

CAMERON GRANT MEMORIAL TRUST

England & Wales · Charity number 1167221

Details

Other names CGMT

Status Registered

Legal form CIO

Registered 2016-05-19

Register [View on the Charity Commission register](#)

Contact

Address 23 Belle Vue Terrace
Hampton-In-Arden
Solihull
B92 0AR

Phone 07802245631

Email info@camgrant.org.uk

Website www.camgrant.org.uk

Activities

Objects: THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH IN PARTICULAR IN YOUNG PEOPLE BY: · RAISING AWARENESS OF YOUNG SUICIDE · URGING ALL WHO ARE SUFFERING IN SILENCE TO SPEAK UP AND ASK FOR HELP · SUPPORTING ALL WHO ARE FIGHTING TO OVERCOME POOR MENTAL HEALTH, ESPECIALLY YOUNG PEOPLE, AND ESPECIALLY WHERE THIS CAN BE DONE THROUGH OUTDOOR ACTIVITIES LIKE HILL-WALKING AND THE DUKE OF EDINBURGH'S AWARD · ASSISTING IN THE PROVISION OF EDUCATION AND SUPPORT THAT WILL HELP TO INCREASE AWARENESS AND KNOWLEDGE OF THE ISSUES AROUND MENTAL HEALTH AND WELL-BEING FOR ALL AND ESPECIALLY AMONGST YOUNG PEOPLE

Activities: The preservation & protection of good mental health through; raising awareness of suicide; Urging those suffering to speak up & ask for help; Supporting all with poor mental health, especially young people, and especially where this can be done through outdoor activities; and assisting in the provision of education to increase awareness & knowledge of the issues.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£92,087	£49,842	-	-
2024-08-31	£41,575	£18,704	-	-
2023-08-31	£20,299	£36,164	-	-
2022-08-31	£28,110	£14,707	-	-
2021-08-31	£50,608	£83,630	-	-
2020-08-31	£39,028	£21,910	-	-

Trustees

Name	Role	Appointed
Carol Ann Grant	Chair	2016-05-19
Alastair Evan Grant		2016-05-19
David Jon Frisby		2026-01-10
Dr Evan Michael Grant		2016-05-19
Frances Ruth George		2018-12-20
JOHN SCOTT		2016-05-19
Katharine Lesley Dallimer		2026-01-10
Tamara Wynne Ferguson		2026-01-10

CAMERON GRANT MEMORIAL TRUST

England & Wales - Charity number 1167221

Accounts



CAMERON GRANT MEMORIAL TRUST
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2025

CAMERON GRANT MEMORIAL TRUST

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CAMERON GRANT MEMORIAL TRUST
CHARITABLE INCORPORATED ORGANISATION INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2025

TRUSTEES:	Carol Grant (Chairperson) Evan Grant Alastair Grant John Scott Alan Flack (Resigned on 31/03/2025) Frances George David Frisby (Appointed on 10/01/2026) Katharine Dallimer (Appointed on 10/01/2026) Tamara Ferguson (Appointed on 10/01/2026)
CHARITY REGISTERED NUMBER:	1167221
LEGAL STATUS:	Charitable Incorporated Organisation (“CIO”)
PRINCIPAL ADDRESS:	23 Belle Vue Terrace Hampton-in-Arden Solihull B92 0AR
WEBSITE ADDRESS:	www.camgrant.org.uk
BANKERS:	HSBC Bank plc 34 Poplar Road Solihull West Midlands B91 3AF

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2025

The Trustees present their Annual Report together with the Financial Statements for the period ended 31 August 2025.

Structure, governance and management

The Charitable Incorporated Organisation (“CIO”) is registered in accordance with the Charities Act 2011 and was entered on the Central Register of Charities on 19 May 2016. It is governed by a Constitution dated 18 May 2016.

Trustees

The following Trustees held office during the period to the date of this report:

Carol Grant (Chairperson)
 Alastair Grant
 Evan Grant
 John Scott
 Alan Flack (Resigned 31/03/2025)
 Frances George
 David Frisby (Appointed on 10/01/2026)
 Katharine Dallimer (Appointed on 10/01/2026)
 Tamara Ferguson (Appointed on 10/01/2026)

Objectives and activities

The objectives of the Charitable Incorporated Organisation are the preservation and protection of good mental health in particular in young people (without prejudice to the generality) through:

- Raising awareness of young suicide.
- Urging all who are suffering in silence to speak up and ask for help.
- Supporting all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh’s award; and
- Assisting in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all and especially amongst young people.

When planning expenditure, the Trustees have considered the Charity Commission’s guidance on public benefit.

Achievements and performance

Awareness of mental health problems in the UK has continued to rise and the stigma has reduced. While the challenge may now be recognised more widely, huge problems remain; in 2024, 7078 suicides were registered in the UK (Samaritans: Latest suicide data). This means that on average 19 people per day – one person every 75 minutes - takes their own life in the UK.

Cameron fought a silent battle with depression for over 7 years before he died; we only know this through the letter he left us, as he hid his depression successfully from everybody who knew him. We set up the Cameron Grant Memorial Trust in Cameron’s memory especially to help others in these circumstances.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2025****(Continued...)**

Our aim is that the activities of the Cameron Grant Memorial Trust will make a difference to the number of people, and especially young people, suffering from poor mental health and improve outcomes for all sufferers. The Trust works to raise awareness of young suicide; to urge all who are suffering in silence to speak up and ask for help, and to support people who are fighting to overcome poor mental health, especially where this can be done through outdoor activity.

In support of our goal to encourage all to speak up and ask for help rather than to soldier on battling mental distress on their own, we create Cameron's Coasters; these are simple drink mats which carry the message "There is always someone you can talk to" on one side and contact details for people who can help on the other. We have worked with universities, colleges & schools, and workplaces, especially in the emergency services, to customise Cameron's Coasters so that they carry the help details most important for each place where they are used. We also produce Cameron's Cards, a 'business card' version of the coasters, with similar help information, but in a form that is more enduring and can easily be kept in a wallet. Further information can be found on our website: camgrant.org.uk/coasters and camgrant.org.uk/cards

Our beautiful Wellbeing Postcards, many drawn by Cameron's cousin Kirsty Ferguson, continue to be popular, especially in schools and counselling services. As ever, we print helpline information on the reverse side of the postcards, and you can see them all on our website: camgrant.org.uk/postcards.

In the year to 31 August 2025, we sent out 33,000 Coasters, 4,000 Cards and 112,100 Postcards. All of these were sent free of charge.

This year we completed a postcard design competition open to all children at Dumfries and Galloway Council secondary schools. 137 designs were entered and 4 winning entries were chosen by the council, the local NHS and us. We printed 80,000 of the winning designs with relevant local helpline information and these were distributed to all secondary school pupils in the area.

This year we are working with Solihull Metropolitan Borough Council to run a similar competition for all children of secondary school age in the area.

In future we would like to run and print postcards for other Councils. Please get in touch if you are interested!

As a free, 24/7 text service, SHOUT 85258 complements what is offered by others such as Samaritans (free and 24/7 but not widely available by text) and PAPYRUS HOPELINE247 (free and with a text contact option, for people under 35 and those worried about someone under 35). Cameron Grant Memorial Trust is delighted to be a Keyword Partner of Shout enabling us to offer the CAM Support Messenger service: "Text CAM to 85258 for confidential, free support at any time of day or night". We use this on as many of our Coasters, Cards and Postcards as possible.

We started Cameron's Coasters to encourage people to ask for help rather than to suffer in silence as Cameron did. If you know of a community that might benefit from Cameron's Coasters, Cards, or Postcards, or any other signpost, then please get in touch on info@camgrant.org.uk.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2025****(Continued...)**

We organise an annual Night Walk on a Friday close to 10 October, Cameron's birthday; we do this to remember Cameron, to raise some money, and to have some fun! Our last Night Walk on 10 October 2025 was again a success with 330 people taking part and we look forward to the next one on 9 October 2026. This will be our 11th Night Walk. For more information, please see: www.camgrant.org.uk/night-walk

Evan continues to visit local schools to give talks based on Cameron's story. The talks highlight the importance of good mental health and looking out for your friends.

Frances George and I visited several university wellbeing events to highlight the work of the charity and to distribute our resources.

The VCFSE Mental Health Collective, the community for mental health and wellbeing Voluntary, Community, Faith and Social Enterprise organisations in Birmingham and Solihull, has succeeded the Third Sector Mental Health Forum. Evan represents our Trust on the Collective.

Cameron Grant Memorial Trust is a member of the National Suicide Prevention Alliance (NSPA) and the Support After Suicide Partnership (SASP). This helps us keep current with other initiatives and programmes, and the latest research, and gives us another means of communicating what we do. It also allows us to check we are not duplicating work done by others.

Cameron Grant Memorial Trust is also a member of the Zero Suicide Alliance (ZSA). We strongly believe in the power of a Zero Suicide ambition to change culture and hugely reduce the number of deaths by suicide. We urge everyone over 16 to take the free online suicide prevention training from the Zero Suicide Alliance. It takes only 20 minutes, and it might just save a life: www.zerosuicidealliance.com/training

This year we'd again like to make special mention again of Kirsty Ferguson, Cameron's Cousin, who created the Wellbeing Postcards and continues to work with her mother, Tamara Ferguson, my sister, to produce beautiful greeting cards for Cameron Grant Memorial Trust.

In May 2025 we were very honoured to be chosen by Councillor Annette Mackenzie, Mayor of Solihull to be one of her 3 Mayoral charities for her year in office and we wish to thank The Mayor for all her support this year.

We are very grateful for all donations given to us by many groups and individuals and all the fundraising efforts made by so many throughout the year. We would like to highlight Hampton-in-Arden Calendar, Royal Holloway University Frisbee Tournament (Cameron's team), Chartridge Park Golf Club, Wharton Park Golf Club and everyone that donated or fundraised for the Charity during the year. Special mention must go to the 32 cyclists who cycled from Hampton in Arden to Amsterdam in May 2025 and raised an amazing amount for the Charity. We are extremely grateful to you all.

In 2025 we sadly received a legacy of £10,000 from Hywel George's Estate (Cameron's Grandfather). We will always be very grateful to him for the large part he played in setting up the Charity and for his support.

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2025

(Continued...)

During the year we gave grants to NSPA, University of Northumbria, Mind in Harrow and Living Well to pay for a children's counsellor totalling £20,250.

We know the gap between the number of people reaching out for support and the support available is widening all the time. This coming year we will continue to consider how we can support increased counselling services.

Poor mental health can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly, we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Appointment of Trustees

Trustees are appointed by members at the Annual General Meeting. Additional trustees may be co-opted between AGMs. The minimum number of trustees is three and the maximum number of trustees is twelve.

Investment policy

The trustees' policy is to invest operating funds in easy access and relatively low risk bank accounts to meet expenditure over the next 12 months with the balance held in return yielding assets that will at least offset the effects of inflation.

Reserves policy

The trustees' reserves policy is to manage the reserves in such a way as to have sufficient funds available for the orderly winding up of the charity without liability should its future income be in such doubt that this is the only credible course of action.

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

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Trustees' responsibilities in relation to the financial statements

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

- select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities Statement of Recommended Practice SORP 2015 (FRS102);

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

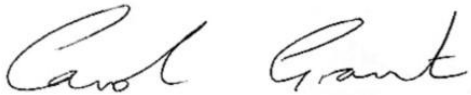
FOR THE YEAR ENDED 31 AUGUST 2025

(Continued...)

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 4 June 2026 and signed on their behalf by

Signed on behalf of the Trustees

A handwritten signature in black ink that reads "Carol Grant". The signature is written in a cursive style with a large initial 'C' and 'G'.

Carol Grant
Chairperson

CAMERON GRANT MEMORIAL TRUST
INDEPENDENT EXAMINER'S STATEMENT
FOR THE YEAR ENDED 31 AUGUST 2025

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 August 2025 which are set out on pages 8 – 15.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. Accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



Paul Mannion FCA FCCA (Senior Statutory Auditor)

For and on behalf of BK Plus Audit Limited
Certified Accountants and Statutory Auditor
2 Highlands Court, Solihull, B90 4LE

Date: 4 June 2026

CAMERON GRANT MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2025

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income:					
Donations and legacies	2	23,527	-	23,527	8,377
Other trading activities	3	67,796	-	67,796	18,636
Investments		764	-	764	796
Total incoming resources		92,087	-	92,087	27,809
Expenditure:					
Expenditure on Charitable activities	4	32,021	-	32,021	17,619
Other trading activities	5	17,821	-	17,821	1,085
Total expenditure		49,842	-	49,842	18,704
Net surplus/(deficit)		42,245	-	42,245	9,105
Net gains / (loss) on investments		1,956	-	1,956	13,766
Net movements in funds during the year		44,201	-	44,201	22,871
Funds brought forward		141,790	-	141,790	118,919
Total funds carried forward	8	185,991	-	185,991	141,790

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

All income and expenditure derive from continuing activities.

CAMERON GRANT MEMORIAL TRUST


BALANCE SHEET

FOR THE YEAR ENDED 31 AUGUST 2025

	Note	2025 £	2024 £
Fixed Assets			
Fixed asset investments	6	92,877	91,212
Current Assets			
Prepayments	619	725	
Debtor	-	100	
Cash at bank and in hand		<u>92,502</u>	<u>49,753</u>
		93,121	50,578
Liabilities			
Creditors falling due within one year	7	<u>7</u>	<u>-</u>
Net Current Assets		93,114	50,578
Net assets		<u><u>185,991</u></u>	<u><u>141,790</u></u>
Unrestricted funds	8	185,991	141,790
Total funds		<u><u>185,991</u></u>	<u><u>141,790</u></u>

The financial statements were approved and authorised for issue by the Trustees on 4 June 2026.

Signed on behalf of the Trustees;



Carol Grant
Chairperson

The notes on pages 10 to 15 form part of these financial statements.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

1. Accounting policies

a) Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland', the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- The requirements of Section 7 Statement of Cash Flows

b) Fund Accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Incoming resources

All incoming resources are included in the SOFA when the Charitable Incorporated Organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy. Details of incoming resources are shown below.

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

d) Resources expended

All expenditure is accounted for on a payments basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot directly be attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

e) **Support costs allocation**

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

f) **Grants**

Grants are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred. Grants towards capital for on lending are released to restricted capital reserves when the funds are utilised in accordance with the company's principal activity.

g) **Investments**

Investments are recognised initially at fair value which is normally the transaction price excluding any transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments in the Statement of Financial Activities if the shares are publicly traded or their fair value can otherwise be measured reliability. Other investments are measured as cost less impairment.

Mixed motive investment

Mixed motive investments are made by the charity to generate a financial return and also contribute to the charity's objects. Such investments are valued at fair value which represents the bid price of the investment on the market in which it is listed. Any changes in the fair value of mixed motive investments are recognised in 'net gains / (losses) on investments in the Statement of Financial Activities

2. Donations and legacies

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £
Donations	4,963	-	4,963
Legacies	10,000	-	10,000
Gift Aid	8,564	-	8,564
	<u>23,527</u>	<u>-</u>	<u>23,527</u>

Donations and legacies

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Donations	5,960	-	5,960
Gift Aid	2,417	-	2,417
	<u>8,377</u>	<u>-</u>	<u>8,377</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

3. Other trading activities	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £
Fundraising:			
Craft cards	804	-	804
Night walk	5,917	-	5,917
Cycle Hampton to Amsterdam	57,069	-	57,069
Wharton Park Golf Club	1,385	-	1,385
Ultimate Frisbee Tournament	945	-	945
Hampton Calendar	690	-	690
Other	986	-	986
	<u>67,796</u>	<u>-</u>	<u>67,796</u>

Other trading activities	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Fundraising:			
Craft cards	993	-	993
Night walk	5,297	-	5,297
Amazon Smile & Facebook	411	-	411
Sarah Marsden 50km Walk	15	-	15
Paul Kilimanjaro	2,166	-	2,166
Brighton Marathon	4,117	-	4,117
Wags Show	4,226	-	4,226
Other	1,411	-	1,411
	<u>18,636</u>	<u>-</u>	<u>18,636</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

4. Expenditure on Charitable activities	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £
Merchandise costs	7,526	-	7,526
Post and stationery	1,502	-	1,502
Internet	11	-	11
Mental Health Innovation Grants	20,250	-	20,250
Delivery charge	259	-	259
Insurance	675	-	675
Sundries	1,798	-	1,798
	<u>32,021</u>	<u>-</u>	<u>32,021</u>
Expenditure on Charitable activities	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Merchandise costs	6,054	-	6,054
Post and stationery	386	-	386
Internet	139	-	139
Mental Health Innovation Grants	8,000	-	8,000
Delivery charge	1,236	-	1,236
Insurance	631	-	631
Sundries	1,173	-	1,173
	<u>17,619</u>	<u>-</u>	<u>17,619</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

5. Other trading activities	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £
Fundraising costs	17,821	-	17,821
	<u>17,821</u>	<u>-</u>	<u>17,821</u>

Other trading activities	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Fundraising costs	1,085	-	1,085
	<u>1,085</u>	<u>-</u>	<u>1,085</u>

6. Fixed asset investments	Mixed Motive Investment £	Total 2025 £
Cost or valuation		
At 1 September 2024	91,212	91,212
Investment income	64	64
Professional fees	(355)	(355)
	<u>90,921</u>	<u>90,921</u>
Revaluation (unrealised gains)	1,956	1,956
At 31 August 2025	<u><u>92,877</u></u>	<u><u>92,877</u></u>
Historical Cost at 31 August 2025		75,000

The trustees are of the opinion that fixed asset investments totalling £92,877 are disclosed at fair value.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

7. Creditors	2025	2024
	£	£
Trade creditors	7	-
	<u>7</u>	<u>-</u>
8. Unrestricted funds	2025	2024
	£	£
Balance brought forward at 1 September 2024	141,790	118,919
Incoming resources	92,087	27,809
Resources expended	(49,842)	(18,704)
Net gains / (loss) on investments	1,956	13,766
Balance carried forward at 31 August 2025	<u>185,991</u>	<u>141,790</u>

9. Trustees emoluments

The trustees did not receive any remuneration during this period (2024: £nil).

Expenses totalling £nil were reimbursed to the trustees during this period (2024: £nil).

CAMERON GRANT MEMORIAL TRUST

England & Wales - Charity number 1167221

Accounts



CAMERON GRANT MEMORIAL TRUST
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024

CAMERON GRANT MEMORIAL TRUST

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CAMERON GRANT MEMORIAL TRUST
CHARITABLE INCORPORATED ORGANISATION INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2024

TRUSTEES: Carol Grant (Chairperson)
Evan Grant
Alastair Grant
John Scott
Alan Flack (Resigned on 31/03/2025)
Frances George

CHARITY REGISTERED NUMBER: 1167221

LEGAL STATUS: Charitable Incorporated Organisation (“CIO”)

PRINCIPAL ADDRESS: 23 Belle Vue Terrace
Hampton-in-Arden
Solihull
B92 0AR

WEBSITE ADDRESS: www.camgrant.org.uk

BANKERS: HSBC Bank plc
34 Poplar Road
Solihull
West Midlands
B91 3AF

CAMERON GRANT MEMORIAL TRUST
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 AUGUST 2024

The Trustees present their Annual Report together with the Financial Statements for the period ended 31 August 2024.

Structure, governance and management

The Charitable Incorporated Organisation (“CIO”) is registered in accordance with the Charities Act 2011 and was entered on the Central Register of Charities on 19 May 2016. It is governed by a Constitution dated 18 May 2016.

Trustees

The following Trustees held office during the period to the date of this report:

Carol Grant (Chairperson)
Alastair Grant
Evan Grant
John Scott
Alan Flack (Resigned 31/03/2025)
Frances George

Objectives and activities

The objectives of the Charitable Incorporated Organisation are the preservation and protection of good mental health in particular in young people (without prejudice to the generality) through:

- Raising awareness of young suicide.
- Urging all who are suffering in silence to speak up and ask for help.
- Supporting all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh’s award; and
- Assisting in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all and especially amongst young people.

When planning expenditure, the Trustees have considered the Charity Commission’s guidance on public benefit.

Achievements and performance

Awareness of mental health problems in the UK has continued to rise and the stigma has reduced. While the challenge may now be recognised more widely, huge problems remain; in 2023, 7055 suicides were registered in the UK, an increase of 467 compared to the previous year, (Samaritans: Latest suicide data). This means that on average 18 people per day – one person every 80 minutes - take their own lives in the UK.

Cameron fought a silent battle with depression for over 7 years before he died; we only know this through the letter he left us, as he hid his depression successfully from everybody who knew him. We set up the Cameron Grant Memorial Trust in Cameron’s memory especially to help others in these circumstances.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2024****(Continued...)**

Our aim is that the activities of the Cameron Grant Memorial Trust will make a difference to the number of people, and especially young people, suffering from poor mental health and improve outcomes for all sufferers. The Trust works to raise awareness of young suicide; to urge all who are suffering in silence to speak up and ask for help, and to support people who are fighting to overcome poor mental health, especially where this can be done through outdoor activity.

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Our beautiful Wellbeing Postcards, many drawn by Cameron's cousin Kirsty Ferguson, continue to be popular, especially in schools and counselling services. As ever, we print helpline information on the reverse side of the postcards, and you can see them all on our website: camgrant.org.uk/postcards.

In the year to 31 August 2024, we sent out 75,250 Coasters, 4,000 Cards and 24,800 Postcards. All of these were sent free of charge.

This year we discussed a postcard design competition with Dumfries Council open to all children at secondary school in the area and the winning postcards will be distributed to all secondary school pupils in the area in 2025. These will have the relevant helpline information.

As a free, 24/7 text service, SHOUT 85258 complements what is offered by others such as Samaritans (free and 24/7 but not widely available by text) and PAPYRUS HOPELINE247 (free and with a text contact option, for people under 35 and those worried about someone under 35). Cameron Grant Memorial Trust is delighted to be a Keyword Partner of Shout enabling us to offer the CAM Support Messenger service: "Text CAM to 85258 for confidential, free support at any time of day or night". We use this on as many of our Coasters, Cards and Postcards as possible.

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We organise an annual Night Walk on a Friday close to 10 October, Cameron's birthday; we do this to remember Cameron, to raise some money, and to have some fun! Our last Night Walk on 11 October 2024 was again a success with 330 people taking part and we look forward to the next one on 10 October 2025. This will be our 10th Night Walk. For more information, please see: www.camgrant.org.uk/night-walk

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2024****(Continued...)**

Evan continues to visit local schools to give talks based on Cameron's story. The talks highlight the importance of good mental health and looking out for your friends. Frances George and I visited several university wellbeing events to highlight the work of the charity and to distribute our resources.

The VCFSE Mental Health Collective, the community for mental health and wellbeing Voluntary, Community, Faith and Social Enterprise organisations in Birmingham and Solihull, has succeeded the Third Sector Mental Health Forum. Evan represents our Trust on the Collective.

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Cameron Grant Memorial Trust is also a member of the Zero Suicide Alliance (ZSA). We strongly believe in the power of a Zero Suicide ambition to change culture and hugely reduce the number of deaths by suicide. We urge everyone over 16 to take the free online suicide prevention training from the Zero Suicide Alliance. It takes only 20 minutes, and it might just save a life: www.zerosuicidealliance.com/training

This year we'd again like to make special mention of Kirsty Ferguson, Cameron's Cousin, who created the Wellbeing Postcards and continues to work with her mother, Tamara Ferguson, my sister, to produce beautiful greeting cards for Cameron Grant Memorial Trust.

We are very grateful for all donations given to us by many groups and individuals and all the fundraising efforts made by so many throughout the year. We would like to highlight: Warwickshire WAGS Gang Show, Hampton-in-Arden Calendar, Paul Ebrey from The Hampton gym for his trek up Mount Kilimanjaro, Mark Weston and Declan Whelan for running the Brighton Marathon, and everyone that donated or fundraised for the Charity during the year. We are extremely grateful to you all.

During the year we also gave grants to NSPA, University of Northumbria, Be Brave counselling, and Quinns Retreat totalling £8,000.

We know the gap between the number of young people reaching out for support and the support available is widening all the time. This coming year we will consider how we can support increased counselling services.

Poor mental health can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly, we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Appointment of Trustees

Trustees are appointed by members at the Annual General Meeting. Additional trustees may be co-opted between AGMs. The minimum number of trustees is three and the maximum number of trustees is twelve.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2024****(Continued...)****Investment policy**

The trustees' policy is to invest operating funds in easy access and relatively low risk bank accounts to meet expenditure over the next 12 months with the balance held in return yielding assets that will at least offset the effects of inflation.

Reserves policy

The trustees' reserves policy is to manage the reserves in such a way as to have sufficient funds available for the orderly winding up of the charity without liability should its future income be in such doubt that this is the only credible course of action.

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

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Trustees' responsibilities in relation to the financial statements

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

- select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities Statement of Recommended Practice SORP 2015 (FRS102);

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 20 June 2025 and signed on their behalf by

Signed on behalf of the Trustees



Carol Grant
Chairperson

CAMERON GRANT MEMORIAL TRUST
INDEPENDENT EXAMINER'S STATEMENT
FOR THE YEAR ENDED 31 AUGUST 2024

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 August 2024 which are set out on pages 7 – 14.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. Accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.

Paul Mannion FCA FCCA (Senior Statutory Auditor)
For and on behalf of BK Plus Audit Limited
Certified Accountants and Statutory Auditor
2 Highlands Court, Solihull, B90 4LE

Date: 20 June 2025

CAMERON GRANT MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Income:					
Donations and legacies	2	8,377	-	8,377	5,735
Other trading activities	3	18,636	-	18,636	13,822
Investments		796	-	796	742
Total incoming resources		<u>27,809</u>	<u>-</u>	<u>27,809</u>	<u>20,299</u>
Expenditure:					
Expenditure on Charitable activities	4	17,619	-	17,619	32,461
Other trading activities	5	1,085	-	1,085	2,518
Total expenditure		<u>18,704</u>	<u>-</u>	<u>18,704</u>	<u>34,979</u>
Net surplus/(deficit)		9,105	-	9,105	(14,680)
Net gains / (loss) on investments		<u>13,766</u>	<u>-</u>	<u>13,766</u>	<u>(1,185)</u>
Net movements in funds during the year		22,871	-	22,871	(15,865)
Funds brought forward		<u>118,919</u>	<u>-</u>	<u>118,919</u>	<u>134,784</u>
Total funds carried forward	8 - 9	<u>141,790</u>	<u>-</u>	<u>141,790</u>	<u>118,919</u>

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

All income and expenditure derive from continuing activities.

CAMERON GRANT MEMORIAL TRUST
BALANCE SHEET
FOR THE YEAR ENDED 31 AUGUST 2024

	Note	2024 £	2023 £
Fixed Assets			
Fixed asset investments	6	91,212	77,446
Current Assets			
Prepayments		725	459
Debtor		100	-
Cash at bank and in hand		<u>49,753</u>	<u>41,027</u>
		50,578	41,486
Liabilities			
Creditors falling due within one year	7	<u>-</u>	<u>(13)</u>
Net Current Assets		50,578	41,473
Net assets		<u>141,790</u>	<u>118,919</u>
Unrestricted funds	8	141,790	118,919
Restricted funds	9	-	-
Total funds		<u>141,790</u>	<u>118,919</u>

The financial statements were approved and authorised for issue by the Trustees on 20 June 2025.

Signed on behalf of the Trustees;



Carol Grant
Chairperson

The notes on pages 9 to 14 form part of these financial statements.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

1. Accounting policies

a) Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland', the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- The requirements of Section 7 Statement of Cash Flows

b) Fund Accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Incoming resources

All incoming resources are included in the SOFA when the Charitable Incorporated Organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy. Details of incoming resources are shown below.

d) Resources expended

All expenditure is accounted for on a payments basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot directly be attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

e) **Support costs allocation**

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

f) **Grants**

Grants are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred. Grants towards capital for on lending are released to restricted capital reserves when the funds are utilised in accordance with the company's principal activity.

g) **Investments**

Investments are recognised initially at fair value which is normally the transaction price excluding any transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments in the Statement of Financial Activities if the shares are publicly traded or their fair value can otherwise be measured reliability. Other investments are measured as cost less impairment.

Mixed motive investment

Mixed motive investments are made by the charity to generate a financial return and also contribute to the charity's objects. Such investments are valued at fair value which represents the bid price of the investment on the market in which it is listed. Any changes in the fair value of mixed motive investments are recognised in 'net gains / (losses) on investments in the Statement of Financial Activities

2. Donations and legacies

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Donations	5,960	-	5,960
Gift Aid	2,417	-	2,417
	<u>8,377</u>	<u>-</u>	<u>8,377</u>

Donations and legacies

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Donations	3,700	-	3,700
Gift Aid	2,035	-	2,035
	<u>5,735</u>	<u>-</u>	<u>5,735</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

3. Other trading activities	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Fundraising:			
Craft cards	993	-	993
Night walk	5,297	-	5,297
Amazon Smile & Facebook	411	-	411
Sarah Marsden 50km Walk	15	-	15
Paul Kilimanjaro	2,166	-	2,166
Brighton Marathon	4,117	-	4,117
Wags Show	4,226	-	4,226
Other	1,411	-	1,411
	<u>18,636</u>	<u>-</u>	<u>18,636</u>
Other trading activities	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Fundraising:			
Craft cards	890	-	890
Night walk	4,108	-	4,108
Amazon Smile & Facebook	1,363	-	1,363
Ultimate Frisbee Tournament	924	-	924
100km Yorkshire Marathon	50	-	50
Cambridge Half Marathon	1,195	-	1,195
Gym Half Marathon Walk	2,465	-	2,465
Sarah Marsden 50km Walk	815	-	815
Gym Triathlon	30	-	30
Other	1,982	-	1,982
	<u>13,822</u>	<u>-</u>	<u>13,822</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

4. Expenditure on Charitable activities	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Merchandise costs	6,054	-	6,054
Post and stationery	386	-	386
Advertising and marketing	-	-	-
Internet	139	-	139
Mental Health Innovation Grants	8,000	-	8,000
Delivery charge	1,236	-	1,236
Insurance	631	-	631
Sundries	1,173	-	1,173
	<u>17,619</u>	<u>-</u>	<u>17,619</u>

Expenditure on Charitable activities	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Merchandise costs	7,406	-	7,406
Post and stationery	990	-	990
Advertising and marketing	3,822	-	3,822
Internet	191	-	191
Mental Health Innovation Grants	17,683	-	17,683
Delivery charge	811	-	811
Insurance	572	-	572
Sundries	986	-	986
	<u>32,461</u>	<u>-</u>	<u>32,461</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

5. Other	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Fundraising costs	1,085	-	1,085
	<u>1,085</u>	<u>-</u>	<u>1,085</u>

Other	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Fundraising costs	2,518	-	2,518
	<u>2,518</u>	<u>-</u>	<u>2,518</u>

6. Fixed asset investments	Mixed Motive Investment £	Total 2024 £
Cost or valuation		
At 1 September 2023	77,446	77,446
Revaluation (unrealised gains)	13,766	13,766
At 31 August 2024	<u>91,212</u>	<u>91,212</u>
Historical Cost at 31 August 2024		75,000

The trustees are of the opinion that fixed asset investments totalling £91,212 are disclosed at fair value.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

7. Creditors	2024	2023
	£	£
Trade creditors	-	13
	<u>-</u>	<u>13</u>
8. Unrestricted funds	2024	2023
	£	£
Balance brought forward at 1 September 2023	118,919	134,784
Incoming resources	27,810	20,299
Resources expended	(18,705)	(34,979)
Net gains / (loss) on investments	13,766	(1,185)
Balance carried forward at 31 August 2024	<u>141,790</u>	<u>118,919</u>
9. Restricted Funds	Restricted Funds	Restricted Funds
	2024	2023
	£	£
Balance brought forward at 1 September 2023	-	-
Resources expended	-	-
Balance carried forward at 31 August 2024	<u>-</u>	<u>-</u>
10. Trustees emoluments		

The trustees did not receive any remuneration during this period (2023: £nil).

Expenses totalling £nil were reimbursed to the trustees during this period (2023: £nil).

CAMERON GRANT MEMORIAL TRUST

England & Wales - Charity number 1167221

Accounts



CAMERON GRANT MEMORIAL TRUST
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2023

CAMERON GRANT MEMORIAL TRUST

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FOR THE YEAR ENDED 31 AUGUST 2023

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CAMERON GRANT MEMORIAL TRUST
CHARITABLE INCORPORATED ORGANISATION INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2023

TRUSTEES:	Carol Grant (Chairperson) Evan Grant Alastair Grant John Scott Alan Flack Frances George
CHARITY REGISTERED NUMBER:	1167221
LEGAL STATUS:	Charitable Incorporated Organisation (“CIO”)
PRINCIPAL ADDRESS:	23 Belle Vue Terrace Hampton-in-Arden Solihull B92 0AR
WEBSITE ADDRESS:	www.camgrant.org.uk
BANKERS:	HSBC Bank plc 34 Poplar Road Solihull West Midlands B91 3AF

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2023

The Trustees present their Annual Report together with the Financial Statements for the period ended 31 August 2023.

Structure, governance and management

The Charitable Incorporated Organisation (“CIO”) is registered in accordance with the Charities Act 2011 and was entered on the Central Register of Charities on 19 May 2016. It is governed by a Constitution dated 18 May 2016.

Trustees

The following Trustees held office during the period to the date of this report:

Carol Grant (Chairperson)
Alastair Grant
Evan Grant
John Scott
Alan Flack
Frances George

Objectives and activities

The objectives of the Charitable Incorporated Organisation are the preservation and protection of good mental health in particular in young people (without prejudice to the generality) through:

- Raising awareness of young suicide.
- Urging all who are suffering in silence to speak up and ask for help.
- Supporting all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh’s award; and
- Assisting in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all and especially amongst young people.

When planning expenditure, the Trustees have considered the Charity Commission’s guidance on public benefit.

Achievements and performance

Awareness of mental health problems in the UK has continued to rise and the stigma has reduced. While the challenge may now be recognised more widely, huge problems remain; in 2022, 6588 suicides were registered in the UK, an increase of 34 compared to the previous year, (Samaritans: Latest suicide data). This means that on average 18 people per day – one person every 80 minutes - take their own lives in the UK.

Cameron fought a silent battle with depression for over 7 years before he died; we only know this through the letter he left us, as he hid his depression successfully from everybody who knew him. We set up the Cameron Grant Memorial Trust in Cameron’s memory especially to help others in these circumstances.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2023****(Continued...)**

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In the year to 31 August 2023, we sent out 79,000 Coasters, 34,000 Cards and 31,500 Postcards. All of these were sent free of charge.

As a free, 24/7 text service, SHOUT 85258 complements what is offered by others such as Samaritans (free and 24/7 but not widely available by text) and POPYRUS HOPELINEUK (free and with a text contact option, for people under 35 and those worried about someone under 35). Cameron Grant Memorial Trust is delighted to be a Keyword Partner of Shout enabling us to offer the CAM Support Messenger service: "Text CAM to 85258 for confidential, free support at any time of day or night". We use this on as many of our Coasters, Cards and Postcards as possible.

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We organise an annual Night Walk on a Friday close to 10 October, Cameron's birthday; we do this to remember Cameron, to raise some money, and to have some fun! Our last Night Walk on 6 October 2023 was again a success with 330 people taking part and we look forward to the next one on 11 October 2024. For more information, please see: www.camgrant.org.uk/night-walk

Evan continues to visit local schools to give talks based on Cameron's story. The talks highlight the importance of good mental health and looking out for your friends.

Frances George and I visited several university wellbeing events to highlight the work of the charity and to distribute our resources.

During the year Staffordshire Police invited Evan to give a talk at their wellbeing event.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2023****(Continued...)**

The VCFSE Mental Health Collective, the community for mental health and wellbeing Voluntary, Community, Faith and Social Enterprise organisations in Birmingham and Solihull, has succeeded the Third Sector Mental Health Forum. I represent our Trust on the Collective.

Cameron Grant Memorial Trust is a member of The Alliance of Suicide Prevention Charities (TASC), the National Suicide Prevention Alliance (NSPA) and the Support After Suicide Partnership (SASP). This helps us keep current with other initiatives and programmes, and the latest research, and gives us another means of communicating what we do. It also allows us to check we are not duplicating work done by others. In June 2022, Evan was elected to the Steering Group of the National Suicide Prevention Alliance for a 3-year term.

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We are very grateful for all donations given to us by many groups and individuals and all the fundraising efforts made by so many throughout the year. We would like to highlight: The Kier Foundation, Hampton-in-Arden Calendar, the Gym at Hampton Half Marathon Walk, Royal Holloway Ultimate Frisbee Tournament, and everyone that donated or fundraised for the Charity during the year. We are extremely grateful to you all.

During the year we reintroduced our Cameron Grants for Innovation in Mental Health programme and gave grants to eight organisations totalling £16,970. We also donated £2,750 in other grants for mental health support.

We know the gap between the number of young people reaching out for support and the support available is widening all the time. This coming year we will consider how we can support increased counselling services.

Poor mental health can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly, we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Appointment of Trustees

Trustees are appointed by members at the Annual General Meeting. Additional trustees may be co-opted between AGMs. The minimum number of trustees is three and the maximum number of trustees is twelve.

Investment policy

The trustees' policy is to invest operating funds in easy access and relatively low risk bank accounts to meet expenditure over the next 12 months with the balance held in return yielding assets that will at least offset the effects of inflation.

CAMERON GRANT MEMORIAL TRUST
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 AUGUST 2023
(Continued...)

Reserves policy

The trustees' reserves policy is to manage the reserves in such a way as to have sufficient funds available for the orderly winding up of the charity without liability should its future income be in such doubt that this is the only credible course of action.

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

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Trustees' responsibilities in relation to the financial statements

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

- select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities Statement of Recommended Practice SORP 2015 (FRS102);

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 21 May 2024 and signed on their behalf by

Signed on behalf of the Trustees



Carol Grant
Chairperson

CAMERON GRANT MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Income:					
Donations and legacies	2	5,735	-	5,735	11,956
Other trading activities	3	14,564	-	14,564	16,153
Total incoming resources		<u>20,299</u>	<u>-</u>	<u>20,299</u>	<u>28,110</u>
Expenditure:					
Expenditure on Charitable activities	4	32,461	-	32,461	13,432
Other trading activities	5	2,518	-	2,518	1,451
Total expenditure		<u>34,979</u>	<u>-</u>	<u>34,979</u>	<u>14,883</u>
Net surplus/(deficit)		(14,680)	-	(14,680)	13,227
Net gains / (loss) on investments		<u>(1,185)</u>	<u>-</u>	<u>(1,185)</u>	<u>(3,855)</u>
Net movements in funds during the year		(15,865)	-	(15,865)	9,372
Funds brought forward		<u>134,784</u>	<u>-</u>	<u>134,784</u>	<u>125,412</u>
Total funds carried forward	8 - 9	<u>118,919</u>	<u>-</u>	<u>118,919</u>	<u>134,784</u>

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

All income and expenditure derive from continuing activities.

CAMERON GRANT MEMORIAL TRUST
BALANCE SHEET
FOR THE YEAR ENDED 31 AUGUST 2023

	Note	2023 £	2022 £
Fixed Assets			
Fixed asset investments	6	77,446	53,631
Current Assets			
Prepayments		459	46
Cash at bank and in hand		<u>41,027</u>	<u>82,785</u>
		41,486	82,831
Liabilities			
Creditors falling due within one year	7	<u>(13)</u>	<u>(1,678)</u>
Net Current Assets		41,473	81,153
Net assets		<u>118,919</u>	<u>134,784</u>
Unrestricted funds	8	118,919	134,784
Restricted funds	9	-	-
Total funds		<u>118,919</u>	<u>134,784</u>

The financial statements were approved and authorised for issue by the Trustees on 21 May 2024.

Signed on behalf of the Trustees;



Carol Grant
Chairperson

The notes on pages 8 to 13 form part of these financial statements.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

1. Accounting policies

a) Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland', the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- The requirements of Section 7 Statement of Cash Flows

b) Fund Accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Incoming resources

All incoming resources are included in the SOFA when the Charitable Incorporated Organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy. Details of incoming resources are shown below.

d) Resources expended

All expenditure is accounted for on a payments basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot directly be attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

e) **Support costs allocation**

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

f) **Grants**

Grants are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred. Grants towards capital for on lending are released to restricted capital reserves when the funds are utilised in accordance with the company's principal activity.

g) **Investments**

Investments are recognised initially at fair value which is normally the transaction price excluding any transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments in the Statement of Financial Activities if the shares are publicly traded or their fair value can otherwise be measured reliability. Other investments are measured as cost less impairment.

Mixed motive investment

Mixed motive investments are made by the charity to generate a financial return and also contribute to the charity's objects. Such investments are valued at fair value which represents the bid price of the investment on the market in which it is listed. Any changes in the fair value of mixed motive investments are recognised in 'net gains / (losses) on investments in the Statement of Financial Activities

2. Donations and legacies

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Donations	3,700	-	3,700
Gift Aid	2,035	-	2,035
	<u>5,735</u>	<u>-</u>	<u>5,735</u>

Donations and legacies

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Grants	2,000	-	2,000
Donations	6,664	-	6,664
Gift Aid	3,292	-	3,292
	<u>11,956</u>	<u>-</u>	<u>11,956</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

3. Other trading activities	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Fundraising:			
Craft cards	890	-	890
Night walk	4,108	-	4,108
Amazon Smile & Facebook	1,363	-	1,363
Ultimate Frisbee Tournament	924	-	924
100km Yorkshire Marathon	50	-	50
Cambridge Half Marathon	1,195	-	1,195
Gym Half Marathon Walk	2,465	-	2,465
Sarah Marsden 50km Walk	815	-	815
Gym Triathlon	30	-	30
Other	2,724	-	2,724
	<u>14,564</u>	<u>-</u>	<u>14,564</u>
Other trading activities	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Fundraising:			
Craft cards	1,145	-	1,145
Night walk	5,415	-	5,415
Amazon Smile & Facebook	1,881	-	1,881
Ultimate Frisbee Tournament	1,367	-	1,367
100km Yorkshire Marathon	2,135	-	2,135
Gym Triathlon	1,680	-	1,680
Other	2,530	-	2,530
	<u>16,153</u>	<u>-</u>	<u>16,153</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

4. Expenditure on Charitable activities	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Merchandise costs	7,406	-	7,406
Post and stationery	990	-	990
Advertising and marketing	3,822	-	3,822
Internet	191	-	191
Mental Health Innovation Grants	17,683	-	17,683
Delivery charge	811	-	811
Insurance	572	-	572
Sundries	986	-	986
	<u>32,461</u>	<u>-</u>	<u>32,461</u>

Expenditure on Charitable activities	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Merchandise costs	7,423	176	7,599
Design fees	624	-	624
Post and stationery	165	-	165
Advertising and marketing	-	-	-
Internet	131	-	131
Grants and donations	1,745	-	1,745
Delivery charge	971	-	971
Insurance	527	-	527
Sundries	1,670	-	1,670
	<u>13,256</u>	<u>176</u>	<u>13,432</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

5. Other	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Fundraising costs	2,518	-	2,518
	<u>2,518</u>	<u>-</u>	<u>2,518</u>

Other	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Fundraising costs	1,255	-	1,255
Portfolio fees	196	-	196
	<u>1,451</u>	<u>-</u>	<u>1,451</u>

6. Fixed asset investments	Mixed Motive Investment £	Total 2023 £
Cost or valuation		
At 1 September 2022	53,631	53,631
Addition	25,000	25,000
Revaluation (unrealised loss)	(1,185)	(1,185)
At 31 August 2023	<u>77,446</u>	<u>77,446</u>
Historical Cost at 31 August 2023		75,000

The trustees are of the opinion that fixed asset investments totalling £77,446 are disclosed at fair value.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

7. Creditors	2023 £	2022 £
Trade creditors	13	1,678
	<u>13</u>	<u>1,678</u>
8. Unrestricted funds	2023 £	2022 £
Balance brought forward at 1 September 2022	134,784	125,236
Incoming resources	20,299	28,110
Resources expended	(34,979)	(14,707)
Net gains / (loss) on investments	(1,185)	(3,855)
Balance carried forward at 31 August 2023	<u>118,919</u>	<u>134,784</u>
9. Restricted Funds	Restricted Funds 2023 £	Restricted Funds 2022 £
Balance brought forward at 1 September 2022	-	176
Resources expended	-	(176)
Balance carried forward at 31 August 2023	<u>-</u>	<u>-</u>

10. Trustees emoluments

The trustees did not receive any remuneration during this period (2022: £nil).

Expenses totalling £nil were reimbursed to the trustees during this period (2022: £nil).

CAMERON GRANT MEMORIAL TRUST

England & Wales - Charity number 1167221

Accounts



CAMERON GRANT MEMORIAL TRUST
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2022

CAMERON GRANT MEMORIAL TRUST

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FOR THE YEAR ENDED 31 AUGUST 2022

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CAMERON GRANT MEMORIAL TRUST
CHARITABLE INCORPORATED ORGANISATION INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2022

TRUSTEES:	Evan Grant (Chairman) Carol Grant Alastair Grant John Scott Alan Flack Frances George
CHARITY REGISTERED NUMBER:	1167221
LEGAL STATUS:	Charitable Incorporated Organisation (“CIO”)
PRINCIPAL ADDRESS:	23 Belle Vue Terrace Hampton-in-Arden Solihull B92 0AR
WEBSITE ADDRESS:	www.camgrant.org.uk
BANKERS:	HSBC Bank plc 34 Poplar Road Solihull West Midlands B91 3AF

CAMERON GRANT MEMORIAL TRUST
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 AUGUST 2022

The Trustees present their Annual Report together with the Financial Statements for the period ended 31 August 2022.

Structure, governance and management

The Charitable Incorporated Organisation (“CIO”) is registered in accordance with the Charities Act 2011 and was entered on the Central Register of Charities on 19 May 2016. It is governed by a Constitution dated 18 May 2016.

Trustees

The following Trustees held office during the period to the date of this report:

Evan Grant (Chairman)
Alastair Grant
Carol Grant
John Scott
Alan Flack
Frances George

Objectives and activities

The objectives of the Charitable Incorporated Organisation are the preservation and protection of good mental health in particular in young people (without prejudice to the generality) through:

- Raising awareness of young suicide.
- Urging all who are suffering in silence to speak up and ask for help.
- Supporting all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh’s award; and
- Assisting in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all and especially amongst young people.

When planning expenditure, the Trustees have considered the Charity Commission’s guidance on public benefit.

Achievements and performance

Awareness of mental health problems in the UK has continued to rise and the stigma has reduced. While the challenge may now be recognised more widely, huge problems remain; in 2021, 6556 suicides were registered in the UK, an increase of 308 compared to the previous year, (Samaritans: Latest suicide data, Deaths from suicide rise in Northern Ireland). This means that on average 18 people per day – one person every 80 minutes - take their own lives in the UK.

Cameron fought a silent battle with depression for over 7 years before he died; we only know this through the letter he left us, as he hid his depression successfully from everybody who knew him. We set up the Cameron Grant Memorial Trust in Cameron’s memory especially to help others in these circumstances.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2022****(Continued...)**

Our aim is that the activities of the Cameron Grant Memorial Trust will make a difference to the number of people, and especially young people, suffering from poor mental health and improve outcomes for all sufferers. The Trust works to raise awareness of young suicide; to urge all who are suffering in silence to speak up and ask for help, and to support people who are fighting to overcome poor mental health, especially where this can be done through outdoor activity.

In support of our goal to encourage all to speak up and ask for help rather than to soldier on battling mental distress on their own, we create Cameron's Coasters; these are simple drink mats which carry the message "There is always someone you can talk to" on one side and contact details for people who can help on the other. We have worked with universities, colleges & schools and workplaces, especially in the emergency services, to customise Cameron's Coasters so that they carry the help details most important for each place where they are used. We also produce Cameron's Cards, a 'business card' version of the coasters, with similar help information, but in a form that is more enduring and can easily be kept in a wallet. Further information can be found on our website: camgrant.org.uk/coasters and camgrant.org.uk/cards

The beautiful Wellbeing Postcards drawn by Cameron's cousin Kirsty Ferguson continue to be popular, especially in schools. As ever, we print helpline information on the reverse side of the postcards, and you can see them all on our website: camgrant.org.uk/postcards.

In the year to 31 August 2022, we sent out 99,000 Coasters, 26,500 Cards and 31,000 Postcards. All of these were sent free of charge.

A theme which connects many of our projects is that we provide physical "signposts" which carry help information for those in mental distress in the community where the "signpost" is used. We learnt that those who sleep rough are one of the groups most likely to suffer from poor mental health, yet we knew that Cameron's Coasters, Cards and Postcards would not be useful. We also learnt that dehydration is a problem for those living on the streets, so we worked with Coventry City Council to develop a reusable aluminium water bottle with appropriate help details for rough sleepers in Coventry. We have now repeated this project with Telford & Wrekin Council (September 2022) and hope to repeat with other councils too. Reusable water bottles are, naturally, more expensive than Coasters and Cards so we will seek grant funding for each new water bottle project. Our most recent project is to produce a water bottle for Langley School supported by the Solihull Winter Wellbeing Fund. For more information see our website - camgrant.org.uk/water-bottles.

SHOUT 85258 has grown in the UK, and as a free, 24/7 text service, it complements what is offered by others such as Samaritans (free and 24/7 but not widely available by text) and PAPHOS HOPELINEUK (free and with a text contact option, but not 24/7). Cameron Grant Memorial Trust is delighted to be a Keyword Partner of Shout enabling us to offer the CAM Support Messenger service: "Text CAM to 85258 for confidential, free support at any time of day or night". We use this on as many of our Coasters, Cards and Postcards as possible.

We started Cameron's Coasters to encourage people to ask for help rather than to suffer in silence as Cameron did. If you know of a community that might benefit from Cameron's Coasters, Cards, Postcards or Water Bottles, or any other signpost, then please get in touch on info@camgrant.org.uk.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2022****(Continued...)**

We organise an annual Night Walk on a Friday close to 10 October, Cameron's birthday; we do this to remember Cameron, to raise some money, and to have some fun! Our last Night Walk on 7 October 2022 was again a success with 250 people taking part and we look forward to the next one on 6 October 2023. For more information, please see: www.camgrant.org.uk/night-walk

In 2021 I took part as a Peer Researcher in a project run jointly by The University of Strathclyde and the Mental Health Foundation. This was a study of the effects of bereavement by suicide for people in later life and led to this publication: "It's a Living Experience": Bereavement by Suicide in Later Life. The work was first presented by Prof Trish Hafford-Letchfield and Dr Jeff Hanna at Suicide Bereavement UK's 10th International Conference in Manchester on 23 Sep 2021. Evan, Carol and Frances George were in the audience and also manned a Cameron Grant Memorial Trust stand at the conference.

I continue to visit local schools to give talks based on Cameron's story. The talks highlight the importance of good mental health and looking out for your friends. I also continue to serve on the Solihull Suicide Prevention Group run by Solihull Metropolitan Borough Council.

The VCFSE Mental Health Collective, the community for mental health and wellbeing Voluntary, Community, Faith and Social Enterprise organisations in Birmingham and Solihull, has succeeded the Third Sector Mental Health Forum. Carol represents our Trust on the Collective.

Cameron Grant Memorial Trust is a member of The Alliance of Suicide Prevention Charities (TASC), the National Suicide Prevention Alliance (NSPA) and the Support After Suicide Partnership (SASP). This helps us keep current with other initiatives and programmes, and the latest research, and gives us another means of communicating what we do. It also allows us to check we are not duplicating work done by others. In June 2022, I was elected to the Steering Group of the National Suicide Prevention Alliance for a 3-year term.

Cameron Grant Memorial Trust is also a member of the Zero Suicide Alliance (ZSA). We strongly believe in the power of a Zero Suicide ambition to change culture and hugely reduce the number of deaths by suicide. We urge everyone over 16 to take the free online suicide prevention training from the Zero Suicide Alliance. It takes only 20 minutes, and it might just save a life: www.zerosuicidealliance.com/training

This year we'd again like to make special mention again of Kirsty Ferguson, Cameron's Cousin, who created the Wellbeing Postcards and continues to work with her mother, Tamara Ferguson, Carol's sister, to produce beautiful greeting cards for Cameron Grant Memorial Trust.

We are very grateful for all donations given to us by many groups and individuals and all the fundraising efforts made by so many throughout the year. We would like to highlight: JLR and Hampton in Arden Church for donating £1000 each, Richard Price's Ultra Marathon, the Gym at Hampton Triathlon, the 100km Walk completed together by Tamara Ferguson, Alastair Grant and me, and everyone that donated or fundraised for the Charity during the year. We are extremely grateful to you all.

Through the year we made donations to: Tapped, a heart-warming comedy that explores the importance of connection, fulfilment and (lack of) hope by Beth Cooper Productions at Theatre503 (£2000), the Making Me primary school game (£995), and to the Mental Health Library in Coventry created by Melanie Griffin (£250). In 2023 we will be reintroduce our Cameron Grants for Innovation in Mental Health programme.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2022****(Continued...)**

This will be my last Annual Report as Chair of Trustees. In January 2023, I stood down as Chair and was succeeded by Carol. It has been a privilege to serve as Chair and I am pleased to continue as a Trustee.

Poor mental health can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly, we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Appointment of Trustees

Trustees are appointed by members at the Annual General Meeting. Additional trustees may be co-opted between AGMs. The minimum number of trustees is three and the maximum number of trustees is twelve.

Investment policy

The trustees' policy is to invest operating funds in easy access and relatively low risk bank accounts to meet expenditure over the next 12 months with the balance held in return yielding assets that will at least offset the effects of inflation.

Reserves policy

The trustees' reserves policy is to manage the reserves in such a way as to have sufficient funds available for the orderly winding up of the charity without liability should its future income be in such doubt that this is the only credible course of action.

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

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2022

(Continued...)

Trustees' responsibilities in relation to the financial statements

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

- select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities Statement of Recommended Practice SORP 2015 (FRS102);

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 28 June 2023 and signed on their behalf by

Signed on behalf of the Trustees

A handwritten signature in black ink that reads "Evan Grant". The signature is written in a cursive, flowing style.

Evan Grant – Chairman

CAMERON GRANT MEMORIAL TRUST
INDEPENDENT EXAMINERS REPORT
FOR THE YEAR ENDED 31 AUGUST 2022

Independent Examiner's Report to the Trustees of Cameron Grant Memorial Trust

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 August 2022 which are set out on pages 8 to 15.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Mannion FCA FCCA
for and on behalf of BK Plus Limited
Chartered Certified Accountants
2 Highlands Court
Cranmore Avenue
Solihull
B90 4LE

28 June 2023

CAMERON GRANT MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Income:					
Donations and legacies	2	11,956	-	11,956	11,146
Other trading activities	3	16,153	-	16,153	39,462
		<hr/>	<hr/>	<hr/>	<hr/>
Total incoming resources		28,110	-	28,110	50,608
Expenditure:					
Expenditure on Charitable activities	4	13,256	176	13,432	82,081
Other trading activities	5	1,451	-	1,451	1,549
		<hr/>	<hr/>	<hr/>	<hr/>
Total expenditure		14,707	176	14,883	83,630
Net surplus/(deficit)		13,403	(176)	13,227	(33,022)
Net gains / (loss) on investments		(3,855)	-	(3,855)	7,682
		<hr/>	<hr/>	<hr/>	<hr/>
Net movements in funds during the year		9,548	(176)	9,372	(25,340)
Funds brought forward		125,236	176	125,412	150,752
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward	8 - 9	<u>134,784</u>	<u>-</u>	<u>134,784</u>	<u>125,412</u>

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

All income and expenditure derive from continuing activities.

CAMERON GRANT MEMORIAL TRUST

BALANCE SHEET

FOR THE YEAR ENDED 31 AUGUST 2022

	Note	2022 £	2021 £
Fixed Assets			
Fixed asset investments	6	53,631	57,682
Current Assets			
Prepayments		46	21
Cash at bank and in hand		<u>82,785</u>	<u>68,011</u>
		82,831	68,032
Liabilities			
Creditors falling due within one year	7	<u>(1,678)</u>	<u>(302)</u>
Net Current Assets		81,153	67,730
Net assets		<u>134,784</u>	<u>125,412</u>
Unrestricted funds			
Unrestricted funds	8	134,784	125,236
Restricted funds	9	-	176
Total funds		<u>134,784</u>	<u>125,412</u>

The financial statements were approved and authorised for issue by the Trustees on 28 June 2023.

Signed on behalf of the Trustees;



Evan Grant
Chairman

The notes on pages 10 to 15 form part of these financial statements.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

1. Accounting policies

a) Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland', the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- The requirements of Section 7 Statement of Cash Flows

b) Fund Accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Incoming resources

All incoming resources are included in the SOFA when the Charitable Incorporated Organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy. Details of incoming resources are shown below.

d) Resources expended

All expenditure is accounted for on a payments basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot directly be attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

e) **Support costs allocation**

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

f) **Grants**

Grants are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred. Grants towards capital for on lending are released to restricted capital reserves when the funds are utilised in accordance with the company's principal activity.

g) **Investments**

Investments are recognised initially at fair value which is normally the transaction price excluding any transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments in the Statement of Financial Activities if the shares are publicly traded or their fair value can otherwise be measured reliability. Other investments are measured as cost less impairment.

Mixed motive investment

Mixed motive investments are made by the charity to generate a financial return and also contribute to the charity's objects. Such investments are valued at fair value which represents the bid price of the investment on the market in which it is listed. Any changes in the fair value of mixed motive investments are recognised in 'net gains / (losses) on investments in the Statement of Financial Activities

2. Donations and legacies

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Grants	2,000	-	2,000
Donations	6,664	-	6,664
Gift Aid	3,292	-	3,292
	<u>11,956</u>	<u>-</u>	<u>11,956</u>

Donations and legacies

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Grants	1,151	-	1,151
Donations	5,793	-	5,793
Gift Aid	4,202	-	4,202
	<u>11,146</u>	<u>-</u>	<u>11,146</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

3. Other trading activities	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Fundraising:			
Craft cards	1,145	-	1,145
Night walk	5,415	-	5,415
Amazon Smile & Facebook	1,881	-	1,881
Ultimate Frisbee Tournament	1,367	-	1,367
100km Yorkshire Marathon	2,135	-	2,135
Gym Triathlon	1,680	-	1,680
Other	2,530	-	1,350
	<u>16,153</u>	<u>-</u>	<u>16,153</u>
 Other trading activities	 Unrestricted Funds 2021 £	 Restricted Funds 2021 £	 Total Funds 2021 £
Fundraising:			
Craft cards	359	-	359
Trek to Everest base Camp	630	-	630
Coast 2 Coast Cycle	29,354	-	29,354
Peak District 60 miles walk	2,161	-	2,161
Amazon Smile & Facebook	2,050	-	2,050
Virtual Edinburgh Marathon	1,294	-	1,294
Other	3,614	-	3,614
	<u>39,462</u>	<u>-</u>	<u>39,462</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

4. Expenditure on Charitable activities	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Merchandise costs	7,423	176	7,599
Design fees	624	-	624
Post and stationery	165	-	165
Advertising and marketing	-	-	-
Internet	131	-	131
Grants and donations	1,745	-	1,745
Delivery charge	971	-	971
Insurance	527	-	527
Sundries	1,670	-	1,670
	<u>13,256</u>	<u>176</u>	<u>13,432</u>

Expenditure on Charitable activities	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Merchandise costs	9,391	1,384	10,775
Design fees	295	-	295
Post and stationery	520	-	520
Advertising and marketing	3,713	-	3,713
Internet	280	-	280
Grants and donations	64,019	-	64,019
Delivery charge	897	-	897
Insurance	252	-	252
Sundries	1,330	-	1,330
	<u>80,697</u>	<u>1,384</u>	<u>82,081</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

5. Other	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Fundraising costs	1,255	-	1,255
Portfolio fees	196	-	196
	<u>1,451</u>	<u>-</u>	<u>1,451</u>

Other	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Fundraising costs	1,549	-	1,549
	<u>1,549</u>	<u>-</u>	<u>1,549</u>

6. Fixed asset investments	Mixed Motive Investment £	Total 2022 £
Cost or valuation		
At 1 September 2021	57,682	57,682
Disposals	(196)	(196)
Revaluation (unrealised gain)	(3,855)	(3,855)
At 31 August 2022	<u>53,631</u>	<u>53,631</u>
Historical Cost at 31 August 2022		49,804

The trustees are of the opinion that fixed asset investments totalling £53,631 are disclosed at fair value.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

7. Creditors	2022	2021
	£	£
Trade creditors	1,678	302
	<u>1,678</u>	<u>302</u>
8. Unrestricted funds	2022	2021
	£	£
Balance brought forward at 1 September 2021	125,236	149,192
Incoming resources	28,110	50,608
Resources expended	(14,707)	(82,246)
Net gains on investments	(3,855)	7,682
Balance carried forward at 31 August 2022	<u>134,784</u>	<u>125,236</u>
9. Restricted Funds	Restricted Funds	Restricted Funds
	2022	2021
	£	£
Balance brought forward at 1 September 2021	176	1,560
Resources expended	(176)	(1,384)
Balance carried forward at 31 August 2022	<u>-</u>	<u>176</u>

Restricted Grant – IBM

To fund a project to enable the Charity to work with front-line charities that provide services to the homeless, to improve mental health and reduce the prevalence of suicide amongst homeless and ‘street’ communities via the provision of durable, reusable water bottles to the homeless, in Coventry.

10. Trustees emoluments

The trustees did not receive any remuneration during this period (2021: £nil).

Expenses totalling £nil were reimbursed to the trustees during this period (2021: £nil).

CAMERON GRANT MEMORIAL TRUST

England & Wales - Charity number 1167221

Accounts



CAMERON GRANT MEMORIAL TRUST
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2021

CAMERON GRANT MEMORIAL TRUST

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FOR THE YEAR ENDED 31 AUGUST 2021

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CAMERON GRANT MEMORIAL TRUST
CHARITABLE INCORPORATED ORGANISATION INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2021

TRUSTEES:	Evan Grant (Chairman) Carol Grant Alastair Grant John Scott Alan Flack Frances George
CHARITY REGISTERED NUMBER:	1167221
LEGAL STATUS:	Charitable Incorporated Organisation (“CIO”)
PRINCIPAL ADDRESS:	23 Belle Vue Terrace Hampton-in-Arden Solihull B92 0AR
WEBSITE ADDRESS:	www.camgrant.org.uk
BANKERS:	HSBC Bank plc 34 Poplar Road Solihull West Midlands B91 3AF

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2021**

The Trustees present their Annual Report together with the Financial Statements for the period ended 31 August 2021.

Structure, governance and management

The Charitable Incorporated Organisation (“CIO”) is registered in accordance with the Charities Act 2011 and was entered on the Central Register of Charities on 19 May 2016. It is governed by a Constitution dated 18 May 2016.

Trustees

The following Trustees held office during the period to the date of this report:

Evan Grant (Chairman)
Alastair Grant
Carol Grant
John Scott
Alan Flack
Frances George

Objectives and activities

The objectives of the Charitable Incorporated Organisation are the preservation and protection of good mental health in particular in young people (without prejudice to the generality) through:

- Raising awareness of young suicide;
- Urging all who are suffering in silence to speak up and ask for help;
- Supporting all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh’s award; and
- Assisting in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all and especially amongst young people.

When planning expenditure, the Trustees have considered the Charity Commission’s guidance on public benefit.

Achievements and performance

Awareness of mental health problems in the UK has continued to rise and the stigma has reduced. While the challenge may now be recognised more widely, huge problems remain; in 2020, 6221 suicides were registered in the UK, a decrease of 463 compared to the previous year, ([Samaritans: Latest suicide data](#)). Any decrease in suicides is always very welcome. For 2020 the Office for National Statistics reports that the decrease is likely to be driven by two factors; a decrease in male suicides at the start of the coronavirus (COVID 19) pandemic, and delays in death registrations because of the pandemic ([Suicides in England and Wales: 2020 registrations](#)). Nevertheless, this still means that on average 17 people per day – one person every 84 minutes - take their own lives in the UK.

Cameron fought a silent battle with depression for over 7 years before he died; we only know this through the letter he left us, as he hid his depression successfully from everybody who knew him. We set up the Cameron Grant Memorial Trust in Cameron’s memory especially to help others in these circumstances.

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

(Continued...)

Our aim is that the Cameron Grant Memorial Trust will make a difference to the number of people, and especially young people, suffering from poor mental health and improve outcomes for sufferers. The Trust works to raise awareness of young suicide; to urge all who are suffering in silence to speak up and ask for help, to support those are fighting to overcome poor mental health, especially where this can be done through outdoor activity

In support of our goal to encourage all to speak up and ask for help rather than to soldier on battling mental distress on their own, we created Cameron's Coasters; these are simple drink mats which carry the message "There is always someone you can talk to" on one side, and contact details for people who can help on the other. We have worked with universities, colleges & schools and workplaces, especially in the emergency services, to customise Cameron's Coasters so that they carry the help details most important for each place where they are used. We also produce Cameron's Cards, a 'business card' version of the coasters, with similar help information, but in a form that is more enduring and can easily be kept in a wallet. Further information can be found on our website: camgrant.org.uk/coasters and camgrant.org.uk/cards

The beautiful Wellbeing Postcards drawn by Cameron's cousin Kirsty Ferguson and introduced last year are increasingly popular, especially in schools. As ever, we print helpline information on the reverse side of the postcards and you can see them all on our website: camgrant.org.uk/postcards. In the year to 31 August 2021, we sent out 140,750 Coasters and this included our 1 millionth Coaster on 4 April 2021! We also sent out 48,000 Cards and 18,500 Postcards. All of these were sent free of charge.

A theme which connects many of our projects is that we provide physical "signposts" which carry help information for those in mental distress in the community where the "signpost" is used. We learnt that those who sleep rough are one of the groups most likely to suffer from poor mental health, yet we knew that Cameron's Coasters, Cards and Postcards would not be useful. We also learnt that dehydration is a problem for those living on the streets, so we worked with Coventry City Council to develop a reusable aluminium water bottle with appropriate help details for rough sleepers in Coventry. We distributed 200 water bottles through the council in the summer of 2021 and feedback was strong. We are now repeating this project with Telford & Wrekin Council and hope to do this with many other councils too. Reusable water bottles are, naturally, more expensive than Coasters and Cards so we will seek grant funding for each new water bottle project. For more information see our website - camgrant.org.uk/water-bottles - and this press release from Coventry City Council: [Life-saving message on a bottle](#) Shout has grown in the UK, and as a free, 24/7 text service, Shout complements what is offered by others such as Samaritans (free and 24/7 but not widely available by text) and POPYRUS HOPELINEUK (free and with a text contact option, but not 24/7). Cameron Grant Memorial Trust is delighted to be a Keyword Partner of Shout enabling us to offer the CAM Support Messenger service: "Text CAM to 85258 for confidential, free support at any time of day or night". We use this on as many of our Coasters, Cards and Postcards as possible.

We started Cameron's Coasters to encourage people to ask for help rather than to suffer in silence as Cameron did. If you know of a community that might benefit from Cameron's Coasters, Cards, Postcards or Water Bottles, then please get in touch on info@camgrant.org.uk.

In September 2020, John Scott (Trustee), his daughter Laura and I cycled Coast to Coast with 27 others to raise money for the Trust. We organised this ride together with Paul Ebrey and Gareth Thomas of The Hampton Health & Fitness Club and Imp Adventures. We rode the Way of the Roses from Morecambe to Bridlington, and it was an amazing experience, not least for me as I only started cycling again after a 35 year gap on 5 June 2020. It was late 2019 when we chose the dates for our Coast to Coast challenge in September 2020 and we were extremely fortunate that the dates happened to fall in a gap between lockdowns though we were required to ride as 5 "socially-isolated bubbles of 6". This adventure raised over £30,000 for Cameron Grant Memorial Trust and we are very grateful to all who took part and to all who made it possible.

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

(Continued...)

As 2020 progressed it quickly increasingly clear that the pandemic was creating a huge extra burden for mental health services that were already badly stretched. So, we sought to use our limited funds to encourage innovation that might help address this load. On 11 January 2021 we launched Cameron Grants for Innovation in Mental Health, to offer 'seed-funding' of between £100 & £2,500 to individuals or organisations who needed money to trial new ways to support those in need.

We were immediately deluged with applications and by the time we closed the scheme to new applications on 9 April, we had received 375 applications! Special thanks to Trustees Alan Flack, Alastair Grant and Carol Grant who reviewed them all, and to volunteer Harriet Matthews whose support of the process was invaluable. After careful consideration we awarded 29 grants worth a total of £51,352 to novel projects that inspired us the most.

We were delighted with the imagination, thought and care that went into the applications and there were several good ideas that we're convinced will go on to make a difference:

- **Lion's Barber Collective:** training barbers to spot tell-tale signs of an impending mental health crisis
- **Give your Worries the Boot:** art, craft and song-based ways to help kids recognise and manage worry better.
- **EmoTee:** t-shirts whose design can be changed to reflect the wearers current mood using velcro emojis.

Our efforts now are on working with the projects we have supported. As they conclude we will review the programme and consider opening Cameron Grants for a new round of applications.

We organise an annual Night Walk on a Friday close to 10 October, Cameron's birthday; we do this to remember Cameron, to raise some money, and to have some fun! We did not hold the Night Walk in October 2020 because of the pandemic restrictions but were able to hold it successfully again in October 2021. We look forward to the next one on 7 October 2022.

After a pause through the various lockdowns, I am again visiting schools to give talks based on Cameron's story. I highlight the importance of good mental health and looking out for your friends. In 2021 I took part as a Peer Researcher in a project run jointly by The University of Strathclyde and the Mental Health Foundation. This was a study of the effects of bereavement by suicide for people in later life and led to this recent publication: ["It's a Living Experience": Bereavement by Suicide in Later Life](#)

I continue to serve on the Solihull Suicide Prevention Group run by Solihull Metropolitan Borough Council, and I represent our Trust on the Birmingham and Solihull Third Sector Mental Health Forum. Cameron Grant Memorial Trust is a member of The Alliance of Suicide Prevention Charities (TASC), the National Suicide Prevention Alliance (NSPA) and the Support After Suicide Partnership (SASP). This helps us keep current with other initiatives and programmes, and the latest research, and gives us another means of communicating what we do. It also allows us to check we are not duplicating work done by others. In June 2022, I was elected to the Steering Group of the National Suicide Prevention Alliance.

Cameron Grant Memorial Trust is also a member of the Zero Suicide Alliance (ZSA). We strongly believe in the power of a Zero Suicide ambition to change culture and hugely reduce the number of deaths by suicide. We urge everyone over 16 to take the free online suicide prevention training from the Zero Suicide Alliance. It takes only 20 minutes, and it might just save a life: www.zerosuicidealliance.com/training

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

(Continued...)

We are very grateful for all donations given to us by many groups and individuals and all the fundraising efforts made by so many throughout the year. In addition to the Coast to Coast Cycle Ride, we would like to highlight: Peak District Challenge (Evan & Alastair Grant) - £2,161; Saving Harry's Mullet (Harry Jones) - £1,439; Virtual Edinburgh Marathon (Jimmy Christian) - £1,294; Co-op Local Community Fund - £1,150; Hampton-in-Arden Parish Church - £1,000; Everest Base Camp Trek in Edinburgh (Kirsty Ferguson) - £630; Hampton-in-Arden Calendar (Peter Green and Adam Paintain) - £600; Knowle and Dorridge Round Table - £500; and Road to the Olympics Step Challenge (Solihull MBC) - £500.

This year I'd again like to make special mention again of Kirsty Ferguson, Cameron's Cousin, who, as well as creating the Wellbeing Postcards, and completing a "virtual trek" to Everest Base Camp to raise funds, has continued to work with her mother, Tamara Ferguson, Carol's sister, to produce beautiful greeting cards for Cameron Grant Memorial Trust.

In addition to Cameron Grants covered above, through the year we made donations to: Shine Youth - £4,000; Northumbria University (Walk My Doggie project) - £1,300; POPYRUS - £1,000; Coventry Mind - £1,000; Shout 85258 - £1,000; Sport in Mind - £1,000; Kaleidoscope Plus - £1,000; and Moodlifter (neurodiverse exercise classes) - £612.

Poor mental health can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly, we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Appointment of Trustees

Trustees are appointed by members at the Annual General Meeting. Additional trustees may be co-opted between AGMs. The minimum number of trustees is three and the maximum number of trustees is twelve.

Investment policy

The trustees' policy is to invest operating funds in easy access and relatively low risk bank accounts to meet expenditure over the next 12 months with the balance held in return yielding assets that will at least offset the effects of inflation.

Reserves policy

The trustees' reserves policy is to manage the reserves in such a way as to have sufficient funds available for the orderly winding up of the charity without liability should its future income be in such doubt that this is the only credible course of action.

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

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

(Continued...)

Trustees' responsibilities in relation to the financial statements

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

- select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities Statement of Recommended Practice SORP 2015 (FRS102);

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 28 June 2022 and signed on their behalf by

Signed on behalf of the Trustees

A handwritten signature in black ink that reads "Evan Grant". The signature is written in a cursive, flowing style.

Evan Grant – Chairman

CAMERON GRANT MEMORIAL TRUST

INDEPENDENT EXAMINERS REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

Independent Examiner's Report to the Trustees of Cameron Grant Memorial Trust

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 August 2021 which are set out on pages 8 to 15.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Mannion FCA FCCA
for and on behalf of BK Plus Limited
Chartered Certified Accountants
2 Highlands Court
Cranmore Avenue
Solihull
B90 4LE

28 June 2022

CAMERON GRANT MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Income:					
Donations and legacies	2	11,146	-	11,146	14,459
Other trading activities	3	39,462	-	39,462	24,569
		<hr/>	<hr/>	<hr/>	<hr/>
Total incoming resources		50,608	-	50,608	39,028
Expenditure:					
Expenditure on Charitable activities	4	80,697	1,384	82,081	19,773
Other trading activities	5	1,549	-	1,549	2,137
		<hr/>	<hr/>	<hr/>	<hr/>
Total expenditure		82,246	1,384	83,630	21,910
Net surplus/(deficit)		(31,638)	(1,384)	(33,022)	17,118
Net gains on investments		7,682	-	7,682	-
		<hr/>	<hr/>	<hr/>	<hr/>
Net movements in funds during the year		(23,956)	(1,384)	(25,340)	17,118
Funds brought forward		149,192	1,560	150,752	133,634
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward	8 - 9	125,236	176	125,412	150,752

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

All income and expenditure derives from continuing activities.

CAMERON GRANT MEMORIAL TRUST

BALANCE SHEET

FOR THE YEAR ENDED 31 AUGUST 2021

	Note	2021 £	2020 £
Fixed Assets			
Fixed asset investments	6	57,682	-
Current Assets			
Prepayments	21	16	
Cash at bank and in hand		<u>68,011</u>	<u>155,390</u>
		68,032	155,406
Liabilities			
Creditors falling due within one year	7	<u>(302)</u>	<u>(4,654)</u>
Net Current Assets		67,730	150,752
Net assets		<u><u>125,412</u></u>	<u><u>150,752</u></u>
Unrestricted funds			
Unrestricted funds	8	125,236	149,192
Restricted funds	9	176	1,560
Total funds		<u><u>125,412</u></u>	<u><u>150,752</u></u>

The financial statements were approved and authorised for issue by the Trustees on 28 June 2022.

Signed on behalf of the Trustees;



Evan Grant
Chairman

The notes on pages 10 to 15 form part of these financial statements.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

1. Accounting policies

a) Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland', the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- The requirements of Section 7 Statement of Cash Flows

b) Fund Accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Incoming resources

All incoming resources are included in the SOFA when the Charitable Incorporated Organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy. Details of incoming resources are shown below.

d) Resources expended

All expenditure is accounted for on a payments basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot directly be attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

e) **Support costs allocation**

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

f) **Grants**

Grants are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred. Grants towards capital for on lending are released to restricted capital reserves when the funds are utilised in accordance with the company's principal activity.

g) **Investments**

Investments are recognised initially at fair value which is normally the transaction price excluding any transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments in the Statement of Financial Activities if the shares are publicly traded or their fair value can otherwise be measured reliability. Other investments are measured as cost less impairment.

Mixed motive investment

Mixed motive investments are made by the charity to generate a financial return and also contribute to the charity's objects. Such investments are valued at fair value which represents the bid price of the investment on the market in which it is listed. Any changes in the fair value of mixed motive investments are recognised in 'net gains / (losses) on investments in the Statement of Financial Activities

2. Donations and legacies

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Grants	1,151	-	1,511
Donations	5,793	-	5,793
Gift Aid	4,202	-	4,202
	<u>11,146</u>	<u>-</u>	<u>11,146</u>

Donations and legacies

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Grants	751	1,560	2,311
Donations	6,837	-	6,837
Gift Aid	5,311	-	5,311
	<u>12,899</u>	<u>1,560</u>	<u>14,459</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

3. Other trading activities	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Fundraising:			
Craft cards	359	-	359
Trek to Everest base Camp	630	-	630
Coast 2 Coast Cycle	29,354	-	29,354
Peak District 60 miles walk	2,161	-	2,161
Amazon Smile & Facebook	2,050	-	2,050
Virtual Edinburgh Marathon	1,294	-	1,294
Other	3,614	-	3,614
	<u>39,462</u>	<u>-</u>	<u>39,462</u>
 Other trading activities	 Unrestricted Funds 2020 £	 Restricted Funds 2020 £	 Total Funds 2020 £
Fundraising:			
Craft cards	496	-	496
Night Walk	4,569	-	4,569
Trek to Everest base Camp	8,292	-	8,292
Pantomime	280	-	280
Kelly's Run Royal Holloway	1,689	-	1,689
Matt Parker's Half Marathon	1,735	-	1,735
Amazon Smile & Facebook	2,193	-	2,193
Other	5,315	-	5,315
	<u>24,569</u>	<u>-</u>	<u>24,569</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

4. Expenditure on Charitable activities	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Merchandise costs	9,391	1,384	10,775
Design fees	295	-	295
Post and stationery	520	-	520
Advertising and marketing	3,713	-	3,713
Internet	280	-	280
Grants and donations	64,019	-	64,019
Delivery charge	897	-	897
Insurance	252	-	252
Sundries	1,330	-	1,330
	<u>80,697</u>	<u>1,384</u>	<u>82,081</u>

Expenditure on Charitable activities	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Merchandise costs	7,061	-	7,061
Design fees	845	-	845
Post and stationery	274	-	274
Advertising and marketing	4,760	-	4,760
Internet	180	-	180
Grants and donations	5,062	-	5,062
Delivery charge	563	-	563
Travel expenses	349	-	349
Insurance	162	-	162
Sundries	517	-	517
	<u>19,773</u>	<u>-</u>	<u>19,773</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

5. Other	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Fundraising costs	1,549	-	1,549
	<u>1,549</u>	<u>-</u>	<u>1,549</u>

Other	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Fundraising costs	2,137	-	2,137
	<u>2,137</u>	<u>-</u>	<u>2,137</u>

6. Fixed asset investments	Mixed Motive Investment £	Total 2021 £
Cost or valuation		
At 1 September 2020	-	-
Additions	50,000	50,000
Revaluation	7,682	7,682
At 31 August 2021	<u>57,682</u>	<u>57,682</u>
Impairment		
At 1 September 2020	-	-
At 31 August 2021	<u>-</u>	<u>-</u>
Carrying amount		
At 1 September 2020	<u>-</u>	<u>-</u>
At 31 August 2021	<u>57,682</u>	<u>57,682</u>

The trustees are of the opinion that fixed asset investments totalling £57,682 are disclosed at fair value.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

7. Creditors	2021	2020
	£	£
Trade creditors	302	1,684
Accruals and deferred income	-	2,970
	<u>302</u>	<u>4,654</u>
8. Unrestricted funds	2021	2020
	£	£
Balance brought forward at 1 September 2020	149,192	133,634
Incoming resources	50,608	37,468
Resources expended	(82,246)	(21,910)
Net gains on investments	7,682	-
Balance carried forward at 31 August 2021	<u>125,236</u>	<u>149,192</u>
9. Restricted Funds	Restricted	Restricted
	Funds	Funds
	2021	2020
	£	£
Balance brought forward at 1 September 2020	1,560	-
Incoming resources	-	1,560
Resources expended	(1,384)	-
Balance carried forward at 31 August 2021	<u>176</u>	<u>-</u>

Restricted Grant – IBM

To fund a project to enable the Charity to work with front-line charities that provide services to the homeless, to improve mental health and reduce the prevalence of suicide amongst homeless and ‘street’ communities via the provision of durable, reusable water bottles to the homeless, in Brighton & Hove.

10. Trustees emoluments

The trustees did not receive any remuneration during this period (2020: £nil).

Expenses totalling £nil were reimbursed to the trustees during this period (2020: £nil).

CAMERON GRANT MEMORIAL TRUST

England & Wales - Charity number 1167221

Accounts



CAMERON GRANT MEMORIAL TRUST
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

CAMERON GRANT MEMORIAL TRUST

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FOR THE YEAR ENDED 31 AUGUST 2020

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CAMERON GRANT MEMORIAL TRUST
CHARITABLE INCORPORATED ORGANISATION INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2020

TRUSTEES:	Evan Grant (Chairman) Carol Grant Alastair Grant John Scott Alan Flack Frances George
CHARITY REGISTERED NUMBER:	1167221
LEGAL STATUS:	Charitable Incorporated Organisation (“CIO”)
PRINCIPAL ADDRESS:	23 Belle Vue Terrace Hampton-in-Arden Solihull B92 0AR
WEBSITE ADDRESS:	www.camgrant.org.uk
BANKERS:	HSBC Bank plc 34 Poplar Road Solihull West Midlands B91 3AF

CAMERON GRANT MEMORIAL TRUST
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 AUGUST 2020

The Trustees present their Annual Report together with the Financial Statements for the period ended 31 August 2020.

Structure, governance and management

The Charitable Incorporated Organisation (“CIO”) is registered in accordance with the Charities Act 2011 and was entered on the Central Register of Charities on 19 May 2016. It is governed by a Constitution dated 18 May 2016.

Trustees

The following Trustees held office during the period to the date of this report:

Evan Grant (Chairman)
Alastair Grant
Carol Grant
John Scott
Alan Flack
Frances George

Objectives and activities

The objectives of the Charitable Incorporated Organisation are the preservation and protection of good mental health in particular in young people (without prejudice to the generality) through:

- Raising awareness of young suicide;
- Urging all who are suffering in silence to speak up and ask for help;
- Supporting all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh’s award; and
- Assisting in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all and especially amongst young people.

When planning expenditure, the Trustees have considered the Charity Commission’s guidance on public benefit.

Achievements and performance

Awareness of mental health problems in the UK has continued to rise and the stigma has reduced. While the challenge may now be recognised more widely, huge problems remain; in 2018, 6,507 suicides were registered in the UK, an 11.8% rise over the previous year reversing several years of slow but steady decline. This means that on average nearly 18 people per day – one person every 81 minutes - take their own lives in the UK. Full year figures for 2019 have been delayed, but the trend through 2019 was of continued increase.

Cameron fought a silent battle with depression for over 7 years before he died; we only know this through the letter he left us, as he hid his depression successfully from everybody who knew him. We set up the Cameron Grant Memorial Trust in Cameron’s memory especially to help others in these circumstances.

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2020****(Continued...)**

We aim to ensure the activities of the Cameron Grant Memorial Trust will make a difference to the number of people, and especially young people, suffering from poor mental health and improve outcomes for all sufferers. The Trust works to raise awareness of young suicide; to urge all who are suffering in silence to speak up and ask for help, and to support people who are fighting to overcome poor mental health, especially where this can be done through outdoor activity.

In support of our goal to encourage all to speak up and ask for help rather than to soldier on battling mental distress on their own, we created Cameron's Coasters; these are simple drink mats which carry the message "There is always someone you can talk to" on one side, and contact details for people who can help on the other. We have worked with universities, colleges & schools and workplaces, especially in the emergency services, to customise Cameron's Coasters so that they carry the help details most important for each place where they are used. We also produce Cameron's Cards, a 'business card' version of the coasters, with similar help information, but in a form that is more enduring and can easily be kept in a wallet.

In the year to 31 August 2020, we sent out 216,500 Coasters and Cards. All of these were sent free of charge. Further information can be found on our website: camgrant.org.uk/coasters

As an innovation, Cameron's cousin Kirsty Ferguson drew some beautiful postcards with wellbeing messages so we are now able to offer these Wellbeing Postcards in addition to Cameron's Coasters and Cards. As ever, we print helpline information on the reverse side of the postcards and you can see them all on our website: www.camgrant.org.uk/2021/02/wellbeing-postcards-by-kirsty-ferguson.

Shout has grown in the UK, and as a free, 24/7 text service, Shout complements what is offered by others such as Samaritans (free and 24/7 but not widely available by text) and POPYRUS HOPELINEUK (free and with a text contact option, but not 24/7). Cameron Grant Memorial Trust is delighted to be a Keyword Partner of Shout enabling us to offer the CAM Support Messenger service: "Text CAM to 85258 for confidential, free support at any time of day or night". We use this on as many of our Coasters, Cards and Postcards as possible.

We started Cameron's Coasters to encourage people to ask for help rather than to suffer in silence as Cameron did. If you know of a community that might benefit from Cameron's Coasters, Cards or Postcards, then please get in touch on info@camgrant.org.uk.

In October 2019 Carol and I trekked to Everest Base Camp in memory of Cameron in a group of 14 family and friends including Frances George (Trustee), Tamara Ferguson and Kirsty Ferguson. This was a wonderful experience made more special by sharing with so many others and we also raised £8,292 for the Trust. Very many thanks to all who supported us in this effort.

We organise our annual Night Walk on a Friday close to 10 October, Cameron's birthday; we do this to remember Cameron, to raise some money, and to have some fun! 305 people took part in our 5th Night Walk on 11th October 2019 along a 4.5 mile (7.2km) route from Hampton to Barston and back. The Night Walk was again a great success with a record number of walkers, and we were delighted to raise £4,570 for the Trust.

CAMERON GRANT MEMORIAL TRUST

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 AUGUST 2020

(Continued...)

Of course, for much of the year to 31 August 2020, the COVID-19 pandemic has brought tragedy to many and has dramatically changed the world for all of us. Opportunities to use Coasters, Cards and Postcards are much more limited when lockdown rules prevent or severely limit social mixing. We took advantage of the pause in our normal activities to commission 3 videos which we were produced in late 2020 and launched in early 2021 (see www.camgrant.org.uk/2021/01/announcing-3-new-videos). We have also developed a student volunteer programme and are in a position to launch this with the videos when – hopefully! – colleges and universities return to something like normal life in the autumn of 2021.

Before lockdown I continued to give talks based on Cameron's story in schools about the importance of good mental health and am pleased to find myself being invited back annually in several local schools. In December 2020 I stepped down as Chair of the Solihull Suicide Prevention Group run by Solihull Metropolitan Borough Council but continue to serve as a member of the Group.

Cameron Grant Memorial Trust is a member of The Alliance of Suicide Prevention Charities (TASC), the National Suicide Prevention Alliance (NSPA) and the Support After Suicide Partnership (SASP). This helps us keep current with other initiatives and programmes, and the latest research, and gives us another means of communicating what we do. It also allows us to check we are not duplicating work done by others.

Cameron Grant Memorial Trust is also a member of the Zero Suicide Alliance (ZSA). We strongly believe in the power of a Zero Suicide ambition to change culture and hugely reduce the number of deaths by suicide. We urge everyone over 16 to take the free online suicide prevention training from the Zero Suicide Alliance. It takes only 20 minutes, and it might just save a life: www.zerosuicidealliance.com/training

We are very grateful for all donations given to us by many groups and individuals and all the fundraising efforts made by so many throughout the year. We would like to highlight: Matt Parker's ½ Marathon - £1,735; Kelly's Royal Holloway Run 2020 (an event cancelled by COVID) - £1,689; Donations in memory of Mary Clyne - £1,076; Hampton-in-Arden Parish Church - £1,000; the Hampton-in-Arden Calendar (Peter Green and Adam Paintain) - £690; and the Sale of a Land Rover Mountain Bike donated by Marcus Jones - £510.

This year I'd like to make special mention again of Kirsty Ferguson, Cameron's Cousin, who, as well as creating the new Wellbeing Postcards, has continued to work with her mother, Tamara Ferguson, Carol's sister, to produce beautiful greeting cards for Cameron Grant Memorial Trust.

Through the year we made donations to: Everything is Absolutely Fine (a musical comedy about living with Anxiety) - £1,750; Platform for Life - £1,668; Maytree - £500; Time to Talk - £500; NSPA - £500; and Wizzleworld - £144

For me and fellow trustee John Scott from June onwards our time was increasingly dominated by preparation for a Coast to Coast Ride from Morecambe to Bridlington for Cameron Grant Memorial Trust. We organised this together with The Hampton Health & Fitness Club, our local gym, and it went ahead on 18-20 September 2020. We were very fortunate that pandemic regulations at the time allowed us to go ahead; we rode with 28 others in 5 socially distanced "bubbles" of 6. The weather was fine, it was an extraordinary experience and collectively we raised over £30,000 for the Trust. Very many thanks to all who took part and helped make it happen!

CAMERON GRANT MEMORIAL TRUST**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 AUGUST 2020****(Continued...)**

We are excited about these new projects we launched in early 2021:

- **Cameron Grants for Innovation in Mental Health:** a programme of small cash awards to encourage innovative ways to support individuals suffering with poor mental health. We had a fantastic response to this programme and look forward to describing the projects we supported and what they achieved in next year's annual report.
- **Water Bottles:** a theme which connects many of our projects is that we provide physical "signposts" which carry help information for those in mental distress in the community where the "signpost" is used. We learnt that those who sleep rough are one of the groups most likely to suffer from poor mental health, yet we knew that Cameron's Coasters, Cards and Postcards would not be a useful. We also learnt that dehydration is a problem for those living on the streets, so we worked with Coventry City Council to develop a reusable aluminium water bottle with appropriate help details for rough sleepers in Coventry. Early feedback from our pilot project in Coventry is strong; we look forward to reporting on this in full next year too

Poor mental health can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly, we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Appointment of Trustees

Trustees are appointed by members at the Annual General Meeting. Additional trustees may be co-opted between AGMs. The minimum number of trustees is three and the maximum number of trustees is twelve.

Investment policy

The trustees' policy is to invest operating funds in easy access and relatively low risk bank accounts to meet expenditure over the next 12 months with the balance held in return yielding assets that will at least offset the effects of inflation.

Reserves policy

The trustees' reserves policy is to manage the reserves in such a way as to have sufficient funds available for the orderly winding up of the charity without liability should its future income be in such doubt that this is the only credible course of action.

CAMERON GRANT MEMORIAL TRUST
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 AUGUST 2020
(Continued...)

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

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Trustees' responsibilities in relation to the financial statements

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

- select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities Statement of Recommended Practice SORP 2015 (FRS102);

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 25 June 2021 and signed on their behalf by

Signed on behalf of the Trustees



Evan Grant – Chairman

CAMERON GRANT MEMORIAL TRUST
INDEPENDENT EXAMINERS REPORT
FOR THE YEAR ENDED 31 AUGUST 2020

Independent Examiner's Report to the Trustees of Cameron Grant Memorial Trust

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 August 2020 which are set out on pages 8 to 15.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Mannion ACA ACCA
for and on behalf of Eden Currie Limited
Chartered Accountants
2 Highlands Court
Cranmore Avenue
Solihull
B90 4LE

25 June 2021

CAMERON GRANT MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2020

	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
Income:					
Donations and legacies	2	12,899	1,560	14,459	27,010
Other trading activities	3	24,569	-	24,569	17,083
		<u>37,468</u>	<u>1,560</u>	<u>39,028</u>	<u>44,093</u>
Expenditure:					
Expenditure on Charitable activities	4	19,773	-	19,773	29,046
Other	5	2,137	-	2,137	2,583
		<u>21,910</u>	<u>-</u>	<u>21,910</u>	<u>31,629</u>
Net movement in funds during the year		15,558	1,560	17,118	12,464
Funds brought forward		<u>133,634</u>	<u>-</u>	<u>133,634</u>	<u>121,170</u>
Total funds carried forward	7 - 8	<u>149,192</u>	<u>1,560</u>	<u>150,752</u>	<u>133,634</u>

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

All income and expenditure derives from continuing activities.

CAMERON GRANT MEMORIAL TRUST

BALANCE SHEET

FOR THE YEAR ENDED 31 AUGUST 2020

	Note	2020 £	2019 £
Current assets			
Prepayments		16	123
Cash at bank and in hand		155,390	135,259
		<u>155,406</u>	<u>135,382</u>
Liabilities			
Creditors falling due within one year	6	(4,654)	(1,718)
Net Current Assets		<u>150,752</u>	<u>133,634</u>
Net assets		<u>150,752</u>	<u>133,634</u>
Unrestricted funds	7	149,192	133,634
Restricted funds	8	1,560	-
Total funds		<u>150,752</u>	<u>133,634</u>

The financial statements were approved and authorised for issue by the Trustees on 25 June 2021.

Signed on behalf of the Trustees;



Evan Grant
Chairman

The notes on pages 10 to 15 form part of these financial statements.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2020

1. Accounting policies

a) Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The charity has applied Update Bulletin 1 as published on 2 February 2016 and the Financial Statements do not include a cash flow statement on the grounds that it is applying FRS 102 Section 1A.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Fund Accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Incoming resources

All incoming resources are included in the SOFA when the Charitable Incorporated Organisation is legally entitled to the income and the amount can be quantified with reasonable accuracy. Details of incoming resources are shown below.

d) Resources expended

All expenditure is accounted for on a payments basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot directly be attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2020

e) **Support costs allocation**

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

f) **Grants**

Grants are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred. Grants towards capital for on lending are released to restricted capital reserves when the funds are utilised in accordance with the company's principal activity.

2. **Donations and legacies**

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Grants	751	1,560	2,311
Donations	6,837	-	6,837
Gift Aid	5,311	-	5,311
	<u>12,899</u>	<u>1,560</u>	<u>14,459</u>

Donations and legacies

	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £
Grants	-	1,400	1,400
Donations	23,926	-	23,926
Gift Aid	1,684	-	1,684
	<u>25,610</u>	<u>1,400</u>	<u>27,010</u>

CAMERON GRANT MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2020

3. Other trading activities	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Fundraising:			
Craft cards	496	-	496
Night Walk	4,569	-	4,569
Trek to Everest base Camp	8,292	-	8,292
Pantomime	280	-	280
Kelly's Run Royal Holloway	1,689	-	1,689
Matt Parker's Half Marathon	1,735	-	1,735
Amazon Smile & Facebook	2,193	-	2,193
Other	5,315	-	5,315
	<u>24,569</u>	<u>-</u>	<u>24,569</u>
Other trading activities	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £
Fundraising:			
Craft cards	855	-	855
Night Walk	3,546	-	3,546
Pantomime	348	-	348
IBM Funding	44	-	44
Charity Work Out Week	4,105	-	4,105
Gym Half Marathon Walk	2,047	-	2,047
Other	6,138	-	6,138
	<u>17,083</u>	<u>-</u>	<u>17,083</u>

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4. Expenditure on Charitable activities	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Merchandise costs	7,061	-	7,061
Design fees	845	-	845
Post and stationery	274	-	274
Advertising and marketing	4,760	-	4,760
Internet	180	-	180
Charitable donations	5,062	-	5,062
Delivery charge	563	-	563
Travel expenses	349	-	349
Insurance	162	-	162
Sundries	517	-	517
	<u>19,773</u>	<u>-</u>	<u>19,773</u>

Expenditure on Charitable activities	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £
Training projects	1,036	-	1,036
Merchandise costs	6,996	1,400	8,396
Design fees	685	-	685
Post and stationery	412	-	412
Advertising and marketing	7,072	-	7,072
Internet	192	-	192
Sponsorship	8,000	-	8,000
Charitable donations	500	-	500
Delivery charge	878	-	878
Travel expenses	923	-	923
Insurance	203	-	203
Sundries	749	-	749
	<u>27,646</u>	<u>1,400</u>	<u>29,046</u>

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5. Other	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Fundraising costs	2,137	-	2,137
	<u>2,137</u>	<u>-</u>	<u>2,137</u>
 Other	 Unrestricted Funds 2019 £	 Restricted Funds 2019 £	 Total Funds 2019 £
Fundraising costs	1,925	-	1,925
Lecture sponsorship	658	-	658
	<u>2,583</u>	<u>-</u>	<u>2,583</u>
 6. Creditors		2020 £	2019 £
Trade creditors		1,684	1,068
Accruals and deferred income		2,970	650
		<u>4,654</u>	<u>1,718</u>
 7. Unrestricted funds		2020 £	2019 £
Balance brought forward at 1 September 2019		133,634	121,170
Incoming resources		37,468	42,693
Resources expended		(21,910)	(30,229)
Balance carried forward at 31 August 2020		<u>149,192</u>	<u>133,634</u>

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8. Restricted Funds	Restricted Funds 2020 £	Restricted Funds 2019 £
Balance brought forward at 1 September 2019	-	-
Incoming resources	1,560	1,400
Resources expended	-	(1,400)
Balance carried forward at 31 August 2020	<u>1,560</u>	<u>-</u>

Restricted Grant - IBM

To fund a project to enable the Charity to work with front-line charities that provide services to the homeless, to improve mental health and reduce the prevalence of suicide amongst homeless and 'street' communities via the provision of durable, reusable water bottles to the homeless, in Brighton & Hove.

9. Trustees emoluments

The trustees did not receive any remuneration during this period (2019: £nil).

Expenses totalling £nil were reimbursed to the trustees during this period (2019: £nil).