tue, 23rd Sep 2025 11:36:12 BST	Envelope generated
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Thu, 25th Sep 2025 13:18:19 BST	Sent Mr Charlie Paul Goddard a reminder to sign the document. (35.176.231.177)
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Fri, 26th Sep 2025 9:35:06 BST	This envelope has been signed by all parties (86.178.36.254)
Fri, 26th Sep 2025 9:35:08 BST	Document emailed to party email

I CAN AND I AM LIMITED

England & Wales - Charity number 1163075

Accounts

Company Registration Number - 09518038

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I Can and I Am Limited

Report and Accounts

31 March 2024

I Can and I Am Limited

Report and accounts for the year ended 31 March 2024

Contents

	Page
Annual Report	1 to 8
Independent Accountant's Report	9 to 10
Statement of Financial Activities	11
Balance sheet	12
Notes to the accounts	13 to 17

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 1st April 2022 to 31st March 2023. The trustees have adopted the provisions for the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

Reference and administrative details

The legal name of the charity is I Can and I Am Limited

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1163075

Governing document

The charity is controlled by its governing document, the memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The organisation was incorporated on 30th March 2015 and registered as a charity on 10th August 2015. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The following persons served as Directors, and also as Trustees for the charity, during the year ended 31 March 2024, and on the date the report was approved:-

J Kendall
CP Goddard
S Sayer

The principal operating address of the charity is:-

The Orchard
7a Warminster Road, Beckington
Frome, BA11 6SP

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

Organisational Structure

I Can and I Am has a Management Committee of 3 trustees and 3 management members who meet quarterly and are responsible for the strategic direction and policy of the charity. Day to day responsibility for the provision of the services and the running of the charity rests with the Chief Executive, James Shone, who is supported by Rebecca Burton, Anthony Dutton and Alice Delap.

The Chief Executive is responsible for ensuring that the charity delivers the services specified.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

Objects and activities of the charity

Context

James Shone had been a teacher for sixteen years, nine of those he had spent looking after a boarding house in a private school. His passion as a teacher was always pastoral care. In July 2012, he applied to become the Headmaster of an independent Preparatory School and his application was successful. Having got the job he needed to satisfy the condition of passing the medical. It was at this medical that an extensive brain tumour was discovered. James underwent 27 hours of brain surgery during two operations, the second of which left him with only 10% of his vision.

As a result, James had to let go of his job and in the summer of 2013 found himself in the position of having no job, no house and no sight. It was in September 2013 that James started to visit schools sharing his story with the aim of inspiring others as to how to address setbacks. This then developed into a story of his journey which he combined with his passion to see young people walking tall with self-belief and confidence.

Objectives and aims

The purposes of the charity as set out in its governing document

Our charity's purposes as set out in the objects contained in the company's articles are:

"To advance the education of the public in the subject of inspiring their self-belief in who they are and what they can do, improving their confidence and encouraging their ambitions to achieve. This will be done by providing advice in particular through motivational talks, one on one development sessions and counsel. The focus will be on groups of young people and those who are involved in pastoral care, but will include other persons as the charity trustees think fit."

The aims of our charity are to inspire young people and to build their self-confidence so that as they grow up and journey through their school years they are encouraged to achieve their ambitions. Our aims fully reflect the purposes that they charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when review our aim and objectives and in planning our future activities.

The focus of our work

Our main objective for the year has been to encourage and inspire as many school aged children, staff members and parents as possible with the intention of having a lasting positive affect on young people's self-belief. The strategies we used to meet these objectives included:

- Visiting as many schools as possible to deliver presentations by James Shone to pupils, parents and staff.
- Services provided on board the I Can & I Am buses. These include sessions involve cooking and wellbeing workshops for pupils, staff and charities. They are delivered by the I Can & I Am team of trained facilitators. The bus visits schools throughout school term times as well as other charities when time allows throughout the rest of the year.
- Provision of free online educational resources for use by staff within schools
- Ongoing communication with 'I Can & I Am' subscribers with blogs and newsletters

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

The main activities undertaken in relation to those purposes during the year.

The I Can & I Am Bus:

A summary of work carried out by the I Can & I Am bus during the 12 months covered by this report can be shown in the table below.

Our second bus started work in February 2024 so for the last 2 months of the year we had 2 buses operational.

Included in the table are the results of a survey - after attending a session on board the bus, each pupil is asked to complete a short 3 question survey to provide an indication of the success of that visit. The survey is shown to the right.

The table below shows that the number of pupils who visited the bus for the 12 month period of this report was.

I Can & I Am
Survey



1. On a scale of 1 (*bad*) to 5 (*excellent*), how would you rate your time on the bus?

1 2 3 4 5

2. What did you find useful about your time on the bus?

3. How would you rate your self-belief after being on the bus?

Worse The Same Better

Term	No of days out	Percentage State schools	No pupils on board	Average score / 5*	% Higher self belief	% Talking / Learning useful
Summer '23	42	83%	1,924	4.73	82%	75%
Xmas '23	62	100%	2,851	4.76	83%	70%
Easter '24	57	95%	2,672	4.76	84%	76%
Total / Average			7,447	4.75	83%	73%

* pupils who spent time on the bus were asked to score their experience (Question 1). The scale used was as follows: 1 = bad, 5 = excellent

** % **higher belief** refers to Question 3 in the survey and to those pupils who selected the answer 'Better' out of the 3 options provided.

*** % **talking / learning** useful refers to Question 2 in the survey and to comments from pupils that refer to either talking and/or learning as being the most useful thing that they did on the bus, over and above cooking.

All these results represent an improvement on the results from the previous year – proving that not only are the workshops hugely effective in engaging and helping young people, but they also show ongoing improvement over time from an already high baseline.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

Presentation work carried out by James Shone:

The number of chargeable school visits made to private schools by James Shone was approximately 70 with a further 30 visits to state schools which weren't charged. Presentations were to pupils (aged 7-18), staff and to parents. There were also a small number of presentations made to businesses.

I Can & I Am staff:

Currently the charity has five employees on its payroll, its founder James Shone, Rebecca Burton who joined the pay roll in December 2019 and runs the charity. Anthony Dutton who manages the bus operations and fund raising joined the payroll in March 2021 and Alice Delap who runs the workshop programmes on the bus who joined the payroll in April 2022. Tom Ratnett joined the team in September 2023 to help with driving James and bus operations.

There are several additional paid volunteers who also help out on the bus when required. They are not on the payroll but are paid by the hour.

The main activities undertaken during the year to further the charity's purpose for the public benefit.

The charity trustees have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

As described in this report, with the exception of a small number of presentations made to businesses, all our charitable activities focus on building self belief in young people and equipping parents and those in schools who work in positions of pastoral care.

All our services are provided free of charge to schools within the state sector. This includes both James Shone's presentations and work carried out on board the buses.

The work on board the bus enables small group work with a focus on the individual and embedding further the messages delivered within James Shone's presentations. The main focus of our work with the buses this year was to improve the offering and gauge for which age groups the workshops proved most impactful.

In the course of the year it was decided to invest in a second bus. This was in response to the increasing demand for the first bus, and the fact that we had sufficient funds available to commit to both the purchase and running of a second vehicle.

Howdens were exceptionally generous in providing much of the bus conversion free of charge and they continue to support us greatly with ongoing monthly donations towards running costs. This has been committed up until August 2025.

We are also very fortunate to have the support of Boodles who also contribute extremely generously towards our operating costs.

The main achievements and performance of the charity during the year

I Can and I Am have been supported by a number of very generous one off and regular donors. This funding is necessary to fund the services delivered by James Shone and the bus workshops including the administrative support required. Income from donors has been complemented by income from schools for presentations by James. Notable donors include Howdens Limited who have been supporting monthly with a donation of £8,333 and Boodles Limited who donated

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

£100,000 in Feb 2024 and have pledged to do the same in 2025.

There were three main open-2-all fundraising events this year:

- March 2024: Bath Half Marathon which raised approx. £8,000
- May 2024: Triathlon-4-All in Bath which raised approx. £18,000
- June 2024: Our inaugural Golf Day which raised £9,000.

Several external fundraisers were also arranged, most notably the 'Oarsome Oldies' who raised over £20,000 for the charity in May 2024.

The charity generated a positive financial outcome for the period. Donations of just over £294,000 were received. At year end the charities reserves have been boosted by just over £43,000 after deducting costs of operations.

The difference the charity's performance during the year has made to the beneficiaries of the charity and wider society

Many of the teachers, staff and parents who receive presentations and workshops from James take the time to feedback in an incredibly positive manner.

"The best pastoral care Inset I've ever attended! It's not often that I am still thinking about what an Inset speaker had to say at 9.50pm at night!"

Teacher, Loughborough Grammar School

"What a pleasure to host James Shone! I have had feedback saying it was the best presentation they have ever listened to. It genuinely moved the audience was truly inspiring."

Rebecca Firth, KPMG London

"Thank you for the outstanding talk you delivered yesterday. Our staff were blown away and we have some very reflective teachers right now. I could not have asked for more from a speaker – you were outstanding and well worth the fee....and then some."

Deputy Headmaster, Cheam School

"The 'I Can and I Am' team leave an indelible mark on a school community. They are inspirational. Pizzas hook the children in, but what follows is profound, life-enhancing and not often found in a school curriculum. This is real learning. This is real education."

Titus Mills, Headmaster, Port Regis School

"We can't speak highly enough of ICaIA; the work they do is invaluable and the impact they had on our students and school was significant. From students telling us that it has been the most memorable visit they've experienced at school, to parents contacting us to say that their child spoke at length about what they learned during the workshop."

Deputy Head, Kingdown School, Warminster

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

With the exception of James Shone, Rebecca Burton, Alice Delap, Anthony Dutton and Tom Ratnett who are salaried, the members of the Management Committee give their time voluntarily and receive no benefits or expenses from the charity.

A range of traditional business skills are well represented by the Management Committee with a variety of complementary experience in the areas of fund raising and running a charity. Any additional administrative support required is paid for by the company.

Financial review

	2024	2023
	£	£
Net income	43,252	79,640
Unrestricted Revenue Funds available for the general purposes of the charity	379,777	336,525

The trustees consider the financial performance by the charity during the year to have been satisfactory. Specific changes in fixed assets are detailed in the notes to the accounts.

Reserves Policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of the expenditure. Budgeted expenditure for 2024/2025 is £470,000 and therefore the target is £235,000 (half) in general funds. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding. The present level of reserves available to the charity of £379,777 is therefore comfortably above the desired target level.

Principal funding sources

The launch of I Can and I Am was enabled through a number of generous individual donors. Donors have continued to be generous and we have acquired Howdens and Boodles as additional and generous annual donors. However a good income is also acquired through specific fund raising ventures and income directly from schools.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

Investment policy and objectives

In the course of the year, it was decided to invest a proportion of the cash held by the charity into an income earning vehicle. After research, £210,000 was invested with Insignis in December 2023. By April 1st 2024, £2,998.71 had been earned in interest.

The Management Committee meets at the start of each financial year to reconsider the extent to which some of the funds available should be placed on deposit or other low risk investment strategies pursued.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Factors likely to affect future financial performance .

The charity has several priorities it would like to pursue:

- Continue to refine and improve both James' presentations and his workshops to ensure maximum impact.
- Ensure the reliability of bus operations with regular servicing and maintenance.
- Aim to maximise the number of pupils who are able to benefit from a bus workshop within financial constraints.
- Ensure bus delivery remains consistent with recruitment and training of high quality facilitators.
- Work on broadening our fundraising base such that we're not reliant on individual donors.
- Seek ongoing funding commitments from partners to provide longer term stability to aid planning.
- Hold regular fundraisers that enable more people to get involved to broaden the 'donor net'.
- Work on establishing the 'Lasting Impact' of the charity's interventions. This will be invaluable in securing additional donors.
- Develop additional funding streams, particularly through schools.
- Develop a corporate training programme on board the buses that can generate income during school holidays.
- Extend the range of resources available to schools to help further embed the messages of I Can & I Am.
- Working with the main donors, Howdens and Boodles, to ensure they are kept informed on all areas of the work carried out on the bus.
- Always be open to new ideas and initiatives that can broaden the reach and influence of the charity.

Details of The Independent Examiner

Emma D'Aubyn

Member of the Institute of Chartered Accountants in England and Wales

Mutu Accountancy Ltd

7 Chelsea Road

Bath

BA1 3DU

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2024

Statement of the Directors Trustees's Responsibilities

The trustees (who are also the directors of I Can and I Am Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgments and estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that , on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

These financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

2024-10-31

This report was approved by the board of trustees on



.....
C P GODDARD
Director and Trustee

I Can and I Am Limited

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2024

I report to the Trustees on my examination of the financial statements of the charitable company for the year ended 31 March 2024.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the Trustees report, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(2) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with the Companies Act 2006 and that no member or members have requested an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or

a) examine the financial statements of the charity under Section 145 of the Act;

b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission.

An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company 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 such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

I Can and I Am Limited

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material 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 386 of the Companies Act 2006;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 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;

have not been prepared in accordance with the methods and principles set out in Statement of Recommended Practice for Accounting and Reporting by Charities.

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.



.....
Emma D'Aubyn - Independent Examiner
Chartered Accountants
Mutu Accountancy Ltd
1.03 Newark Works
Foundry Lane
Bath
BA2 3DZ

2024-10-28

This report was signed on

**I Can and I Am Limited - Statement of Financial Activities for the year
ended 31 March 2024**

***Statement of Financial Activities (including the Income and Expenditure
Account for the year ended 31 March 2024, as required by the Companies
Act 2006)***

	Current year Unrestricted Funds 2024 £	Prior year Unrestricted Funds 2023 £
Income & Endowments from:		
Donations and legacies	294,023	234,024
Charitable activities	131,349	130,419
Investments	2,936	4
Total income	428,308	364,447
Expenditure on:		
Charitable activities	385,056	284,807
Total expenditure	385,056	284,807
Net income/(expenditure) for the year	43,252	79,640
Net income after transfers	43,252	79,640
Net movement in funds	43,252	79,640
Reconciliation of funds:-		
Total funds brought forward	336,525	256,885
Total funds carried forward	379,777	336,525

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All the prior year transactions were unrestricted items, and no further analysis is required
All activities derive from continuing operations

I Can and I Am Limited - Balance Sheet as at 31 March 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	8	39,943	11,326
Current assets			
Debtors	9	24,371	26,403
Cash at bank and in hand		338,658	308,668
Total current assets		<u>363,029</u>	<u>335,071</u>
Creditors: amounts falling due within one year	10	<u>23,195</u>	<u>9,872</u>
Net current assets		339,834	325,199
The total net assets of the charity		<u>379,777</u>	<u>336,525</u>

The total net assets of the charity are funded by the funds of the charity, as follows:-

Unrestricted Funds

Unrestricted Revenue Funds	14	379,777	336,525
Total charity funds		<u>379,777</u>	<u>336,525</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

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

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 8.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

CP

C P GODDARD

Trustee

2024-10-31

Approved by the board of trustees on

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2024

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared in accordance with the Financial Reporting Standard 102, (effective 1st January 2016), the Statement of Recommended Practice for Accounting and Reporting by Charities, and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No restatement was found to be required.

Going Concern

The charitable activities are dependent on continuing voluntary donations as well as trading revenues. As a consequence, the going concern basis is dependent on the future flow of these uncertain funding streams. Accordingly, the Trustees have obtained forecasts and, after reviewing the financial forecasts for future periods, the Trustees are satisfied that, at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements. Other than these matters, the Trustees are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Policies relating to categories of income and income recognition.

Nature of income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Categories of Income

Income is categorised as income from voluntary donations and income from trading activities. Trading activities relate to speeches and attendances by the charity at schools and other similar organisations.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2024

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Plant and machinery etc.	33% straight line
Motor vehicles	25% reducing balance

A regular annual review of the likelihood of asset impairment is undertaken.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

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

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose.

Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

The charity is a company limited by guarantee and has no share capital.

4 Significance of financial instruments to the charity's position

There are no significant implications of financial instruments to the charity's position.

5 Net income/(expenditure)

	2024	2023
	£	£
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	11,309	4,978
Independent Examiner's fee	330	330
Accountancy fees paid to Independent Examiner for other services	684	420

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2024

6 Staff costs and emoluments

Salary costs	2024	2023
	£	£
Wages and salaries	180,981	166,156
Social security costs	14,547	13,839
Pensions costs	3,836	3,646
Total salaries, wages and related costs	199,364	183,641
Numbers of full time employees or full time equivalents	2024	2023
The average number of total staff employed in the year was	4	4
One employee received emoluments in excess of £60,000.		

7 Remuneration and payments to Trustees and persons connected with them

No trustees received remuneration in the year.

8 Tangible fixed assets

	Total	Computer Equipment	Motor Vehicles
	£	£	£
Cost			
At 1 April 2023	27,027	6,309	20,718
Additions	39,925	325	39,600
At 31 March 2024	66,952	6,634	60,318
Depreciation			
At 1 April 2023	15,701	6,151	9,550
Charge for the year	11,308	266	11,042
At 31 March 2024	27,009	6,417	20,592
Net book value			
At 31 March 2024	39,943	217	39,726
At 31 March 2023	11,326	158	11,168

9 Debtors

	2024	2023
	£	£
Trade debtors	5,022	3,242
Prepayments	4,533	-
Other debtors	14,816	23,161
	24,371	26,403

10 Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals	894	894
Taxation and Social Security	4,028	3,529
Other creditors	18,273	5,449
	23,195	9,872

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2024

11 Income and Expenditure account summary

	2024 £	2023 £
At 1 April 2023	336,525	256,885
Surplus/(loss) after tax for the year	43,252	79,640
At 31 March 2024	379,777	336,525

12 Related party transactions

There were no transactions with related parties in the year, except with regard to trustees' remuneration and trustees' expenses which are fully disclosed in the notes above.

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2024	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	29,559	-	10,384	39,943
Current Assets	363,029	-	-	363,029
Current Liabilities	(23,195)	-	-	(23,195)
	369,393	-	10,384	379,777
At 1 April 2023	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	942	-	10,384	11,326
Current Assets	335,071	-	-	335,071
Current Liabilities	(9,872)	-	-	(9,872)
	326,141	-	10,384	336,525

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward £	Movement in funds £	Funds carried forward £
Unrestricted and designated funds:-			
General fund	336,525	43,252	379,777

15 Analysis of movements in funds over the year as shown in Note 14

	Income 2024 £	Expenditure 2024 £	Other Gains & Losses 2024 £	Movement in funds 2024 £
Unrestricted and designated funds:-				
General fund	428,308	(385,056)	-	43,252
Designated Revenue Funds	-	-	-	-
	428,308	(385,056)	-	43,252

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2024

16 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity is obliged to contribute such amount as may be required not exceeding £10 to the assets of the company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

Signature Certificate

Reference number: ENOPY-87UNE-476QT-LF9E8

Signer

Timestamp

Signature

Emma D'Aubyn

Email: emma@mutu.uk

Shared via link

Sent:

24 Oct 2024 13:43:06 UTC

Viewed:

28 Oct 2024 13:43:15 UTC

Signed:

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Location: Bath, United Kingdom

Charlie Goddard

Email: charlie.goddard3@btinternet.com

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I CAN AND I AM LIMITED

England & Wales - Charity number 1163075

Accounts

Company Registration Number - 09518038

Charity Registration Number - 1163075

I Can and I Am Limited

Report and Accounts

31 March 2023

I Can and I Am Limited

Report and accounts for the year ended 31 March 2023

Contents

	Page
Trustees' Annual Report	1 to 7
Independent Accountant's Report	8 to 9
Statement of Financial Activities	10
Balance sheet	11
Notes to the accounts	12 to 17

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 1st April 2022 to 31st March 2023. The trustees have adopted the provisions for the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

Reference and administrative details

The legal name of the charity is I Can and I Am Limited

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1163075

Governing document

The charity is controlled by its governing document, the memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The organisation was incorporated on 30th March 2015 and registered as a charity on 10th August 2015. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The following persons served as Directors, and also as Trustees for the charity, during the year ended 31 March 2023, and on the date the report was approved:-

J Kendall
CP Goddard
Sarah Sayer

The principal operating address of the charity is:-

The Orchards
7a Warminster Road, Beckington
Frome, BA11 6SP

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

Organisational Structure

I Can and I Am has a Management Committee of 3 trustees and 3 management members who meet quarterly and are responsible for the strategic direction and policy of the charity. Day to day responsibility for the provision of the services and the running of the charity rests with the Chief Executive, James Shone, who is supported by Rebecca Burton, Anthony Dutton and Alice Delap.

The Chief Executive is responsible for ensuring that the charity delivers the services specified.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

Objects and activities of the charity

Context

James Shone had been a teacher for sixteen years, nine of those he had spent looking after a boarding house in a private school. His passion as a teacher was always pastoral care. In July 2012, he applied to become the Headmaster of an independent Preparatory School and his application was successful. Having got the job he needed to satisfy the condition of passing the medical. It was at this medical that an extensive brain tumour was discovered. James underwent 27 hours of brain surgery during two operations, the second of which left him with only 10% of his vision.

As a result, James had to let go of his job and in the summer of 2013 found himself in the position of having no job, no house and no sight. It was in September 2013 that James started to visit schools sharing his story with the aim of inspiring others as to how to address setbacks. This then developed into a story of his journey which he combined with his passion to see young people walking tall with self-belief and confidence.

Objectives and aims

The purposes of the charity as set out in its governing document

Our charity's purposes as set out in the objects contained in the company's articles are:

"To advance the education of the public in the subject of inspiring their self-belief in who they are and what they can do, improving their confidence and encouraging their ambitions to achieve. This will be done by providing advice in particular through motivational talks and workshops on board the I Can & I Am double decker bus. The focus will be on groups of young people, staff involved in pastoral care, parents, but will include other persons as the charity trustees think fit."

The aims of our charity are to inspire young people and to build their self-confidence so that as they grow up and journey through their school years they are encouraged to achieve their ambitions and maintain good mental health. Our aims fully reflect the purposes that they charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when review our aim and objectives and in planning our future activities.

The focus of our work

Our main objective for the year has been to encourage and inspire as many school aged children, staff members and parents as possible with the intention of having a lasting positive affect on young people's self-confidence. The strategies we used to meet these objectives included:

- Visiting as many schools as possible to deliver presentations by James Shone to pupils, parents and staff.
- Services provided on board the I Can & I Am bus. These include sessions involve cooking and wellbeing workshops for pupils, staff and businesses. They are delivered by the I Can & I Am team and are supported by a team of volunteers. The bus visits schools throughout school term times as well as other charities and businesses when time allows throughout the rest of the year.
- Provision of free online educational resources for use by staff within schools
- Ongoing communication with 'I Can & I Am' subscribers with blogs and newsletters

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

The main activities undertaken in relation to those purposes during the year.

The I Can & I Am Bus:

A summary of work carried out by the I Can & I Am bus during the 12 months covered by this report can be shown in the table below. Included in the table are the results of a survey - after attending a session on board the bus, each pupil is asked to complete a short 3 question survey to provide an indication of the success of that visit. The survey is shown to the right.

The table below shows that the number of pupils who visited the bus for the 12 month period of this report was 10,365

Term	No of days out	Percentage State schools	No pupils on board	Average score / 5*	% Higher self belief**	% Talking / Learning useful***
Easter '22	30	72%	1,306	4.74	78%	63%
Summer '22	41	78%	1,749	4.75	80%	68%
Xmas '22	45	91%	2,026	4.81	83%	62%
Easter '23	43	95%	1,768	4.72	75%	71%
Summer '23 (till May)	25	72%	1,240	4.72	83%	77%
Total / Average			10,365	4.74	79%	66%

* pupils who spent time on the bus were asked to score their experience (Question 1). The scale used was as follows: 1 = bad, 5 = excellent

** % higher belief refers to Question 3 in the survey and to those pupils who selected the answer 'Better' out of the 3 options provided.

*** % talking / learning useful refers to Question 2 in the survey and to comments from pupils that refer to either talking and/or learning as being the most useful thing that they did on the bus, over and above cooking.

Presentation work carried out by James Shone:

The number of chargeable school visits made to private schools by James Shone was approximately 80 with a further 20 visits to state schools which weren't charged. Presentations were to pupils (aged 7-18), staff and to parents. The number of pupils, parents and staff reached via the presentations of James Shone (over and above the visits by the bus) were not dissimilar to previous years, with an estimate at approximately 6,500 pupils, 700 staff and over 1,000 parents. There were also a small number of presentations made to businesses.

Through both of these activities (presentations and the bus) the total number of people that received the I Can & I Am message during the 12 months of this report was over 18,500 people.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

I Can & I Am staff:

Currently the charity has four employees, its founder James Shone, Rebecca Burton who joined the pay roll in December 2019 and works in the capacity of marketing and fund raising, Anthony Dutton who manages the bus operations and joined the payroll in March 2021 and Alice Delap who runs the workshop programmes on the bus who joined the payroll in April 2022 .

There are several additional paid volunteers who also help out on the bus when required. They are not on the payroll but are paid by the hour.

The main activities undertaken during the year to further the charity's purpose for the public benefit.

The charity trustees have complied with their duty to have due regard to the guidance on public benefit published by the commission in

The main achievements and performance of the charity during the year.

Throughout the last year, I Can and I Am has been supported by a number of very generous one off and regular donors. This funding has provided the necessary back drop to fund the services delivered by James Shone and on board the bus including all the administrative support required. Income from the support of donors has been complemented by income directly from schools to whom James Shone has provided services. Notable donors include Howdens Limited who have been supporting monthly with a donation of £8,333 and Boodles Limited who donated £100,000 in Feb 2023 and have pledged to do the same in 2024. A fund raising event was carried out in May 2022 involving a row across the Bristol channel by the four members of the I Can & I Am team. Funds raised were matched by Howdens, bringing the amount raised to £77,000. In 2023, a collaborative fund raiser was carried out in May with a biathlon – a mountain bike ride and canoe safari in the Wye Valley. Over 20 individuals took part and raised a total of £38,000.

The charity generated a positive financial outcome for the period. Donations of just over £234,000 were received. Specific fund raising events generated a further £80,000. Contributions from activities and services provided yielded a further £42,000. At year end the charities reserves have been boosted by just over £79,000 after deducting costs of operations. .

The difference the charity's performance during the year has made to the beneficiaries of the charity and wider society.

Many of the teachers, staff and parents who receive presentations and workshops from James take the time to feedback in an incredibly positive manner.

"James Shone's talk should have been compulsory for all pupils! It made me realise we make everything a big deal when it doesn't need to be. The room was silent – the best lecture ever!"
Pupil, St Mary's Calne

"I really can't do justice to James's incredible story nor the muscle of his messages so I'd implore anyone interested to listen to him. You will almost certainly leave inspired and also perhaps irrevocably changed."
Head Teacher, King's Chester School

"A very powerful and relevant message for our time. This great charity can make a huge difference in the lives of everyone who engages in this work"
Sir Anthony Seldon, Patron of I Can & I Am

"The bus gave us the luxury of time for pupils to bake bread and also to think about their wellbeing in a really engaging space, so different from their normal day. This package, together with James's talk, was perfect. I've had a line of parents, particularly from the most vulnerable and challenging pupils, saying thank you!"
Chris Chorley, Headmaster, St Vigor & St John C Of E School

"The 'I Can and I Am' team leave an indelible mark on a school community. They are inspirational. Pizzas hook the children in, but what follows is profound, life-enhancing and not often found in a school curriculum. This is real learning. This is real education."
Titus Mills, Headmaster, Port Regis School

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

With the exception of James Shone, Rebecca Burton, Alice Delap and Anthony Dutton who are salaried, the members of the Management Committee give their time voluntarily and receive no benefits or expenses from the charity.

A range of traditional business skills are well represented by the Management Committee with a variety of complementary experience in the areas of fund raising and running a charity. Any additional administrative support required is paid for by the company.

Financial review

	2023	2022
	£	£
Net income	79,640	82,287
Unrestricted Funds available for the general purposes of the charity	336,525	256,885

The trustees consider the financial performance by the charity during the year to have been satisfactory. Specific changes in fixed assets are detailed in the notes to the accounts.

Reserves Policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of the expenditure. Budgeted expenditure for 2023/2024 is £320,000 and therefore the target is £160,000 (half) in general funds. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding. The present level of reserves available to the charity of £336,525 is therefore comfortably above the desired target level.

Principal funding sources

The launch of I Can and I Am was enabled through a number of generous individual donors. Donors have continued to be generous and we have acquired Howdens and Boodles as additional and generous annual donors. However a good income is also acquired through specific fund raising ventures and income directly from schools.

Investment policy and objectives

Aside from retaining a prudent amount in reserves on going, most of the charity's funds are to be spent in the short term so there are few funds for long term investment. The Management Committee meets at the start of each financial year to reconsider the extent to which some of the funds available should be placed on deposit or other low risk investment strategies pursued.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

Factors likely to affect future financial performance .

The charity has several priorities it would like to pursue:

- Completing the second pilot year with the I Can & I Am bus which began in Sept 2022 to refine the offering, assess those that will benefit most, understand the many logistics involved, understand budgets and pricing, continue to measure impact and extending the offering outside of schools. The remit for the bus includes:
 - oThe bus generally has 4 facilitators on board. We offer baking (often pizzas) alongside workshops upstairs throughout the course of a day on a given site.
 - oThe delivery of the workshops is based around our four core pillars of Belonging, Growth Mindset, Multiple Intelligence and a sense of Real Hope.
 - oWe visit both state and independent primary and secondary schools as well as other charitable organisations and universities working with both young people and staff.
 - oImpact Measurement is in place so that we are able to gauge what works and what doesn't during the year.
 - oWe're fully committed to ensuring that any new activity is performed to the same high levels of quality that James has established, in terms of both content and delivery.
 - oThose schools who are able to pay are invoiced approximately £400 per day for a bus visit. Those that aren't are asked if there might be a fund raising opportunity where they can raise the payment required. This is frequently taken up.
- Extend the range of resources available to schools to help further embed the messages of I Can & I Am. These will be available online to any schools regardless of whether or not they've had a visit from either James Shone or the bus. Those schools who have had a visit can continue to embed the messages of the charity into their schools using these resources. They will consist of lesson plans, worksheets, posters, books and postcards.
- An illustrator has been bought in to the team to create bespoke illustrations to help clarify the messages.
- A social media consultant has been employed to assist in managing the various social media platforms and create engagement with a higher audience. Early signs are that this is leading to an increase in enquiries about the work of James Shone.
- The number of bus days worked has increased from 4 to 4.5 during term time weeks in 2023. An increase in the number of the days that the bus is operating within school holidays is a goal.
- The purchase of a second bus has now taken place and this will be delivered to Howdens for refurbishment during the summer of 2023. The bus will begin visiting schools by January 2024.
- The second bus will extend the geographical range of school visits that can be undertaken. This is due to the bus being a newer model and in better condition. Visits could potentially involve trips away for a week or more to schools within the London area. This could be a combination of private and state schools with the private schools being charged for a visit.
- A second bus would enable an increase in the number of local charities that can be supported.
- Working with the main donors, Howdens and Boodles, to ensure they are kept informed on all areas of the work carried out on the bus.
- Carry out further training sessions for the I Can & I Am team and the volunteers to equip them with all the tools vital to the work on board the bus.
- Following the success of the 2023 fundraiser, we intend to hold another fundraiser in May 2024 which will be open to individuals outside of I Can & I Am who can participate and fund raise on our behalf.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2023

Details of The Independent Examiner

Emma D'Aubyn, Member of the Institute of Chartered Accountants in England and Wales

GO Get Organised Finance

18 Charles Street

Bath, BA1 HX

Statement of the Directors Trustees's Responsibilities

The trustees (who are also the directors of I Can and I Am Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgments and estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

These financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 23rd August 2023.



C P GODDARD
Director and Trustee

I Can and I Am Limited

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2023

I report to the Trustees on my examination of the financial statements of the charitable company for the year ended 31 March 2023.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the Trustees report, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(2) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with the Companies Act 2006 and that no member or members have requested an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or

a) examine the financial statements of the charity under Section 145 of the Act;

b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission.

An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company 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 such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

I Can and I Am Limited

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material 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 386 of the Companies Act 2006;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 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;

have not been prepared in accordance with the methods and principles set out in Statement of Recommended Practice for Accounting and Reporting by Charities.

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.



Emma D'Aubyn - Independent Examiner

Chartered Accountants
Mutu Accountancy Ltd
7 Chelsea Road
Bath
BA1 3DU

This report was signed on 23/08/2023

**I Can and I Am Limited - Statement of Financial Activities for the year
ended 31 March 2023**

***Statement of Financial Activities (including the Income and Expenditure
Account for the year ended 31 March 2023, as required by the Companies
Act 2006)***

	Current year Unrestricted Funds 2023 £	Prior Year Unrestricted Funds 2022 £
Income & Endowments from:		
Donations & Legacies	234,024	226,476
Charitable activities	130,419	59,419
Investments	4	2
Total income	364,447	285,897
Expenditure on:		
Charitable activities	284,807	203,610
Total expenditure	284,807	203,610
Net income/(expenditure) for the year	79,640	82,287
Net income after transfers	79,640	82,287
Net movement in funds	79,640	82,287
Reconciliation of funds:-		
Total funds brought forward	256,885	174,598
Total funds carried forward	336,525	256,885

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All the prior year transactions were unrestricted items, and no further analysis is required
All activities derive from continuing operations

I Can and I Am Limited - Balance Sheet as at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	8	11,326	14,891
Current assets			
Debtors	9	26,403	21,778
Cash at bank and in hand		308,668	235,208
Total current assets		<u>335,071</u>	<u>256,986</u>
Creditors: amounts falling due within one year	10	<u>(9,872)</u>	<u>(14,992)</u>
Net current assets		325,199	241,994
The total net assets of the charity		<u>336,525</u>	<u>256,885</u>
The total net assets of the charity are funded by the funds of the charity, as follows:-			
Unrestricted Funds			
Unrestricted Revenue Funds	14	336,525	256,885
Total charity funds		<u>336,525</u>	<u>256,885</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

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

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 8.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.



C P GODDARD

Trustee

Approved by the board of trustees on 23/08/2023

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2023

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared in accordance with the Financial Reporting Standard 102, (effective 1st January 2016), the Statement of Recommended Practice for Accounting and Reporting by Charities, and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No restatement was found to be required.

Going Concern

The charitable activities are dependent on continuing voluntary donations as well as trading revenues. As a consequence, the going concern basis is dependent on the future flow of these uncertain funding streams. Accordingly, the Trustees have obtained forecasts and, after reviewing the financial forecasts for future periods, the Trustees are satisfied that, at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements. Other than these matters, the Trustees are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Policies relating to categories of income and income recognition.

Nature of income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Categories of Income

Income is categorised as income from voluntary donations and income from trading activities. Trading activities relate to speeches and attendances by the charity at schools and other similar organisations.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2023

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Plant and machinery etc.	33% straight line
Motor vehicles	25% reducing balance

A regular annual review of the likelihood of asset impairment is undertaken.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

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

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose.

Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

The charity is a company limited by guarantee and has no share capital.

4 Significance of financial instruments to the charity's position

There are no significant implications of financial instruments to the charity's position.

5 Net income/(expenditure)

	2023	2022
	£	£
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	4,978	5,748
Independent Examiner's fee	330	330
Accountancy fees paid to Independent Examiner for other services	420	420

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2023

6 Staff costs and emoluments

Salary costs	2023	2022
	£	£
Wages and salaries	166,156	116,512
Social security costs	13,839	8,417
Pensions costs	3,646	2,812
Total salaries, wages and related costs	183,641	127,741

Numbers of full time employees or full time equivalents	2023	2022
The average number of total staff employed in the year was	4	2

One employee received emoluments in excess of £60,000.

7 Remuneration and payments to Trustees and persons connected with them

No trustees received remuneration in the year.

8 Tangible fixed assets

	Total	Computer Equipment	Motor Vehicles
	£	£	£
Cost			
At 1 April 2022	25,614	4,896	20,718
Additions	1,413	1,413	-
At 31 March 2023	27,027	6,309	20,718
Depreciation			
At 1 April 2022	10,723	4,896	5,827
Charge for the year	4,978	1,255	3,723
At 31 March 2023	15,701	6,151	9,550
Net book value			
At 31 March 2023	11,326	158	11,168
At 31 March 2022	14,891	-	14,891

9 Debtors

	2023	2022
	£	£
Trade debtors	3,242	2,100
Other debtors	23,161	19,678
	26,403	21,778

10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals	894	894
Taxation and Social Security	3,529	3,873
Other creditors	5,449	10,225
	9,872	14,992

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2023

11 Income and Expenditure account summary	2023 £	2022 £
At 1 April 2022	256,885	174,598
Surplus/(loss) after tax for the year	79,640	82,287
At 31 March 2023	336,525	256,885

12 Related party transactions

There were no transactions with related parties in the year, except with regard to trustees' remuneration and trustees' expenses which are fully disclosed in the notes above.

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2023	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	942	-	10,384	11,326
Current Assets	335,071	-	-	335,071
Current Liabilities	(9,872)	-	-	(9,872)
	326,141	-	10,384	336,525
At 1 April 2022	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	784	-	14,107	14,891
Current Assets	256,986	-	-	256,986
Current Liabilities	(14,992)	-	-	(14,992)
	242,778	-	14,107	256,885

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward £	Movement in funds £	Funds carried forward £
Unrestricted and designated funds:-			
General fund	256,885	79,640	336,525

15 Analysis of movements in funds over the year as shown in Note 14

	Income 2023 £	Expenditure 2023 £	Other Gains & Losses 2023 £	Movement in funds 2023 £
Unrestricted and designated funds:-				
General fund	364,447	(284,807)		79,640
Designated Revenue Funds	-	-	-	-
	364,447	(284,807)	-	79,640

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2023

16 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity is obliged to contribute such amount as may be required not exceeding £10 to the assets of the company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

I CAN AND I AM LIMITED

England & Wales - Charity number 1163075

Accounts

Company Registration Number - 09518038

Charity Registration Number - 1163075

I Can and I Am Limited

Report and Accounts

31 March 2022

I Can and I Am Limited

Report and accounts for the year ended 31 March 2022

Contents

	Page
Trustees' Annual Report	1 to 8
Independent Accountant's Report	9 to 10
Statement of Financial Activities	11
Balance sheet	12
Notes to the accounts	13 to 17

I Can And I AM Limited

Trustees Annual Report

Trustees' Annual Report for the year ended 31 March 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 1st April 2021 to 31st March 2022. The trustees have adopted the provisions for the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

Reference and administrative details

The legal name of the charity is I Can and I Am Limited.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1163075

Governing document

The charity is controlled by its governing document, the memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The organisation was incorporated on 30th March 2015 and registered as a charity on 10th August 2015. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The following persons served as Directors, and also as Trustees for the charity, during the year ended 31 March 2022, and on the date the report was approved:-

J Kendall
CP Goddard
Sarah Sayer

The principal operating address of the charity is:-

The Orchard
7a Warminster Road
Beckington, Frome
BA11 6SP

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

Organisational Structure

I Can and I Am currently now has a Management Committee of 3 trustees and 3 management members who meet quarterly and are responsible for the strategic direction and policy of the charity.

Day to day responsibility for the provision of the services and the running of the charity rests with the Chief Executive, James Shone, who is supported by Rebecca Burton, Anthony Dutton and Alice Delap.

The Chief Executive is responsible for ensuring that the charity delivers the services specified.

I Can And I AM Limited

Trustees Annual Report

Objects and activities of the charity

Context

James Shone had been a teacher for sixteen years, nine of those he had spent looking after a boarding house in a private school. His passion as a teacher was always pastoral care. In July 2012, he applied to become the Headmaster of an independent Preparatory School and his application was successful. Having got the job he needed to satisfy the condition of passing the medical. It was at this medical that an extensive brain tumour was discovered. James underwent 27 hours of brain surgery during two operations, the second of which left him with only 10% of his vision.

As a result, James had to let go of his job and in the summer of 2013 found himself in the position of having no job, no house and no sight. It was in September 2013 that James started to visit schools sharing his story with the aim of inspiring others as to how to address setbacks. This then developed into a story of his journey which he combined with his passion to see young people walking tall with self-belief and confidence.

Objectives and aims

The purposes of the charity as set out in its governing document

Our charity's purposes as set out in the objects contained in the company's articles are:

"To advance the education of the public in the subject of inspiring their self-belief in who they are and what they can do, improving their confidence and encouraging their ambitions to achieve. This will be done by providing advice in particular through motivational talks, one on one development sessions and counsel. The focus will be on groups of young people and those who are involved in pastoral care, but will include other persons as the charity trustees think fit."

The aims of our charity are to inspire young people and to build their self-confidence so that as they grow up and journey through their school years they are encouraged to achieve their ambitions. Our aims fully reflect the purposes that the charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activities and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when review our aim and objectives and in planning our future activities.

The focus of our work

Our main objective for the year has been to encourage and inspire as many school aged children, staff members and parents as possible with the intention of having a lasting positive affect on young people's self-confidence. The strategies we used to meet these objectives included:

I Can And I AM Limited

Trustees Annual Report

- Visiting as many schools as possible to deliver presentations by James Shone to pupils, parents and staff.
- Presentations within business by James Shone.
- Services provided on board the I Can & I Am bus. These sessions involve cooking and wellbeing workshops for pupils, staff and businesses. They are delivered by the I Can & I Am team and are supported by a team of volunteers. The bus visits schools and businesses all year round, with an increase from 3 – 4 days per week on average during 21/22.
- Provision of free online educational resources for use by staff within schools
- Ongoing communication with 'I Can & I Am' subscribers with blogs and newsletters

The main activities undertaken in relation to those purposes during the year.

During the 12 month period covered by this report the following outlines the work done by the I Can & I Am bus:

Term	No of days out	Venue days breakdown	State / Private	No pupils on board
Summer '21	18	14 Secondary 4 primary	14 State 4 Private	761
Xmas '21	36	32 Secondary 1 Primary 3 University	32 State 1 Private	1,505
Easter '22	30	21 Secondary 8 Primary 1 University	21 State 8 Private	1,306

The number of chargeable school visits made to private schools by James Shone was approximately 80 with a further 20 visits to state schools which weren't charged. Presentations were to pupils (aged 7-18), staff and to parents.

The number of pupils, parents and staff reached by the messages of I Can & I Am were not dissimilar to previous years, with an estimate at approximately 6000 children, 700 staff and over 1000 parents. There were also a small number of presentations to business.

Currently the charity has four employees, its founder James Shone, Rebecca Burton who joined the pay roll in December 2019 and works in the capacity of marketing and fund raising, Anthony Dutton who manages the bus operations joined the payroll in March 2021 and Alice Delap who runs the workshop programmes on the bus who joined the payroll in April 2022 .

There are several additional paid volunteers who also help out on the bus as and when required and they are not on the payroll, simply paid by the hour.

The main activities undertaken during the year to further the charity's purpose for the public benefit.

The charity trustees have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

As described in this report, all our charitable activities focus on building self confidence in young people and equipping parents and those in schools who work in positions of pastoral care.

I Can And I AM Limited

Trustees Annual Report

All our services are provided free of charge to schools within the state sector. This includes both James Shone's presentations and work carried out on board the bus. We do charge for work carried out in the private schools both by James Shone and on board the bus. However we know that budgets are limited at present so we do have some flexibility on what we charge. We wouldn't want cost to be a barrier.

Our ongoing ambition is to inspire and positively impact the lives of as many young people across the UK as our time and resources allow.

The introduction of the I Can & I Am double decker bus has greatly increased our ability to transform the lives of a much larger number of young people. Rather than simply providing group presentations, the work on board the bus enables small group work with a focus on the individual and embedding further the messages delivered within James Shone's presentations. The key is to always try and uncover how a young person can inflate their own balloon. The 2nd pilot year began in September 2022 and involves further assessing our impact in a broad range of different schools and businesses to understand best how to get the most from this valuable resource. Our first impact report was published in June 2022.

The main achievements and performance of the charity during the year.

Charitable activities

Throughout the last year, I Can and I Am has been supported by a number of very generous one off and regular donors. This funding has provided the necessary back drop to fund the services delivered by James Shone including all the administrative support required and on board the bus. Income from the support of donors has been complemented by income directly from schools to whom James Shone has provided services. A fund raiser was carried out in April 2021 involving a tandem ride by James and Anthony from Bath to Big Ben.

The charity generated a positive financial outcome for the period generating funds of over £233,000 from donations and fund raising activities and just under £34,500 from James Shone's presentations within schools and online. A large proportion of the donation income came from Howdens (£8,333 per month) who support the bus's work within state schools.

The difference the charity's performance during the year has made to the beneficiaries of the charity and wider society.

Many of the teachers, staff and parents who receive presentations and workshops from James take the time to feedback in an incredibly positive manner.

"James Shone's talk should have been compulsory for all pupils! It made me realise we make everything a big deal when it doesn't need to be. The room was silent – the best lecture ever!"
Pupil, St Mary's Calne

"I really can't do justice to James's incredible story nor the muscle of his messages so I'd implore anyone interested to listen to him. You will almost certainly leave inspired and also perhaps irrevocably changed."

Head Teacher, King's Chester School

I Can And I AM Limited

Trustees Annual Report

"A very powerful and relevant message for our time. This great charity can make a huge difference in the lives of everyone who engages in this work"

Sir Anthony Seldon, Patron of I Can & I Am

"The bus gave us the luxury of time for pupils to bake bread and also to think about their wellbeing in a really engaging space, so different from their normal day. This package, together with James's talk, was perfect. I've had a line of parents, particularly from the most vulnerable and challenging pupils, saying thank you!"

Chris Chorley, Headmaster, St Vigor & St John C Of E School

"The 'I Can and I Am' team leave an indelible mark on a school community. They are inspirational. Pizzas hook the children in, but what follows is profound, life-enhancing and not often found in a school curriculum. This is real learning. This is real education."

Titus Mills, Headmaster, Port Regis School

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

With the exception of James Shone, Rebecca Burton, Alice Delap and Anthony Dutton who are salaried, the members of the Management Committee give their time voluntarily and receive no benefits or expenses from the charity.

A range of traditional business skills are well represented by the Management Committee with a variety of complementary experience in the areas of fund raising and running a charity. Any additional administrative support required is paid for by the company.

Financial review

	2022	2021
	£	£
Net income	82,287	27,132
Unrestricted Funds available for the general purposes of the charity	256,885	174,597

The trustees consider the financial performance by the charity during the year to have been satisfactory. Specific changes in fixed assets are detailed in the notes to the accounts.

I Can And I AM Limited

Trustees Annual Report

Reserves Policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of the expenditure. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding. The present level of reserves available to the charity of £256,885 is therefore comfortably above the desired target level.

Principal funding sources

The launch of I Can and I Am was enabled through a number of generous individual donors. Donors have continued to be generous and we have acquired Howdens and Boodles as additional and generous annual donors. However a good income is also acquired through specific fund raising ventures and income directly from schools, accounting for approx 20% of all income.

Investment policy and objectives

Aside from retaining a prudent amount in reserves on going, most of the charity's funds are to be spent in the short term so there are few funds for long term investment. The Management Committee meets at the start of each financial year to reconsider the extent to which some of the funds available should be placed on deposit or other low risk investment strategies pursued.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Factors likely to affect future financial performance .

The charity has several priorities it would like to pursue:

- Continuing the second pilot year with the new bus which began in Sept 2022 to refine the offering, assess those that will benefit most, understand the many logistics involved, understand budgets and pricing, continue to measure impact and extending the offering outside of schools. The remit for the bus includes:
 - The bus generally has 4 facilitators on board. We offer baking (often pizzas) alongside workshops upstairs throughout the course of a day on a given site.
 - The delivery of the workshops is based around our four core pillars of Belonging, Growth Mindset, Multiple Intelligence and a sense of Real Hope.
 - We visit both state and independent primary and secondary schools as well as other charitable organisations and universities working with both young people and staff.
 - Impact Measurement is in place so that we are able to gauge what works and what doesn't during the year.
 - We're fully committed to ensuring that any new activity is performed to the same high levels of quality that James has established, in terms of both content and delivery.
 - Those schools who are able to pay are invoiced approximately £400 per day for a bus visit. Those that aren't are asked if there might be a fund raising opportunity where they can raise the payment required. This is frequently taken up.

I Can And I AM Limited

Trustees Annual Report

- Extend the range of resources available to schools to help further embed the messages of I Can & I Am.
- The number of bus days worked may increase from 4 to 4.5 during term time weeks in 2023. An increase in the number of the days that the bus is operating within school holidays is a goal.
- Discussions about adding in a second bus are underway with our main donors.
- Increasing the number of presentations done by James Shone in to the business sector which would enable charging a higher fee.
- Increasing the number of local charities that we can support with the bus.
- Working with the main donors Howdens and Boodles to ensure they are kept informed on all areas of the work carried out on the bus.
- Carry out further training sessions for the I Can & I Am team and the volunteers to equip them with all the tools vital to the work on board the bus.
- Hold another fundraiser in May 2023 which will be open to individuals outside of I Can & I Am who can participate and fund raise on our behalf.

Details of The Independent Examiner

Emma D'Aubyn, Member of the Institute of Chartered Accountants in England and Wales

Mutu Accountancy

7 Chelsea Road, Bath

BA1 3DU

Statement of the Directors Trustees's Responsibilities

The trustees (who are also the directors of I Can and I Am Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgments and estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

I Can And I AM Limited

Trustees Annual Report

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Trustees' Annual Report for the year ended 31 March 2021

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

These financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 5th January 2023.



C P GODDARD
Director and Trustee

I Can and I Am Limited

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2022

I report to the Trustees on my examination of the financial statements of the charitable company for the year ended 31 March 2022.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the Trustees report, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(2) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with the Companies Act 2006 and that no member or members have requested an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or

a) examine the financial statements of the charity under Section 145 of the Act;

b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

As 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 the ICAEW.

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission.

An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company 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 such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

I Can and I Am Limited

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material 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 386 of the Companies Act 2006;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 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;

have not been prepared in accordance with the methods and principles set out in Statement of Recommended Practice for Accounting and Reporting by Charities.

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.



Emma D'Aubyn - Independent Examiner

Chartered Accountants
Mutu Accountancy Ltd
7 Chelsea Road
Bath
BA1 3DU

This report was signed on 5th January 2023

**I Can and I Am Limited - Statement of Financial Activities for the year ended
31 March 2022**

***Statement of Financial Activities (including the Income and Expenditure
Account for the year ended 31 March 2022, as required by the Companies
Act 2006)***

	Current year Unrestricted Funds	Prior Year Unrestricted Funds
	2022	2021
	£	£
Income & Endowments from:		
Donations & Legacies	226,476	125,073
Charitable activities	59,419	18,184
Investments	2	1
Total income	285,897	143,258
Expenditure on:		
Charitable activities	203,610	116,125
Total expenditure	203,610	116,125
Net income/(expenditure) for the year	82,287	27,133
Net income after transfers	82,287	27,133
Net movement in funds	82,287	27,133
Reconciliation of funds:-		
Total funds brought forward	174,598	147,465
Total funds carried forward	256,885	174,598

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All the prior year transactions were unrestricted items, and no further analysis is required
All activities derive from continuing operations

I Can and I Am Limited - Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	8	14,891	20,639
Current assets			
Debtors	9	21,778	27,191
Cash at bank and in hand		235,208	138,824
Total current assets		<u>256,986</u>	<u>166,015</u>
Creditors: amounts falling due within one year	10	<u>(14,992)</u>	<u>(12,056)</u>
Net current assets		241,994	153,959
The total net assets of the charity		<u>256,885</u>	<u>174,598</u>
The total net assets of the charity are funded by the funds of the charity, as follows:-			
Unrestricted Funds			
Unrestricted Revenue Funds	14	256,885	174,598
Total charity funds		<u>256,885</u>	<u>174,598</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

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

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 8.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Charlie Goddard

C P GODDARD

Trustee

Approved by the board of trustees on 5th January 2023

Notes to the Accounts for the year ended 31 March 2022

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared in accordance with the Financial Reporting Standard 102, (effective 1st January 2016), the Statement of Recommended Practice for Accounting and Reporting by Charities, and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No restatement was found to be required.

Going Concern

The charitable activities are dependent on continuing voluntary donations as well as trading revenues. As a consequence, the going concern basis is dependent on the future flow of these uncertain funding streams. Accordingly, the Trustees have obtained forecasts and, after reviewing the financial forecasts for future periods, the Trustees are satisfied that, at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements. Other than these matters, the Trustees are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Policies relating to categories of income and income recognition.

Nature of income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Categories of Income

Income is categorised as income from voluntary donations and income from trading activities. Trading activities relate to speeches and attendances by the charity at schools and other similar organisations.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Notes to the Accounts for the year ended 31 March 2022

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Plant and machinery etc.	33% straight line
Motor vehicles	25% reducing balance

A regular annual review of the likelihood of asset impairment is undertaken.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

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

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose.

Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

The charity is a company limited by guarantee and has no share capital.

4 Significance of financial instruments to the charity's position

There are no significant implications of financial instruments to the charity's position.

5 Net income/(expenditure)

	2022 £	2021 £
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	5,748	1,695
Independent Examiner's fee	350	350

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2022

6 Staff costs and emoluments

Salary costs	2022	2021
	£	£
Wages and salaries	116,512	80,897
Social security costs	8,417	3,966
Pensions costs	2,812	1,786
Total salaries, wages and related costs	127,741	86,649

Numbers of full time employees or full time equivalents	2022	2021
The average number of total staff employed in the year was	2	2

One employee received emoluments in excess of £60,000.

7 Remuneration and payments to Trustees and persons connected with them

No trustees received remuneration in the year.

8 Tangible fixed assets

	Total	Computer Equipment	Motor Vehicles
	£	£	£
Cost			
At 1 April 2021	25,614	4,896	20,718
At 31 March 2022	25,614	4,896	20,718
Depreciation			
At 1 April 2021	4,975	4,112	863
Charge for the year	5,748	784	4,964
At 31 March 2022	10,723	4,896	5,827
Net book value			
At 31 March 2022	14,891	-	14,891
At 31 March 2021	20,639	784	19,855

9 Debtors

	2022	2021
	£	£
Trade debtors	2,100	7,469
Other debtors	19,678	19,722
	21,778	27,191

10 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals	894	894
Taxation and Social Security	3,873	2,388
Other creditors	10,225	8,774
	14,992	12,056

Notes to the Accounts for the year ended 31 March 2022

11 Income and Expenditure account summary	2022 £	2021 £
At 1 April 2021	174,598	147,465
Surplus/(loss) after tax for the year	82,287	27,133
At 31 March 2022	<u>256,885</u>	<u>174,598</u>

12 Related party transactions

There were no transactions with related parties in the year, except with regard to trustees' remuneration and trustees' expenses which are fully disclosed in the notes above.

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2022	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	784	-	14,107	14,891
Current Assets	256,986	-	-	256,986
Current Liabilities	(14,992)	-	-	(14,992)
	<u>242,778</u>	<u>-</u>	<u>14,107</u>	<u>256,885</u>
At 1 April 2021	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	784	-	19,855	20,639
Current Assets	166,015	-	-	166,015
Current Liabilities	(12,056)	-	-	(12,056)
	<u>154,743</u>	<u>-</u>	<u>19,855</u>	<u>174,598</u>

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward £	Movement in funds £	Funds carried forward £
Unrestricted and designated funds:-			
General fund	174,598	82,287	256,885

15 Analysis of movements in funds over the year as shown in Note 14

	Income 2022 £	Expenditure 2022 £	Other Gains & Losses 2022 £	Movement in funds 2022 £
Unrestricted and designated funds:-				
General fund	285,897	(203,610)	-	82,287
Designated Revenue Funds	-	-	-	-
	<u>285,897</u>	<u>(203,610)</u>	<u>-</u>	<u>82,287</u>

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2022

16 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity is obliged to contribute such amount as may be required not exceeding £10 to the assets of the company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

Signature Certificate

Reference number: R3D3G-RQDME-KZL9F-YIVDS

Signer

Timestamp

Signature

Charlie Goddard

Email: charlie.goddard@penpartnership.com

Shared via link

Sent:

05 Jan 2023 23:20:03 UTC

Viewed:

06 Jan 2023 08:43:06 UTC

Signed:

06 Jan 2023 08:44:53 UTC

Charlie Goddard

IP address: 146.90.13.19

Location: Bath, United Kingdom

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06 Jan 2023 08:44:53 UTC

Page 1 of 1



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I CAN AND I AM LIMITED

England & Wales - Charity number 1163075

Accounts

Company Registration Number - 09518038

Charity Registration Number - 1163075

I Can and I Am Limited

Report and Accounts

31 March 2021

I Can and I Am Limited

Report and accounts for the year ended 31 March 2021

Contents

	Page
Trustees' Annual Report	1 to 7
Independent Accountant's Report	8 to 9
Statement of Financial Activities	10
Balance sheet	11
Notes to the accounts	12 to 17

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 1st April 2020 to 31st March 2021. The trustees have adopted the provisions for the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

Reference and administrative details

The legal name of the charity is I Can and I Am Limited

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1163075

Governing document

The charity is controlled by its governing document, the memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The organisation was incorporated on 30th March 2015 and registered as a charity on 10th August 2015. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The following persons served as Directors, and also as Trustees for the charity, during the year ended 31 March 2021, and on the date the report was approved:-

J Kendall
CP Goddard
Sarah Sayer (added February 2021)

The principal operating address of the charity is:-

The Orchards
7a Warminster Road, Beckington
Frome, BA11 6SP

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

Organisational Structure

I Can and I Am currently now has a Management Committee of 3 trustees and 3 management members who meet quarterly and are responsible for the strategic direction and policy of the charity. Day to day responsibility for the provision of the services and the running of the charity rests with the Chief Executive, James Shone, who is supported by Rebecca Burton and Anthony Dutton.

The Chief Executive is responsible for ensuring that the charity delivers the services specified.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

Objects and activities of the charity

Context

James Shone had been a teacher for sixteen years, nine of those he had spent looking after a boarding house in a private school. His passion as a teacher was always pastoral care. In July 2012, he applied to become the Headmaster of an independent Preparatory School and his application was successful. Having got the job he needed to satisfy the condition of passing the medical. It was at this medical that an extensive brain tumour was discovered. James underwent 27 hours of brain surgery during two operations, the second of which left him with only 10% of his vision. As a result, James had to let go of his job and in the summer of 2013 found himself in the position of having no job, no house and no sight. It was in September 2013 that James started to visit schools sharing his story with the aim of inspiring others as to how to address setbacks. This then developed into a story of his journey which he combined with his passion to see young people walking tall with self-belief and confidence.

Objectives and aims

The purposes of the charity as set out in its governing document

Our charity's purposes as set out in the objects contained in the company's articles are:

"To advance the education of the public in the subject of inspiring their self-belief in who they are and what they can do, improving their confidence and encouraging their ambitions to achieve. This will be done by providing advice in particular through motivational talks, one on one development sessions and counsel. The focus will be on groups of young people and those who are involved in pastoral care, but will include other persons as the charity trustees think fit."

The aims of our charity are to inspire young people and to build their self-confidence so that as they grow up and journey through their school years they are encouraged to achieve their ambitions. Our aims fully reflect the purposes that they charity was set up to further.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when review our aim and objectives and in planning our future activities.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

The focus of our work

Our main objective for the year has been to encourage and inspire as many school aged children, staff members and parents as possible with the intention of having a lasting positive affect on young people's self-confidence. The strategies we used to meet these objectives included:

- Visiting as many schools as possible to deliver presentations by James Shone to pupils, parents and staff. During 2020 / 2021 a great number of presentations were also delivered remotely by James Shone due to the pandemic.
- Running staff pastoral proactivity workshops in schools
- Running staff workshops within business
- Running one to one mentoring sessions – led by James Shone
- Provision of free online educational resources for use by staff within schools
- Ongoing communication with 'I Can & I Am' subscribers with blogs and newsletters
- Production of a series of podcasts for parents and teachers called 'Talking Teenagers'. These are available free of charge.
- After the gifting of a double decker bus by Howdens, a large part of 2020 / 2021 was spent converting it in to a space to be used within schools for cooking, workshops and mentoring. A program has been developed and a pilot year begun in April 2021. Howdens funded the majority of this work and have agreed to continue sponsoring work involving the bus going forwards.

During the 12 month period covered by this report, there were a great many months when normal school operation was affected by the Covid 19 pandemic. School visits were unable to happen for a large proportion of the year, however a great many virtual presentations were carried out by James to pupils, staff and to parents. The number of school visits made was approximately 50 and included a combination of state schools and independent schools. There were approximately 50 virtual presentations to independent and state schools, some of which were overseas. This ensured that the number of pupils, parents and staff reached by the messages of I Can & I Am were not dissimilar to previous years, with an estimate at approximately 6,000 children, 700 staff and over 1,000 parents. The key target groups that I Can and I Am has worked with over the last year have been pupils aged 7 - 18, staff across all teaching age groups and parents within all educational sectors. There have also been a small number of presentations to businesses.

Currently the charity has three employees, its founder James Shone, Rebecca Burton who joined the pay roll in December 2019 and works in the capacity of marketing and fund raising and Anthony Dutton who joined the payroll in March 2021. The addition of two additional salaried members of the team has increased the output of the charity by enabling visits by the bus which doesn't need to involve James Shone on all occasions.

Alice Delap is an additional team member who is not on the payroll. She assists on the bus and also partakes in weekly team meetings as a valuable advisor on the world of education today. There are several volunteers who also help out on the bus as and when required, many of whom are paid on an hourly rate if required. Some however take on the work voluntarily.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

The main achievements and performance of the charity during the year.

Charitable activities

Throughout the last year, I Can and I Am has been supported by a number of very generous regular donors. This funding has provided the necessary back drop to fund the services delivered through James Shone including all the administrative support required. Income from the support of donors has been complemented by income directly from schools to whom James Shone has provided services.

The charity generated a positive financial outcome for the period generating funds of over £125K from donations and fund raising activities and just under £18k from James Shone's presentations within schools and online.

The difference the charity's performance during the year has made to the beneficiaries of the charity and wider society.

Many of the teachers, staff and parents who receive presentations and workshops from James take the time to feedback in an incredibly positive manner.

"James Shone's talk should have been compulsory for all pupils! It made me realise we make everything a big deal when it doesn't need to be. The room was silent – the best lecture ever!"

Pupil, St Mary's Calne

"I really can't do justice to James's incredible story nor the muscle of his messages so I'd implore anyone interested to listen to him. You will almost certainly leave inspired and also perhaps irrevocably changed."

Head Teacher, King's Chester School

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

"A very powerful and relevant message for our time. This great charity can make a huge difference in the lives of everyone who engages in this work"

Sir Anthony Seldon, Patron of I Can & I Am

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

With the exception of James Shone, Rebecca Burton and Anthony Dutton who are salaried, the members of the Management Committee give their time voluntarily and receive no benefits or expenses from the charity.

A range of traditional business skills are well represented by the Management Committee with a variety of complementary experience in the areas of fund raising and running a charity. Any additional administrative support required is paid for by the company.

Financial review

The charity's financial position at the end of the year ended 31 March 2021

The financial position of the charity at 31 March 2021 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2021 £	2020 £
Net income/(expenditure)	27,133	5,250
Unrestricted Revenue Funds available for the general purposes of the charity	174,598	147,465
Total Funds	174,598	147,465

The trustees consider the financial performance by the charity during the year to have been satisfactory. Specific changes in fixed assets are detailed in the notes to the accounts.

Reserves Policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of the expenditure. Budgeted expenditure for 2021/2022 is £123,000 and therefore the target is £61,500 in general funds. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding. The present level of reserves available to the charity of £138,000 is therefore comfortably above the desired target level.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

Principal funding sources

The launch of I Can and I Am was enabled through a number of generous individual donors. Donors have continued to be generous and we have acquired Howdens as an additional and generous monthly donor. However a good income is also acquired through specific fund raising ventures and income directly from schools, accounting for approx 28% of all income.

Investment policy and objectives

Aside from retaining a prudent amount in reserves on going, most of the charity's funds are to be spent in the short term so there are few funds for long term investment. The Management Committee meets at the start of each financial year to reconsider the extent to which some of the funds available should be placed on deposit or other low risk investment strategies pursued.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Factors likely to affect future financial performance .

The charity has several priorities it would like to pursue:

- Take the message into increasingly more state secondary schools. This would mean providing more presentations without asking for payment. However, the number of visits to private schools is not expected to decrease substantially.
- Continue the pilot year with the new bus which began in April 2021 to refine the offering, assess those that will benefit most, understand the many logistics involved, understand budgets and pricing, begin to measure impact.
 - oAs well as presentations, we deliver group workshops and engage in one-to-one or small group mentoring.
 - oThe delivery is based around our four core pillars of Belonging, Growth Mindset, Multiple Intelligence and a sense of Real Hope.
 - oThe bus generally has 4 facilitators on board. We offer baking (often pizzas) alongside workshops upstairs throughout the course of a day on a given site.
 - oWe work alongside both state and independent primary and secondary schools as well as other charitable organizations and universities (as local as possible to reduce costs).
 - oImpact Measurement is in place so that we are able to gauge what works and what doesn't during the year.
 - oWe're fully committed to ensuring that any new activity is performed to the same high levels of quality that James has established, in terms of both content and delivery.
 - oThose schools who are able to pay are invoiced approximately £500 per day for a bus visit. Those that aren't are asked if there might be a fund raising opportunity where they can raise the payment required. This is frequently taken up.
- Continue a wider fund raising strategy targeting primarily trusts, foundations, individuals and corporates to help pay for the annual running costs associated with the bus.
- Develop workshops focused on staff that can be delivered by any member of the I Can & I Am team.
- Continue to grow our team of volunteers to help on the bus when visiting schools.
- Hold another fundraiser in May 2022 with the assistance of the organization 'Walk With Me' – this was due to take place in 2020 but was postponed due to the pandemic.

I Can and I Am Limited

Company Registration Number - 09518038

Trustees' Annual Report for the year ended 31 March 2021

Details of The Independent Examiner

Emma D'Aubyn
Member of the Institute of Chartered Accountants in England and Wales
Mutu Accountancy Ltd
7 Chelsea Road
Bath
BA1 3DU

Statement of the Directors Trustees's Responsibilities

The trustees (who are also the directors of I Can and I Am Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgments and estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

These financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 14/12/2021

C P GODDARD
Director and Trustee

I Can and I Am Limited

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2021

I report to the Trustees on my examination of the financial statements of the charitable company for the year ended 31 March 2021.

Respective responsibilities of the Trustees and the Independent Examiner and the

As described in the Trustees report, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(2) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with the Companies Act 2006 and that no member or members have requested an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission.

An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company 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 such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

I Can and I Am Limited

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material 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 386 of the Companies Act 2006;

- the financial statements do not accord with those records; or

- the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 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;

- have not been prepared in accordance with the methods and principles set out in Statement of Recommended Practice for Accounting and Reporting by Charities.

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.

Emma D'Aubyn - Independent Examiner

Chartered Accountants

Mutu Accountancy Ltd

7 Chelsea Road

Bath

BA1 3DU

This report was signed on 14/12/2021

**I Can and I Am Limited - Statement of Financial Activities for the year
ended 31 March 2021**

Statement of Financial Activities (including the Income and Expenditure Account for the year ended 31 March 2021, as required by the Companies Act 2006)

	Current year Unrestricted Funds	Prior Year Unrestricted Funds
	2021 £	2020 £
Income & Endowments from:		
Donations & Legacies	125,073	88,858
Charitable activities	18,184	48,207
Investments	1	8
Total income	143,258	137,073
Expenditure on:		
Charitable activities	116,125	131,823
Total expenditure	116,125	131,823
Net income/(expenditure) for the year	27,133	5,250
Net income after transfers	27,133	5,250
Net movement in funds	27,133	5,250
Reconciliation of funds:-		
Total funds brought forward	147,465	142,215
Total funds carried forward	174,598	147,465

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All the prior year transactions were unrestricted items, and no further analysis is required
All activities derive from continuing operations

I Can and I Am Limited - Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	8	20,639	1,616
Current assets			
Debtors	9	27,191	16,062
Cash at bank and in hand		138,824	143,518
Total current assets		<u>166,015</u>	<u>159,580</u>
Creditors: amounts falling due within one year	10	<u>(12,056)</u>	<u>(13,731)</u>
Net current assets		153,959	145,849
The total net assets of the charity		<u>174,598</u>	<u>147,465</u>
The total net assets of the charity are funded by the funds of the charity, as follows:-			
Unrestricted Funds			
Unrestricted Revenue Funds	14	174,598	147,465
Total charity funds		<u>174,598</u>	<u>147,465</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

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

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 8.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

C P GODDARD

Trustee

Approved by the board of trustees on 14/12/2021

Notes to the Accounts for the year ended 31 March 2021

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared in accordance with the Financial Reporting Standard 102, (effective 1st January 2016), the Statement of Recommended Practice for Accounting and Reporting by Charities, and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No restatement was found to be required.

Going Concern

The charitable activities are dependent on continuing voluntary donations as well as trading revenues. As a consequence, the going concern basis is dependent on the future flow of these uncertain funding streams. Accordingly, the Trustees have obtained forecasts and, after reviewing the financial forecasts for future periods, the Trustees are satisfied that, at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements. Other than these matters, the Trustees are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Policies relating to categories of income and income recognition.

Nature of income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Categories of Income

Income is categorised as income from voluntary donations and income from trading activities. Trading activities relate to speeches and attendances by the charity at schools and other similar organisations.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each of the key activities and the benefits they have brought to those groups of people we are set up to help.

Notes to the Accounts for the year ended 31 March 2021

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Plant and machinery etc.	33 % straight line
Motor vehicles	25% reducing balance
A regular annual review of the likelihood of asset impairment is undertaken.	

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

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

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose.

Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

The charity is a company limited by guarantee and has no share capital.

4 Significance of financial instruments to the charity's position

There are no significant implications of financial instruments to the charity's position.

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2021

5 Net income/(expenditure)

	2021	2020
	£	£
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	<u>1,695</u>	<u>1,234</u>

6 Staff costs and emoluments

Salary costs	2021	2020
	£	£
Wages and salaries	80,897	59,734
Social security costs	6,282	4,080
Total salaries, wages and related costs	<u>87,179</u>	<u>63,814</u>

Numbers of full time employees or full time equivalents	2021	2020
The average number of total staff employed in the year was	<u>2</u>	<u>1</u>

No employees received emoluments in excess of £60,000, excluding pension costs.

7 Remuneration and payments to Trustees and persons connected with them

No trustees received remuneration in the year.

8 Tangible fixed assets

	Total	Computer Equipment	Motor Vehicles
	£	£	£
Cost			
At 1 April 2020	4,896	4,896	-
Additions	20,718	-	20,718
At 31 March 2021	25,614	4,896	20,718
Depreciation			
At 1 April 2020	3,280	3,280	-
Charge for the year	1,695	832	863
At 31 March 2021	4,975	4,112	863
Net book value			
At 31 March 2021	20,639	784	19,855
At 31 March 2020	1,616	1,616	-

9 Debtors

	2021	2020
	£	£
Trade debtors	7,469	3,783
Other debtors	19,722	12,279
	27,191	16,062

10 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	894	600
Taxation and Social Security	-	-
Other creditors	11,162	13,131
	12,056	13,731

11 Income and Expenditure account summary

	2021	2020
	£	£
At 1 April 2020	142,215	156,896
Surplus/(loss) after tax for the year	27,133	(14,681)
At 31 March 2021	169,348	142,215

Notes to the Accounts for the year ended 31 March 2021

12 Related party transactions

There were no transactions with related parties in the year, except with regard to trustees' remuneration and trustees' expenses which are fully disclosed in the notes above.

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2021	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	784	-	19,855	20,639
Current Assets	166,015	-	-	166,015
Current Liabilities	(12,056)	-	-	(12,056)
	154,743	-	19,855	174,598
At 1 April 2020	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Tangible Fixed Assets	-	-	-	-
Current Assets	159,580	-	-	159,580
Current Liabilities	(13,731)	-	-	(13,731)
	145,849	-	-	145,849

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward £	Movement in funds £	Funds carried forward £
Unrestricted and designated funds:-			
General fund	147,465	27,133	174,598

15 Analysis of movements in funds over the year as shown in Note 14

	Income 2021 £	Expenditure 2021 £	Other Gains & Losses 2021 £	Movement in funds 2021 £
Unrestricted and designated funds:-				
General fund	143,258	(116,125)		27,133
Designated Revenue Funds	-	-	-	-
	143,258	(116,125)	-	27,133

I Can and I Am Limited

Notes to the Accounts for the year ended 31 March 2021

16 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity is obliged to contribute such amount as may be required not exceeding £10 to the assets of the company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.