

YOUBELONG

England & Wales · Charity number 1169229

Details

Other names Curamentis

Status Registered

Legal form CIO

Registered 2016-09-16

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

Contact

Address The Coach House
Greys Green Business Centre
Henley-on-Thames
Oxfordshire
RG9 4QC

Phone +61 418480111

Email ukoffice1@youbelongcommunity.org

Website <http://youbelongcommunity.org>

Activities

Objects: THE OBJECTS OF THE CIO (THE OBJECTS) ARE THE RELIEF OF PERSONS IN EAST AFRICA WHO ARE IN NEED, HARDSHIP OR DISTRESS AND IN PARTICULAR (WITHOUT PREJUDICE TO THE GENERALITY) SUFFERING FROM MENTAL ILLNESS AND TO ADVANCE THE HEALTH OF SAID PEOPLE BY THE PROVISION OF GRANTS TO ORGANISATIONS WORKING WITH SAID PEOPLE

Activities: To liberate women, men, and children, from stigma and from being dehumanised in under resourced mental hospitals in East Africa and the damage to their human dignity, their human rights and then to place people back into community with support, care, and opportunity. To help and support people who are struggling with the destructive effects of institutions and asylum life mental hospitals.

Classification

- **How:** Makes Grants To Organisations
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Other Charitable Purposes
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Uganda

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£99,576	£63,619	-	-
2024-08-31	£21,832	£34,093	-	-
2023-08-31	£27,308	£37,422	-	-
2022-08-31	£152,619	£121,432	-	-
2021-08-31	£1,140	£79,180	-	-
2020-08-31	£122,635	£89,300	-	-

Trustees

Name	Role	Appointed
Dr ANNALISA JENKINS		2015-09-15
Dr JAMES KANANURA TIBENDERANA		2016-09-14
Dr SHEVIN JACOB		2016-09-16

YOUBELONG

England & Wales - Charity number 1169229

Accounts

YOUBELONG
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

YOUBELONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Doctor A Jenkins
Doctor S Jacob
Doctor J Tibenderana

Charity number

1169229

Accountants and independent examiner

Neil Major
Bruton Charles
The Coach House
Greys Green Business Centre
Henley-on-Thames
Oxfordshire
RG9 4QG

YOUBELONG

CONTENTS

	Page
Trustees' report	1 - 6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10 - 14
Annexed pages in respect of Youbelong Uganda	15 - 19

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2025

The Trustees of YouBelong (the Foundation), who are also members of the Foundation, present their report and accounts for the period ended 31 August 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Foundation's governing document, the Charities Act 2011 and 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 published in October 2019.

Structure, governance and management

The Foundation is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission for England and Wales on 16 September 2016 with registered charity number 1169229. The Foundation is governed by its constitution dated 16 September 2016.

The trustees who served during the year were:

Doctor A Jenkins

Doctor S Jacob

Doctor J Tibenderana

There have been no new trustees appointed since the Foundation was registered with the Charity Commission for England and Wales.

If and when new trustees are required, they will be identified by the existing Trustees. Any new trustee will be recruited on the basis of their expertise. It is the policy of the Trustees to have a multi-disciplinary board. In selecting new trustees, the Trustees will expect the prospective trustees to be exemplary in their honesty and commitment to the objects of the Foundation.

A newly-appointed trustee will be provided with a copy of the constitution of the Foundation, the latest financial statements and details of any conflicts of interest and grant-making policies. New trustees will have the decision-making process explained to them by the existing Trustees and will be provided with an overview of the administrative procedures employed by the Foundation.

The Trustees are responsible for the overall governance of the Foundation. The Trustees meet regularly throughout the year by electronic means, as they reside in different countries, and are responsible for ensuring that the Foundation acts in accordance with its objects. The Trustees are also responsible for determining the policies of the charity.

Currently, there are three trustees from a variety of backgrounds relevant to the aims of the charity. The Trustees collectively review strategy and operational performance and approve grants to be provided and fundraising events and activities to be arranged to ensure the Foundation meets its aims. The Trustees also consider conflicts of interest policies, reserves management and risk management.

The chair of the trustees is Dr Annalisa Jenkins. The Trustees have delegated the day to day administration of the charity to Dr Annalisa Jenkins.

Related Parties

The Trustees understand that they must disclose transactions with related parties of the Foundation. The Trustees recognise that there are a range of donors, individuals, and organisations that work with and network with the Foundation. In the Trustees' opinion, the only related parties are the three Trustees of the Foundation. All other parties are unconnected with the Foundation.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

How our activities deliver public benefit

As required by the Charity Commission, the Trustees have always had due regard for the requirement that the Foundation's aims should be for the public benefit.

The public benefit of the grants made available by the Foundation is significant. Mental patients, who have been in long-term confinement in institutional/asylum care in dehumanising conditions, have been resettled with their families and are provided with a level of support to restore their dignity and to help them towards full recovery. Families have been reunited and supported and enabled to live with increased quality of life. Local communities have a sense of wellbeing in the knowledge that the vulnerable amongst them, such as people with mental illness, are being assisted in order to participate in the economic and social life of the community.

As well, grants made, contribute to public awareness of the causes of mental illness and methods of self-help, as well as advice on seeking professional support. This occurs through radio programs and mental health seminars at community events.

Risk review and management

The Trustees have undertaken a risk assessment that highlights the principal risks associated with the Foundation's activities. They are satisfied that adequate reporting procedures are in place to identify and mitigate the risks posed to the Foundation. The Trustees regularly assess the funding requirements and the costs that the Foundation regularly incurs to ensure that there are no factors that could impact the Foundation's ability to fulfil its objectives.

The Trustees have also taken reasonable steps to prevent fraud and other irregularities. For example, the transfer of funds from the Foundation to programs in Uganda by electronic means requires full security measures with Hoare's Bank UK, who hold the accounts of the Foundation. A two-person approval and verification system is in place to ensure that only formally authorised payments can be executed.

The Trustees have also adopted a conflicts of interest policy that is continually referred to in respect of all of its planned charitable events and grant-making activities.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Objectives and activities

The objects of the Foundation, as set out in the constitution of the Foundation, are as follows:

The objects of the CIO, are the relief of persons in East Africa who are in need, hardship or distress and in particular (without prejudice to the generality) suffering from mental illness and to advance the health of said people by the provision of grants to organisations working with said people.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Foundation's aims and objects and distributing grants.

Mindful of the objects of the CIO, the Trustees of the Foundation have examined the objects of YouBelong Uganda, being the main recipient of grants from the Foundation in the current financial year, and have determined that the work of YouBelong Uganda is consistent with the above objects. YouBelong Uganda is a registered NGO in Uganda established for the purpose of moving people recovering from mental illness from the national mental hospital in Kampala, Uganda, and transporting them to their families and local communities and then working with the returned patient, and their family to prevent relapse and return to institutional life. The activities of YouBelong Uganda highlight the needed mental health and wellbeing support for girls and women, in a highly patriarchal society, such as Uganda.

The Foundation has provided grants to YouBelong Uganda and continues to monitor and evaluate the work of the Ugandan based organisation to ensure that the grants are appropriately applied to the proper work of the organisation.

YouBelong has supported the decision of YouBelong Uganda to give special attention to the mental health needs of children, particularly girls, within school environments, in consideration of the high levels of emotional distress amongst children, due to poverty, family abuse, and teachers who are untrained in safeguarding and early childhood development.

The Trustees of the Foundation will continue to monitor organisations in East Africa that provide support to people with mental illness and are open to funding a range of organisations, depending upon available funds, and depending upon the relevance of the work of organisations in East Africa, to the objects of the Foundation.

The Trustees have decided for the next financial year to maintain their focus grant-making to YouBelong Uganda and to provide grants to build sustainability of a mental hospital decongestion and deinstitutionalisation model of mental health care being implemented in Uganda. Following the successful evaluation of a new model of mental health in Uganda that is properly subjected to evidence based research, the Trustees of the Foundation are mindful that such a model could be transported into the health systems of other East African countries.

The core belief of the Foundation is that belonging to family, local community, and culture is foundational to human wellbeing and mental wellbeing. The crucial role of the main carer in families, most usually wife or mother, grandmother, aunt, or older child, is a vital part of the strategy of YouBelong Uganda, in developing community based mental health services. Harnessing the lived experience of people recovering from severe mental illness, and empowering these persons to be peer supporters in helping others manage their severe mental illness, is also fundamental to the belief of the Foundation, and of YouBelong Uganda. Respect, recognition, and dignity within community are fundamental relational experiences if a person is to possess a healthy self-image and a sense of wellbeing. It is this core belief in the human need to belong that underpins the work of the Foundation in restoring people to mental health in low income countries in East Africa, such as Uganda.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Grant making Policy

The Trustees of the Foundation have resolved that the Foundation's grant-making should be guided by the following principles:

1. Organisations may only qualify for grants from the Foundation if the activities and goals of such organisations are directly within the scope of the objects of the Foundation.
2. Organisations may only qualify for grants from the Foundation if they are legally registered as a non government organisation (NGO) in the East African country in which they operate.
3. Organisations may only qualify for grants from the Foundation if the programmes they run are sustainable beyond the life of the grant.
4. Organisations may only qualify for grants from the Foundation if the programmes they run have the potential to be scalable and to have an impact not only upon individuals but also families and local communities and the health system within the particular East African country.
5. Preference is given to programmes which are evidence-based and innovative.
6. Preference is also given to programmes which strengthen the local health system and are particularly geared to the creation of a community-based mental health system balanced between acute in-patient hospital care and community-based support.

Volunteers

Although there are currently no volunteers working for the Foundation, the Trustees agree that volunteers have the potential to be an important part of local innovation, mobilising the community to assist in mental health support. The Foundation supports organisations such as YouBelong Uganda in exploring the use of people who are in a high level of recovery from mental illness to act as volunteer peer support workers. These volunteers would be easily accessible to families who might be experiencing some difficulties when a family member returned from hospital care relapses and behavioural problems occur.

The Foundation continues to emphasise the importance of the lived experience of people recovering from severe mental illness, being engaged in the care of people in the beginning stages of their recovery from severe mental illness. This is viewed by the Foundation as a vitally important tool in low income countries in providing low cost and this sustainable support.

Achievements and performance

Grants from the Foundation to programmes in Uganda, East Africa, during this period of time have produced significant achievements.

Grants from the Foundation have also enabled:

- The ongoing employment and support in Uganda of a multi-disciplinary team of 4 social workers, 2 clinical nurses, 1 occupational therapist, 2 psychiatric clinical officers. These qualified professionals provide expert care for people with severe mental illness, particularly various forms of psychosis.
- The renting of offices close-by the national mental hospital in Kampala, Uganda.
- The development and the implementation of a unique PRE-DISCHARGE FROM HOSPITAL ASSESSMENT TOOL and a POST- DISCHARGE EMPOWERMENT TOOL, to enable the community mental health team to prepare a patient for discharge and to prepare their family to receive the patient back home and to maintain the patient with family and in the community. Before these tools were developed, there was no preparation of the patient or their family before discharge. YouBelong Uganda has now increased its return to family rate to between 40 to 60 persons per month to assist the rate of decongestion of the national mental hospital in Uganda.
- The introduction of a WALK ALONGSIDE training program, for primary health workers in local health centres in the Wakiso and Kampala Districts of Uganda, where approximately 50% of hospital inpatients reside. This training program is unique in its practical on-location approach to assist health workers in diagnosis, prescribing medications, and counselling support.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

- The development of YOUTH CONSULTATION GROUPS in order to bring together groups of young people who are recovering from mental illness, and their careers. The purpose of these quarterly group meetings is to ensure that the lived experience of young people continues to inform and influence policy and program development in mental health care, particularly in the community. This initiative is a vital aspect of the importance of persons with lived experience shaping the supportive programs that will assist them.
- A YouBelong Uganda WOMEN FOR WOMEN GROUP comprising the two female social workers, and the two female mental health nurses and two female psychiatric clinical officers at YouBelong Uganda, provides an important filter to be used on all programs funded by the Foundation. The mandate of the Women for Women Group is to ensure that all programs have a priority focus for the mental health wellbeing needs of girls and young women, as they are particularly disadvantaged in a highly patriarchal society, such as Uganda. This group also publish articles in local media, promoting the needs of girls and young women. The Women For Women Group has been active in providing mental health wellbeing information to groups of young women in the business community. The Women For Women Group are presently addressing high levels of family violence in Uganda and throughout East Africa.
- The education of community leaders in local villages in the causes of serious mental illness in order to dispel local beliefs regarding mental illness, is also a significant achievement. The Foundation supports the organisation in its dialogue with alternative health care providers, such as faith healers, and traditional healers to develop an informal level of cooperation with them, considering their cultural importance in Uganda and throughout East Africa. As well, cultural sensitivity is a crucial part of the work of YouBelong Uganda in the development and implementation of evidence based mental health care. During this report period, a formal education meeting was held with faith and traditional healers to provide them with information about mental illness from an evidence-based perspective.
- The organisation has been funded by WELLCOME TRUST to research test the viability of using peer supporters in the care of people recovering from psychosis. This research is producing important insights into the powerful impact that people in the advanced stage of recovery from psychosis have in supporting people in the early stages of psychosis. As well, their impact in assisting in training primary health workers in mental health, has been both unique and productive.
- The organisation has developed a partnership with the JINJA EDUCATIONAL TRUST (JET) to provide mental health education and care, and teacher training in mental health awareness and care, for primary school children in the city of Jinja, in schools being supported by JET. This program is about turning primary schools into communities of care, with children's groups formed so that children have an active voice in their own mental wellbeing. The training of teachers in how to recognise signs of emotional distress, and how to support children in distress is core to this work, as is involving both children and teachers in the developing and implementation of safeguarding policies and processes.

Financial review

The results and financial position of the Foundation are shown on the Statement of Financial Activities and the Balance sheet on pages 9 and 10.

Income for the period was \$131,775 and expenditure was \$84,088. The net result was a surplus of \$47,687.

Funds granted to Uganda were applied to the salaries of the community mental health team of YouBelong-Uganda for its work in assisting people with severe mental illness. It was also applied to salaries for a driver, one administration assistant in Uganda, security guards for the Ugandan office building, rent payments, and accountancy fees. Income was also applied to the purchase of a minibus to transport mental patients from the hospital institution to the community.

A commitment for further funding has been made to the Foundation by the Hintze Family Charitable Fund. As well, professional fundraising will assist in expanding the sources of funds for the Foundation.

Reserves policy

The Trustees have reviewed the Foundation's requirement for reserves in line with guidance from the Charity Commission. They are comfortable that in holding such reserves the Foundation is financially able to continue its work in 2025/2026.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Investment policy

The Foundation does not hold any investments and so has no investment policy at this stage.

Plans for future periods

The decongestion and the deinstitutionalisation of the colonial era mental hospitals in East Africa, is of primary interest to YouBelong. National mental hospitals such as the one in Uganda are overcrowded and understaffed leading to very serious humanitarian concerns, where patients lose their human dignity, self-respect, and independence. In Uganda the national mental hospital has an official 550 beds capacity, yet the daily level of inpatients is often over 1,000 patients. The focus of the Foundation's plans will be to continue exploring initiatives to increase the discharge and return rate from hospital to family, in an evidence based framework, that assists families to manage relapses, with support, and to significantly reduce returns to hospital care.

Population projections forecast an increasingly young population in East Africa, with significant barriers for future employment. Poverty remains major social and economic barriers in highly patriarchal societies. Young girls in particular, have high rates of drop out from school education, being placed in caring and domestic service roles, and due to child marriages. Working with families and school teachers and local community leaders is seen as crucial to provide young children, particularly girls, with avenues and opportunities for long term education and wellbeing.

The Trustees will continue to pursue discussions with organisations that are prepared to move in the above direction. This is seen as culturally appropriate.

The 2024 and 2025 grant from WELLCOME to YouBelong Uganda, engaging with the lived experience of people in the advanced stage of recovery from psychosis, supporting those who are in the early stages of psychosis, confirms to the Trustees that the organisation is seen as highly credible and engaging in excellent work, both from a research perspective, and in humanitarian program delivery.

By broadening the funding base of the Foundation, the Trustees hope to be able to fund additional programs in East Africa to continue to fulfil the objects of the Foundation, particularly, for children and adolescents. A preventative and early intervention approach to the development of mental health care in East Africa, is highly recommended by the Trustees. Also, the training of health workers in mental health care should also have such a preventative and early intervention focus.

On behalf of the board of trustees

DocuSigned by:
Annalisa Jenkins
79986C8731EF41F...

Doctor A Jenkins

Trustee

Dated: 16/6/26

YOUBELONG

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUBELONG

I report to the trustees on my examination of the financial statements of YouBelong (the charity) for the year ended 31 August 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 2011 Act; or
- 2 the financial statements 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.

Neil E Major

Neil Major

Bruton Charles

Dated: 16/6/26

YOUBELONG

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2025

	Notes	Unrestricted funds 2025 \$	Unrestricted funds 2024 \$
Income from:			
Donations and legacies	2	131,751	21,737
Other trading activities	3	24	95
Total income		<u>131,775</u>	<u>21,832</u>
Expenditure on:			
Raising funds	4	664	725
Charitable activities	5	83,527	32,774
Total expenditure		<u>84,191</u>	<u>33,499</u>
Net income/(expenditure)		47,584	(11,667)
Other recognised gains and losses:			
Other gains/(losses)	10	103	(594)
Net movement in funds		47,687	(12,261)
Reconciliation of funds:			
Fund balances at 1 September 2024		3,421	15,682
Fund balances at 31 August 2025		<u>51,108</u>	<u>3,421</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

YOUBELONG

BALANCE SHEET

AS AT 31 AUGUST 2025

	Notes	2025 \$	\$	2024 \$	\$
Current assets					
Cash at bank and in hand		66,608		18,921	
Creditors: amounts falling due within one year	11	<u>(15,500)</u>		<u>(15,500)</u>	
Net current assets			<u>51,108</u>		<u>3,421</u>
The funds of the charity					
Unrestricted funds	12		<u>51,108</u>		<u>3,421</u>
			<u>51,108</u>		<u>3,421</u>

The financial statements were approved by the trustees on ...16/6/26.....

DocuSigned by:

Annalisa Jenkins

.....79986C8731EF44F.....

Doctor A Jenkins

Trustee

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

1.1 Accounting convention

The accounts have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest \$.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.3 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

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.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

(Continued)

1.5 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

2 Income from donations and legacies

	Unrestricted funds 2025 \$	Unrestricted funds 2024 \$
Donations and gifts	131,751	21,737

3 Income from other trading activities

	Unrestricted funds 2025 \$	Unrestricted funds 2024 \$
Bank interest received	24	95

4 Expenditure on raising funds

	Unrestricted funds 2025 \$	Unrestricted funds 2024 \$
Fundraising and publicity		
Staging fundraising events	665	725

5 Expenditure on charitable activities

	Charitable expenses 2025 \$	Charitable expenses 2024 \$
Direct costs		
Accountancy	5,850	6,309
Travel	3,629	5,987
Legal & Professional	3,385	38
Bank Charges	662	622
	13,526	12,956
Grant funding of activities (see note 6)	70,000	19,818
	83,526	32,774
Analysis by fund		
Unrestricted funds	83,526	32,774

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

6 Grants payable

	Charitable expenses 2025 \$	Charitable expenses 2024 \$
Grants to institutions:		
Grants payable (refer to annexed data)	70,000	19,818

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the period.

8 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-

YouBelong does not have any employees of its own as it is a very small organisation. The chair of the trustees and the other trustees carry out any necessary executive work for the charity unpaid. The CEO and trustees have not been remunerated so as to allow for as much funding as possible to be provided for the charities objectives.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Other gains and losses

	Unrestricted funds 2025 \$	Unrestricted funds 2024
Gains/(losses) upon:		
Foreign exchange	(103)	594

11 Creditors: amounts falling due within one year

	2025 \$	2024 \$
Other creditors	15,500	15,500

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2024	Incoming resources	Resources expended	Gains and losses	At 31 August 2025
	\$	\$	\$	\$	\$
General funds	3,421	131,775	(84,191)	103	51,108
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 September 2023	Incoming resources	Resources expended	Gains and losses	At 31 August 2024
	\$	\$	\$	\$	\$
General funds	15,682	21,832	(33,499)	(594)	3,421
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

13 Related party transactions

During the year, Trustee Doctor A Jenkins donated a total of \$54,980 to the charity. (2024 - none).

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2025

STATEMENT OF FINANCIAL ACTIVITIES	2025 \$	2024 \$
<u>Incoming resources from generated funds</u>		
Donations and legacies	243,500	29,083
Incoming resources from charitable activities	70,000	19,818
Total incoming resources	313,500	48,901
<u>Resources expended</u>		
Charitable activities		
Direct charitable activities	158,582	131,287
Charitable support costs	36,329	35,052
Total charitable expenditure	194,911	166,339
Governance costs	4,877	9,173
Management and administrative costs	30,030	23,988
Total resources expended	229,818	199,500
Net expenditure for the year/ Net movement in funds	83,682	(150,599)
Fund balance at 1 September 2024	110,172	260,773
Fund balance at 31 August 2025	193,854	110,172

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2025

TOTAL RESOURCES EXPENDED

	Staff costs \$	Other costs \$	Total 2025 \$	Total 2024 \$
Direct Charitable activities				
Technical director	21,395	-	21,395	19,417
Motor vehicles depreciation	-	6,726	6,726	7,484
CEO accommodation and security	32,786	-	32,786	14,269
Local travelling costs	-	6,893	6,893	4,598
Motor vehicle costs	-	4,311	4,311	5,355
Drivers' allowances	4,333	-	4,333	4,929
Research on diseases prevention	-	16,458	16,458	15,271
Administrators	-	-	-	1,958
Study co-ordinators	22,956	-	22,956	15,555
Occupational therapist	7,073	-	7,073	5,090
Nursing costs	7,223	-	7,223	10,428
Policy advisors	-	-	-	9,182
Social workers	23,669	-	23,669	17,358
Meetings and workshops	-	4,759	4,759	393
Total	<u>119,435</u>	<u>39,147</u>	<u>158,582</u>	<u>131,287</u>
Charitable support costs				
Plant and equipment depreciation	-	4,959	4,959	4,163
Fixtures and fittings depreciation	-	125	125	297
Office security and maintenance costs	-	6,928	6,928	3,556
Cleaners and janitor's fees	2,770	-	2,770	1,958
Staff development and welfare	21,547	-	21,547	25,078
Total	<u>24,317</u>	<u>12,012</u>	<u>36,329</u>	<u>35,052</u>

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2025

TOTAL RESOURCES EXPENDED (CONTINUED)

Governance costs

	Staff costs	Other costs	Total 2025	Total 2024
	\$	\$	\$	\$
Local accounting fees		1,598	1,598	1,174
Legal and professional costs		3,279	3,279	1,975
Finance and human resource fees		-	-	6,024
		<u>4,877</u>	<u>4,877</u>	<u>9,173</u>

Management and administration costs

	Staff costs	Other costs	Total 2025	Total 2024
	\$	\$	\$	\$
Office hire and rent		13,772	13,772	8,521
IT services		4,655	4,655	3,799
Office supplies and stationery		6,205	6,205	7,454
Telephone, internet, electricity & water		4,295	4,295	3,344
Bank charges & foreign exchange		1,103	1,103	870
		<u>30,030</u>	<u>30,030</u>	<u>23,988</u>

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2025

BALANCE SHEET	2025		2024	
	\$	\$	\$	\$
Fixed assets				
Tangible assets		21,272		26,328
Current assets				
Debtors	8,607		8,610	
Cash at bank and in hand	163,975		75,234	
Net current assets		172,582		83,844
Creditors		-		-
Total assets less current liabilities		193,854		110,772
Income funds				
Unrestricted funds		193,854		110,772
		193,854		110,772

YOUNG BELONG

ANNEXED YOUNG BELONG UGANDA OPERATIONS DATA FOR THE YEAR ENDED 31 AUGUST 2025

Tangible fixed assets

	Plant and machinery	Fixtures, fittings & equipment	Motor vehicles	Total
	\$	\$	\$	\$
Cost				
At 1 September 2024	26,502	10,032	60,789	97,323
Re-evaluation	1,424	-	5,328	6,752
	<u>27,926</u>	<u>10,032</u>	<u>66,117</u>	<u>104,075</u>
At 31 August 2025	27,926	10,032	66,117	104,075
Depreciation and impairment				
At 1 September 2024	15,903	9,907	45,183	70,993
Depreciation charged in the year	4,959	125	6,726	11,810
	<u>20,862</u>	<u>10,032</u>	<u>51,909</u>	<u>82,803</u>
At 31 August 2025	20,862	10,032	51,909	82,803
Carrying amount				
At 31 August 2025	7,064	-	14,208	21,272
	<u>7,064</u>	<u>-</u>	<u>14,208</u>	<u>21,272</u>
At 31 August 2024	10,598	125	15,605	26,328
	<u>10,598</u>	<u>125</u>	<u>15,605</u>	<u>26,328</u>

YOUBELONG

England & Wales - Charity number 1169229

Accounts

Charity registration number 1169229

YOUBELONG
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

YOUBELONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Doctor A Jenkins Doctor S Jacob Doctor J Tibenderana
-----------------	--

Charity number	1169229
-----------------------	---------

Accountants and independent examiner	Mark Lynskey Bruton Charles The Coach House Greys Green Business Centre Henley-on-Thames Oxfordshire RG9 4QG
---	--

YOUBELONG

CONTENTS

	Page
Trustees' report	1 - 6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10 - 14
Annexed pages in respect of Youbelong Uganda	15 - 18

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2024

The Trustees of YouBelong (the Foundation), who are also members of the Foundation, present their report and accounts for the period ended 31 August 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Foundation's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

Structure, governance and management

The Foundation is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission for England and Wales on 16 September 2016 with registered charity number 1169229. The Foundation is governed by its constitution dated 16 September 2016.

The trustees who served during the year were:

Doctor A Jenkins

Doctor S Jacob

Doctor J Tibenderana

There have been no new trustees appointed since the Foundation was registered with the Charity Commission for England and Wales.

If and when new trustees are required, they will be identified by the existing Trustees. Any new trustee will be recruited on the basis of their expertise. It is the policy of the Trustees to have a multi-disciplinary board. In selecting new trustees, the Trustees will expect the prospective trustees to be exemplary in their honesty and commitment to the objects of the Foundation.

A newly-appointed trustee will be provided with a copy of the constitution of the Foundation, the latest financial statements and details of any conflicts of interest and grant-making policies. New trustees will have the decision-making process explained to them by the existing Trustees and will be provided with an overview of the administrative procedures employed by the Foundation.

The Trustees are responsible for the overall governance of the Foundation. The Trustees meet regularly throughout the year by electronic means, as they reside in different countries, and are responsible for ensuring that the Foundation acts in accordance with its objects. The Trustees are also responsible for determining the policies of the charity.

Currently, there are three trustees from a variety of backgrounds relevant to the aims of the charity. The Trustees collectively review strategy and operational performance and approve grants to be provided and fundraising events and activities to be arranged to ensure the Foundation meets its aims. The Trustees also consider conflicts of interest policies, reserves management and risk management.

The chair of the trustees is Dr Annalisa Jenkins. The Trustees have delegated the day to day administration of the charity to Dr Annalisa Jenkins.

Related Parties

The Trustees understand that they must disclose transactions with related parties of the Foundation. The Trustees recognise that there are a range of donors, individuals, and organisations that work with and network with the Foundation. In the Trustees' opinion, the only related parties are the four Trustees of the Foundation. All other parties are unconnected with the Foundation.

YOUBELONG

TRUSTEES' REPORT (CONTINUED) *FOR THE YEAR ENDED 31 AUGUST 2024*

How our activities deliver public benefit

As required by the Charity Commission, the Trustees have always had due regard for the requirement that the Foundation's aims should be for the public benefit.

The public benefit of the grants made available by the Foundation is significant. Mental patients, who have been in long-term confinement in institutional/asylum care in dehumanising conditions, have been resettled with their families and are provided with a level of support to restore their dignity and to help them towards full recovery. Families have been reunited and supported and enabled to live with increased quality of life. Local communities have a sense of wellbeing in the knowledge that the vulnerable amongst them, such as people with mental illness, are being assisted in order to participate in the economic and social life of the community.

As well, grants made, contribute to public awareness of the causes of mental illness and methods of self-help, as well as advice on seeking professional support. This occurs through radio programs, and mental health seminars at community events.

Risk review and management

The Trustees have undertaken a risk assessment that highlights the principal risks associated with the Foundation's activities. They are satisfied that adequate reporting procedures are in place to identify and mitigate the risks posed to the Foundation. The Trustees regularly assess the funding requirements and the costs that the Foundation regularly incurs to ensure that there are no factors that could impact the Foundation's ability to fulfil its objectives.

The Trustees have also taken reasonable steps to prevent fraud and other irregularities. For example, the transfer of funds from the Foundation to programs in Uganda by electronic means requires full security measures with Hoare's Bank UK, who hold the accounts of the Foundation. A two person approval and verification system is in place to ensure that only formally authorised payments can be executed.

The Trustees have also adopted a conflicts of interest policy that is continually referred to in respect of all of its planned charitable events and grant-making activities.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Objectives and activities

The objects of the Foundation, as set out in the constitution of the Foundation, are as follows:

The objects of the CIO, are the relief of persons in East Africa who are in need, hardship or distress and in particular (without prejudice to the generality) suffering from mental illness and to advance the health of said people by the provision of grants to organisations working with said people.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Foundation's aims and objects and distributing grants.

Mindful of the objects of the CIO, the Trustees of the Foundation have examined the objects of YouBelong Uganda, being the main recipient of grants from the Foundation in the current financial year, and have determined that the work of YouBelong Uganda is consistent with the above objects. YouBelong Uganda is a registered NGO in Uganda established for the purpose of strengthening the public health system by integrating mental health care into it. Its primary goal has been to resettle people recovering from mental illness from the national mental hospital in Kampala, Uganda, and transporting them to their families and local communities for ongoing care, and then working with the returned patient, and their family to prevent relapse and return to institutional life. The activities of YouBelong Uganda highlight the needed mental health and wellbeing to particularly support girls and women, in a highly patriarchal society, such as Uganda.

The Foundation has provided grants to YouBelong Uganda and continues to monitor and evaluate the work of the Ugandan based organisation to ensure that the grants are appropriately applied to the proper work of the organisation.

Post Covid-19, the work of YouBelong Uganda has extended to the mental health needs of children within school environments, in consideration of the social isolation and mental health stress experienced by children during the 2 years lockdown of all schools in the country.

The Trustees of the Foundation will continue to monitor organisations in East Africa that provide support to people with mental illness and are open to funding a range of organisations, depending upon available funds, and depending upon the relevance of the work of organisations in East Africa, to the objects of the Foundation.

The Trustees have decided to focus on grant-making to YouBelong Uganda and to provide grants to support mental health services in the community, with a particular focus on prevention and early intervention mental health programs in primary schools. Following the successful evaluation of this model of mental health in Uganda that is properly subjected to evidence based research, the Trustees of the Foundation are mindful that such a model could be transported into the health systems of other East African countries.

The core belief of the Foundation is that belonging to family, local community, and culture is foundational to human wellbeing and mental wellbeing. The crucial role of the main carer in families, most usually wife or mother, grandmother, aunt, or older child, is a vital part of the strategy of YouBelong Uganda, in developing community based mental health services. Harnessing the lived experience of people recovering from severe mental illness, and empowering these persons to be peer supporters in helping others manage their severe mental illness, is also fundamental to the belief of the Foundation, and of YouBelong Uganda. Respect, recognition, and dignity within community are fundamental relational experiences if a person is to possess a healthy self-image and a sense of wellbeing. It is this core belief in the human need to belong that underpins the work of the Foundation in restoring people to mental health in low income countries in East Africa, such as Uganda.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Grant making Policy

The Trustees of the Foundation have resolved that the Foundation's grant-making should be guided by the following principles:

1. Organisations may only qualify for grants from the Foundation if the activities and goals of such organisations are directly within the scope of the objects of the Foundation.
2. Organisations may only qualify for grants from the Foundation if they are legally registered as a non government organisation (NGO) in the East African country in which they operate.
3. Organisations may only qualify for grants from the Foundation if the programmes they run are sustainable beyond the life of the grant.
4. Organisations may only qualify for grants from the Foundation if the programmes they run have the potential to be scalable and to have an impact not only upon individuals but also families and local communities and the health system within the particular East African country.
5. Preference is given to programmes which are evidence-based and innovative.

Preference is given to programmes which aid the development of the local health system and are particularly geared to the creation of a community-based mental health system balanced between acute in-patient hospital care and community based support.

Volunteers

Although only one volunteer works for the Foundation, the Trustees agree that volunteers have the potential to be an important part of local innovation, mobilising the community to assist in mental health support. The Foundation is exploring the use of people who are in a high level of recovery from mental illness to act as volunteer peer support workers in YouBelong Uganda. These volunteers would be easily accessible to families who might be experiencing some difficulties when a family member returned from hospital care relapses and behavioural problems occur. In light of severe funding difficulties for mental health care in Uganda, the engagement of peer supporters in a volunteer capacity, is to be fostered.

The Foundation is also investigating the importance of the lived experience of people recovering from severe mental illness, being enabled in the care of people in the beginning stages of their recovery from severe mental illness. This is viewed by the Foundation as an important tool in low income countries is providing low cost and this sustainable support.

Achievements and performance

Grants from the Foundation to programmes in Uganda, East Africa, during this period of time have produced significant achievements.

During the period of this report, grants from the Foundation have enabled the implementation of Youth Consultation Group meetings, of children and young adults in recovery from forms of mental illness and distress, to enable YouBelong Uganda to better understanding the mental health needs of young people and to prepare specific interventions. As well, grants from the Foundation have supported the work of the Women For Women Group, of YouBelong Uganda, to provide priority care for girls and women in Uganda, with mental health needs. The Women For Women Group, have begun to examine the severe problem of domestic violence in Uganda, from a systemic perspective. This involves examining the various stakeholders such as police, perpetrators, victims, and courts.

Grants from the Foundation have also enabled:

- The ongoing employment and support in Uganda of 4 social workers, 2 clinical nurses, 1 occupational therapist. These individuals form a multi-disciplinary team to provide expert care for people with severe mental illness, particularly various forms of psychosis.
- The renting of offices close by the national mental hospital in Kampala, Uganda.
- The development of a unique PRE-DISCHARGE FROM HOSPITAL ASSESSMENT TOOL and a POST-DISCHARGE INTERVENTION PROCESS, to enable the community mental health team to prepare a patient for discharge and to prepare their family to receive the patient back home and to maintain the patient in the community. Before these tools were developed, there was no preparation of the patient or their family before discharge.
- The training of the community mental health team employed by YouBelong Uganda in crisis management, problem solving skills and family mapping in order to empower families in their support of the returned family member recovering from serious mental illness.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

- The development of YOUTH CONSULTATION GROUPS in order to bring together groups of young people who are recovering from mental illness, and their carers. The purpose of these quarterly group meetings is to ensure that the lived experience of young people continues to inform and influence policy and program development in mental health care, particularly in the community.
- A YouBelong Uganda WOMEN FOR WOMEN GROUP has been established, comprising the two female social workers, and the two female mental health nurses at YouBelong Uganda. The mandate of the Women for Women Group is to ensure that all programs have a priority focus for the mental health wellbeing needs of girls and young women, as they are particularly disadvantaged in a highly patriarchal society, such as Uganda. Following discussions with the John Jay Institute for Criminal Justice, in New York City, the WOMEN FOR WOMEN GROUP has developed a process to examine the systemic failures in response to domestic violence. It is hoped that recommendations can be made to government, to place more deterrence on the perpetrators of abuse.
- The education of health workers, in mental health remains an ongoing priority, as most health workers based in community health centers have little or no training in mental health. As well, YouBelong Uganda provides information sessions for health workers in the care of their own mental health.
- The education of people in local village communities in the causes of serious mental illness in order to dispel local beliefs regarding mental illness. The organisation has established dialogue with alternative health care providers, such as faith healers, and traditional healers to develop an informal level of cooperation with them, considering their cultural importance in Uganda. As well, cultural sensitivity is a crucial part of the work of YouBelong Uganda in the development and implementation of evidence based mental health care.
- The organisation also has been funded by WELLCOME TRUST to research test the viability of using peer supporters in the care process, for people recovering from psychosis.
- The organisation also has developed a partnership with the JINJA EDUCATIONAL TRUST (JET) to provide mental health education and care, and teacher training in mental health awareness and care, for primary school children in the city of Jinja, in schools being supported by JET. This is a three years program, of significance, considering the post COVID-19 impact on children of the social isolation they experienced during the COVID-19, two years school lockdown.
- The program partnership with JET is called POWERFULMINDS, and it is have a significant impact in 4 primary schools in the city of Jinja. A particular focus is to connect train teachers in mental health understanding, and build trust between teachers and their learners.

Financial review

The results and financial position of the Foundation are shown on the Statement of Financial Activities and the Balance sheet on pages 8 and 9.

Income for the period was \$21,832 and expenditure was \$34,093. The net result was a deficit of \$12,261.

Grants to YouBelong Uganda continue to be restricted post Covid-19, as fundraising continues to be more difficult. Funds granted to Uganda were applied to the salaries of the community mental health team of YouBelong-Uganda for its work in assisting people with severe mental illness. It was also applied to salaries for two drivers, one administration assistant in Uganda, security guards for the Ugandan office building, rent payments, and accountancy fees. Income was also applied to the purchase of a minibus to transport mental patients from the hospital institution to the community.

A commitment for further funding has been made to the Foundation by the Hintze Family Charitable Fund. As well, professional fundraising will assist in expanding the sources of funds for the Foundation.

Reserves policy

The Trustees have reviewed the Foundation's requirement for reserves in line with guidance from the Charity Commission. They are comfortable that in holding such reserves the Foundation is financially able to continue its work in 2023/2024.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

The Foundation has completed eight years of operation and is beginning its operations on a small scale. As the Foundation is operating on minimum overheads, the Trustees feel it is appropriate to operate on the basis of a minimum of three months funds in reserve at any one time. This position will be reviewed in the coming year, depending upon the level of funding that the Foundation receives in 2025 and any change in overheads in the next financial year.

The Foundation has commitments from various philanthropists to provide a level of funding that will allow current program activity to continue for the next financial year.

Investment policy

The Foundation does not hold any investments and so has no investment policy at this stage.

Plans for future periods

In its ninth year of operation, the Foundation aims to increase its focus on prevention and early intervention strategies, and to focus on the mental health needs of children, particular girls, in patriarchal societies. Mindful of scarce resources in health services in low-income countries, such as Uganda, it is important to continue to explore the utilising of the lived experience of persons in the advanced stage of recovery from severe mental illness, in supporting persons at the beginning stage of their recovery process. This is an important priority.

Consequently, the Trustees are particularly interested in providing grants in the next financial year that focus on the mental health needs of children within families, and in the school environment. We wish to see mental health care in schools develop beyond a programmatic manner to a more holistic approach and culture change in schools.

Over 90% of families with a family member with a mental health condition, will firstly seek help from Alternative Care Providers such as traditional healers and faith healers. This health seeking behavior is deeply embedded in culture. YouBelong believes that the appropriate strategy in developing evidence based mental health care in East Africa, is not to attempt to dissuade this use, but to find ways to connect with it within a context of dialogue, and possible collaboration, and referral.

The Trustees will continue to pursue discussions with organisations that are prepared to move in the above direction. This is seen as culturally appropriate.

The Trustees are conscious that building such a relationship with Alternative Care Providers is complex, considering the lack of organisational structure of such a grouping, in East Africa, but are convinced that this dialogical and collaborative approach is to the advantage of further developing a community based mental health care system, with appropriate balance, with hospital based care.

By broadening the funding base of the Foundation, the Trustees hope to be able to fund additional programs in East Africa to continue to fulfil the objects of the Foundation, particularly, for children and adolescents. A preventative and early intervention approach to the development of mental health care in East Africa, is highly recommended by the Trustees. Also, the training of health workers in mental health care should also have such a preventative and early intervention focus.

On behalf of the board of trustees

DocuSigned by:

 79986C8731EF41F...

Doctor A Jenkins

Trustee

Dated: June 27, 2025

YOUBELONG

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUBELONG

I report to the trustees on my examination of the financial statements of YouBelong (the charity) for the year ended 31 August 2024.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 2011 Act; or
- 2 the financial statements 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.



Mark Lynskey
Bruton Charles

Dated: 26/06/2025

YOUBELONG

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2024

	Notes	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Income from:			
Donations and legacies	2	21,737	34,650
Interest received		95	-
Total income		<u>21,832</u>	<u>34,650</u>
Expenditure on:			
Raising funds	3	725	15,587
Charitable activities	4	33,368	31,895
Total expenditure		<u>34,093</u>	<u>47,482</u>
Net movement in funds		(12,261)	(12,832)
Reconciliation of funds:			
Fund balances at 1 September 2023		15,682	28,514
Fund balances at 31 August 2024		<u>3,421</u>	<u>15,682</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

YOUBELONG

BALANCE SHEET
AS AT 31 AUGUST 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Cash at bank and in hand		18,921		31,182	
Creditors: amounts falling due within one year	11	(15,500)		(15,500)	
Net current assets			3,421		15,682
Net assets excluding pension liability			3,421		15,682
The funds of the charity					
Unrestricted funds			3,421		15,682
			3,421		15,682

The financial statements were approved by the trustees on June 27, 2025

DocuSigned by:
Annalisa Jenkins
79986C8731EF41F...
Doctor A Jenkins
Trustee

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies

1.1 Accounting convention

The accounts have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.3 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

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.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies

(Continued)

1.5 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.6 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 AUGUST 2024

2	Income from donations and legacies	Unrestricted	Unrestricted
		funds	funds
		2024	2023
		£	£
	Donations and gifts	21,737	27,236
	Grants receivable for core activities	-	7,414
		<u>21,737</u>	<u>34,650</u>
3	Expenditure on raising funds	Unrestricted	Unrestricted
		funds	funds
		2024	2023
		£	£
	Fundraising and publicity		
	Staging fundraising events	725	15,587
		<u>725</u>	<u>15,587</u>

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

4 Expenditure on charitable activities

	Charitable expenses 2024 £	Charitable expenses 2023 £
Direct costs		
Accountancy	6,309	4,004
Travel	5,987	2,535
Bank charges	622	640
Legal & professional	38	-
Forex (gain) or losses	594	(284)
	<u>13,550</u>	<u>6,895</u>
Grant funding of activities (see note 6)	<u>19,818</u>	<u>25,000</u>
	<u>33,368</u>	<u>31,895</u>
Analysis by fund		
Unrestricted funds	<u>33,368</u>	<u>31,895</u>

5 Grants payable

	Charitable expenses 2024 £	Charitable expenses 2023 £
Grants to institutions:		
Grants payable (refer to annexed data)	<u>19,818</u>	<u>25,000</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the period.

7 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	<u>-</u>	<u>-</u>

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

8 Employees

(Continued)

YouBelong does not have any employees of its own as it is a very small organisation. The chair of the trustees and the other trustees carry out any necessary executive work for the charity unpaid. The CEO and trustees have not been remunerated so as to allow for as much funding as possible to be provided for the charities objectives.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Other gains and losses

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Gains/(losses) upon:		
Foreign exchange	(594)	283

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	15,500	15,500

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2023 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 August 2024 £
General funds	15,682	21,832	(33,499)	(594)	3,421
Previous year:	At 1 September 2022 £	Incoming resources £	Resources expended £	Gains and losses £	At 31 August 2023 £
General funds	28,514	34,650	(47,765)	283	15,682

13 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2024

STATEMENT OF FINANCIAL ACTIVITIES	2024	2023
	\$	\$
<u>Incoming resources from generated funds</u>		
Donations and legacies	29,083	357,053
Incoming resources from charitable activities	19,818	25,000
Total incoming resources	48,901	382,053
<u>Resources expended</u>		
Charitable activities		
Direct charitable activities	131,287	173,088
Charitable support costs	35,052	35,171
Total charitable expenditure	166,339	208,259
Governance costs	9,173	13,973
Management and administrative costs	23,988	28,518
Total resources expended	199,500	250,750
Net expenditure for the year/ Net movement in funds	(150,599)	131,303
Fund balances at 1 September 2023	260,773	129,470
Fund balances at 31 August 2024	110,172	260,773

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2024****TOTAL RESOURCES EXPENDED**

	Staff costs \$	Other costs \$	Total 2024 \$	Total 2023 \$
Direct Charitable activities				
Technical director	19,417		19,417	49,341
Motor vehicles depreciation		7,484	7,484	6,761
CEO accommodation and security	14,269		14,269	3,146
Local travelling costs		4,598	4,598	6,760
Motor vehicle costs		5,355	5,355	5,044
Drivers' allowances	4,929		4,929	7,021
Research on diseases prevention		15,271	15,271	-
Administrators	1,958		1,958	2,518
Study co-ordinators	15,555		15,555	26,105
Occupational therapist	5,090		5,090	6,545
Nursing costs	10,428		10,428	19,713
Policy advisors		9,182	9,182	15,644
Social workers	17,358		17,358	22,610
Meetings and workshops		393	393	1,880
Total	<u>89,004</u>	<u>42,283</u>	<u>131,287</u>	<u>173,088</u>
Charitable support costs				
Plant and equipment depreciation		4,163	4,163	3,706
Fixtures and fittings depreciation		297	297	1,505
Office security and maintenance costs		3,556	3,556	3,841
Cleaners and janitor's fees	1,958		1,958	2,518
Staff development and welfare	25,078		25,078	23,602
Total	<u>27,036</u>	<u>8,016</u>	<u>35,052</u>	<u>35,171</u>

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2024****TOTAL RESOURCES EXPENDED (CONTINUED)****Governance costs**

	Staff costs	Other costs	Total 2024	Total 2023
	\$	\$	\$	\$
Local accounting fees		1,174	1,174	1,128
Legal and professional costs		1,975	1,975	3,787
Finance and human resource fees	6,024		6,024	9,058
	<u>6,024</u>	<u>3,149</u>	<u>9,173</u>	<u>13,973</u>

Management and administration costs

	Staff costs	Other costs	Total 2024	Total 2023
	\$	\$	\$	\$
Office hire and rent		8,521	8,521	10,972
IT services		3,799	3,799	4,229
Office supplies and stationery		7,454	7,454	9,021
Telephone, internet, electricity & water		3,344	3,344	3,688
Bank charges & foreign exchange	<u> </u>	<u>870</u>	<u>870</u>	<u>608</u>
	<u>-</u>	<u>23,988</u>	<u>23,988</u>	<u>28,518</u>

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2024

BALANCE SHEET	2024	2023
	\$	\$
Fixed assets		
Tangible assets	26,328	15,267
Current assets		
Debtors	8,610	8,607
Cash at bank and in hand	75,234	236,898
Net current assets	83,844	245,505
Creditors	-	-
Total assets less current liabilities	110,172	260,772
Income funds		
Unrestricted funds	110,172	260,772
	110,172	260,772

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA*****FOR THE YEAR ENDED 31 AUGUST 2024***

Tangible fixed assets	Plant and machinery	Fixtures, fittings & equipment	Motor vehicles	Total
	\$	\$	\$	\$
Cost				
At 1 September 2023	21,648	10,032	42,636	74,316
Additions	4,853	-	18,153	23,006
At 31 August 2024	<u>26,501</u>	<u>10,032</u>	<u>60,789</u>	<u>97,322</u>
Depreciation and impairment				
At 1 September 2023	11,740	9,610	37,700	59,050
Depreciation charged in the year	4,163	297	7,484	11,944
At 31 August 2024	<u>15,903</u>	<u>9,907</u>	<u>45,184</u>	<u>70,994</u>
Carrying amount				
At 31 August 2024	<u>10,598</u>	<u>125</u>	<u>15,605</u>	<u>26,328</u>
At 31 August 2023	<u>9,908</u>	<u>422</u>	<u>4,937</u>	<u>15,267</u>

YOUBELONG

England & Wales - Charity number 1169229

Accounts

Charity registration number 1169229

YOUBELONG
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

YOUBELONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Doctor A Jenkins Doctor S Jacob Doctor J Tibenderana
----------	--

Charity number	1169229
----------------	---------

Accountants and independent examiner	Mark Lynskey Bruton Charles The Coach House Greys Green Business Centre Henley-on-Thames Oxfordshire RG9 4QG
--------------------------------------	--

YOUBELONG

CONTENTS

	Page
Trustees' report	1 - 6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10 - 13
Annexed pages in respect of Youbelong Uganda	14 - 17

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2023

The Trustees of YouBelong (the Foundation), who are also members of the Foundation, present their report and accounts for the period ended 31 August 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Foundation's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

Structure, governance and management

The Foundation is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission for England and Wales on 16 September 2016 with registered charity number 1169229. The Foundation is governed by its constitution dated 16 September 2016.

The trustees who served during the year were:

Doctor A Jenkins

Doctor S Jacob

Doctor J Tibenderana

There have been no new trustees appointed since the Foundation was registered with the Charity Commission for England and Wales.

If and when new trustees are required, they will be identified by the existing Trustees. Any new trustee will be recruited on the basis of their expertise. It is the policy of the Trustees to have a multi-disciplinary board. In selecting new trustees, the Trustees will expect the prospective trustees to be exemplary in their honesty and commitment to the objects of the Foundation.

A newly-appointed trustee will be provided with a copy of the constitution of the Foundation, the latest financial statements and details of any conflicts of interest and grant-making policies. New trustees will have the decision-making process explained to them by the existing Trustees and will be provided with an overview of the administrative procedures employed by the Foundation.

The Trustees are responsible for the overall governance of the Foundation. The Trustees meet regularly throughout the year by electronic means, as they reside in different countries, and are responsible for ensuring that the Foundation acts in accordance with its objects. The Trustees are also responsible for determining the policies of the charity.

Currently, there are three trustees from a variety of backgrounds relevant to the aims of the charity. The Trustees collectively review strategy and operational performance and approve grants to be provided and fundraising events and activities to be arranged to ensure the Foundation meets its aims. The Trustees also consider conflicts of interest policies, reserves management and risk management.

The chair of the trustees is Dr Annalisa Jenkins. The Trustees have delegated the day to day administration of the charity to Dr Annalisa Jenkins.

Related Parties

The Trustees understand that they must disclose transactions with related parties of the Foundation. The Trustees recognise that there are a range of donors, individuals, and organisations that work with and network with the Foundation. In the Trustees' opinion, the only related parties are the three Trustees of the Foundation. All other parties are unconnected with the Foundation.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

How our activities deliver public benefit

As required by the Charity Commission, the Trustees have always had due regard for the requirement that the Foundation's aims should be for the public benefit.

The public benefit of the grants made available by the Foundation is significant. Mental patients, who have been in long-term confinement in institutional/asylum care in dehumanising conditions, have been resettled with their families and are provided with a level of support to restore their dignity and to help them towards full recovery. Families have been reunited and supported and enabled to live with increased quality of life. Local communities have a sense of wellbeing in the knowledge that the vulnerable amongst them, such as people with mental illness, are being assisted in order to participate in the economic and social life of the community.

As well, grants made, contribute to public awareness of the causes of mental illness and methods of self-help, as well as advice on seeking professional support. This occurs through radio programs and mental health seminars at community events.

Risk review and management

The Trustees have undertaken a risk assessment that highlights the principal risks associated with the Foundation's activities. They are satisfied that adequate reporting procedures are in place to identify and mitigate the risks posed to the Foundation. The Trustees regularly assess the funding requirements and the costs that the Foundation regularly incurs to ensure that there are no factors that could impact the Foundation's ability to fulfil its objectives.

The Trustees have also taken reasonable steps to prevent fraud and other irregularities. For example, the transfer of funds from the Foundation to programs in Uganda by electronic means requires full security measures with Hoare's Bank UK, who hold the accounts of the Foundation. A two person approval and verification system is in place to ensure that only formally authorised payments can be executed.

The Trustees have also adopted a conflicts of interest policy that is continually referred to in respect of all of its planned charitable events and grant-making activities.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

Objectives and activities

The objects of the Foundation, as set out in the constitution of the Foundation, are as follows:

The objects of the CIO, are the relief of persons in East Africa who are in need, hardship or distress and in particular (without prejudice to the generality) suffering from mental illness and to advance the health of said people by the provision of grants to organisations working with said people.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Foundation's aims and objects and distributing grants.

Mindful of the objects of the CIO, the Trustees of the Foundation have examined the objects of YouBelong Uganda, being the main recipient of grants from the Foundation in the current financial year, and have determined that the work of YouBelong Uganda is consistent with the above objects. YouBelong Uganda is a registered NGO in Uganda established for the purpose of moving people recovering from mental illness from the national mental hospital in Kampala, Uganda, and transporting them to their families and local communities and then working with the returned patient, and their family to prevent relapse and return to institutional life. The activities of YouBelong Uganda highlight the needed mental health and wellbeing support for girls and women, in a highly patriarchal society, such as Uganda.

The Foundation has provided grants to YouBelong Uganda and continues to monitor and evaluate the work of the Ugandan based organisation to ensure that the grants are appropriately applied to the proper work of the organisation.

Post Covid-19, the work of YouBelong Uganda has extended to the mental health needs of children within school environments, in consideration of the social isolation and mental health stress experienced by children during the 2 years lockdown of all schools in the country.

The Trustees of the Foundation will continue to monitor organisations in East Africa that provide support to people with mental illness and are open to funding a range of organisations, depending upon available funds, and depending upon the relevance of the work of organisations in East Africa, to the objects of the Foundation.

The Trustees have decided for the next financial year to maintain their focus grant-making to YouBelong Uganda and to provide grants to build sustainability of a new model of mental health care in Uganda. Following the successful evaluation of a new model of mental health in Uganda that is properly subjected to evidence based research, the Trustees of the Foundation are mindful that such a model could be transported into the health systems of other East African countries.

The core belief of the Foundation is that belonging to family, local community, and culture is foundational to human wellbeing and mental wellbeing. The crucial role of the main carer in families, most usually wife or mother, grandmother, aunt, or older child, is a vital part of the strategy of YouBelong Uganda, in developing community based mental health services. Harnessing the lived experience of people recovering from severe mental illness, and empowering these persons to be peer supporters in helping others manage their severe mental illness, is also fundamental to the belief of the Foundation, and of YouBelong Uganda. Respect, recognition, and dignity within community are fundamental relational experiences if a person is to possess a healthy self-image and a sense of wellbeing. It is this core belief in the human need to belong that underpins the work of the Foundation in restoring people to mental health in low income countries in East Africa, such as Uganda.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

Grant making Policy

The Trustees of the Foundation have resolved that the Foundation's grant-making should be guided by the following principles:

1. Organisations may only qualify for grants from the Foundation if the activities and goals of such organisations are directly within the scope of the objects of the Foundation.
2. Organisations may only qualify for grants from the Foundation if they are legally registered as a non government organisation (NGO) in the East African country in which they operate.
3. Organisations may only qualify for grants from the Foundation if the programmes they run are sustainable beyond the life of the grant.
4. Organisations may only qualify for grants from the Foundation if the programmes they run have the potential to be scalable and to have an impact not only upon individuals but also families and local communities and the health system within the particular East African country.
5. Preference is given to programmes which are evidence-based and innovative.

Preference is given to programmes which aid the development of the local health system and are particularly geared to the creation of a community-based mental health system balanced between acute in-patient hospital care and community based support.

Volunteers

Although there are currently no volunteers working for the Foundation, the Trustees agree that volunteers have the potential to be an important part of local innovation, mobilising the community to assist in mental health support. The Foundation is exploring the use of people who are in a high level of recovery from mental illness to act as volunteer peer support workers. These volunteers would be easily accessible to families who might be experiencing some difficulties when a family member returned from hospital care relapses and behavioural problems occur.

The Foundation is also investigating the importance of the lived experience of people recovering from severe mental illness, being enabled in the care of people in the beginning stages of their recovery from severe mental illness. This is viewed by the Foundation as an important tool in low income countries in providing low cost and this sustainable support.

Achievements and performance

Grants from the Foundation to programmes in Uganda, East Africa, during this period of time have produced significant achievements.

During the period of this report, grants from the Foundation have enabled the implementation of Youth Consultation Group meetings of children and young adults in recovery from different forms of mental illness and distress, to enable YouBelong Uganda to better understand the mental health needs of young people and to prepare specific interventions. As well, grants from the Foundation have supported the work of the Women For Women Group, of YouBelong Uganda, to provide priority care for girls and women in Uganda, with mental health needs.

Grants from the Foundation have also enabled:

- The ongoing employment and support in Uganda of 4 social workers, 3 clinical nurses, 1 occupational therapist. These individuals form a multi-disciplinary team to provide expert care for people with severe mental illness, particularly various forms of psychosis.
- The renting of offices close by the national mental hospital in Kampala, Uganda.
- The development of a unique PRE-DISCHARGE FROM HOSPITAL ASSESSMENT TOOL and a POST-DISCHARGE INTERVENTION PROCESS, to enable the community mental health team to prepare a patient for discharge and to prepare their family to receive the patient back home and to maintain the patient in the community. Before these tools were developed, there was no preparation of the patient or their family before discharge.
- The training of the community mental health team employed by YouBelong Uganda in crisis management, problem solving skills and family mapping in order to empower families in their support of the returned family member recovering from serious mental illness.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

- The development of YOUTH CONSULTATION GROUPS in order to bring together groups of young people who are recovering from mental illness, and their carers. The purpose of these quarterly group meetings is to ensure that the lived experience of young people continues to inform and influence policy and program development in mental health care, particularly in the community.
- A YouBelong Uganda WOMEN FOR WOMEN GROUP has been established, comprising the two female social workers, and the two female mental health nurses at YouBelong Uganda. The mandate of the Women for Women Group is to ensure that all programs have a priority focus for the mental health wellbeing needs of girls and young women, as they are particularly disadvantaged in a highly patriarchal society, such as Uganda. This group also publish articles in local media, promoting the needs of girls and young women. The Women For Women Group has been active in providing mental health wellbeing information to groups of young women in the business community.
- The education of health workers, in mental health remains an ongoing priority, as most health workers based in community health centers have little or no training in mental health. As well, YouBelong Uganda provides information sessions for health workers in the care of their own mental health.
- The education of people in local village communities in the causes of serious mental illness in order to dispel local beliefs regarding mental illness. The organisation has established dialogue with alternative health care providers, such as faith healers, and traditional healers to develop an informal level of cooperation with them, considering their cultural importance in Uganda. As well, cultural sensitivity is a crucial part of the work of YouBelong Uganda in the development and implementation of evidence based mental health care.
- The organisation also has been funded by WELLCOME TRUST to research test the viability of using peer supporters in the care process, for people recovering from psychosis.
- The organisation also has developed a partnership with the JINJA EDUCATIONAL TRUST (JET) to provide mental health education and care, and teacher training in mental health awareness and care, for primary school children in the city of Jinja, in schools being supported by JET. This is a three years program, of significance, considering the post COVID-19 impact on children of the social isolation they experienced during the COVID-19, two years school lockdown.

Financial review

The results and financial position of the Foundation are shown on the Statement of Financial Activities and the Balance sheet on pages 9 and 10.

Income for the period was \$34,650 and expenditure was \$47,482. The net result was a deficit of \$12,832.

Grants to YouBelong Uganda continue to be restricted post Covid-19, as fundraising continues to be more difficult. Funds granted to Uganda were applied to the salaries of the community mental health team of YouBelong-Uganda for its work in assisting people with severe mental illness. It was also applied to salaries for a driver, one administration assistant in Uganda, security guards for the Ugandan office building, rent payments, and accountancy fees. Income was also applied to the purchase of a minibus to transport mental patients from the hospital institution to the community.

A commitment for further funding has been made to the Foundation by the Hintze Family Charitable Fund. As well, professional fundraising will assist in expanding the sources of funds for the Foundation.

Reserves policy

The Trustees have reviewed the Foundation's requirement for reserves in line with guidance from the Charity Commission. They are comfortable that in holding such reserves the Foundation is financially able to continue its work in 2022/2023.

The Foundation has completed seven years of operation and is beginning its operations on a small scale. As the Foundation is operating on minimum overheads, the Trustees feel it is appropriate to operate on the basis of a minimum of three months funds in reserve at any one time. This position will be reviewed in the coming year, depending upon the level of funding that the Foundation receives in 2023 and any change in overheads in the next financial year.

YOUBELONG

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

Investment policy

The Foundation does not hold any investments and so has no investment policy at this stage.

Plans for future periods

In its eighth year of operation, the Foundation aims to continue to develop a new community-based mental health care model in Uganda, and East Africa, and to build upon the programs currently funded, particularly school based programs, and mental health training programs, for community based health workers. Utilising the lived experience of persons in the advanced stage of recovery from severe mental illness, in supporting persons at the beginning stage of their recovery process, is an important priority.

Consequently, the Trustees are particularly interested in providing grants in the next financial year that focus on the mental health needs of children within families, and in the school environment.

Over 90% of families with a family member with a mental health condition, will firstly seek help from Alternative Care Providers such as traditional healers and faith healers. This health seeking behavior is deeply embedded in culture. YouBelong believes that the appropriate strategy in developing evidence based mental health care in East Africa, is not to attempt to dissuade this use, but to find ways to connect with it within a context of dialogue, and possible collaboration, and referral.

The Trustees will continue to pursue discussions with organisations that are prepared to move in the above direction. This is seen as culturally appropriate.

The Trustees are conscious that building such a relationship with Alternative Care Providers is complex, considering the lack of organisational structure of such a grouping, in East Africa, but are convinced that this dialogical and collaborative approach is to the advantage of further developing a community based mental health care system, with appropriate balance, with hospital based care.

The Trustees have engaged a professional fundraiser to continue to broaden the funding base of the Foundation beyond the Hintze Family Charitable Foundation and other donors. This initiative will target a broad base of funding potential within the UK.

The 2022 grant from WELLCOME to YouBelong Uganda, confirms to the Trustees that the organisation is seen as highly credible and engaging in excellent work, both from a research perspective, and in humanitarian program delivery.

By broadening the funding base of the Foundation, the Trustees hope to be able to fund additional programs in East Africa to continue to fulfil the objects of the Foundation, particularly, for children and adolescents. A preventative and early intervention approach to the development of mental health care in East Africa, is highly recommended by the Trustees. Also, the training of health workers in mental health care should also have such a preventative and early intervention focus.

On behalf of the board of trustees

DocuSigned by:

Annalisa Jenkins

79986C8731EF41F...

Doctor A Jenkins

Trustee

Dated: June 24, 2024

YOUBELONG

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUBELONG

I report to the trustees on my examination of the financial statements of YouBelong (the charity) for the year ended 31 August 2023.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 2011 Act; or
- 2 the financial statements 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.



Mark Lynskey
Bruton Charles

Dated:20/06/2024.....

YOUBELONG

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2023

	Notes	Unrestricted funds 2023 \$	Unrestricted funds 2022 \$
Income from:			
Donations and legacies	2	34,650	120,292
Total income		<u>34,650</u>	<u>120,292</u>
Expenditure on:			
Raising funds	3	15,587	5,789
Charitable activities	4	31,895	116,925
Total expenditure		<u>47,482</u>	<u>122,714</u>
Net movement in funds		(12,832)	(2,422)
Reconciliation of funds:			
Fund balances at 1 September 2022		<u>28,514</u>	<u>30,936</u>
Fund balances at 31 August 2023		<u>15,682</u>	<u>28,514</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

YOUBELONG

BALANCE SHEET
AS AT 31 AUGUST 2023

	Notes	2023 \$	\$	2022 \$	\$
Current assets					
Cash at bank and in hand		31,182		44,014	
Creditors: amounts falling due within one year	9	(15,500)		(15,500)	
Net current assets			15,682		28,514
Net assets excluding pension liability			15,682		28,514
The funds of the charity					
Unrestricted funds			15,682		28,514
			15,682		28,514

The financial statements were approved by the trustees on June 24, 2024

DocuSigned by:
Annalisa Jenkins
.....79986C8731FF41F.....
Doctor A Jenkins
Trustee

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2023

1 Accounting policies

1.1 Accounting convention

The accounts have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.3 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

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.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

1 Accounting policies

(Continued)

1.5 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

YOUBELONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

2 Income from donations and legacies

	Unrestricted funds 2023 \$	Unrestricted funds 2022 \$
Donations and gifts	27,236	50,292
Grants receivable for core activities	7,414	70,000
	<u>34,650</u>	<u>120,292</u>

3 Expenditure on raising funds

	Unrestricted funds 2023 \$	Unrestricted funds 2022 \$
Fundraising and publicity		
Staging fundraising events	<u>15,587</u>	<u>5,789</u>

4 Expenditure on charitable activities

	Charitable expenses 2023 \$	Charitable expenses 2022 \$
Direct costs		
Accountancy	4,004	4,343
Travel	2,535	-
Bank charges	640	785
Forex (gain) or losses	(284)	(203)
	<u>6,895</u>	<u>4,925</u>
Grant funding of activities (see note 6)	<u>25,000</u>	<u>112,000</u>
	<u>31,895</u>	<u>116,925</u>
Analysis by fund		
Unrestricted funds	<u>31,895</u>	<u>116,925</u>

YOUBELONG**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**
FOR THE YEAR ENDED 31 AUGUST 2023**5 Grants payable**

	Charitable expenses	Charitable expenses
	2023	2022
	\$	\$
Grants to institutions:		
Grants payable (refer to annexed data)	25,000	112,000

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the period.

7 Employees

YouBelong does not have any employees of its own as it is a very small organisation. The chair of the trustees and the other trustees carry out any necessary executive work for the charity unpaid. The CEO and trustees have not been remunerated so as to allow for as much funding as possible to be provided for the charities objectives.

8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

9 Creditors: amounts falling due within one year

	2023	2022
	\$	\$
Other creditors	15,500	15,500

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2023**

STATEMENT OF FINANCIAL ACTIVITIES	2023	2022
	\$	\$
<u>Incoming resources from generated funds</u>		
Donations and legacies	357,053	122,639
Incoming resources from charitable activities	25,000	112,000
Total incoming resources	382,053	234,639
<u>Resources expended</u>		
Charitable activities		
Direct charitable activities	173,088	115,099
Charitable support costs	35,172	12,228
Total charitable expenditure	208,260	127,327
Governance costs	13,973	10,151
Management and administrative costs	28,518	18,641
Total resources expended	250,751	156,119
Net expenditure for the year/ Net movement in funds	131,302	78,520
Fund balances at 1 September 2022	129,470	50,950
Fund balances at 31 August 2023	260,772	129,470

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2023****TOTAL RESOURCES EXPENDED**

	Staff costs \$	Other costs \$	Total 2023 \$	Total 2022 \$
Direct Charitable activities				
Technical director	49,341		49,341	21,855
Motor vehicles depreciation		6,761	6,761	6,761
CEO accommodation and security	3,146		3,146	12,736
Local travelling costs		6,760	6,760	10,567
Motor vehicle costs		5,044	5,044	3,871
Drivers' allowances	7,021		7,021	4,104
Insurances – staff and vehicles		-	-	47
Administrators	2,518		2,518	1,028
Study co-ordinators	26,105		26,105	10,847
Occupational therapist	6,545		6,545	6,774
Nursing costs	19,713		19,713	8,503
Policy advisors		15,644	15,644	3,877
Social workers	22,610		22,610	23,104
Meetings and workshops		1,880	1,880	1,025
Total	<u>136,999</u>	<u>36,089</u>	<u>173,088</u>	<u>115,099</u>
Charitable support costs				
Plant and equipment depreciation		3,706	3,706	1,319
Fixtures and fittings depreciation		1,505	1,505	1,505
Office security and maintenance costs		3,841	3,841	5,132
Cleaners and janitor's fees	2,518		2,518	3,250
Staff development and welfare	23,602		23,602	1,022
Total	<u>26,120</u>	<u>9,052</u>	<u>35,172</u>	<u>12,228</u>

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2023****TOTAL RESOURCES EXPENDED (CONTINUED)****Governance costs**

	Staff costs	Other costs	Total 2023	Total 2022
	\$	\$	\$	\$
Local accounting fees		1,128	1,128	1,509
Legal and professional costs		3,787	3,787	1,000
Finance and human resource fees	9,058		9,058	7,642
	<u>9,058</u>	<u>4,915</u>	<u>13,973</u>	<u>10,151</u>

Management and administration costs

	Staff costs	Other costs	Total 2023	Total 2022
	\$	\$	\$	\$
Office hire and rent		10,972	10,972	7,919
IT services		4,229	4,229	5,846
Office supplies and stationery		9,021	9,021	2,228
Telephone, internet, electricity & water		3,688	3,688	2,765
Bank charges & foreign exchange	<u>-</u>	<u>608</u>	<u>608</u>	<u>(117)</u>
	<u>-</u>	<u>28,518</u>	<u>28,518</u>	<u>18,641</u>

YOUBELONG

ANNEXED YOUBELONG UGANDA OPERATIONS DATA

FOR THE YEAR ENDED 31 AUGUST 2023

BALANCE SHEET	2023		2022	
	\$	\$	\$	\$
Fixed assets				
Tangible assets		15,267		19,253
Current assets				
Debtors	8,607		1,666	
Cash at bank and in hand	236,898		108,552	
Net current assets		245,505		110,217
Creditors		-		-
Total assets less current liabilities		260,772		129,470
Income funds				
Unrestricted funds		260,772		129,470
		260,772		129,470
Tangible fixed assets	Plant and machinery	Fixtures, fittings & equipment	Motor vehicles	Total
	\$	\$	\$	\$
Cost				
At 1 September 2022	13,662	10,032	42,636	66,330
Additions	7,986	-	-	7,986
At 31 August 2023	21,648	10,032	42,636	74,316
Depreciation and impairment				
At 1 September 2022	8,034	8,105	30,938	47,077
Depreciation charged in the year	3,706	1,505	6,761	11,972
At 31 August 2023	11,740	9,610	37,699	59,049
Carrying amount				
At 31 August 2023	9,908	422	4,937	15,267
At 31 August 2022	5,628	1,927	11,698	19,253

YOUBELONG

England & Wales - Charity number 1169229

Accounts

YOUBELONG
TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2022

YOUBELONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Doctor A Jenkins Doctor S Jacob Doctor J Tibenderana
Charity number	1169229
Accountants and independent examiner	Mark Lynskey Bruton Charles The Coach House Greys Green Business Centre Henley-on-Thames Oxfordshire RG9 4QG

YOUBELONG

CONTENTS

	Page
Trustees' report	1 - 7
Independent examiner's report	8
Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11 – 13
Annexed pages in respect of Youbelong Uganda	14 -- 18

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2022

The Trustees of YouBelong (the Foundation), who are also members of the Foundation, present their report and accounts for the period ended 31 August 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Foundation's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

Structure, governance and management

The Foundation is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission for England and Wales on 16 September 2016 with registered charity number 1169229. The Foundation is governed by its constitution dated 16 September 2016.

The trustees who served during the year were:

Doctor A Jenkins

Doctor S Jacob

Doctor J Tibenderana

There have been no new trustees appointed since the Foundation was registered with the Charity Commission for England and Wales.

If and when new trustees are required, they will be identified by the existing Trustees. Any new trustee will be recruited on the basis of their expertise. It is the policy of the Trustees to have a multi-disciplinary board. In selecting new trustees, the Trustees will expect the prospective trustees to be exemplary in their honesty and commitment to the objects of the Foundation.

A newly-appointed trustee will be provided with a copy of the constitution of the Foundation, the latest financial statements and details of any conflicts of interest and grant-making policies. New trustees will have the decision-making process explained to them by the existing Trustees and will be provided with an overview of the administrative procedures employed by the Foundation.

The Trustees are responsible for the overall governance of the Foundation. The Trustees meet regularly throughout the year by electronic means, as they reside in different countries, and are responsible for ensuring that the Foundation acts in accordance with its objects. The Trustees are also responsible for determining the policies of the charity.

Currently, there are four trustees from a variety of backgrounds relevant to the aims of the charity. The Trustees collectively review strategy and operational performance and approve grants to be provided and fundraising events and activities to be arranged to ensure the Foundation meets its aims. The Trustees also consider conflicts of interest policies, reserves management and risk management.

The chair of the trustees is Professor Fiona Verity, Professor of Social Work and Social Care at Swansea University, Wales, UK. The Trustees have delegated the day to day administration of the Foundation to Professor Verity.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

Related Parties

The Trustees understand that they must disclose transactions with related parties of the Foundation. The Trustees recognise that there are a range of donors, individuals, and organisations that work with and network with the Foundation. In the Trustees' opinion, the only related parties are the four Trustees of the Foundation. All other parties are unconnected with the Foundation.

How our activities deliver public benefit

As required by the Charity Commission, the Trustees have always had due regard for the requirement that the Foundation's aims should be for the public benefit.

The public benefit of the grants made available by the Foundation is significant. Mental patients, who have been in long-term confinement in institutional/asylum care in dehumanising conditions, have been resettled with their families and are provided with a level of support to restore their dignity and to help them towards full recovery. Families have been reunited and supported and enabled to live with increased quality of life. Local communities have a sense of wellbeing in the knowledge that the vulnerable amongst them, such as people with mental illness, are being assisted in order to participate in the economic and social life of the community.

Risk review and management

The Trustees have undertaken a risk assessment that highlights the principal risks associated with the Foundation's activities. They are satisfied that adequate reporting procedures are in place to identify and mitigate the risks posed to the Foundation. The Trustees regularly assess the funding requirements and the costs that the Foundation regularly incurs to ensure that there are no factors that could impact the Foundation's ability to fulfil its objectives.

The Trustees have also taken reasonable steps to prevent fraud and other irregularities. For example, the transfer of funds from the Foundation to programs in Uganda by electronic means requires full security measures with Hoare's Bank UK, who hold the accounts of the Foundation. A two person approval and verification system is in place to ensure that only formally authorised payments can be executed.

The Trustees have also adopted a conflicts of interest policy that is continually referred to in respect of all of its planned charitable events and grant-making activities.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

Objectives and activities

The objects of the Foundation, as set out in the constitution of the Foundation, are as follows:

The objects of the CIO, are the relief of persons in East Africa who are in need, hardship or distress and in particular (without prejudice to the generality) suffering from mental illness and to advance the health of said people by the provision of grants to organisations working with said people.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Foundation's aims and objects and distributing grants.

Mindful of the objects of the CIO, the Trustees of the Foundation have examined the objects of YouBelong Uganda, being the main recipient of grants from the Foundation in the current financial year, and have determined that the work of YouBelong Uganda is consistent with the above objects. YouBelong Uganda is a registered NGO in Uganda established for the purpose of moving people recovering from mental illness from the national mental hospital in Kampala, Uganda, and transporting them to their families and local communities and then working with the returned patient, and their family to prevent relapse and return to institutional life.

The Foundation has provided grants to YouBelong Uganda and continues to monitor and evaluate the work of the Ugandan based organisation to ensure that the grants are appropriately applied to the proper work of the organisation.

The Trustees of the Foundation receive regular reports and during COVID-19 conditions, regular zoom calls have occurred with the CEO of YouBelong Uganda, in order to update the Trustees with the ongoing work in Uganda.

The Trustees of the Foundation will continue to monitor organisations in East Africa that provide support to people with mental illness and are open to funding a range of organisations, depending upon available funds, and depending upon the relevance of the work of organisations in East Africa, to the objects of the Foundation.

The Trustees are mindful that in post COVID-19 conditions in Africa, and particularly in Uganda, where YouBelong Uganda operates, there is a need for increased focus on the mental health wellbeing of children, considering the two years lockdown of schools due to COVID-19. Children have suffered significant social isolation and a lack of socialisation with other children, during this time. And even though schools have restarted, the two year gap is showing significant deterioration in their mental health that YouBelong Uganda, now sees as a priority to address. The trustees acknowledge this priority, and are mindful that it is in keeping with the objects of the CIO.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

Grant making Policy

The Trustees of the Foundation have resolved that the Foundation's grant-making should be guided by the following principles:

1. Organisations may only qualify for grants from the Foundation if the activities and goals of such organisations are directly within the scope of the objects of the Foundation.
2. Organisations may only qualify for grants from the Foundation if they are legally registered as a non government organisation (NGO) in the East African country in which they operate.
3. Organisations may only qualify for grants from the Foundation if the programs they run are sustainable beyond the life of the grant.
4. Organisations may only qualify for grants from the Foundation if the programs they run have the potential to be scalable and to have an impact not only upon individuals but also families and local communities and the health system within the particular East African country.
5. Preference is given to programs which are evidence-based and innovative.

Preference is given to programs which aid the development of the local health system and are particularly geared to the creation of a community-based mental health system balanced between acute in-patient hospital care and community based support.

Volunteers

Although there are currently no volunteers working for the Foundation, the Trustees agree that volunteers have the potential to be an important part of local innovation, mobilising the community to assist in mental health support. The Foundation is exploring the use of people who are in a high level of recovery from mental illness to act as volunteer peer support workers. These volunteers would be easily accessible to families who might be experiencing some difficulties when a family member returned from hospital care relapses and behavioral problems occur

The Foundation is also investigating the use of families as volunteers in a possible family-to-family support program in Uganda. The use of peers whether they are individuals, or family units, is viewed by the Foundation as an important tool in low income countries is providing low cost and this sustainable support.

Achievements and performance

Grants from the Foundation to programs in Uganda, East Africa, during this period of time have produced significant achievements.

Grants from the Foundation have enabled the resettlement of people with serious mental illness from the national mental hospital in Kampala, Uganda, an institution with 550 beds but with over 900 patients living in dehumanising and degrading conditions, back to their families and communities. Grants to YouBelong Uganda provide the resources to help to prevent patients recovering from serious mental illness from relapse and return to institutional care.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

Grants from the Foundation have also enabled:

- The employment in Uganda of 4 social workers, 3 clinical nurses, 1 occupational therapist, 1 psychologist and 1 medical doctor. These individuals form a community mental health team. 2 drivers and administration assistant have also been employed.
- The renting of offices close to the national mental hospital in Kampala, Uganda, and the purchase of a second 15 seater minibus to transport patients back to families and local village communities.
- Through research by Makerere University, Kampala, Uganda, in conjunction with YouBelong Uganda, the development of a unique PRE-DISCHARGE FROM HOSPITAL ASSESSMENT TOOL and a POST-DISCHARGE INTERVENTION PROCESS, to enable the community mental health team to prepare a patient for discharge and to prepare their family to receive the patient back home and to maintain the patient in the community. Before these tools were developed, there was no preparation of the patient or their family before discharge.
- The training of the community mental health team employed by YouBelong Uganda in crisis management, problem solving skills and family mapping in order to empower families in their support of the returned family member recovering from serious mental illness.
- The development of YOUTH CONSULTATION GROUPS in order to bring together groups of young people who are recovering from mental illness, and their carers. The purpose of these quarterly group meetings is to ensure that the lived experience of young people continues to inform and influence policy and program development in mental health care, particularly in the community.
- A YouBelong Uganda WOMEN FOR WOMEN GROUP has been established, comprising the two female social workers, and the two female mental health nurses at YouBelong Uganda. The mandate of the Women for Women Group is to ensure that all programs have a priority focus for the mental health wellbeing needs of girls and young women, as they are particularly disadvantaged in a highly patriarchal society, such as Uganda. This group also publish articles in local media, promoting the needs of girls and young women.
- The education of health workers, in mental health remains an ongoing priority, as most health workers based in community health centers have little or no training in mental health.
- The education of people in local village communities in the causes of serious mental illness in order to dispel local beliefs regarding mental illness. The organisation is working with alternative health care providers, such as faith healers, and traditional healers to develop an informal referral process, so that they can refer people to the organisation for further support. This important work is essential in order to insert evidence based mental health care, within a local cultural context.
- The organisation is in discussions with WELLCOME TRUST regarding its work in new methods of caring for people with psychosis in Uganda.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

Financial review

The results and financial position of the Foundation are shown on the Statement of Financial Activities and the Balance sheet on pages 9 and 10.

Income for the period was \$120,292 and expenditure was \$122,714. The net result was a deficit of \$2,422.

The main source of funding in the financial period to date was the use of reserve funds.

The income received in the financial period of this report was restricted due to the impact of COVID-19. Funds granted to Uganda were applied to the salaries of the community mental health team of YouBelong-Uganda for its work in assisting people with severe mental illness, particularly during COVID-19 conditions. It was also applied to salaries for a driver, one administration assistant in Uganda, security guards for the Ugandan office building, rent payments, legal fees, and accountancy fees. Income was also applied to the purchase of a minibusto transport mental patients from the hospital institution to the community.

A commitment for further funding has been made to the Foundation by the Hintze Family Charitable Fund. As well, professional fundraising will assist in expanding the sources of funds for the Foundation.

Reserves policy

The Trustees have reviewed the Foundation's requirement for reserves in line with guidance from the Charity Commission. They are comfortable that in holding such reserves the Foundation is financially able to continue its work in 2021/2022.

The Foundation has completed five years of operation and is beginning its operations on a small scale. As the Foundation is operating on minimum overheads, the Trustees feel it is appropriate to operate on the basis of a minimum of three months funds in reserve at any one time. This position will be reviewed in the coming year, depending upon the level of funding that the Foundation receives in 2022 and any change in overheads in the next financial year.

The Foundation has commitments from various philanthropists to provide a level of funding that will allow current program activity to continue for the next financial year.

Investment policy

The Foundation does not hold any investments and so has no investment policy at this stage.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

Plans for the future

In its seventh year of operation, the Foundation aims to continue to develop a new community-based mental health care model in Uganda, and East Africa, and to build upon the programs currently funded, particularly school based programs, and mental health training programs, for community based health workers.

Consequently, the Trustees are particularly interested in providing grants in the next financial year that focus on the mental health needs of children within families.

Over 90% of families with a family member with a mental health condition, will firstly seek help from Alternative Care Providers such as traditional healers and faith healers. This health seeking behavior is deeply embedded in culture. YouBelong believes that the appropriate strategy in developing evidence based mental health care in East Africa, is not to attempt to dissuade this use, but to find ways to connect with it within a context of dialogue, and possible collaboration, and referral.

The Trustees will continue to pursue discussions with organisations that are prepared to move in the above direction. This is seen as culturally appropriate.

The Trustees are conscious that building such a relationship with Alternative Care Providers is complex, considering the lack of organisational structure of such a grouping, in East Africa, but are convinced that this dialogical and collaborative approach is to the advantage of further developing a community based mental health care system, with appropriate balance, with hospital based care.

The Trustees have engaged a professional fundraiser to continue to broaden the funding base of the Foundation beyond the Hintze Family Charitable Foundation and other donors. This initiative will target a broad base of funding potential within the UK.

The 2022 grant from WELLCOME to YouBelong Uganda, confirms to the Trustees that the organisation is seen as highly credible and engaging in excellent work, both from a research perspective, and in humanitarian program delivery.

By broadening the funding base of the Foundation, the Trustees hope to be able to fund additional programs in East Africa to continue to fulfil the objects of the Foundation, particularly, for children and adolescents. A preventative and early intervention approach to the development of mental health care in East Africa, is highly recommended by the Trustees. Also, the training of health workers in mental health care should also have such a preventative and early intervention focus.

On behalf of the board of trustees

DocuSigned by:

Annalisa Jenkins

79986C8731EF41F...

Doctor A Jenkins

Trustee

Dated: 2/5/23

YOUBELONG

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF YOUBELONG

I report to the trustees on my examination of the financial statements of YouBelong (the charity) for the year ended 31 August 2022.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act;have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mark Lynskey
Bruton Charles

Dated: 2/5/23

YOUBELONG**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT****FOR THE YEAR ENDED 31 AUGUST 2022**

		2022	2021
	Notes	\$	\$
<u>Incoming resources from generated funds</u>			
Donations and grants receivable	2	120,292	1,392
Investment income	3	-	30
Total incoming resources		120,292	1,422
<u>Resources expended</u>	4		
Costs of generating funds			
Costs of generating donations and legacies		5,789	9,064
Net incoming resources available		114,503	(7,642)
Charitable activities			
Grants payable		112,000	79,000
Governance costs		4,925	10,821
Total resources expended		122,714	98,885
Net expenditure for the year/ Net movement in funds		(2,422)	(97,463)
Fund balances at 1 September 2021		30,936	128,399
Fund balances at 31 August 2022		28,514	30,936

YOUBELONG**BALANCE SHEET****AS AT 31 AUGUST 2022**

	Notes	2022 \$	\$	2021 \$	\$
Current assets					
Cash at bank and in hand		44,014		46,437	
Creditors: amounts falling due within one year	8	<u>(15,500)</u>		<u>(15,501)</u>	
Total assets less current liabilities			<u>28,514</u>		<u>30,936</u>
Income funds					
Unrestricted funds			<u>28,514</u>		<u>30,936</u>
			<u>28,514</u>		<u>30,936</u>

The accounts were approved by the Trustees on

.....
 Doctor A Jenkins
Trustee

YOUBELONG

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 AUGUST 2022

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Incoming resources

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations, grants, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

1.3 Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Resources expended are allocated between Direct Charitable costs, Charitable Support costs, Governance costs and Management and Administrative costs.

Direct Charitable costs represent the core charitable activity costs directly incurred in carrying out the charitable objectives. Charitable Support costs are those that represent costs in respect of activities that support the core activities, not necessarily the direct charitable work. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. Management and administration costs are those costs incurred in running the office, which itself supports the local charity work carried out.

2 Donations and legacies

	2022	2021
	\$	\$
Donations and gifts	<u>120,292</u>	<u>1,392</u>

YOUBELONG**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 AUGUST 2022****3 Investment income**

	Total 2022 \$	Total 2021 \$
Bank interest receivable	-	30

4 Total resources expended

	Other costs \$	Grant funding \$	Total 2022 \$	Total 2021 \$
Costs of generating funds				
Costs of generating donations and legacies	5,789	-	5,789	9,064
Charitable activities				
<u>Grants payable</u>				
Grant funding of activities	-	112,000	112,000	79,000
Governance costs	4,925	-	4,925	10,821
	<u>10,714</u>	<u>112,000</u>	<u>122,714</u>	<u>98,885</u>
			Total 2022 \$	Total 2021 \$

Grants to institutions:
Other

112,000112,00079,000**5 Grants payable**

	2022 \$	2021 \$
Grants payable	<u>112,000</u>	<u>79,000</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the period.

YOUBELONG

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

7 Employees

YouBelong does not have any employees of its own as it is a very small organisation. The chair of the trustees and the other trustees carry out any necessary executive work for the charity unpaid. The CEO and trustees have not been remunerated so as to allow for as much funding as possible to be provided for the charities objectives.

8 Creditors: amounts falling due within one year	2022	2021
	\$	\$
Bank overdrafts	-	1
Loans payable	15,500	15,500
	15,500	15,501

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2022**

STATEMENT OF FINANCIAL ACTIVITIES	2022	2021
	\$	\$
<u>Incoming resources from generated funds</u>		
Donations and legacies	122,639	28,469
Incoming resources from charitable activities	112,000	102,000
Total incoming resources	234,639	130,469
<u>Resources expended</u>		
Charitable activities		
Direct charitable activities	111,599	85,223
Charitable support costs	12,228	13,281
Total charitable expenditure	123,827	98,504
Governance costs	10,151	6,666
Management and administrative costs	18,641	19,782
Total resources expended	152,619	124,952
Net expenditure for the year/ Net movement in funds	78,520	5,517
Fund balances at 1 September 2021	50,950	45,433
Fund balances at 31 August 2022	129,470	50,950

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2022****TOTAL RESOURCES EXPENDED**

	Staff costs \$	Other costs \$	Total 2022 \$	Total 2021 \$
Direct Charitable activities				
Technical director	21,855		21,855	18,910
Motor vehicles depreciation		6,761	6,761	7,367
CEO accommodation and security	12,736		12,736	9,000
Local travelling costs		10,567	10,567	9,483
Motor vehicle costs		3,871	3,871	3,102
Drivers' allowances	4,104		4,104	1,930
Insurances – staff and vehicles		47	47	45
Administrators	1,028		1,028	-
Study co-ordinators	10,847		10,847	-
Pre and post discharge costs		-	-	435
Occupational therapist	6,774		6,774	4,845
Nursing costs	8,503		8,503	4,419
Local IRB and UNCST fees (ethics)		-	-	-
Clinical advisors		-	-	7,286
Policy advisors		3,877	3,877	3,833
Social workers	23,104		23,104	18,124
Research and data costs		-	-	-
Training costs	-		-	-
Meetings and workshops		1,025	1,025	-
cHaRISMA project costs	-	-	-	-
Total	<u>88,951</u>	<u>26,148</u>	<u>115,099</u>	<u>85,223</u>

Charitable support costs

Office manager	-		-	-
Plant and equipment depreciation		1,319	1,319	1,501
Fixtures and fittings depreciation		1,505	1,505	1,505
Security and maintenance staff	-		-	-
Office security and maintenance costs		5,132	5,132	3,591
Cleaners and janitor's fees	3,250		3,250	2,753
Staff development and welfare	1,022		1,022	3,931
Total	<u>4,272</u>	<u>7,956</u>	<u>12,228</u>	<u>13,281</u>

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2022****TOTAL RESOURCES EXPENDED (CONTINUED)****Governance costs**

	Staff costs	Other costs	Total 2022	Total 2021
	\$	\$	\$	\$
Local accounting fees		1,509	1,509	1,534
Finance and human resource fees	7,642		7,642	5,132
	<u>7,642</u>	<u>1,509</u>	<u>9,151</u>	<u>6,666</u>

Management and administration costs

	Staff costs	Other costs	Total 2022	Total 2021
	\$	\$	\$	\$
Office hire and rent		7,919	7,919	10,453
IT services		5,846	5,846	4,689
Office supplies and stationery		2,228	2,228	1,078
Telephone, internet, electricity & water		2,765	2,765	2,138
Bank charges & foreign exchange		(117)	(117)	1,424
	<u>-</u>	<u>18,641</u>	<u>18,641</u>	<u>19,782</u>

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA*****FOR THE YEAR ENDED 31 AUGUST 2022***

BALANCE SHEET	2022	2021
	\$	\$
Fixed assets		
Tangible assets	19,253	23,267
Current assets		
Debtors	1,666	1,666
Cash at bank and in hand	108,552	26,017
Net current assets	110,217	27,683
Creditors	-	-
Total assets less current liabilities	129,470	50,950
Income funds		
Unrestricted funds	129,470	50,950
	129,470	50,950

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATIONS DATA****FOR THE YEAR ENDED 31 AUGUST 2022****BALANCE SHEET DATA****Tangible fixed assets**

	Plant & machinery	Fixtures, fittings & equipment	Motor vehicles	Total
	\$	\$	\$	\$
Cost				
At 1 September 2021	8,090	10,032	42,636	60,758
Additions	<u>5,572</u>	<u>-</u>	<u>-</u>	<u>5,572</u>
At 28 February 2022	<u>13,662</u>	<u>10,032</u>	<u>42,636</u>	<u>66,330</u>
Depreciation				
At 1 September 2021	6,714	6,600	24,177	37,491
Charge for the year	1,319	1,505	6,761	9,585
At 28 February 2022	<u>8,034</u>	<u>8,105</u>	<u>30,938</u>	<u>47,077</u>
Net book value				
At 28 February 2022	<u>5,628</u>	<u>1,927</u>	<u>11,698</u>	<u>19,253</u>
At 31 August 2021	<u>1,376</u>	<u>3,432</u>	<u>18,459</u>	<u>23,267</u>

Debtors	2022	2021
	\$	\$
Prepayments and recoverable URA payment	<u>1,666</u>	<u>1,666</u>

YOUBELONG

England & Wales - Charity number 1169229

Accounts

YOUBELONG
TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2021

YOUBELONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Doctor A Jenkins Doctor S Jacob Doctor J Tibenderana
Charity number	1169229
Accountants and independent examiner	Mark Lynskey Bruton Charles The Coach House Greys Green Business Centre Henley-on-Thames Oxfordshire RG9 4QG

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

	Page
Trustee's report	1 - 7
Independent examiner's report	8
Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11 - 13
Annexed pages in respect of Youbelong Uganda	14 - 17

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2021

The Trustees of YouBelong (the Foundation), who are also members of the Foundation, present their report and accounts for the period ended 31 August 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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)" (as amended for accounting periods commencing from 1 January 2016).

Structure, governance and management

The Foundation is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission for England and Wales on 16 September 2016 with registered charity number 1169229. The Foundation is governed by its constitution dated 16 September 2016.

The trustees who served during the year were:

Professor F Verity	(Resigned 15th September 2020)
Doctor A Jenkins	
Doctor S Jacob	
Doctor J Tibenderana	

There have been no new trustees appointed since the Foundation was registered with the Charity Commission for England and Wales.

If and when new trustees are required, they will be identified by the existing Trustees. Any new trustee will be recruited on the basis of their expertise. It is the policy of the Trustees to have a multi-disciplinary board. In selecting new trustees, the Trustees will expect the prospective trustees to be exemplary in their honesty and commitment to the objects of the Foundation.

A newly-appointed trustee will be provided with a copy of the constitution of the Foundation, the latest financial statements and details of any conflicts of interest and grant-making policies. New trustees will have the decision-making process explained to them by the existing Trustees and will be provided with an overview of the administrative procedures employed by the Foundation.

The Trustees are responsible for the overall governance of the Foundation. The Trustees meet regularly throughout the year by electronic means, as they reside in different countries, and are responsible for ensuring that the Foundation acts in accordance with its objects. The Trustees are also responsible for determining the policies of the charity.

Currently, there are three trustees from a variety of backgrounds relevant to the aims of the charity. The Trustees collectively review strategy and operational performance and approve grants to be provided and fundraising events and activities to be arranged to ensure the Foundation meets its aims. The Trustees also consider conflicts of interest policies, reserves management and risk management.

The chair of the trustees is Dr. Annalisa Jenkins. The Trustees have delegated the day-to-day administration of the Foundation to Dr. Jenkins.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

Related Parties

The Trustees understand that they must disclose transactions with related parties of the Foundation. The Trustees recognise that there are a range of donors, individuals, and organisations that work with and network with the Foundation. In the Trustees' opinion, the only related parties are the four Trustees of the Foundation. All other parties are unconnected with the Foundation.

How our activities deliver public benefit

As required by the Charity Commission, the Trustees have always had due regard for the requirement that the Foundation's aims should be for the public benefit.

The public benefit of the grants made available by the Foundation is significant. Mental patients, who have been in long-term confinement in institutional/asylum care in dehumanising conditions, have been resettled with their families and are provided with a level of support to restore their dignity and to help them towards full recovery. Families have been reunited and supported and enabled to live with increased quality of life. Local communities have a sense of wellbeing in the knowledge that the vulnerable amongst them, such as people with mental illness, are being assisted in order to participate in the economic and social life of the community.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Risk review and management

The Trustees have undertaken a risk assessment that highlights the principal risks associated with the Foundation's activities. They are satisfied that adequate reporting procedures are in place to identify and mitigate the risks posed to the Foundation. The Trustees regularly assess the funding requirements and the costs that the Foundation regularly incurs to ensure that there are no factors that could impact the Foundation's ability to fulfil its objectives.

The Trustees have also taken reasonable steps to prevent fraud and other irregularities. For example, the transfer of funds from the Foundation to programmes in Uganda by electronic means requires full security measures with Hoare's Bank UK, who hold the accounts of the Foundation. A two person approval and verification system is in place to ensure that only formally authorised payments can be executed.

The Trustees have also adopted a conflicts of interest policy that is continually referred to in respect of all of its planned charitable events and grant-making activities.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

Objectives and activities

The objects of the Foundation, as set out in the constitution of the Foundation, are as follows:

The objects of the CIO, are the relief of persons in East Africa who are in need, hardship or distress and in particular (without prejudice to the generality) suffering from mental illness and to advance the health of said people by the provision of grants to organisations working with said people.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Foundation's aims and objects and distributing grants.

Mindful of the objects of the CIO, the Trustees of the Foundation have examined the objects of YouBelong Uganda, being the main recipient of grants from the Foundation in the current financial year, and have determined that the work of YouBelong Uganda is consistent with the above objects. YouBelong Uganda is a registered NGO in Uganda established for the purpose of moving people recovering from mental illness from the national mental hospital in Kampala, Uganda, and transporting them to their families and local communities and then working with the returned patient, and their family to prevent relapse and return to institutional life.

The Foundation has provided grants to YouBelong Uganda and continues to monitor and evaluate the work of the Ugandan based organisation to ensure that the grants are appropriately applied to the proper work of the organisation.

The Trustees of the Foundation receive regular reports and during COVID-19 conditions, regular zoom calls have occurred with the CEO of YouBelong Uganda, in order to update the Trustees with the ongoing work in Uganda.

The Trustees of the Foundation will continue to monitor organisations in East Africa that provide support to people with mental illness and are open to funding a range of organisations, depending upon available funds, and depending upon the relevance of the work of organisations in East Africa, to the objects of the Foundation.

The Trustees have decided for the next financial year to maintain their focus grant-making to YouBelong Uganda and to provide grants to build sustainability of a new model of mental health care in Uganda. Following the successful evaluation of a new model of mental health in Uganda that is properly subjected to evidence based research, the Trustees of the Foundation are mindful that such a model could be transported into the health systems of other East African countries.

The core belief of the Foundation is that belonging to family, local community, and culture is foundational to human wellbeing and mental wellbeing. The crucial role of the main carer in families, most usually wife or mother, grandmother, aunt, or older child, is a vital part of the strategy of YouBelong Uganda, in developing community based mental health services. Harnessing the lived experience of people recovering from severe mental illness, and empowering these persons to be peer supporters in helping others manage their severe mental illness, is also fundamental to the belief of the Foundation, and of YouBelong Uganda. Respect, recognition, and dignity within community are fundamental relational experiences if a person is to possess a healthy self-image and a sense of wellbeing. It is this core belief in the human need to belong that underpins the work of the Foundation in restoring people to mental health in low income countries in East Africa, such as Uganda.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

Grant making Policy

The Trustees of the Foundation have resolved that the Foundation's grant-making should be guided by the following principles:

1. Organisations may only qualify for grants from the Foundation if the activities and goals of such organisations are directly within the scope of the objects of the Foundation.
2. Organisations may only qualify for grants from the Foundation if they are legally registered as a non - government organisation (NGO) in the East African country in which they operate.
3. Organisations may only qualify for grants from the Foundation if the programmes they run are sustainable beyond the life of the grant.
4. Organisations may only qualify for grants from the Foundation if the programmes they run have the potential to be scalable and to have an impact not only upon individuals but also families and local communities and the health system within the particular East African country.
5. Preference is given to programmes which are evidence-based and innovative.

Preference is given to programmes which aid the development of the local health system and are particularly geared to the creation of a community-based mental health system balanced between acute in-patient hospital care and community-based support.

Volunteers

Although there are currently no volunteers working for the Foundation, the Trustees agree that volunteers have the potential to be an important part of local innovation, mobilising the community to assist in mental health support. The Foundation is exploring the use of people who are in a high level of recovery from mental illness to act as volunteer peer support workers. These volunteers would be easily accessible to families who might be experiencing some difficulties when a family member returned from hospital care relapses and behavioural problems occur

The Foundation is also investigating the use of families as volunteers in a possible family-to-family support programme in Uganda. The use of peers whether they are individuals, or family units, is viewed by the Foundation as an important tool in low income countries is providing low cost and this sustainable support.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

Achievements and performance

Grants from the Foundation to programmes in Uganda, East Africa, during this period of time have produced significant achievements.

Grants from the Foundation have enabled the resettlement of people with serious mental illness from the national mental hospital in Kampala, Uganda, an institution with 550 beds but with over 950 patients living in dehumanising and degrading conditions, back to their families and communities. Grants to YouBelong Uganda provide the resources to help to prevent patients recovering from serious mental illness from relapse and return to institutional care.

Grants from the Foundation have also enabled:

- The employment in Uganda of 3 social workers, 2 clinical nurses, 1 occupational therapist and 1 psychologist. These individuals form a community mental health team. A driver and administration assistant have also been employed.
 - The renting of offices close to the national mental hospital in Kampala, Uganda, and the purchase of a second 15 seater minibus to transport patients back to families and local village communities.
 - Through research by Makerere University, Kampala, Uganda, in conjunction with YouBelong Uganda, the development of a unique PRE-DISCHARGE FROM HOSPITAL ASSESSMENT TOOL and a POST-DISCHARGE INTERVENTION PROCESS, to enable the community mental health team to prepare a patient for discharge and to prepare their family to receive the patient back home and to maintain the patient in the community. Before these tools were developed, there was no preparation of the patient or their family before discharge.
 - The training of the community mental health team employed by YouBelong Uganda in crisis management, problem solving skills and family mapping in order to empower families in their support of the returned family member recovering from serious mental illness.
 - The development of a program called PROJECT 500, to respond to the urgent need in COVID-19 conditions, to move 500 persons out of the national mental hospital as quickly as possible (the aim is in 12 months), as patients in the overcrowded hospital, are in danger of contracting COVID-19 on a large scale, and thus threatening the closure of the hospital. The transfer of over 250 patients from the mental hospital back to their families and local communities has occurred in the time frame of this report.
 - In COVID-19 conditions, the organisation has developed an emergency 5 weeks pre and post discharge plan, to move as many patients out of the hospital as quickly as possible, and at the same time ensuring that these persons have a low rate of relapse and readmission to the hospital. As well, the organisation has shown that its methods of assessment and support, can successfully assist families to manage relapses in the family home, at a very high rate.
 - The education of people with serious mental illness in Uganda, in hospital care, and family care, in health safety measures to minimize COVID-19 infection. PPE continues to be provided to mental patients returning home, as well as psychosocial education and counselling to help with the anxiety and mental stress caused by COVID-19 in Uganda.
 - The education of people in local village communities in the causes of serious mental illness in order to dispel local beliefs regarding mental illness. The organisation is working with faith healers and witch doctors to develop an informal referral process, so that they can refer people to the organisation for further support.
 - The organisation is in discussions with WELLCOME TRUST regarding its work in new methods of caring for people with psychosis in Uganda.
-

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

Financial review

The results and financial position of the Foundation are shown on the Statement of Financial Activities and the Balance sheet on pages 9 and 10.

Income for the period was \$1,422 and expenditure was \$98,885. The net result was a deficit of \$97,463.

The main source of funding in the financial period to date was the use of reserve funds.

The income received in the financial period of this report was restricted due to the impact of COVID-19. Funds granted to Uganda were applied to the salaries of the community mental health team of YouBelong-Uganda for its work in assisting people with severe mental illness, particularly during COVID-19 conditions. It was also applied to salaries for a driver, one administration assistant in Uganda, security guards for the Ugandan office building, rent payments, legal fees, and accountancy fees. Income was also applied to the purchase of a minibus to transport mental patients from the hospital institution to the community.

A commitment for further funding has been made to the Foundation by the Hintze Family Charitable Fund. As well, professional fundraising will assist in expanding the sources of funds for the Foundation.

Reserves policy

The Trustees have reviewed the Foundation's requirement for reserves in line with guidance from the Charity Commission. They are comfortable that in holding such reserves the Foundation is financially able to continue its work in 2021/2022.

The Foundation has completed five years of operation and is beginning its operations on a small scale. As the Foundation is operating on minimum overheads, the Trustees feel it is appropriate to operate on the basis of a minimum of three months funds in reserve at any one time. This position will be reviewed in the coming year, depending upon the level of funding that the Foundation receives in 2022 and any change in overheads in the next financial year.

The Foundation has commitments from various philanthropists to provide a level of funding that will allow current programme activity to continue for the next financial year.

Investment policy

The Foundation does not hold any investments and so has no investment policy at this stage.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

Plans for the future

In its sixth year of operation, the Foundation aims to continue to develop a new community-based mental health care model in Uganda, and East Africa, and to build upon the programmes currently funded.

As part of this aim, the Trustees are particularly interested in providing grants in the next financial year that focus on combating the deep social stigma attached to serious mental illness in Uganda.

In developing a new model of community-based mental health care, it will be important to attempt to shift the emphasis of many people away from their reliance on traditional healers and faith healers, who often exploit the population by demanding high payments for their services and with promises of healing which does not eventuate. The Trustees are convinced that programmes designed to educate the general community and primary health care workers about the causes and treatment of mental health must be based in a local cultural framework, considering the powerful impact that cultural understanding of mental illness has on the population in East Africa.

The Trustees are conscious that shifting the behaviour of people away from traditional healers and faith healers and towards primary health care workers trained in mental health is a major task and see that the Foundation's role in funding programmes in this area will be an important part of the task in shifting to a new model of care that does not rely on institutional care.

The Trustees will also focus on the development of evaluation models to ensure that the Foundation's funding of programmes is seen to have a measurable and tangible result in line with the objectives of the Foundation.

In the next financial year, the Trustees intend to broaden the funding base of the Foundation beyond the Hintze Family Charitable Foundation. While it is anticipated that a further grant of money will be provided by the Hintze Family Charitable Foundation, research grant applications have also been submitted to bodies such as the Medical Research Council in the UK, and other research grant applications are pending.

A major fundraising program, run by a professional fundraiser is currently underway in the UK, in the hope that an increased span of philanthropic funding will occur, and thus strengthen the funding base for YouBelong. The Trustees have produced a short DVD of its objectives to promote the Foundation's work in assisting vulnerable people in need in East Africa. This short video will be used in the fundraising campaign.

By broadening the funding base of the Foundation, the Trustees hope to be able to fund additional programmes in East Africa to continue to fulfil the objects of the Foundation. Responding to the mental health needs of people in Uganda and throughout East Africa, due to COVID-19, is very much in the forefront of the response to mental health needs in Uganda, by the trustees.

On behalf of the board of trustees

DocuSigned by:

Annalisa Jenkins

7998608791EF41F...

Doctor A Jenkins

Trustee

Dated: 5/19/2022

YOUBELONG

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF YOUBELONG

I report to the trustees on my examination of the financial statements of YouBelong (the charity) for the year ended 31 August 2021.

Responsibilities and basis of report

As the trustees of the charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 2011 Act; or
- 2 the financial statements 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.

Mark Lynskey

Mark Lynskey
Bruton Charles

Dated: 18/5/22

YOUBELONG**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT****FOR THE YEAR ENDED 31 AUGUST 2021**

	Notes	2021 \$	2020 \$
<u>Incoming resources from generated funds</u>			
Donations and grants receivable	2	1,392	169,636
Investment income	3	30	269
Total incoming resources		1,422	169,905
<u>Resources expended</u>	4		
Costs of generating funds			
Costs of generating donations and legacies		9,064	13,500
Grant funding consultancy		-	1,688
		9,064	15,188
Net incoming resources available		(7,642)	154,717
Charitable activities			
Grants payable		79,000	99,500
Chief executive salary		-	-
Chief executive travelling costs		-	24,211
Total charitable expenditure		79,000	123,721
Governance costs	6	10,821	9,525
Total resources expended		98,885	148,434
Net income for the year/ Net movement in funds		(97,463)	21,471
Fund balances at 1 September 2020		128,399	106,928
Fund balances at 31 August 2021		30,936	128,399

YOUBELONG**BALANCE SHEET****AS AT 31 AUGUST 2021**

	Notes	2021 \$	\$	2020 \$	\$
Current assets					
Cash at bank and in hand		46,436		143,899	
Creditors: amounts falling due within one year	9	(15,500)		(15,500)	
		<u></u>		<u></u>	
Total assets less current liabilities			30,936		128,399
			<u></u>		<u></u>
Income funds					
Unrestricted funds			30,936		128,399
			<u></u>		<u></u>
			30,936		128,399
			<u></u>		<u></u>

The accounts were approved by the Trustees on

.....
 Doctor A Jenkins
Trustee

YOUBELONG

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 AUGUST 2021

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and UK Generally Accepted Accounting Practice.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Incoming resources

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, grants, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

1.3 Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Resources expended are allocated between Direct Charitable costs, Charitable Support costs, Governance costs and Management and Administrative costs.

Direct Charitable costs represent the core charitable activity costs directly incurred in carrying out the charitable objectives. Charitable Support costs are those that represent costs in respect of activities that support the core activities, not necessarily the direct charitable work. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. Management and administration costs are those costs incurred in running the office, which itself supports the local charity work carried out.

2 Donations and legacies

	2021 \$	2020 \$
Donations and gifts	1,392	69,636
Grants receivable for core activities	-	100,000
	<u>1,392</u>	<u>169,636</u>

YOUBELONG**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 AUGUST 2021****3 Investment income**

	2021	2020
	\$	\$
Bank interest receivable	30	269

4 Total resources expended

	Other costs	Grant funding	Total	Total
	\$	\$	2021	2020
			\$	\$
Costs of generating funds				
Costs of generating donations and legacies	9,064	-	9,064	13,500
Investment management costs	-	-	-	1,688
Total	9,064	-	9,064	15,188
Charitable activities				
<u>Grants payable</u>				
Grant funding of activities	-	79,000	79,000	99,500
<u>Chief executive travelling costs</u>				
Activities undertaken directly	-	-	-	24,221
	-	79,000	79,000	123,721
Governance costs (note 6)	10,821	-	10,821	9,525
	19,885	79,000	98,885	148,434

YOUBELONG**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 AUGUST 2021**

	Total	Total
5 Grants payable	2021	2020
	\$	\$
Grants payable (refer to annexed data)	79,000	99,500
6 Governance costs	2021	2020
	\$	\$
Accountancy fees	7,649	10,177
Bank charges	590	234
Legal & professional	2,469	-
Foreign exchange fluctuations	113	(886)
	10,821	9,525
7 Trustees		
None of the trustees (or any persons connected with them) received any remuneration during the period.		
8 Employees		
YouBelong does not have any employees of its own as it is a very small organisation. The chair of the trustees and the other trustees carry out any necessary executive work for the charity unpaid. The CEO has not been paid salary so as to allow for as much funding as possible to be provided for the charity's objectives.		
9 Creditors: amounts falling due within one year	2021	2020
	\$	\$
Loans payable	15,500	15,500

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA*****FOR THE YEAR ENDED 31 AUGUST 2021***

STATEMENT OF FINANCIAL ACTIVITIES	2021	2020
	\$	\$
<u>Incoming resources from generated funds</u>		
Donations and legacies	28,469	37,403
Incoming resources from charitable activities	102,000	99,500
Total incoming resources	130,469	136,903
<u>Resources expended</u>		
Charitable activities		
Direct charitable activities	85,223	102,895
Charitable support costs	13,281	11,805
Total charitable expenditure	98,504	114,700
Governance costs	6,666	8,514
Management and administrative costs	19,782	22,238
Total resources expended	124,952	145,452
Net expenditure for the year/ Net movement in funds	5,517	(8,549)
Fund balances at 1 September 2020	45,433	53,982
Fund balances at 31 August 2021	50,950	45,433

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA****FOR THE YEAR ENDED 31 AUGUST 2021****TOTAL RESOURCES EXPENDED**

	Staff costs	Other costs	Total 2021	Total 2020
	\$	\$	\$	\$
Direct Charitable activities				
Technical director	18,910		18,910	30,453
Motor vehicles depreciation		7,367	7,367	6,579
CEO accommodation and security	9,000		9,000	4,500
Local travelling costs		9,483	9,483	2,158
Motor vehicle costs		3,102	3,102	4,744
Drivers allowances	1,930		1,930	2,806
Insurances – staff and vehicles		45	45	938
Consultancy costs	-	-	-	-
Food and clothing for resettled patients		-	-	-
Pre and post discharge costs		435	435	-
Occupational therapist	4,845		4,845	4,913
Nursing costs	4,419		4,419	10,496
Local IRB and UNCST fees (ethics)		-	-	2,300
Clinical advisors		7,286	7,286	
Policy advisors		3,833	3,833	4,785
Social workers	14,568		14,568	18,124
Research and data costs		-	-	-
Training costs	-		-	-
Legal set up costs		-	-	-
cHaRISMA project costs	-	-	-	10,099
Total	53,672	31,551	85,223	102,895

Charitable support costs

Office manager	-		-	-
Plant and equipment depreciation		1,501	1,501	1,955
Fixtures and fittings depreciation		1,505	1,505	1,505
Security and maintenance staff	-		-	-
Office security and maintenance costs		3,591	3,591	4,659
Cleaners and janitor's fees	2,753		2,753	2,445
Staff development and welfare	3,931		3,931	1,241
Total	6,684	6,597	13,281	11,805

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA****FOR THE YEAR ENDED 31 AUGUST 2021****TOTAL RESOURCES EXPENDED (CONTINUED)****Governance costs**

	Staff costs	Other costs	Total 2021	Total 2020
	\$	\$	\$	\$
Local accounting fees		1,534	1,534	1,460
Finance and human resource fees	5,132		5,132	5,132
	<u>5,132</u>	<u>1,534</u>	<u>6,666</u>	<u>1,922</u>
				<u>8,514</u>

Management and administration costs

	Staff costs	Other costs	Total 2021	Total 2020
	\$	\$	\$	\$
Office hire and rent		10,453	10,453	15,000
IT services		4,689	4,689	2,842
Office supplies and stationery		1,078	1,078	2,145
Telephone, internet, electricity & water		2,138	2,138	1,915
Bank charges & foreign exchange		1,424	1,424	336
	<u>-</u>	<u>19,782</u>	<u>19,782</u>	<u>22,238</u>

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA*****FOR THE YEAR ENDED 31 AUGUST 2021***

BALANCE SHEET	2021		2020	
	\$	\$	\$	\$
Fixed assets				
Tangible assets		23,267		23,366
Current assets				
Debtors	1,666		1,666	
Cash at bank and in hand	26,017		20,401	
Net current assets		27,683		22,067
Creditors		-		-
Total assets less current liabilities		50,950		45,433
Income funds				
Unrestricted funds		50,950		45,433
		50,950		45,433

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA****FOR THE YEAR ENDED 31 AUGUST 2021****BALANCE SHEET DATA****Tangible fixed assets**

	Plant and machinery	Fixtures, fittings & equipment	Motor vehicles	Total
	\$	\$	\$	\$
Cost				
At 1 September 2020	8,090	10,032	32,363	50,485
Additions	-	-	10,273	10,273
At 31 August 2021	8,090	10,032	42,636	60,758
Depreciation				
At 1 September 2020	5,213	5,095	16,810	27,118
Charge for the year	1,501	1,505	7,367	10,373
At 31 August 2021	6,714	6,600	24,177	37,491
Net book value				
At 31 August 2021	1,376	3,432	18,459	23,267
At 31 August 2020	2,876	4,937	15,553	23,366

Debtors	2021	2020
	\$	\$
Prepayments and recoverable URA payment	1,666	1,666

YOUBELONG

England & Wales - Charity number 1169229

Accounts

YOUBELONG
TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2020

YOUBELONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Doctor A Jenkins Doctor S Jacob Doctor J Tibenderana
Charity number	1169229
Accountants and independent examiner	Mark Lynskey Bruton Charles The Coach House Greys Green Business Centre Henley-on-Thames Oxfordshire RG9 4QG

YOUBELONG

CONTENTS

	Page
Trustees' report	1 - 7
Independent examiner's report	8
Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11 - 13
Annexed pages in respect of Youbelong Uganda	

YOUBELONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2020

The Trustees of YouBelong (the Foundation), who are also members of the Foundation, present their report and accounts for the year ended 31 August 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Foundation's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

Structure, governance and management

The Foundation is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission for England and Wales on 16 September 2016 with registered charity number 1169229. The Foundation is governed by its constitution dated 16 September 2016.

The trustees who served during the year were:

Professor F Verity	(Resigned 15 th September 2020)
Doctor A Jenkins	
Doctor S Jacob	
Doctor J Tibenderana	

There have been no new trustees appointed since the Foundation was registered with the Charity Commission for England and Wales.

If and when new trustees are required, they will be identified by the existing Trustees. Any new trustee will be recruited on the basis of their expertise. It is the policy of the Trustees to have a multi-disciplinary board. In selecting new trustees, the Trustees will expect the prospective trustees to be exemplary in their honesty and commitment to the objects of the Foundation.

A newly-appointed trustee will be provided with a copy of the constitution of the Foundation, the latest financial statements and details of any conflicts of interest and grant-making policies. New trustees will have the decision-making process explained to them by the existing Trustees and will be provided with an overview of the administrative procedures employed by the Foundation.

The Trustees are responsible for the overall governance of the Foundation. The Trustees meet regularly throughout the year by electronic means, as they reside in different countries, and are responsible for ensuring that the Foundation acts in accordance with its objects. The Trustees are also responsible for determining the policies of the charity.

Currently, there are three trustees from a variety of backgrounds relevant to the aims of the charity. The Trustees collectively review strategy and operational performance and approve grants to be provided and fundraising events and activities to be arranged to ensure the Foundation meets its aims. The Trustees also consider conflicts of interest policies, reserves management and risk management.

The chair of the trustees is Dr. Annalisa Jenkins. The Trustees have delegated the day to day administration of the Foundation to Dr. Jenkins.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2020

Related Parties

The Trustees understand that they must disclose transactions with related parties of the Foundation. The Trustees recognise that there are a range of donors, individuals, and organisations that work with and network with the Foundation. In the Trustees' opinion, the only related parties are the three Trustees of the Foundation. All other parties are unconnected with the Foundation.

How our activities deliver public benefit

As required by the Charity Commission, the Trustees have always had due regard for the requirement that the Foundation's aims should be for the public benefit.

The public benefit of the grants made available by the Foundation is significant. Mental patients, who have been in long-term confinement in institutional/asylum care in dehumanising conditions, have been resettled with their families and are provided with a level of support to restore their dignity and to help them towards full recovery. Families have been reunited and supported and enabled to live with increased quality of life. Local communities have a sense of wellbeing in the knowledge that the vulnerable amongst them, such as people with mental illness, are being assisted in order to participate in the economic and social life of the community.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Risk review and management

The Trustees have undertaken a risk assessment that highlights the principal risks associated with the Foundation's activities. They are satisfied that adequate reporting procedures are in place to identify and mitigate the risks posed to the Foundation. The Trustees regularly assess the funding requirements and the costs that the Foundation regularly incurs to ensure that there are no factors that could impact the Foundation's ability to fulfil its objectives.

The Trustees have also taken reasonable steps to prevent fraud and other irregularities. For example, the transfer of funds from the Foundation to programmes in Uganda by electronic means requires full security measures with Barclays Bank UK, who hold the accounts of the Foundation. A two person approval and verification system is in place to ensure that only formally authorised payments can be executed.

The Trustees have also adopted a conflicts of interest policy that is continually referred to in respect of all of its planned charitable events and grant-making activities.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2020

Objectives and activities

The objects of the Foundation, as set out in the constitution of the Foundation, are as follows:

The objects of the CIO, are the relief of persons in East Africa who are in need, hardship or distress and in particular (without prejudice to the generality) suffering from mental illness and to advance the health of said people by the provision of grants to organisations working with said people.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Foundation's aims and objects and distributing grants.

Mindful of the objects of the CIO, the Trustees of the Foundation have examined the objects of YouBelong Uganda, being the main recipient of grants from the Foundation in the current financial year, and have determined that the work of YouBelong Uganda is consistent with the above objects. YouBelong Uganda is a registered NGO in Uganda established for the purpose of moving people recovering from mental illness from the national mental hospital in Kampala, Uganda, and transporting them to their families and local communities and then working with the returned patient, and their family to prevent relapse and return to institutional life.

The Foundation has provided grants to YouBelong Uganda and continues to monitor and evaluate the work of the Ugandan based organisation to ensure that the grants are appropriately applied to the proper work of the organisation.

The Trustees of the Foundation receive regular reports and the Chair of the Trustees has travelled to Uganda, East Africa, at her own expense, to observe and monitor the performance of the organisation in its activities.

The Trustees of the Foundation will continue to monitor organisations in East Africa that provide support to people with mental illness and are open to funding a range of organisations, depending upon available funds, and depending upon the relevance of the work of organisations in East Africa, to the objects of the Foundation.

The Trustees have decided for the next financial year to focus their grant-making on Uganda and to provide grants to build a new model of mental health care in Uganda. Following the successful evaluation of a new model of mental health in Uganda that is properly subjected to evidence-based research, the Trustees of the Foundation are mindful that such a model could be transported into the health systems of other East African countries.

The core belief of the Foundation is that belonging to family, local community, and culture is foundational to human wellbeing and mental wellbeing. Respect, recognition, and dignity within community are fundamental relational experiences if a person is to possess a healthy self-image and a sense of wellbeing. It is this core belief in the human need to belong that underpins the work of the Foundation in restoring people to mental health in low income countries in East Africa, such as Uganda.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2020

Grant making Policy

The Trustees of the Foundation have resolved that the Foundation's grant-making should be guided by the following principles:

1. Organisations may only qualify for grants from the Foundation if the activities and goals of such organisations are directly within the scope of the objects of the Foundation.
2. Organisations may only qualify for grants from the Foundation if they are legally registered as a non government organisation (NGO) in the East African country in which they operate.
3. Organisations may only qualify for grants from the Foundation if the programmes they run are sustainable beyond the life of the grant.
4. Organisations may only qualify for grants from the Foundation if the programmes they run have the potential to be scalable and to have an impact not only upon individuals but also families and local communities and the health system within the particular East African country.
5. Preference is given to programmes which are evidence-based and innovative.

Preference is given to programmes which aid the development of the local health system and are particularly geared to the creation of a community-based mental health system balanced between acute in-patient hospital care and community-based support.

Volunteers

Although there are currently no volunteers working for the Foundation, the Trustees agree that volunteers have the potential to be an important part of local innovation, mobilising the community to assist in mental health support. The Foundation supports the use of people who are in a high level of recovery from mental illness to act as volunteer peer support workers. These volunteers would be easily accessible to families who might be experiencing some difficulties when a family member returned from hospital care relapses and behavioural problems occur

The Foundation is also investigating the use of families as volunteers in a possible family-to-family support programme.

YOUNG BELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2020

Achievements and performance

Grants from the Foundation to programmes in Uganda, East Africa, during this period of time have produced significant achievements.

Grants from the Foundation have enabled the resettlement of people with serious mental illness from the national mental hospital in Kampala, Uganda, an institution with a 550 bed capacity but with over 900 patients living in dehumanising and degrading conditions, back to their families and communities. Grants to Young Belong Uganda provide the resources to help to prevent patients recovering from serious mental illness from relapse and return to institutional care.

Grants from the Foundation have also enabled:

- The employment in Uganda of 3 social workers, 3 psychiatric nurses, 1 occupational therapist and 1 psychiatrist, together with 2 volunteer psychiatric nurses. These individuals form a community mental health team. A driver and administration assistant have also been employed.
 - The renting of offices and the purchase of a 15 seater minibus to transport patients back to families and local village communities. The organisation is in the process of purchasing a second minibus to transport patients from the mental hospital back to their families and local village.
 - Through research by Makerere University, Kampala, Uganda, in conjunction with Young Belong Uganda, the development of a unique PRE-DISCHARGE FROM HOSPITAL ASSESSMENT TOOL and a POST-DISCHARGE INTERVENTION PROCESS, to enable the community mental health team to prepare a patient for discharge and to prepare their family to receive the patient back home and to maintain the patient in the community. Before these tools were developed, there was no preparation of the patient or their family before discharge.
 - The training of the community mental health team employed by Young Belong Uganda in crisis management, problem solving skills and family mapping in order to empower families in their support of the returned family member recovering from serious mental illness.
 - The transfer of over 70 patients from the mental hospital back to their families and local communities. The plan is for this number to increase to over 100 in the next year of activity of the Ugandan NGO.
 - In COVID-19 conditions, the organisation has given priority to the urgent transfer of patients from the overcrowded mental hospital back to their families. This has been undertaken to both protect the functioning of the hospital and to lower the numbers of patients in the hospital and at risk of COVID-19 infection, and as well to protect patients by moving them out of a high risk environment, and back to the safety of their family home.
 - The education of people with serious mental illness in Uganda, in hospital care, and family care, in health safety measures to minimize COVID-19 infection. PPE has been provided to mental patients returning home, as well as psychosocial education and counselling to help with the anxiety and mental stress caused by COVID-19 in Uganda.
 - The education of people in local village communities in the causes of serious mental illness in order to dispel local beliefs regarding mental illness. There is widespread local belief that mental illness is caused by witchcraft, demons, curses, and ancestral spirits.
-

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2020

Financial review

The results and financial position of the Foundation are shown on the Statement of Financial Activities and the Balance sheet on pages 9 and 10.

Income for the period was \$169,905 and expenditure was \$148,434. The net result was a surplus of \$21,471, which will be utilised in the next year of activities of the Foundation. The trustees are pleased with the level of funds that the Foundation has generated in its fourth period of existence.

The main source of funding in the financial period to date was a grant from the Hintze Family Charitable Foundation, in the UK. A grant of \$100,000 was received from the Hintze Family Charitable Foundation during the last financial year to enable the Foundation to begin its charitable activity.

The income received in the financial period of this report was applied to the salaries of the community mental health team of YouBelong-Uganda for its work in assisting people with severe mental illness, particularly during COVID-19 conditions. It was also applied to salaries for a driver, one administration assistant in Uganda, security guards for the Ugandan office building, rent payments, legal fees, and accountancy fees. Income was also applied to the purchase of a minibus to transport mental patients from the hospital institution to the community.

Reserves policy

The Trustees have reviewed the Foundation's requirement for reserves in line with guidance from the Charity Commission. They are comfortable that in holding such reserves the Foundation is financially able to continue its work in 2020/2021.

The Foundation has completed four years of operation and is while operating on a small scale, is contributing, through grants to YouBelong Uganda, for significant support for people with serious mental illness. As the Foundation is operating on minimum overheads, the Trustees feel it is appropriate to operate on the basis of a minimum of three months funds in reserve at any one time. This position will be reviewed on an annual basis., depending upon the level of funding that the Foundation receives in 2021 and any change in overheads in the next financial year.

The Foundation has commitments from various philanthropists to provide a level of funding that will allow current programme activity to continue for the next financial year.

Investment policy

The Foundation does not hold any investments and so has no investment policy at this stage.

YOUBELONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2020

Plans for the future

In its fifth year of operation, the Foundation aims to continue to develop a new community-based mental health care model in Uganda, and East Africa, and to build upon the programmes currently funded. The Foundation is focussed on ensuring a post COVID-19 plan is developed to further support individuals and families experiencing serious mental illness in Uganda and throughout East Africa.

As part of this aim, the Trustees are particularly interested in providing grants in the next financial year that focus on combating the impact of COVID-19 on people with serious mental illness in Uganda.

In developing a new model of community-based mental health care, it will be important to understand the cultural dependence of the Ugandan and East African population on traditional and faith healers, in interpreting the cause of mental illness, and to find ways to collaborate with the alternative care system. The Trustees are convinced that programmes designed to educate the general community and primary health care workers about the causes and treatment of mental health must be based in a local cultural framework, considering the powerful impact that cultural understanding of mental illness has on the population in East Africa.

The Trustees are conscious that developing a model of care that is culturally aware and sensitive is essential for the successful implementation of its goals and objectives.

The Trustees will also focus on the development of evaluation models to ensure that the Foundation's funding of programmes is seen to have a measurable and tangible result in line with the objectives of the Foundation.

In the next financial year, the Trustees will continue to seek to broaden the funding base of the Foundation beyond the Hintze Family Charitable Foundation. While it is anticipated that a further grant of money will be provided by the Hintze Family Charitable Foundation, research grant applications have also been submitted to bodies such as the Medical Research Council in the UK, and other research grant applications are pending.

The Trustees have also embarked on a fund-raising campaign targeting major corporations who have an overt sense of corporate social responsibility. The Trustees have produced a short DVD of its objectives to promote the Foundation's work in assisting vulnerable people in need in East Africa.

By broadening the funding base of the Foundation, the Trustees hope to be able to fund additional programmes in East Africa to continue to fulfil the objects of the Foundation.

On behalf of the board of trustees

DocuSigned by:

.....79986C8731EF41F.....

Doctor A Jenkins

Trustee

Dated: 3/1/2021

YOUBELONG

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF YOUBELONG

I report on the accounts of the charity for the year ended 31 August 2020, which are set out on pages 9 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act;have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mark Lynskey (Mar 17, 2021 11:16 GMT)

Mark Lynskey CA
Bruton Charles – Chartered Accountants

Mar 17, 2021

Dated:

YOUBELONG**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT****FOR THE YEAR ENDED 31 AUGUST 2020**

	Notes	2020 \$	2019 \$
<u>Incoming resources from generated funds</u>			
Donations and grants receivable	2	169,636	278,944
Investment income	3	269	261
Total incoming resources		169,905	279,205
<u>Resources expended</u>	4		
Costs of generating funds			
Costs of generating donations and legacies		13,500	29,603
Grant funding consultancy		1,688	6,548
		15,188	36,151
Net incoming resources available		154,717	243,054
Charitable activities			
Grants payable		99,500	110,000
Chief executive salary		-	10,000
Chief executive travelling costs		24,221	34,261
Total charitable expenditure		123,721	154,261
Governance costs		9,525	14,269
Total resources expended		148,434	204,681
Net income for the year/ Net movement in funds		21,471	74,524
Fund balances at 1 September 2019		106,928	32,404
Fund balances at 31 August 2020		128,399	106,928

YOUBELONG

BALANCE SHEET

AS AT 31 AUGUST 2020

	Notes	2020		2019	
		\$	\$	\$	\$
Current assets					
Cash at bank and in hand		143,899		126,522	
Creditors: amounts falling due within one year	8	(15,500)		(19,594)	
Total assets less current liabilities		<u>128,399</u>		<u>106,928</u>	
Income funds					
Unrestricted funds		<u>128,399</u>		<u>106,928</u>	
		<u>128,399</u>		<u>106,928</u>	

The accounts were approved by the Trustees on

DocuSigned by:
Annalisa Jenkins
.....79986C8731EF41F.....
Doctor A Jenkins
Trustee

YOUBELONG

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 AUGUST 2020

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Incoming resources

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, grants, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

1.3 Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Resources expended are allocated between Direct Charitable costs, Charitable Support costs, Governance costs and Management and Administrative costs.

Direct Charitable costs represent the core charitable activity costs directly incurred in carrying out the charitable objectives. Charitable Support costs are those that represent costs in respect of activities that support the core activities, not necessarily the direct charitable work. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. Management and administration costs are those costs incurred in running the office, which itself supports the local charity work carried out.

2 Donations and legacies

	2020 \$	2019 \$
Donations and gifts	69,636	69,019
Grants receivable for core activities	100,000	209,925
	<u>169,636</u>	<u>278,944</u>

YOUBELONG**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 AUGUST 2020****3 Investment income**

	2020 \$	2019 \$
Bank interest receivable	<u>269</u>	<u>261</u>

4 Total resources expended

	Other costs \$	Grant funding \$	Total 2020 \$	Total 2019 \$
Costs of generating funds				
Costs of generating donations and legacies	13,500	-	13,500	29,603
Investment management costs	<u>1,688</u>	<u>-</u>	<u>1,688</u>	<u>6,548</u>
Total	<u>15,188</u>	<u>-</u>	<u>15,188</u>	<u>36,151</u>
Charitable activities				
<u>Grants payable</u>				
Grant funding of activities	-	99,500	99,500	110,000
<u>Chief executive salary</u>				
Activities undertaken directly	-	-	-	10,000
<u>Chief executive travelling costs</u>				
Activities undertaken directly	<u>24,221</u>	<u>-</u>	<u>24,221</u>	<u>34,261</u>
	<u>24,221</u>	<u>99,500</u>	<u>123,721</u>	<u>154,261</u>
Governance costs	<u>9,525</u>	<u>-</u>	<u>9,525</u>	<u>14,269</u>
	<u>48,934</u>	<u>99,500</u>	<u>148,434</u>	<u>204,681</u>

YOUBELONG**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 AUGUST 2020**

	Total	Total
5 Grants payable	2020	2019
	\$	\$
Grants payable (refer to annexed data)	99,500	110,000
6 Governance costs		
	2020	2019
	\$	\$
Accountancy fees	10,177	10,191
Bank charges	234	766
Travelling costs	-	2,775
Foreign exchange fluctuations	(886)	537
	9,525	14,269
7 Trustees		
None of the trustees (or any persons connected with them) received any remuneration during the period.		
8 Employees		
YouBelong does not have any employees of its own as it is a very small organisation. The chair of the trustees and the other trustees carry out any necessary executive work for the charity unpaid. The CEO has not been paid salary so as to allow for as much funding as possible to be provided for the charity's objectives.		
9 Creditors: amounts falling due within one year	2020	2019
	\$	\$
Loans payable	15,500	19,594

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA*****FOR THE YEAR ENDED 31 AUGUST 2020***

STATEMENT OF FINANCIAL ACTIVITIES	2020	2019
	\$	\$
<u>Incoming resources from generated funds</u>		
Donations and legacies	37,403	43,726
Incoming resources from charitable activities	99,500	110,000
Total incoming resources	136,903	153,726
<u>Resources expended</u>		
Charitable activities		
Direct charitable activities	102,895	123,600
Charitable support costs	11,805	13,422
Total charitable expenditure	114,700	137,021
Governance costs	8,514	6,747
Management and administrative costs	22,238	25,287
Total resources expended	145,452	169,056
Net expenditure for the year/ Net movement in funds	(8,549)	(15,330)
Fund balances at 1 September 2019	53,982	69,312
Fund balances at 31 August 2020	45,433	53,982

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA****FOR THE YEAR ENDED 31 AUGUST 2020****TOTAL RESOURCES EXPENDED**

	Staff costs \$	Other costs \$	Total 2020 \$	Total 2019 \$
Direct Charitable activities				
Technical director	30,453		30,453	31,122
Motor vehicles depreciation		6,579	6,579	3,897
CEO accommodation and security	4,500		4,500	18,000
Local travelling costs		2,158	2,158	3,767
Motor vehicle costs		4,744	4,744	1,362
Drivers allowances	2,806		2,806	3,370
Insurances – staff and vehicles		938	938	2,226
Project managers	-		-	-
Food and clothing for resettled patients		-	-	74
Pre and post discharge costs		-	-	226
Occupational therapist	4,913		4,913	8,965
Nursing costs	10,496		10,496	9,647
Local IRB and UNCST fees (ethics)		2,300	2,300	500
Policy advisors		4,785	4,785	3,874
Social workers	18,124		18,124	21,534
Research and data costs		-	-	388
Training costs	-		-	-
Legal set up costs		-	-	-
cHaRISMA project costs	2,592	7,507	10,099	14,648
Total	73,884	29,011	102,895	137,214

Charitable support costs

Office manager	-		-	-
Plant and equipment depreciation		1,955	1,955	1,706
Fixtures and fittings depreciation		1,505	1,505	1,505
Security and maintenance staff	-		-	-
Office security and maintenance costs		4,659	4,659	4,871
Cleaners and janitor's fees	1,837	608	2,445	2,852
Staff development and welfare	1,241		1,241	2,488
Total	3,078	8,727	11,805	13,422

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA****FOR THE YEAR ENDED 31 AUGUST 2020****TOTAL RESOURCES EXPENDED (CONTINUED)****Governance costs**

	Staff costs	Other costs	Total 2020	Total 2019
	\$	\$	\$	\$
Local accounting fees		1,460	1,460	1,200
Finance and human resource fees	5,132		5,132	5,467
Legal and professional fees		1,922	1,922	80
	<u>5,132</u>	<u>3,382</u>	<u>8,514</u>	<u>6,747</u>

Management and administration costs

	Staff costs	Other costs	Total 2020	Total 2019
	\$	\$	\$	\$
Office hire and rent		15,000	15,000	18,000
IT services		2,842	2,842	2,159
Office supplies and stationery		2,145	2,145	1,808
Telephone, internet, electricity & water		1,915	1,915	2,485
Bank charges & foreign exchange		336	336	835
	<u>-</u>	<u>22,238</u>	<u>22,238</u>	<u>25,287</u>

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA*****FOR THE YEAR ENDED 31 AUGUST 2020***

BALANCE SHEET	2020	2019
	\$	\$
Fixed assets		
Tangible assets	23,366	15,982
Current assets		
Debtors	1,666	3,932
Cash at bank and in hand	20,401	34,068
Net current assets	22,067	38,000
Creditors	-	-
Total assets less current liabilities	45,433	53,982
Income funds		
Unrestricted funds	45,433	53,982
	45,433	53,982

YOUBELONG**ANNEXED YOUBELONG UGANDA OPERATING DATA****FOR THE YEAR ENDED 31 AUGUST 2020****BALANCE SHEET DATA****Tangible fixed assets**

	Plant and machinery	Fixtures, fittings & equipment	Motor vehicles	Total
	\$	\$	\$	\$
Cost				
At 1 September 2019	7,440	10,032	15,590	33,062
Additions	<u>650</u>	<u>-</u>	<u>16,773</u>	<u>17,423</u>
At 31 August 2020	<u>8,090</u>	<u>10,032</u>	<u>32,363</u>	<u>50,485</u>
Depreciation				
At 1 September 2019	3,259	3,590	10,231	17,080
Charge for the year	<u>1,955</u>	<u>1,505</u>	<u>6,579</u>	<u>10,039</u>
At 31 August 2020	<u>5,214</u>	<u>5,095</u>	<u>16,810</u>	<u>27,119</u>
Net book value				
At 31 August 2020	<u>2,876</u>	<u>4,937</u>	<u>15,553</u>	<u>23,366</u>
At 31 August 2019	<u>4,181</u>	<u>6,441</u>	<u>5,360</u>	<u>15,982</u>

Debtors	2020	2019
	\$	\$
Prepayments and recoverable URA payment	<u>1,666</u>	<u>3,932</u>