



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 PAPYRUS 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, appearing to read 'Evan Grant', with a stylized flourish at the end.

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		<hr/> (3,855)	<hr/> -	<hr/> (3,855)	<hr/> 7,682
Net movements in funds during the year		9,548	(176)	9,372	(25,340)
Funds brought forward		<hr/> 125,236	<hr/> 176	<hr/> 125,412	<hr/> 150,752
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	82,785	68,011	
	82,831	68,032	
Liabilities			
Creditors falling due within one year	7	(1,678)	(302)
Net Current Assets		81,153	67,730
Net assets		<u>134,784</u>	<u>125,412</u>
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
	16,153	-	16,153
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
	39,462	-	39,462

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
	13,256	176	13,432

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
	80,697	1,384	82,081

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).