

SameYou Annual Trustee Report

Year ending 30th September 2023

The Trustees are pleased to present their annual report with the financial statement of the Charity for the year ending 30th September 2023. These are also prepared to meet the requirements for a directors' report and accounts for the Companies Act 2006 purposes.

The financial statements comply with the Charities Act 2011, the Charity's Memorandum and Article of Association and Accounting and Reporting by Charities : Statement of Recommendation Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2015).

The Trustees are delighted to provide a summary of the year.

Our Ambition Goals and Objectives remain constant this year as we continue to They are :

- To Increase and improve the provision of innovative recovery services for those who have experienced a brain injury or stroke.
- To raise awareness of the gap in the provision of rehabilitation and recovery care verses the need
- To be a catalyst in causing radical change to the pathway of care in bringing together Cognitive, Physical and Emotional rehabilitation (Brain, Body and Mind) into an integrated holistic approach to recovery.

Our guiding principles remain :

- Compliance with the legislation and regulations
- External transparency in terms of governance, actions and achievements
- That our efforts of additive and not competitive to other charities working in this arena.
- That our strategy will delivery effective delivering tangible change to peoples lives

Trustees

Richard Davidson stepped down as Chair at the beginning of the financial year and Emilia Clarke stepped up as interim Chair until a replacement can be secured. Susanne Lopez joined the board, she brings a wealth of fundraising knowledge

Plans for the Future

The Trustees have worked with the SameYou team to help us focus on sustainability in order to reach our cause goals.

We will be developing our high value giving network more with a systematic approach to our top 20 potential donors,

Statement of trustees' responsibilities

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

Company law requires trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming/outgoing resources and application of resources, including the income and expenditure, of the charitable company for that year. In preparing these financial statements, the trustees are required to:

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

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

This report has been prepared in accordance with the special provisions relating to small entities within Part 15 of the Companies Act 2006 and in accordance with Accounting & 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).

Small Companies Exemption

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on their behalf by:

Emilia
Clarke
Trustee
Chairperson
Date:

We will take steps to build a survivor led movement calling for transformation to recovery services and focusing on advocacy, community, awareness and fundraising
We plan to increase our volunteer network in order to achieve more, we will appoint a part time volunteer manager from our pool of volunteers and we will hire a strategic consultant to help us use digital mobilization through a structured framework to raise awareness and funds

Financial Review

The Charity has received donations in the year totally £££££ which has enabled us to meet most of our administrative costs during another year of development, expansion and establishment.

It does not hold any reserves and due to the serious decline in donations seen during the year will need to reduce the activity and objectives of the charity.

The Charity is a company limited by guarantee governed by its Memorandum and Articles of Association dated 19th April 2016. It is registered with the Charity Commission.

The Trustees have all been appointed in accordance with the articles of association.

The Trustees have overall responsibility for the management and control of the Charity. They meet on a quarterly basis to make the decisions and are in contact between meetings as and when required.

None of the trustees have received any remuneration or any other benefit from their work with the charity.

SameYou

Unaudited Report and Accounts

For the year ended 30 September 2023

Charity Registration No. 1170102

Company Registration No. 10134313 (England and Wales)

SameYou
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SameYou
Legal and Administrative Information

Charity Name	SameYou
Charity Number	1170102
Company Number	10134313
Trustees	Emilia Clarke Henry Marsh Richard Davidson (Resigned 01 September 2023) Oliver Lewis (Resigned 14 December 2023) Susanne Lopez (Appointed 01 October 2023)
Key Management Personnel	Jennifer Clarke - CEO
Registered Office	10 Queen Street Place London EC4R 1BE
Independent Examiner	Moore Kingston Smith LLP 6th Floor 9 Appold Street London EC2A 2AP
Bankers	Barclays Bank Plc Portman Square Group 2 9 Portman Square London W1A 3AL Client Account: Worcester Branch, Unit 4, The Triangle, Wildwood Drive, Worcester WR5 2Q via; Clay Knox 166 Piccadilly, 3rd Floor Foxglove House, W1J 9EF
Solicitors	Bates Wells LLP 10 Queen Street Place London EC4R 1BE

SameYou
Report of the Trustees
For the year ended 30 September 2023

The Trustees are pleased to present their annual report with the financial statement of the Charity for the year ending 30 September 2023. These are also prepared to meet the requirements for a directors' report and accounts for the Companies Act 2006 purposes.

The financial statements comply with the Charities Act 2011, the Charity's Memorandum and Article of Association and Accounting and Reporting by Charities : Statement of Recommendation Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2015).

The Trustees are delighted to provide a summary of the year.

Our Ambitious Goals and Objectives remain constant this year as we continue to minimize spend. They are:

- To increase and improve the provision of innovative recovery services for those who have experienced a brain injury or stroke;
- To raise awareness of the gap in the provision of rehabilitation and recovery care verses the need;
- To be a catalyst in causing radical change to the pathway of care in bringing together Cognitive, Physical and Emotional rehabilitation (Brain, Body and Mind) into an integrated holistic approach to recovery.

Our guiding principles remain:

- Compliance with the legislation and regulations;
- External transparency in terms of governance, actions and achievements;
- That our efforts of additive and not competitive to other charities working in this arena; and
- That our strategy will delivery effective delivering tangible change to peoples lives.

Achievements and Performance

In our 2022 report we outlined our plans for the future. The results in 2023 against these topics are:

We have increased funding to the University of South Lancashire UCLAN and East Lancashire Hospitals Trust. ELHT is working together to further develop the SameYou instigated group rehabilitation online service NROL which was first piloted with UCL at the start of the Covid-19 Pandemic.

This was made possible by the award from the National Lottery Community Fund in 2021. We granted the first installment of the grant to enable the roll-out across another four NHS Trusts in Lancashire. The team demonstrated the successful results of this pioneering intervention to their local NHS commissioning body and the NHS has offered trial funding of this service to other regions in the UK. This is a significant achievement for SameYou from concept to commissioning in two and a half years.

Almost 1,000 patients have gone through this programme so far which has revealed life-changing results. It is operated in real time via Teams, delivered by the NHS in London and Lancashire.

SameYou
Report of the Trustees (Continued)
For the year ended 30 September 2023

In 2023 we made giant strides forward by working with new partners, including the World Health Organisation, to help transform the recovery pathway. We have also continued work with The University of Edinburgh, Sphere Rehabilitation, The University of Central Lancashire and five East Lancashire hospitals, Spaulding Rehabilitation and Mount Sinai Health System.

We have created additional resources and worked with more survivors to enable them to share their stories, offering hope, comfort and important peer-to-peer support.

2024: Work is already underway to develop a new, innovative mental health-centred recovery pathway and an information and training programme. We have made connections with a major new partner to increase awareness of the need for rehabilitation and highlight the impact of health inequality. And we'll also be looking to expand our recovery tools as it's our vision that everyone has access to support.

Trustees

Richard Davidson stepped down as Chair during the financial year and Emilia Clarke stepped up as interim Chair until a replacement can be secured. Susanne Lopez joined the board in October 2023 and she brings a wealth of fundraising knowledge.

Plans for the Future

The Trustees have worked with the SameYou team to help us focus on sustainability in order to reach our cause goals. We will be developing our high value giving network more with a systematic approach to our top 20 potential donors.

We will take steps to build a survivor led movement calling for transformation to recovery services and focusing on advocacy, community, awareness and fundraising.

We plan to increase our volunteer network in order to achieve more, we will appoint a part time volunteer manager from our pool of volunteers and we will hire a strategic consultant to help us use digital mobilization through a structured framework to raise awareness and funds.

Financial Review and Reserves

The Charity has received donations in the year totalling £359,368 which has enabled us to meet most of our administrative costs during another year of development, expansion and establishment.

The Charity does not hold any free reserves and due to the decline in donations seen during the year will need to reassess the activity and objectives of the charity.

The Charity is a company limited by guarantee governed by its Memorandum and Articles of Association dated 19 April 2016. It is registered with the Charity Commission.

The Trustees have all been appointed in accordance with the Articles of Association.

The Trustees have overall responsibility for the management and control of the Charity. They meet on a quarterly basis to make the decisions and are in contact between meetings as and when required.

Statement of trustees' responsibilities

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

Company law requires trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming/outgoing resources and application of resources, including the income and expenditure, of the charitable company for that year. In preparing these financial statements, the trustees are required to:

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

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

This report has been prepared in accordance with the special provisions relating to small entities within Part 15 of the Companies Act 2006 and in accordance with Accounting & 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).

Small Companies Exemption

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on their behalf by:



E. Clark
Interim Chairperson
Date: 27.04.2024

Independent Examiner's report to the Trustees of SameYou

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2023.

Responsibilities and basis of report

As the charity's trustees (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for Independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ACCA which is one of the listed bodies.

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:

- (1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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

6th Floor
9 Appold Street
London
EC2A 2AP

Date: 29/04/2024



Adam Fullerton
FCA DChA
For and on behalf of
Moore Kingston Smith LLP
Chartered Accountants

Statement of Financial Activities for the year ended 30 September 2023

	Note	Restricted Funds 2023	Unrestricted Funds 2023 £	Total 2023 £	Total Funds For Year to 2022 £
INCOME AND ENDOWMENTS FROM:					
Donations and grants	3	57,965	301,403	359,368	408,320
Investment Income	4	-	2	2	-
Other Income	5	-	-	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
Total		57,965	301,405	359,370	408,320
EXPENDITURE ON:					
Charitable activities	6	-	363,428	363,428	525,956
		<hr/>	<hr/>	<hr/>	<hr/>
Total		-	363,428	363,428	525,956
Net Income		57,965	(62,023)	(4,058)	(117,636)
Transfers between funds	14	(40,619)	40,619	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
Net movement in funds		17,346	(21,404)	(4,058)	(117,636)
Reconciliation of funds:					
Total Funds brought forward		40,619	(29,921)	10,698	128,334
Total Funds carried forward		<u>57,965</u>	<u>(51,325)</u>	<u>6,640</u>	<u>10,698</u>

SameYou
Balance Sheet
As at 30 September 2023

			<u>2023</u>		<u>2022</u>	
	<u>Note</u>	£	£	£	£	
Non-Current Assets						
Intangible Fixed Assets	10		3,284		25,367	
Tangible Fixed Assets	11		1,070		1,817	
			<u>4,354</u>		<u>27,184</u>	
Current Assets						
Debtors: amounts falling due within one year	12	12,032		5,952		
Cash at bank		<u>62,216</u>		<u>132,503</u>		
		74,248		138,455		
Creditors: Amounts falling due within one year	13	<u>(71,962)</u>		<u>(154,941)</u>		
Net current assets			2,286		(16,486)	
Net assets			<u>6,640</u>		<u>10,698</u>	
Funds						
Unrestricted funds	14		(51,325)		(29,921)	
Restricted Funds	14		57,965		40,619	
Designated funds			<u>-</u>		<u>-</u>	
Total Funds/(Deficit)	14		<u>6,640</u>		<u>10,698</u>	

For the financial year ended 30 September 2023 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year ended 30 September 2022 with section 476 of the Companies Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006 and in accordance with the provisions of the Financial Reporting Standard 102.

Approved by the Trustees on
27.04.2024

and signed on their behalf by:

.....
E. Clarke
Interim Chairperson



Company Registration No. 10134313

SameYou
Cash flow Statement
As at 30 September 2023

	Notes	Year ended 2023 £	Year ended 2022 £
Net cash flow generated from operating activities (i)		(66,982)	61,469
Cash flows from investing activities:			
Purchase of tangible fixed assets	9	-	(2,242)
Purchase of intangible fixed assets	10	(3,307)	-
Interest received		2	-
Net cash used in investing activities		<u>(3,305)</u>	<u>(2,242)</u>
Net increase / (decrease) in cash and cash equivalents		<u>(70,287)</u>	<u>59,227</u>
Cash and cash equivalents at the start of the year		<u>132,503</u>	<u>73,276</u>
Cash and cash equivalents at the end of the year		<u><u>62,216</u></u>	<u><u>132,503</u></u>
Cash and cash equivalents consisted of:			
Cash in hand and at the bank		<u><u>62,216</u></u>	<u><u>132,503</u></u>
(i) Reconciliation of net income/(expenditure) to net cash flow from operating activities			
Net income for the year		£ (4,058)	£ (117,636)
Adjustments for :			
Depreciation charges		747	425
Amortisation		25,390	51,442
Interest		(2)	-
(Increase)/decrease in debtors		(6,080)	(3,606)
Increase/(decrease) in creditors		(82,979)	130,844
Net cash provided by operating activities		<u><u>(66,982)</u></u>	<u><u>61,469</u></u>

1 Accounting Policies

Charity information

SameYou is a Charitable company limited by guarantee incorporated and registered in England and Wales. The registered office is 10 Queen Street Place, London, EC4R 1BE.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charitable Company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011.

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 pound.

The principal accounting policies, which are applied consistently, are set out below.

1.2 Going Concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern, including the ongoing cost of living crisis. Increased fundraising is expected in the coming financial year and the cash flow forecasts have been prepared to cover a period of at least one year from the date of approval of the financial statements showing that the charitable company can continue as a going concern.

1.3 Status

The company is limited by guarantee and does not have share capital. There are currently 4 Trustees who are also the members of the company. In the event of the company being wound up, the liability in respect of guarantee is limited to £1.

The company is a registered charity (number: 1170102).

1.4 Incoming Resources

Income is recognised in the Statement of Financial Activities when it becomes receivable, and the entitlement, measurement and probability principles are met.

1.5 Resources Expended

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

Governance costs relate to the direct running of the Charity allowing the Charity to operate and generate the information required for public accountability. These costs have all been allocated to charitable activities.

1.6 Fund Accounting

Unrestricted funds are those which are available for the general purposes of the Charity at the discretion of the Trustees.

Designated funds comprise those unrestricted funds where the trustees, at their discretion, have created a fund for a specific purpose.

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

Taxation

1.7 The entity is a registered charity and has no trading income, and is therefore exempt from taxation.

1.8 Critical Accounting Estimates and Areas of Judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates. The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

1.9 Basic financial assets

Basic financial assets, which include receivables and cash and bank balances, are initially measured at the amount receivable and subsequently adjusted for any impairment or other change in consideration expected to be received on settlement.

1.10 Basic financial liabilities

Basic financial liabilities, including trade payables, are initially measured at the amount payable and subsequently adjusted for any change in consideration expected to be paid on settlement.

1.11 Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

1.12 Pensions

The entity operates a defined contribution plan for its employees. These contributions are recognised as an expense when they are due. Amounts not paid are shown in accruals in the

1.13 Tangible fixed assets

All fixed assets with a value over £1,000 are capitalised at cost, being their purchase cost together with any incidental expenses at acquisition, and depreciated to their estimated residual value over their estimated useful lives as follows:

Computer equipment 3 years straight line basis.

1.14 Intangible fixed assets

Amortisation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The amortisation rates in use are as follows:

Website development costs

2. Net expenditure for the year

This is stated after charging:

	<u>2023</u> £	<u>2022</u> £
Independent examiner's remuneration	<u>7,337</u>	<u>6,671</u>

3. Voluntary Income - Donations and grants

	Restricted £	Unrestricted £	<u>2023</u> £	<u>2022</u> £
Donations and grants	<u>57,965</u>	<u>301,403</u>	<u>359,368</u>	<u>408,320</u>

For the year ended 2022 there were £71,811 restricted donations and grants.

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

4. Investment Income	Restricted	Unrestricted	<u>2023</u>	<u>2022</u>
Bank interest	-	2	2	-
	<u>-</u>	<u>2</u>	<u>2</u>	<u>-</u>
5. Other Income	Restricted	Unrestricted	<u>2023</u>	<u>2022</u>
Merchandise royalty	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
6. Expenditure	Restricted	Unrestricted	<u>2023</u>	<u>2022</u>
			<u>£</u>	<u>£</u>
Expenditure directly allocated to activities				
Donations	-	10,000	10,000	156,999
Support costs allocated to activities				
Travel and meetings	-	2,088	2,088	295
Accountancy	-	3,571	3,571	4,573
Independent examiner's remuneration	-	5,742	5,742	5,220
Wages and salaries	-	178,103	178,103	178,953
Professional fees	-	2,900	2,900	2,042
Consultancy fees	-	20,002	20,002	69,558
Rent	-	277	277	-
IT software and consumables	-	8,528	8,528	5,060
Telecommunications	-	3,015	3,015	4,891
Other expenses	-	15,132	15,132	8,719
Depreciation	-	747	747	425
Amortisation	-	25,390	25,390	51,442
Professional Subscriptions	-	3,821	3,821	3,113
Utilities	-	-	-	144
Fundraising Charges	-	66,811	66,811	20,818
Branding, video and advertising	-	17,301	17,301	13,704
	<u>-</u>	<u>363,428</u>	<u>363,428</u>	<u>525,956</u>
7. Employee Costs				
			<u>2023</u>	<u>2022</u>
Wages and salaries			162,350	162,301
Employer's NIC			13,964	14,487
Employer's pension			1,789	2,165
			<u>178,103</u>	<u>178,953</u>
The average monthly number of employees were:				
			<u>2023</u>	<u>2022</u>
Average number of employees			<u>3</u>	<u>3</u>

1 (2022: 1) employee received remuneration of more than £60,000. This was between the bracket of £70,000 and £80,000.

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

8. Trustees and Key Management Personnel

The Charity considers key management personnel to comprise the Trustees and the CEO. The total employment benefits of key management personnel were £88,886 (2022: £ £85,550).

During the year Trustees received £nil (2022: £nil) for the reimbursement of expenses.

9. Taxation

The Company is not liable to Corporation Tax as the income is of an exempt nature.

10. Intangible fixed assets

Website Development Costs

£

Cost

At 1 October 2022 159,461

Additions 3,307

Disposal -

At 30 September 2023 162,768

Amortisation

At 1 October 2022 134,094

Charge for the year 25,390

Eliminated on disposals -

At 30 September 2023 159,484

Net book value

At 30 September 2023 3,284

At 30 September 2022 25,367

11. Tangible fixed assets

Equipment

£

Cost

At 1 October 2022 4,215

Additions -

Disposal -

At 30 September 2023 4,215

At 1 October 2022 2,398

Charge for the year 747

Eliminated on disposals -

At 30 September 2023 3,145

Net book value

At 30 September 2023 1,070

At 1 October 2022 1,817

12.

Debtors

2023

£

2022

£

Due within one year

Trade debtors 11,588 5,000

Prepayments and Accrued Income - 508

Other debtors 444 444

12,032 5,952

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	35,928	137,589
Taxation and social security	27,229	9,348
Accruals and deferred income	8,805	8,004
	<u>71,962</u>	<u>154,941</u>

14. Movement in Funds

	At 1 October 2022	Income	Expenditure	Transfers	At 30 September 2023
	£	£	£	£	£
Designated Funds	-	-	-	-	-
Unrestricted Funds	(29,921)	301,405	(363,428)	40,619	(51,325)
	<u>(29,921)</u>	<u>301,405</u>	<u>(363,428)</u>	<u>40,619</u>	<u>(51,325)</u>
Restricted Funds					
Hollyhock Charitable Foundation	13,973			(13,973)	-
The National Lottery fund	-	57,965		-	57,965
Micheal Hagger- Centre funding	26,646			(26,646)	-
	<u>40,619</u>	<u>57,965</u>	<u>-</u>	<u>(40,619)</u>	<u>57,965</u>
Total Funds	<u>10,698</u>	<u>359,370</u>	<u>(363,428)</u>	<u>-</u>	<u>6,640</u>

15. Allocation of Net Assets between Funds

2023	Fixed Assets £	Current Assets £	Current Liabilities £	Total £
Designated funds	-	-	-	-
Unrestricted funds	4,354	74,248	(71,962)	6,640
Total funds	<u>4,354</u>	<u>74,248</u>	<u>(71,962)</u>	<u>6,640</u>

16. Related Party Transactions

During the year, SameYou received donations worth £nil (2022: £36,086) from SameYou Foundation. A charity Trustees donated £4,276 in the year (2022: £9,315).

17. Financial and capital commitments

As at 30 September 2023 the charity had capital commitments of £nil (2022: £nil).

SameYou

Unaudited Report and Accounts

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Charity Registration No. 1170102

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Legal and Administrative Information

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Charity Number	1170102
Company Number	10134313
Trustees	Emilia Clarke Henry Marsh Richard Davidson (Resigned 01 September 2023) Oliver Lewis (Resigned 14 December 2023) Susanne Lopez (Appointed 01 October 2023)
Key Management Personnel	Jennifer Clarke - CEO
Registered Office	10 Queen Street Place London EC4R 1BE
Independent Examiner	Moore Kingston Smith LLP 6th Floor 9 Appold Street London EC2A 2AP
Bankers	Barclays Bank Plc Portman Square Group 2 9 Portman Square London W1A 3AL Client Account: Worcester Branch, Unit 4, The Triangle, Wildwood Drive, Worcester WR5 2Q via; Clay Knox 166 Piccadilly, 3rd Floor Foxglove House, W1J 9EF
Solicitors	Bates Wells LLP 10 Queen Street Place London EC4R 1BE

SameYou
Report of the Trustees
For the year ended 30 September 2023

The Trustees are pleased to present their annual report with the financial statement of the Charity for the year ending 30 September 2023. These are also prepared to meet the requirements for a directors' report and accounts for the Companies Act 2006 purposes.

The financial statements comply with the Charities Act 2011, the Charity's Memorandum and Article of Association and Accounting and Reporting by Charities : Statement of Recommendation Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2015).

The Trustees are delighted to provide a summary of the year.

Our Ambitious Goals and Objectives remain constant this year as we continue to minimize spend. They are:

- To increase and improve the provision of innovative recovery services for those who have experienced a brain injury or stroke;
- To raise awareness of the gap in the provision of rehabilitation and recovery care verses the need;
- To be a catalyst in causing radical change to the pathway of care in bringing together Cognitive, Physical and Emotional rehabilitation (Brain, Body and Mind) into an integrated holistic approach to recovery.

Our guiding principles remain:

- Compliance with the legislation and regulations;
- External transparency in terms of governance, actions and achievements;
- That our efforts of additive and not competitive to other charities working in this arena; and
- That our strategy will delivery effective delivering tangible change to peoples lives.

Achievements and Performance

In our 2022 report we outlined our plans for the future. The results in 2023 against these topics are:

We have increased funding to the University of South Lancashire UCLAN and East Lancashire Hospitals Trust. ELHT is working together to further develop the SameYou instigated group rehabilitation online service NROL which was first piloted with UCL at the start of the Covid-19 Pandemic.

This was made possible by the award from the National Lottery Community Fund in 2021. We granted the first installment of the grant to enable the roll-out across another four NHS Trusts in Lancashire. The team demonstrated the successful results of this pioneering intervention to their local NHS commissioning body and the NHS has offered trial funding of this service to other regions in the UK. This is a significant achievement for SameYou from concept to commissioning in two and a half years.

Almost 1,000 patients have gone through this programme so far which has revealed life-changing results. It is operated in real time via Teams, delivered by the NHS in London and Lancashire.

SameYou
Report of the Trustees (Continued)
For the year ended 30 September 2023

In 2023 we made giant strides forward by working with new partners, including the World Health Organisation, to help transform the recovery pathway. We have also continued work with The University of Edinburgh, Sphere Rehabilitation, The University of Central Lancashire and five East Lancashire hospitals, Spaulding Rehabilitation and Mount Sinai Health System.

We have created additional resources and worked with more survivors to enable them to share their stories, offering hope, comfort and important peer-to-peer support.

2024: Work is already underway to develop a new, innovative mental health-centred recovery pathway and an information and training programme. We have made connections with a major new partner to increase awareness of the need for rehabilitation and highlight the impact of health inequality. And we'll also be looking to expand our recovery tools as it's our vision that everyone has access to support.

Trustees

Richard Davidson stepped down as Chair during the financial year and Emilia Clarke stepped up as interim Chair until a replacement can be secured. Susanne Lopez joined the board in October 2023 and she brings a wealth of fundraising knowledge.

Plans for the Future

The Trustees have worked with the SameYou team to help us focus on sustainability in order to reach our cause goals. We will be developing our high value giving network more with a systematic approach to our top 20 potential donors.

We will take steps to build a survivor led movement calling for transformation to recovery services and focusing on advocacy, community, awareness and fundraising.

We plan to increase our volunteer network in order to achieve more, we will appoint a part time volunteer manager from our pool of volunteers and we will hire a strategic consultant to help us use digital mobilization through a structured framework to raise awareness and funds.

Financial Review and Reserves

The Charity has received donations in the year totalling £359,368 which has enabled us to meet most of our administrative costs during another year of development, expansion and establishment.

The Charity does not hold any free reserves and due to the decline in donations seen during the year will need to reassess the activity and objectives of the charity.

The Charity is a company limited by guarantee governed by its Memorandum and Articles of Association dated 19 April 2016. It is registered with the Charity Commission.

The Trustees have all been appointed in accordance with the Articles of Association.

The Trustees have overall responsibility for the management and control of the Charity. They meet on a quarterly basis to make the decisions and are in contact between meetings as and when required.

Statement of trustees' responsibilities

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

Company law requires trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming/outgoing resources and application of resources, including the income and expenditure, of the charitable company for that year. In preparing these financial statements, the trustees are required to:

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

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

This report has been prepared in accordance with the special provisions relating to small entities within Part 15 of the Companies Act 2006 and in accordance with Accounting & 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).

Small Companies Exemption

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on their behalf by:



E. Clark
Interim Chairperson
Date: 27.04.2024

Independent Examiner's report to the Trustees of SameYou

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2023.

Responsibilities and basis of report

As the charity's trustees (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for Independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ACCA which is one of the listed bodies.

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:

- (1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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

6th Floor
9 Appold Street
London
EC2A 2AP

Date: 29/04/2024



Adam Fullerton
FCA DChA
For and on behalf of
Moore Kingston Smith LLP
Chartered Accountants

	Note	Restricted Funds 2023	Unrestricted Funds 2023 £	Total 2023 £	Total Funds For Year to 2022 £
INCOME AND ENDOWMENTS FROM:					
Donations and grants	3	57,965	301,403	359,368	408,320
Investment Income	4	-	2	2	-
Other Income	5	-	-	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
Total		57,965	301,405	359,370	408,320
EXPENDITURE ON:					
Charitable activities	6	-	363,428	363,428	525,956
		<hr/>	<hr/>	<hr/>	<hr/>
Total		-	363,428	363,428	525,956
Net Income		57,965	(62,023)	(4,058)	(117,636)
Transfers between funds	14	(40,619)	40,619	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
Net movement in funds		17,346	(21,404)	(4,058)	(117,636)
Reconciliation of funds:					
Total Funds brought forward		40,619	(29,921)	10,698	128,334
Total Funds carried forward		<u>57,965</u>	<u>(51,325)</u>	<u>6,640</u>	<u>10,698</u>

SameYou
Balance Sheet
As at 30 September 2023

			<u>2023</u>		<u>2022</u>
	<u>Note</u>	£	£	£	£
Non-Current Assets					
Intangible Fixed Assets	10		3,284		25,367
Tangible Fixed Assets	11		<u>1,070</u>		<u>1,817</u>
			4,354		27,184
Current Assets					
Debtors: amounts falling due within one year	12	12,032		5,952	
Cash at bank		<u>62,216</u>		<u>132,503</u>	
		74,248		138,455	
Creditors: Amounts falling due within one year	13	<u>(71,962)</u>		<u>(154,941)</u>	
Net current assets			2,286		(16,486)
Net assets			<u>6,640</u>		<u>10,698</u>
Funds					
Unrestricted funds	14		(51,325)		(29,921)
Restricted Funds	14		57,965		40,619
Designated funds			<u>-</u>		<u>-</u>
Total Funds/(Deficit)	14		<u>6,640</u>		<u>10,698</u>

For the financial year ended 30 September 2023 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year ended 30 September 2022 with section 476 of the Companies Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006 and in accordance with the provisions of the Financial Reporting Standard 102.

Approved by the Trustees on
27.04.2024

and signed on their behalf by:

.....
E. Clarke
Interim Chairperson



Company Registration No. 10134313

SameYou
Cash flow Statement
As at 30 September 2023

	Notes	Year ended 2023	Year ended 2022
		£	£
Net cash flow generated from operating activities (i)		(66,982)	61,469
Cash flows from investing activities:			
Purchase of tangible fixed assets	9	-	(2,242)
Purchase of intangible fixed assets	10	(3,307)	-
Interest received		2	-
Net cash used in investing activities		<u>(3,305)</u>	<u>(2,242)</u>
Net increase / (decrease) in cash and cash equivalents		<u>(70,287)</u>	<u>59,227</u>
Cash and cash equivalents at the start of the year		<u>132,503</u>	<u>73,276</u>
Cash and cash equivalents at the end of the year		<u><u>62,216</u></u>	<u><u>132,503</u></u>
Cash and cash equivalents consisted of:			
Cash in hand and at the bank		<u><u>62,216</u></u>	<u><u>132,503</u></u>
(i) Reconciliation of net income/(expenditure) to net cash flow from operating activities			
Net income for the year		£ (4,058)	£ (117,636)
Adjustments for :			
Depreciation charges		747	425
Amortisation		25,390	51,442
Interest		(2)	-
(Increase)/decrease in debtors		(6,080)	(3,606)
Increase/(decrease) in creditors		(82,979)	130,844
Net cash provided by operating activities		<u><u>(66,982)</u></u>	<u><u>61,469</u></u>

1 Accounting Policies

Charity information

SameYou is a Charitable company limited by guarantee incorporated and registered in England and Wales. The registered office is 10 Queen Street Place, London, EC4R 1BE.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charitable Company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011.

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 pound.

The principal accounting policies, which are applied consistently, are set out below.

1.2 Going Concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern, including the ongoing cost of living crisis. Increased fundraising is expected in the coming financial year and the cash flow forecasts have been prepared to cover a period of at least one year from the date of approval of the financial statements showing that the charitable company can continue as a going concern.

1.3 Status

The company is limited by guarantee and does not have share capital. There are currently 4 Trustees who are also the members of the company. In the event of the company being wound up, the liability in respect of guarantee is limited to £1.

The company is a registered charity (number: 1170102).

1.4 Incoming Resources

Income is recognised in the Statement of Financial Activities when it becomes receivable, and the entitlement, measurement and probability principles are met.

1.5 Resources Expended

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

Governance costs relate to the direct running of the Charity allowing the Charity to operate and generate the information required for public accountability. These costs have all been allocated to charitable activities.

1.6 Fund Accounting

Unrestricted funds are those which are available for the general purposes of the Charity at the discretion of the Trustees.

Designated funds comprise those unrestricted funds where the trustees, at their discretion, have created a fund for a specific purpose.

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

Taxation

1.7 The entity is a registered charity and has no trading income, and is therefore exempt from taxation.

1.8 Critical Accounting Estimates and Areas of Judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates. The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

1.9 Basic financial assets

Basic financial assets, which include receivables and cash and bank balances, are initially measured at the amount receivable and subsequently adjusted for any impairment or other change in consideration expected to be received on settlement.

1.10 Basic financial liabilities

Basic financial liabilities, including trade payables, are initially measured at the amount payable and subsequently adjusted for any change in consideration expected to be paid on settlement.

1.11 Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

1.12 Pensions

The entity operates a defined contribution plan for its employees. These contributions are recognised as an expense when they are due. Amounts not paid are shown in accruals in the

1.13 Tangible fixed assets

All fixed assets with a value over £1,000 are capitalised at cost, being their purchase cost together with any incidental expenses at acquisition, and depreciated to their estimated residual value over their estimated useful lives as follows:

Computer equipment 3 years straight line basis.

1.14 Intangible fixed assets

Amortisation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The amortisation rates in use are as follows:

Website development costs

2. Net expenditure for the year

This is stated after charging:

	<u>2023</u> £	<u>2022</u> £
Independent examiner's remuneration	<u>7,337</u>	<u>6,671</u>

3. Voluntary Income - Donations and grants

	Restricted £	Unrestricted £	<u>2023</u> £	<u>2022</u> £
Donations and grants	<u>57,965</u>	<u>301,403</u>	<u>359,368</u>	<u>408,320</u>

For the year ended 2022 there were £71,811 restricted donations and grants.

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

4. Investment Income	Restricted	Unrestricted	<u>2023</u>	<u>2022</u>
Bank interest	-	2	2	-
	<u>-</u>	<u>2</u>	<u>2</u>	<u>-</u>
5. Other Income	Restricted	Unrestricted	<u>2023</u>	<u>2022</u>
Merchandise royalty	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
6. Expenditure	Restricted	Unrestricted	<u>2023</u>	<u>2022</u>
			<u>£</u>	<u>£</u>
Expenditure directly allocated to activities				
Donations	-	10,000	10,000	156,999
Support costs allocated to activities				
Travel and meetings	-	2,088	2,088	295
Accountancy	-	3,571	3,571	4,573
Independent examiner's remuneration	-	5,742	5,742	5,220
Wages and salaries	-	178,103	178,103	178,953
Professional fees	-	2,900	2,900	2,042
Consultancy fees	-	20,002	20,002	69,558
Rent	-	277	277	-
IT software and consumables	-	8,528	8,528	5,060
Telecommunications	-	3,015	3,015	4,891
Other expenses	-	15,132	15,132	8,719
Depreciation	-	747	747	425
Amortisation	-	25,390	25,390	51,442
Professional Subscriptions	-	3,821	3,821	3,113
Utilities	-	-	-	144
Fundraising Charges	-	66,811	66,811	20,818
Branding, video and advertising	-	17,301	17,301	13,704
	<u>-</u>	<u>363,428</u>	<u>363,428</u>	<u>525,956</u>
7. Employee Costs				
			<u>2023</u>	<u>2022</u>
Wages and salaries			162,350	162,301
Employer's NIC			13,964	14,487
Employer's pension			1,789	2,165
			<u>178,103</u>	<u>178,953</u>
The average monthly number of employees were:				
			<u>2023</u>	<u>2022</u>
Average number of employees			<u>3</u>	<u>3</u>

1 (2022: 1) employee received remuneration of more than £60,000. This was between the bracket of £70,000 and £80,000.

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

8. Trustees and Key Management Personnel

The Charity considers key management personnel to comprise the Trustees and the CEO. The total employment benefits of key management personnel were £88,886 (2022: £ £85,550).

During the year Trustees received £nil (2022: £nil) for the reimbursement of expenses.

9. Taxation

The Company is not liable to Corporation Tax as the income is of an exempt nature.

10. Intangible fixed assets

Website Development Costs

£

Cost

At 1 October 2022 159,461

Additions 3,307

Disposal -

At 30 September 2023 162,768

Amortisation

At 1 October 2022 134,094

Charge for the year 25,390

Eliminated on disposals -

At 30 September 2023 159,484

Net book value

At 30 September 2023 3,284

At 30 September 2022 25,367

11. Tangible fixed assets

Equipment

£

Cost

At 1 October 2022 4,215

Additions -

Disposal -

At 30 September 2023 4,215

At 1 October 2022 2,398

Charge for the year 747

Eliminated on disposals -

At 30 September 2023 3,145

Net book value

At 30 September 2023 1,070

At 1 October 2022 1,817

12.

Debtors

2023

£

2022

£

Due within one year

Trade debtors 11,588 5,000

Prepayments and Accrued Income - 508

Other debtors 444 444

12,032 5,952

SameYou
Notes to the Financial Statements
For the year ended 30 September 2023

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	35,928	137,589
Taxation and social security	27,229	9,348
Accruals and deferred income	8,805	8,004
	<u>71,962</u>	<u>154,941</u>

14. Movement in Funds

	At 1 October 2022	Income	Expenditure	Transfers	At 30 September 2023
	£	£	£	£	£
Designated Funds	-	-	-	-	-
Unrestricted Funds	(29,921)	301,405	(363,428)	40,619	(51,325)
	<u>(29,921)</u>	<u>301,405</u>	<u>(363,428)</u>	<u>40,619</u>	<u>(51,325)</u>
Restricted Funds					
Hollyhock Charitable Foundation	13,973			(13,973)	-
The National Lottery fund	-	57,965		-	57,965
Micheal Hagger- Centre funding	26,646			(26,646)	-
	<u>40,619</u>	<u>57,965</u>	<u>-</u>	<u>(40,619)</u>	<u>57,965</u>
 Total Funds	 <u>10,698</u>	 <u>359,370</u>	 <u>(363,428)</u>	 <u>-</u>	 <u>6,640</u>

15. Allocation of Net Assets between Funds

	Fixed Assets	Current Assets	Current Liabilities	Total
2023	£	£	£	£
Designated funds	-	-	-	-
Unrestricted funds	4,354	74,248	(71,962)	6,640
	<u>4,354</u>	<u>74,248</u>	<u>(71,962)</u>	<u>6,640</u>
Total funds	<u>4,354</u>	<u>74,248</u>	<u>(71,962)</u>	<u>6,640</u>

16. Related Party Transactions

During the year, SameYou received donations worth £nil (2022: £36,086) from SameYou Foundation. A charity Trustees donated £4,276 in the year (2022: £9,315).

17. Financial and capital commitments

As at 30 September 2023 the charity had capital commitments of £nil (2022: £nil).