

BOUNCE FORWARD

England & Wales · Charity number 1170591

Details

Other names HOW TO THRIVE

Status Registered

Legal form CIO

Company number [10189716](#)

Registered 2016-12-06

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

Contact

Address Fisher Phillips LLP
170 Finchley Road
London
NW3 6BP

Phone 03301330776

Email info@bounceforward.com

Website www.bounceforward.com

Activities

Objects: THE OBJECTS OF THE CIO IS TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF SKILLS TO REACH ONES FULL POTENTIAL.

Activities: Bounce Forward (previously known as How to Thrive) are specialists in practical resilience training in schools. We provide schools with the training, skills and resources they need to build their student's resilience. The approaches and programmes we offer are based on well understood and validated psychological concepts and principles.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£131,313	£297,292	-	-
2023-09-30	£303,748	£253,974	-	-
2022-09-30	£254,474	£278,687	-	-
2021-09-30	£202,090	£206,359	-	-
2020-09-30	£139,555	£157,259	-	-

Trustees

Name	Role	Appointed
Andrew O'Brien		2026-04-01
Kathryn Partridge		2023-03-15
Sharon Waterman		2018-03-22

BOUNCE FORWARD

England & Wales - Charity number 1170591

Accounts

BOUNCE FORWARD

Charitable Incorporated Organisation Registration N°: 1170591

FINANCIAL STATEMENTS

~ for the year ended ~

30 September 2024

FISHER PHILLIPS LLP

Chartered Accountants

Summit House

170 Finchley Road

London

NW3 6BP

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2024

LEGAL AND ADMINISTRATIVE INFORMATION

The trustees:

Sharon Waterman
David Triesman
Martin Bellamy (Chair)
Matthew Kingdon
Kathryn Partridge
Voula Tsoflias

Resigned on 05/07/2024
Resigned on 13/06/2024
Resigned on 12/08/2024

Appointed on 12/08/2024

Principal place of business:

210 High Street
Roydon
Essex
CM19 5EQ

Independent Examiner:

Fisher Phillips LLP
Summit House
170 Finchley Road
London
NW3 6BP

Bankers:

TSB Bank
PO Box 373
Leeds
LS14 9GQ

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2024

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BOUNCE FORWARD
Charitable Incorporated Organisation Registration No: 1170591
TRUSTEES REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

The trustees present their report together with the financial statements of the charitable incorporated organisation for the period 01 October 2023 to 30 September 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charitable incorporated organisation.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charitable incorporated organisation'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.

Trustees

The following trustees held office during the period:

Sharon Waterman	
David Triesman	Resigned on 05/07/2024
Martin Bellamy (Chair)	Resigned on 13/06/2024
Matthew Kingdon	Resigned on 12/08/2024
Kathryn Partridge	
Voula Tsofilias	Appointed on 12/08/2024

Principal place of business: 210 High Street
 Roydon
 Essex
 CM19 5EQ

Appointment of trustees is governed by the constitution of the charitable incorporated organisation. The Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

Bounce Forward
Organisation Chart



Powers

The constitution of the charitable incorporated organisation authorises the trustees to do anything which is calculated to further its objects or is conducive or incidental to doing so.

Structure, objects, governance and management

Bounce Forward is registered as a charitable incorporated organisation (Registered number 1170591) on 6 December 2016 and is governed in accordance with its constitution and the requirements of the Charities Commission and best practice guidelines.

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential.

The management, operation and governance of the charitable incorporated organisation are the responsibility of the Trustees as appointed under the terms of its constitution. All trustees give of their time freely and are unremunerated, and cover their own expenses. There are currently three trustees.

All trustees have been made aware of their responsibilities and operate under the best practice code as recommended by the Charities commission.

The trustees have ensured that they have complied with section 17 of the Charities Act 2011 with due regard to public benefit and are happy that they are continuing to provide Charitable services to the community.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Objectives and activities

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential.

Our world has changed dramatically in the last fifty years, and our children's experience of growing up is different to any previous generation. There is an urgent need for all teenagers to be taught psychological fitness skills. Adolescence is a crucial developmental turning point, providing a particularly receptive time to learn in a lasting way.

Psychological fitness is a combination of mental resilience and emotional wellbeing, essential for empowering our nation's young people. Our method combines well-founded theoretical concepts from years of sound research, shaped as a practical approach that can be taught in school and home through parents. We know with practice, psychological fitness can be taught and mastered for enhanced happiness, well-being and life skills.

Bounce Forward has been an independent charity since December 2016, originally under the name How to Thrive.

Our Vision

A nation where positive mental health help citizens to live mentally and emotionally well so they thrive in life.

Our Mission

Is two-fold; to give school communities relevant and practical tools, skills and resources they need to build young people's psychological fitness; and be leaders in transforming how we nurture and build psychological fitness.

Our Principles

- **Collaborate** – we create partnerships with schools and engage communities to develop the psychological fitness of the adults of tomorrow.
- **Young people are resourceful** – being resourceful enables the young to bounce forward even in a challenging world. We want young people and their influencers to realise their capability to reach their full potential in life.
- **Be genuine** – we are grounded in the real world and practical in our approach. If we aren't the right solution to your problem, we will tell you.
- **Keep learning** – we listen carefully, and we know we don't have all the answers.

The Value in what we do

- Psychological fitness combines mental resilience and emotional wellbeing, key attributes needed for success in the 21st century.
- We base our approach on solid research, theory and evidence.
- We teach skills and strategies that work in the real world.
- The adults matter: their role is vital in helping children and young people to be psychologically healthy.
- The personal development of young people is as important in society as academics.

Why teach psychological fitness?

50% of lifelong mental ill health problems start by the age of fourteen. That is a truly shocking statistic, but so are global pandemics, political turmoil, war, and the speed of technology. It is an intense pace of change to keep up with, emphasising the urgent need for all teenagers to be taught these skills at school and at home.

- 1 in 3 (4.2 million) children live in poverty.
- 15 year olds in UK have the lowest average life satisfaction in europe.
- 14% of children and young people are unhappy with school.
- The lasting impact of the pandemic, 5 years on continues to be understood.
- 3 in 5 parents are concerned about their children's mental resilience and emotional wellbeing.
- In a class of 30 children, 3 will be worryign in private, not asking for help.
- All children benefit from being taught the skills of mental resilience and emotional wellbeing.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Bounce Forward currently serves approximately 15,000 of the quarter of a million 'silent sufferers' with the Healthy Minds programme. Our leverage 'train the teacher' model enables us to provide a scale solution. Social and emotional learning is a vital part of life and without it can impact the opportunities to be healthy mentally and physically and to gain a sense of purpose and to fulfill potential. Often, we provide a lifeline to children and their parents as well as teachers. We do this through listening to young people and putting them at the center of our provision, as well as starting early from the age of 9 upwards.

Imagine a typical classroom of thirty children :

- Five teenagers have a known problem. Many crisis organisations exist to help them.
- Three teenagers will be worrying in private. They are silent sufferers, not asking for help.
- The remaining twenty-two need varying levels of support.
- In our Healthy Minds lesson teenagers learn together in an open and cooperative way, sharing difficulties and problems and learning to resolve them in a mutually supportive environment.
- All thirty will benefit from being taught Healthy Minds.

What do we do?

We train teachers to teach our Healthy Minds curriculum, one lesson a week for five years for 11 – 16 year-olds. Healthy Minds is the most evidenced based life skills programme of its kind. Evidenced by the Education Endowment Foundation, by tracking 10,000 teenagers over 5 years.

Some examples of the seventy, one-hour lessons that build psychological fitness are:

- How their brains work
- How to spot and deal with unhelpful, damaging, negative thoughts
- How to set rules in relationships
- How to speak up, and take responsibility for feelings and actions
- How to stop catastrophising and calm down

What are we seeking to do

Develop sustainable financial security through corporate partnerships to expand our reach so every child in England is taught our Healthy Minds schools programme. The economic and social costs of mental ill health in England currently stands at around £300 billion each year. This is more than double the entire NHS budget. Despite this, there are around 17 million people effected, an infrastructure that is overwhelmed, and our children and young adults are particularly at risk. Something must change. The case for investing in social and emotional skills in early childhood has been made recently through the work of Her Royal Highness The Princess of Wales but a gap remains for children over 5 and where there is a gap, an opportunity presents itself that we are now acting upon.

Why listen to us

- We offer a practical, preventative, tried and tested approach that teenagers need, and teachers love to teach.
- We have 17 years' experience and have a model that is ready to scale.
- We have 20 exemplar schools covering all 9 regions of England (225 member schools), a high-profile ambassador and we are ready to scale.
- Bounce Forward's influence is in spearheading cutting-edge research which is referenced by H&M Treasury, Department for Education, Public Health England, academic institutions and leading organisations.
- We have tested the commercial concept with Britvic, Accenture and KJ Smith. To test the value exchange with a focus on employee's who are parents. We have secured a long-term partnership with Harry Kane Foundation.
- Our Healthy Minds students mature and develop, providing a more productive workforce to employers of the future.

Our priorities for the next year:

- Develop corporate sponsorships to create financial stability
- To develop a fundraising stream to raise £380,000
- Generate £250,000 through our traded offers
- Increase our profile through our partnership with the Harry Kane Foundation
- Successfully bid for grants of £50,000 to deliver targeted support

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Financial Review

During the year, the charitable incorporated organisation received Unrestricted income totalling £96,829 (2023: £291,553) and Restricted income totalling £34,484 (2023: £12,195).

The charitable incorporated organisation incurred Unrestricted charitable expenses of £188,280 (2023: £252,974) and Restricted charitable expenses of £19,012 (2023: £1,000) during the year.

As at the year end, the charitable incorporated organisation had net liabilities of £16,416 (2023: Net assets of £59,563).

Risk Management

The trustees have a risk management procedure and systems which are reviewed on a quarterly basis by the board. The Trustees are satisfied that all risks are managed appropriately.

Plans for the future

The charitable incorporated organisation (CIO) plans to continue achieving its objects in accordance with its constitution.

Reserves policy

It is the policy of the trustees to maintain sufficient unrestricted reserves to allow the charitable incorporated organisation to meet its objects and cover all expenditure. The trustees have established a policy whereby a sufficient reserve is maintained to cover 3 months of fixed costs.

Statement of trustees' responsibilities

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

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial period which give a true and fair view of the charitable incorporated organisation's financial activities during the period and of its financial position at the end of the period. In preparing those financial statements, the trustees are required to:

- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles of the Charities SORP (FRS 102);
- (c) make judgments and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable incorporated organisation will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable incorporated organisation and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations and the provisions of the CIO's constitution. They are also responsible for safeguarding the assets of the charitable incorporated organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

On behalf of the board of trustees on 01 May 2025.

Kathryn Partridge **Trustee**

Sharon Waterman **Trustee**

BOUNCE FORWARD**Charitable Incorporated Organisation Registration No: 1170591****INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF Bounce Forward
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

The trustees present their report together with the financial statements of the charitable incorporated organisation for the year ended 30 September 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 8 and comply with the trust deed and applicable law.

Respective responsibilities of trustees and examiner

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

Having satisfied myself that the charitable incorporated organisation is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 charitable incorporated organisation 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:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C Harvey FCCA, CTA
Fisher Phillips LLP
Chartered Accountants
Summit House
170 Finchley Road
London NW3 6BP

Date: 01 May 2025

BOUNCE FORWARD

Statement of financial activities

(incorporating an income and expenditure account)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Note	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Income from:					
Donations and legacies	3	57,335	-	57,335	209,313
Charitable activities:	4				
Training and education		39,494	30,000	69,494	82,240
Grants received		-	4,484	4,484	12,195
Other income		-	-	-	-
Investment income	5	-	-	-	-
Total income		96,829	34,484	131,313	303,748
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable activities:	6				
Training and education		99,064	19,012	118,076	142,304
Advice and advocacy		89,216	-	89,216	111,670
Other		-	-	-	-
Total expenditure		188,280	19,012	207,292	253,974
Net income / (expenditure) for the year		(91,451)	15,472	(75,979)	49,774
Transfer between funds		-	-	-	-
Net movement in funds		(91,451)	15,472	(75,979)	49,774
Reconciliation of funds:					
Total funds brought forward		48,368	11,195	59,563	9,789
Total funds carried forward		(43,083)	26,667	(16,416)	59,563

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

The attached notes form part of these financial statements.

BOUNCE FORWARD
Balance sheet
AS AT 30 SEPTEMBER 2024

	Note	2024 £	2024 £	2023 £	2023 £
Fixed assets:					
Tangible assets	10		4,413		5,300
Current assets:					
Debtors	11	14,133		76,264	
Cash at bank and in hand	17	<u>4,667</u>		<u>11,862</u>	
		18,800		88,126	
Liabilities:					
Creditors: amounts falling due within one year	12	<u>(29,733)</u>		<u>(17,717)</u>	
Net current assets / (liabilities)			(10,933)		70,409
Total assets less current liabilities			<u>(6,520)</u>		<u>75,709</u>
Creditors: amounts falling due after one year	13		(9,896)		(16,146)
Total net assets / (liabilities)			<u>(16,416)</u>		<u>59,563</u>
Funds					
Restricted funds	15		26,667		11,195
Unrestricted funds:					
Designated funds		-		-	
Revaluation reserve		-		-	
General funds		<u>(43,083)</u>		<u>48,368</u>	
Total unrestricted funds			<u>(43,083)</u>		<u>48,368</u>
Total funds			<u>(16,416)</u>		<u>59,563</u>

Approved by the trustees on 01 May 2025
and signed on their behalf by:

Kathryn Partridge
Trustee

Sharon Waterman
Trustee

Charitable Incorporated Organisation registration no. 1170591

The attached notes form part of the financial statements.

BOUNCE FORWARD
Statement of cash flows
FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Note	2024 £	2024 £	2023 £	2023 £
Net cash provided by / (used in) operating activities	16		(7,195)		8,406
Cash flows from investing activities:					
Interest/ rent/ dividends from investments		-		-	
Sale/ (purchase) of fixed assets		-		-	
Sale/ (purchase) of investments		-		-	
Cash provided by / (used in) investing activities			-		-
Cash flows from financing activities:					
Repayments of borrowing		-		-	
Cash inflows from new borrowing		-		-	
Receipt of endowment		-		-	
Cash provided by / (used in) financing activities			-		-
Change in cash and cash equivalents in the year			(7,195)		8,406
Cash and cash equivalents at the beginning of the year			11,862		3,456
Change in cash and cash equivalents due to exchange rate movements			-		-
Cash and cash equivalents at the end of the year	17		4,667		11,862

The attached notes form part of the financial statements.

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102).

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

b) General information

The charity is a charitable incorporated organisation (CIO), incorporated in England and Wales (charitable incorporated organisation registration number 1170591). The charitable incorporated organisation was incorporated on 06 December 2016. The charitable incorporated organisation communication address is: 23 Heath Drive, Ware, Herts, SG12 0RE.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable incorporated organisation's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance for the provision of specified service is deferred until the criteria for income recognition are met.

For legacies, entitlement is taken as the earlier of the date on which either: the charitable incorporated organisation is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charitable incorporated organisation that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charitable incorporated organisation has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charitable incorporated organisation, or the charitable incorporated organisation is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

e) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charitable incorporated organisation has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charitable incorporated organisation of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charitable incorporated organisation which is the amount the charitable incorporated organisation would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charitable incorporated organisation; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charitable incorporated organisation. Designated funds are unrestricted funds of the charitable incorporated organisation which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable incorporated organisation's work or for specific projects being undertaken by the charitable incorporated organisation.

h) Expenditure and irrecoverable VAT

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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable incorporated organisation in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charitable incorporated organisation and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Support costs are those functions that assist the work of the charitable incorporated organisation but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the trusts programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 5.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors and provisions

Creditors and provisions are recognised where the charitable incorporated organisation has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable incorporated organisation only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2024

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	2023 Total
	£	£	£
Income from:			
Donations and legacies	209,313	-	209,313
Charitable activities:			
Training and education	82,240	-	82,240
Grants received	-	12,195	12,195
Other income	-	-	-
Investment income	-	-	-
Total income	291,553	12,195	303,748
Expenditure on:			
Raising funds	-	-	-
Charitable activities:			
Training and education	141,304	1,000	142,304
Advice and advocacy	111,670	-	111,670
Other	-	-	-
Total expenditure	252,974	1,000	253,974
Net income / expenditure and net movement in funds	38,579	11,195	49,774
Total funds brought forward	9,789	-	9,789
Total funds carried forward	48,368	11,195	59,563

3 Income from donations and legacies

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
Gifts	-	-	-	-
Donations received	57,335	-	57,335	209,313
Legacies	-	-	-	-
	57,335	-	57,335	209,313

4 Income from charitable activities

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
Training and education	39,494	30,000	69,494	82,240
Grants received:				
Bedfordshire & Luton Community Foundation	-	-	-	-
Armed Forces	-	4,484	4,484	8,195
The Shanly Foundation	-	-	-	4,000
Kent Community Foundation	-	-	-	-
Other income	-	-	-	-
Total income from charitable activities	39,494	34,484	73,978	94,435

5 Income from investments

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
Bank interest	-	-	-	-
Rent	-	-	-	-
Investment income	-	-	-	-
	-	-	-	-

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2024

6 Analysis of expenditure

	Basis of allocation	Cost of raising funds £	Charitable activities		Support costs £	Governance costs £	2024 £	2023 £
			Training/ education £	Advice / advocacy £				
Developing / course materials		-	100	-	-	-	100	250
Impact assessment and research		-	-	-	-	-	-	-
Printing, postage and stationery		-	-	-	87	-	87	173
Office expenses		-	-	-	404	-	404	555
Refreshments		-	-	-	-	-	-	-
Project delivery - Restricted		-	19,012	-	-	-	19,012	1,000
Computer running costs		-	-	-	4,600	-	4,600	5,759
Telephone		-	-	-	319	-	319	107
Salary / cover costs		-	-	-	150,568	-	150,568	197,273
Training and delivery costs		-	9,747	-	-	-	9,747	29,384
Advertising / publicity costs		-	-	-	1,828	-	1,828	4,904
Travel and subsistence		-	-	-	2,501	-	2,501	5,030
Insurance, legal and professional fees		-	-	-	1,082	-	1,082	1,143
Sundry expenses		-	-	-	-	-	-	163
Venue hire costs		-	-	-	-	-	-	-
Consultancy fees		-	-	-	8,603	-	8,603	-
Bookkeeping fees		-	-	-	3,600	-	3,600	3,750
Depreciation & amortisation		-	-	-	1,455	-	1,455	1,458
Bank charges and loan interest		-	-	-	1,226	-	1,226	1,105
Independent examiner's fees		-	-	-	-	2,160	2,160	1,920
		-	28,859	-	176,273	2,160	207,292	253,974
Support costs	50%	-	88,137	88,136	(176,273)	-	-	-
Governance costs	50%	-	1,080	1,080	-	(2,160)	-	-
Total expenditure 2024		-	118,076	89,216	-	-	207,292	253,974
Total expenditure 2023		-	142,304	111,670	-	-	-	253,974

Of the total expenditure, £188,280 (2023: £252,974) was unrestricted and £19,012 (2023: £1,000) was restricted.

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2024

7 Net income / (expenditure) for the year

This is stated after charging / (crediting):	2024	2023
	£	£
Auditor's remuneration:		
Independent examiner's fees	2,160	1,920
	<u>2,160</u>	<u>1,920</u>

8 Analysis of staff costs, trustees remuneration and expense:

Staff costs were as follows:	2024	2023
	£	£
Salaries and wages	130,880	173,955
Social security costs	14,223	16,967
Pension costs	5,465	6,351
	<u>150,568</u>	<u>197,273</u>

The trustees of the charitable incorporated organisation (CIO) were not paid or received any other benefits from employment with the CIO in the period neither were they reimbursed expenses during the period. No trustee of the charitable incorporated organisation received payment for professional or other services supplied to the CIO.

Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows

	2024	2023
	No.	No.
Charitable activities	3	4
	<u>3</u>	<u>4</u>

9 Taxation

The charitable incorporated organisation is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Equipment £	Web Design £	£
Cost					
At the start of the year	-	-	2,505	4,800	7,305
Additions in year	-	-	569	-	569
Disposals in year	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>3,073</u>	<u>4,800</u>	<u>7,873</u>
Depreciation / Amortisation					
At the start of the year	-	-	1,004	1,000	2,004
Charge for the year	-	-	506	950	1,456
Eliminated on disposal	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>1,510</u>	<u>1,950</u>	<u>3,461</u>
Net book value					
At the end of the year	<u>-</u>	<u>-</u>	<u>1,563</u>	<u>2,850</u>	<u>4,413</u>
At the start of the year	<u>-</u>	<u>-</u>	<u>1,501</u>	<u>3,800</u>	<u>5,301</u>

All of the above assets are used for charitable purposes.

11 Debtors

	2024	2023
	£	£
Trade debtors	13,426	75,350
Accrued income	-	80
PAYE overpayment	-	-
Prepayments	707	834
	<u>14,133</u>	<u>76,264</u>

12 Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals	2,160	2,040
Income received in advance	4,975	2,331
Loan	6,250	6,250
Other creditors	1,856	-
Trade creditors	14,492	7,096
	<u>29,733</u>	<u>17,717</u>

13 Creditors: amounts falling due after one year

	2024	2023
	£	£
Loan	9,896	16,146
	<u>9,896</u>	<u>16,146</u>

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2024

14 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	2024 Total funds £	2023 Total funds £
Net current assets	(43,083)	-	26,667	(16,416)	59,563
Net assets at the end of the year	(43,083)	-	26,667	(16,416)	59,563

15 Movements in funds

	At the start of the period £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At the end of the period £
Restricted funds:					
North Northampton	-	30,000	(7,750)	-	22,250
Armed Forces	7,195	4,484	(7,262)	-	4,417
The Shanly Foundation	4,000	-	(4,000)	-	-
Total restricted funds	11,195	34,484	(19,012)	-	26,667
Unrestricted funds:					
Designated funds:					
Total designated funds	-	-	-	-	-
General funds	48,368	96,829	(188,280)	-	(43,083)
Total unrestricted funds	48,368	96,829	(188,280)	-	(43,083)
Total funds	59,563	131,313	(207,292)	-	(16,416)

Purposes of restricted funds

Armed Forces:

To build resilience with military families by delivering courses for military parents to help them and their children build mental resilience and emotional wellbeing.

The Shanly Foundation:

To deliver Healthy Minds curriculum into 4 Hertfordshire secondary schools and provide access to a digital measurement platform.

North Northampton:

To deliver Healthy Minds into the secondary schools and provide Raise Resilience for parents.

16 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2024 £	2023 £
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	(75,979)	49,774
(Increase)/ decrease in fixed assets	887	(3,512)
(Increase)/ decrease in debtors	62,131	(29,802)
Increase/ (decrease) in creditors	5,766	(8,054)
Net cash provided by / (used in) operating activities	(7,195)	8,406

17 Analysis of cash and cash equivalents

	At 01 October 2023 £	Cash flows £	Other changes £	At 30 September 2024 £	At 30 September 2023 £
Cash at bank and in hand	11,862	(7,195)	-	4,667	11,862
Deposits (less than three months)	-	-	-	-	-
Overdraft facility (repayable on demand)	-	-	-	-	-
Total cash and cash equivalents	11,862	(7,195)	-	4,667	11,862

18 Legal status of the charity

The charity is a charitable incorporated organisation incorporated on 06 December 2016. In the event of the charitable incorporated organisation being wound up, the members of the charitable incorporated organisation have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

19 Related party transactions

The charity received a loan of £25,000 on 28 April 2023 from Ian Bailey, a spouse to Lucy Bailey, a key member of the management personnel. Interest of £735 (2023: £306) was charged on the loan. The balance outstanding on the loan as at 30 September 2024 was £16,146.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

BOUNCE FORWARD

England & Wales - Charity number 1170591

Accounts

BOUNCE FORWARD

Charitable Incorporated Organisation Registration N°: 1170591

FINANCIAL STATEMENTS

~ for the year ended ~

30 September 2023

FISHER PHILLIPS LLP

Chartered Accountants

Summit House

170 Finchley Road

London

NW3 6BP

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2023

LEGAL AND ADMINISTRATIVE INFORMATION

The trustees:

Sharon Waterman
David Triesman
Martin Bellamy (Chair)
Matthew Kingdon
Kathryn Partridge

Appointed on 20/07/2023

Appointed on 15/03/2023

Principal place of business:

23 Heath Drive
Ware
Herts
SG12 0RE

Independent Examiner:

Fisher Phillips LLP
Summit House
170 Finchley Road
London
NW3 6BP

Bankers:

TSB Bank
PO Box 373
Leeds
LS14 9GQ

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2023

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BOUNCE FORWARD
Charitable Incorporated Organisation Registration No: 1170591
TRUSTEES REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The trustees present their report together with the financial statements of the charitable incorporated organisation for the period 01 October 2022 to 30 September 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charitable incorporated organisation.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charitable incorporated organisation'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.

Trustees

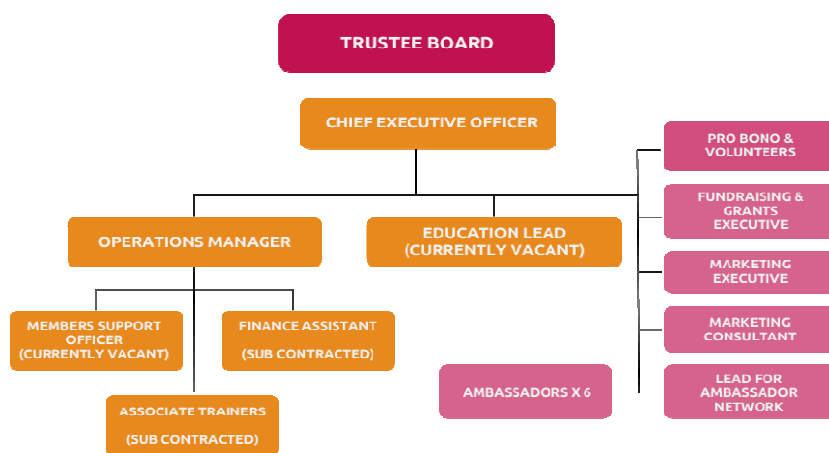
The following trustees held office during the period:

Sharon Waterman	
David Triesman	
Martin Bellamy (Chair)	
Matthew Kingdon	Appointed on 20/07/2023
Kathryn Partridge	Appointed on 15/03/2023

Principal place of business: 23 Heath Drive
Ware
Herts
SG12 0RE

Appointment of trustees is governed by the constitution of the charitable incorporated organisation. The Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

Bounce Forward
Organisation Chart



Powers

The constitution of the charitable incorporated organisation authorises the trustees to do anything which is calculated to further its objects or is conducive or incidental to doing so.

Structure, objects, governance and management

Bounce Forward is registered as a charitable incorporated organisation (Registered number 1170591) on 6 December 2016 and is governed in accordance with its constitution and the requirements of the Charities Commission and best practice guidelines.

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential.

The management, operation and governance of the charitable incorporated organisation are the responsibility of the Trustees as appointed under the terms of its constitution. All trustees give of their time freely and are unremunerated, and cover their own expenses. There are currently five trustees.

All trustees have been made aware of their responsibilities and operate under the best practice code as recommended by the Charities commission.

The trustees have ensured that they have complied with section 17 of the Charities Act 2011 with due regard to public benefit and are happy that they are continuing to provide Charitable services to the community.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Objectives and activities

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential

Our world is changing like never before. The pace and scale of technological change continues at pace and our ability to absorb the impact and define our worlds is more complex than ever before. We are more connected and richer, yet loneliness and deprivation have never been so prevalent. Health, economy, and education continue to play catch up after the global pandemic, and changes in climate across the world create emergency disaster in increasing quantity. For adults this is difficult to navigate, for children even greater. Now more than ever we need to build mental and emotional resilience in children, young people, and the adults around them to ensure a thriving society that can navigate the 21st century.

Our unique model develops psychological fitness (mental resilience and emotional wellbeing), the tools and capacity to help young people (and the adults around them) drive the long term change themselves. This allows them to find their place in the world, face the challenges of modern life, be the change they want to see and feel able to lead fulfilling and healthy adult lives. We want every young person to feel they can bounce forward.

Bounce Forward has been an independent charity since December 2016, originally under the name How to Thrive.

Our Vision

A nation where positive mental health help citizens to live mentally and emotionally well so they thrive in life.

Our Mission

Is two-fold; to give school communities relevant and practical tools, skills and resources they need to build young people's psychological fitness; and be leaders in transforming how we nurture and build psychological fitness.

Our Principles

- **Collaborate** – we create partnerships with schools and engage communities to develop the psychological fitness of the adults of tomorrow.
- **Young people are resourceful** – being resourceful enables the young to bounce forward even in a challenging world. We want young people and their influencers to realise their capability to reach their full potential in life.
- **Be genuine** – we are grounded in the real world and practical in our approach. If we aren't the right solution to your problem, we will tell you.
- **Keep learning** – we listen carefully, and we know we don't have all the answers.

The Value in what we do

- Psychological fitness combines mental resilience and emotional intelligence, key attributes needed for success in the 21st century.
- We base our approach on solid research, theory and evidence.
- We teach skills and strategies that work in the real world.
- The adults matter: their role is vital in helping children and young people to be psychologically healthy.
- The personal development of young people is as important in society as academics.

Why teach psychological fitness?

Our world is changing like never before. We are playing catch-up after a global pandemic and economic storm clouds are gathering. Meanwhile the pace of technological change is relentless and our ability to absorb and define our identity in such a changing world it is more complex than ever before. For adults this is difficult to navigate, for children it is even greater. Without building mental resilience amongst young people the following statistics will continue to rise:

- The UK is ranked 69th out of 72 countries for children's life satisfaction.
- Between 10-20% of children are dealing with clinical-level mental health issues such as depression and anxiety
- A quarter of children did not cope well with changes during the pandemic.
- 50% of mental health problems start by the age of 14.
- Our children's wellbeing is at its lowest - 5 children in a classroom of 30 are likely to have a mental health/wellbeing problem.
- 1 in 9 children are unhappy with their school.

The biggest problem is not children whose anxiety plays out as disruption (approx. 510,000). They are easy to spot and still benefit from being taught psychological fitness. The real problem is the group of high functioning children who suffer in silence despite their negative thoughts. 1 in 3 children with a serious 'level of concern' are not noticed by anyone at school because they are not behaving 'badly', they are doing well academically and have friends. This is approximately 255,000 secondary school children. They are a store of trouble. The damage that those suffering from non-manifesting anxiety will cause to themselves, their families and friends is sadly and probably huge.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Bounce Forward currently serves approximately 15,000 of the quarter of a million 'silent sufferers' with the Healthy Minds programme. Our leverage 'train the teacher' model enables us to provide a scale solution. Social and emotional learning is a vital part of life and without it can impact the opportunities to be healthy mentally and physically and to gain a sense of purpose and to fulfill potential. Often, we provide a lifeline to children and their parents as well as teachers. We do this through listening to young people and putting them at the center of our provision, as well as starting early from the age of 9 upwards.

Our Programmes



We believe that our solution should start at school to ensure we reach as many children as we can with the essential psychological fitness they need, right across the UK. Schools are considered crucial spaces for an individual's development from childhood through to adolescence, considered formative at the time of childhood and adolescence, a period in which long term attitudes towards personal wellbeing and life choices are formed. Children also spend more time in school than in any other formal institutional setting (Oxford Report, Wellbeing in Education, Childhood and Adolescence, 2022). Young Minds report (2018) that over the course of their education, children spend over 7,800 hours at school. This is an important space to get wellbeing right and to build the formative skills for life long mental and physical resilience.

We also understand that different environments can work effectively too, especially for those who are vulnerable or disadvantaged. An 'eco-system' approach within school, home and later within college, university and even the workplace will ensure the most effective healthy future for all.

We work closely with children, teachers, parents to understand the challenges they face and to tailor our support to their needs. We know the world is changing faster than we have ever seen before and we must adapt, listen and consult with our communities to deliver the best impact and change we can.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Why use Bounce Forward?

Our work provides skills for psychological fitness, so children grow up with mental resilience and emotional wellbeing. Our approach provides a structure and language framework so children and young people can express themselves, their worries and their concerns and builds their own unique solutions with resilient thinking skills that can be practiced throughout life. If a young person believes they can be effective when faced with a challenge or problem they are more likely to engage, try different ways to solve the problem, learn and move forward.

Importantly our approach has long term and sustainable impact. By understanding and practicing the psychological skills, just as we do in our ability to add up or subtract in math's, it aims to build skills that last a lifetime. Furthermore, we pass on these skills to others, making better parents, neighbours, colleagues, and friends. We can leave a lasting legacy with those we reach.

Our work to date has benefited children, young people, parents, and schools in the following way:

- We have reached trained and supported over 13,378 staff in education, over 16,000 parents and 1 million children.
- Through our Healthy Minds programme, we have proven an increase in pupils' self-assessed general health by 10 percentiles as well as improved physical health, behaviour, relationships, and life satisfaction.
- 95% of schools strongly agree that the programmes have improved student's physical wellbeing, emotional wellbeing and everyday functioning including a decrease in perceived levels of stress.
- 98.8% of parents strongly agreed or agreed that our programme was useful personally, would improve relationships at home and would recommend us to others.
- We are building a more sustainable education system by supporting teachers to support their students through training, resources, and practical skills. We now have teachers and school staff through our communities sharing and supporting each other in building a nation of resilient young people.

Unique Selling Points

The impact we can achieve together with more partners is crucial. Now more than ever we are faced with a generation of children who are unhappy, fear failure, have limited life satisfaction and rising level of poor mental health. We can help children and young people to bounce forward.

- We have a groundbreaking and sustainable model that gives people the tools and capacity to help young people drive the long term change themselves. Being resourceful enables the young to bounce forward in a challenging world.
- Our offer includes high quality CPD for staff – bringing a 2 for 1 aspect to the offer.
- We are developing teachers to provide primary care by doing what they are expert in doing. We are not asking them to be mental health specialist, we are equipping them to facilitate good quality teaching of learning outcomes that develop life skills and good mental health.
- Our deep knowledge and understanding makes us experts in building psychological fitness, coupled with a profoundly ambitious drive to change. We have built impeccable foundations through our methods, based on sound scientific research from neuroscience and psychology, and are preparing for the next stage in the development of our organisation.
- We collaborate creating partnerships with schools, engaging with communities and businesses. We are grounded in the real world and practical in our approach always listening carefully to how the problem can be best solved.
- Our influence is spearheading cutting-edge research which is referenced by H&M Treasury, Department for Education and Public Health England.
- We have reach and scale and want to take our programmes across the UK. So far, we have reached over 1 million children and young people. We have built a community of parents and teachers that we now need to grow further and build the strength and expertise, so they begin to support each other.
- We offer a circular, developmental curriculum that builds and extends learning across the secondary school journey that is evidenced based.
- We create a psychologically fit environment around a child by educating parents and teachers, so that lifelong habits are developed and maintained. In other words, it's not just about the lesson time.
- Shifting the purpose of education – not squeezing 'mental health' in
- Changing the narrative about mental resilience – it's not just about overcoming setbacks it's also about using the skills to make the most of opportunities.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Our reach from October 2022 – September 2023

This year we reached 1,197 education staff in 234 schools. We have supported 1,527 parents. Impact and evaluation is important to us. We use 4 key impact statements and collect qualitative feedback. 95.3% of school staff and 99.8% of parents agree or strongly agree with our 4 impact statements:

- I found the training useful.
- The skills I have learnt will be useful; in my work with students/with my children.
- This approach can help us improve, the school or things at home.
- I would recommend this training to others.

Teachers tell us:

- An inspiring, high energy day that spoke to the needs of a group of 120+ staff at our Trust. The feedback was overwhelmingly positive. Our staff really valued the accessible and engaging delivery, the relevant and challenging content, which will give us the confidence as a Trust to move forward as a powerful collective to do great things for our young people.'
- I very much enjoyed the workshop and found so many interesting and innovative ideas to help in our work with the girls in our school. They were very well engaged and I can see so many benefits both personally and collectively.
- There is so much to say. The approach is both simple and complex, useful personally in a practical and helpful way. This is going to make a huge difference for our young people.

Parents tell us:

- The content was well structured and easy understandable/applicable. It was great to have the option to view on demand the episodes and receive home task to reinforce the knowledge we received.
- I really liked this course and how helpful it is. It definitely makes you think and adapt your parenting style etc for the better.
- The course gave really practical ways to help develop language and techniques to use at home. One we have started each night before bed we all say 3 things that made us happy that day, really lovely way to end the day and feel positive and loved

In 2023 we secured a long term partnership with the Britvic Plc and the Harry Kane Foundation. We have grown our website traffic and engagement across social platforms.

What are our challenges?

The long-lasting impact of deficits in poor psychological health are clear, but the good news is that these skills can be learned and taught effectively in schools. All schools are expected to teach health education, and teachers understand the problem. In a recent poll 78% said their pupils report their students not having the ability to cope with everyday challenges. However, key barriers remain:

- There has only been a 3% increase in spending in education since 2010 and health education is a poor relation in terms of school standards. Headteachers are unsurprisingly focused on Ofsted reporting. The system measures what you can remember of other people's facts.
- Furthermore, professional development of staff teaching 'health education' is shockingly low.
- It might seem like common sense to an outsider but reworking the curriculum to allow one hour of psychological fitness teaching per week per student is a mountainous task to a Headteacher.

Our priorities for the next year:

- Develop corporate sponsorships to raise £250,000.
- To develop a fundraising stream of public donations to raise £30,000.
- Generate £157,000 through our traded offers.
- To deliver 15 Psychological Fitness for Whole Staff Groups
- To reach 15,000 parents with our range of programmes.
- To deliver 10 workforce training programmes and 5 Resilient Futures
- Increase our profile through social media and through our podcast, Psychological Fitness: What it takes.
- Successfully bid for grants of £50,000 to deliver targeted support.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Financial Review

During the year, the charitable incorporated organisation received Unrestricted income totalling £291,553 (2022: £235,013) and Restricted income totalling £12,195 (2022: £19,461).

The charitable incorporated organisation incurred Unrestricted charitable expenses of £252,974 (2022: £241,872) and Restricted charitable expenses of £1,000 (2022: £36,815) during the year.

As at the year end, the charitable incorporated organisation had net assets of £59,563 (2022: £9,789).

Risk Management

The trustees have a risk management procedure and systems which are reviewed on a quarterly basis by the board. The Trustees are satisfied that all risks are managed appropriately.

Plans for the future

The charitable incorporated organisation (CIO) plans to continue achieving its objects in accordance with its constitution.

Reserves policy

It is the policy of the trustees to maintain sufficient unrestricted reserves to allow the charitable incorporated organisation to meet its objects and cover all expenditure. The trustees have established a policy whereby a sufficient reserve is maintained to cover 3 months of fixed costs.

Statement of trustees' responsibilities

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

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial period which give a true and fair view of the charitable incorporated organisation's financial activities during the period and of its financial position at the end of the period. In preparing those financial statements, the trustees are required to:

- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles of the Charities SORP (FRS 102);
- (c) make judgments and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable incorporated organisation will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable incorporated organisation and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations and the provisions of the CIO's constitution. They are also responsible for safeguarding the assets of the charitable incorporated organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

On behalf of the board of trustees on 23 May 2024

Martin Bellamy (Chair) Trustee

Sharon Waterman Trustee

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF Bounce Forward
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

The trustees present their report together with the financial statements of the charitable incorporated organisation for the year ended 30 September 2023. The financial statements have been prepared in accordance with the accounting policies set out on page 8 and comply with the trust deed and applicable law.

Respective responsibilities of trustees and examiner

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

Having satisfied myself that the charitable incorporated organisation is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 charitable incorporated organisation 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:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C Harvey FCCA, CTA
Fisher Phillips LLP
Chartered Accountants
Summit House
170 Finchley Road
London NW3 6BP

Date: 23 May 2024

BOUNCE FORWARD

Statement of financial activities

(incorporating an income and expenditure account)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Note	Unrestricted £	Restricted £	2023 Total £	2022 Total £
Income from:					
Donations and legacies	3	209,313	-	209,313	71,124
Charitable activities:	4				
Training and education		82,240	-	82,240	163,889
Grants received		-	12,195	12,195	19,461
Other income		-	-	-	-
Investment income	5	-	-	-	-
Total income		291,553	12,195	303,748	254,474
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable activities:	6				
Training and education		141,304	1,000	142,304	181,763
Advice and advocacy		111,670	-	111,670	96,924
Other		-	-	-	-
Total expenditure		252,974	1,000	253,974	278,687
Net income / (expenditure) for the year		38,579	11,195	49,774	(24,213)
Transfer between funds		-	-	-	-
Net movement in funds		38,579	11,195	49,774	(24,213)
Reconciliation of funds:					
Total funds brought forward		9,789	-	9,789	34,002
Total funds carried forward		48,368	11,195	59,563	9,789

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

The attached notes form part of these financial statements.

BOUNCE FORWARD

Balance sheet

As at 30 September 2023

	Note	2023 £	2023 £	2022 £	2022 £
Fixed assets:					
Tangible assets	10		5,300		1,788
Current assets:					
Debtors	11	76,264		46,462	
Cash at bank and in hand	17	11,862		3,456	
		<u>88,126</u>		<u>49,918</u>	
Liabilities:					
Creditors: amounts falling due within one year	12	<u>(17,717)</u>		<u>(41,917)</u>	
Net current assets / (liabilities)			70,409		8,001
Total assets less current liabilities			<u>75,709</u>		<u>9,789</u>
Creditors: amounts falling due after one year	13		<u>(16,146)</u>		-
Total net assets / (liabilities)			<u>59,563</u>		<u>9,789</u>
Funds	15				
Restricted funds			11,195		-
Unrestricted funds:					
Designated funds		-		-	
Revaluation reserve		-		-	
General funds		<u>48,368</u>		<u>9,789</u>	
Total unrestricted funds			<u>48,368</u>		<u>9,789</u>
Total funds			<u>59,563</u>		<u>9,789</u>

Approved by the trustees on 23 May 2024
and signed on their behalf by:

Martin Bellamy (Chair)
Trustee

Sharon Waterman
Trustee

Charitable Incorporated Organisation registration no. 1170591

The attached notes form part of the financial statements.

BOUNCE FORWARD
Statement of cash flows
FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Note	2023 £	2023 £	2022 £	2022 £
Net cash provided by / (used in) operating activities	16		8,406		(45,728)
Cash flows from investing activities:					
Interest/ rent/ dividends from investments		-		-	
Sale/ (purchase) of fixed assets		-		-	
Sale/ (purchase) of investments		-		-	
Cash provided by / (used in) investing activities			-		-
Cash flows from financing activities:					
Repayments of borrowing		-		-	
Cash inflows from new borrowing		-		-	
Receipt of endowment		-		-	
Cash provided by / (used in) financing activities			-		-
Change in cash and cash equivalents in the year			8,406		(45,728)
Cash and cash equivalents at the beginning of the year			3,456		49,184
Change in cash and cash equivalents due to exchange rate movements			-		-
Cash and cash equivalents at the end of the year	17		11,862		3,456

The attached notes form part of the financial statements.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102).

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

b) General information

The charity is a charitable incorporated organisation (CIO), incorporated in England and Wales (charitable incorporated organisation registration number 1170591). The charitable incorporated organisation was incorporated on 06 December 2016. The charitable incorporated organisation communication address is: 23 Heath Drive, Ware, Herts, SG12 0RE.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable incorporated organisation's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance for the provision of specified service is deferred until the criteria for income recognition are met.

For legacies, entitlement is taken as the earlier of the date on which either: the charitable incorporated organisation is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charitable incorporated organisation that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charitable incorporated organisation has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charitable incorporated organisation, or the charitable incorporated organisation is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

e) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charitable incorporated organisation has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charitable incorporated organisation of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charitable incorporated organisation which is the amount the charitable incorporated organisation would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charitable incorporated organisation; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charitable incorporated organisation. Designated funds are unrestricted funds of the charitable incorporated organisation which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable incorporated organisation's work or for specific projects being undertaken by the charitable incorporated organisation.

h) Expenditure and irrecoverable VAT

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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable incorporated organisation in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charitable incorporated organisation and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Support costs are those functions that assist the work of the charitable incorporated organisation but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the trusts programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 5.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors and provisions

Creditors and provisions are recognised where the charitable incorporated organisation has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable incorporated organisation only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2023

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	2022
	£	£	Total
			£
Income from:			
Donations and legacies	71,124	-	71,124
Charitable activities:			
Training and education	163,889		163,889
Grants received	-	19,461	19,461
Other income	-	-	-
Investment income	-	-	-
Total income	235,013	19,461	254,474
Expenditure on:			
Raising funds	-	-	-
Charitable activities:			
Training and education	144,948	36,815	181,763
Advice and advocacy	96,924	-	96,924
Other	-	-	-
Total expenditure	241,872	36,815	278,687
Net income / expenditure and net movement in funds	(6,859)	(17,354)	(24,213)
Total funds brought forward	16,648	17,354	34,002
Total funds carried forward	9,789	-	9,789

3 Income from donations and legacies

	Unrestricted	Restricted	2023	2022
	£	£	Total	Total
			£	£
Gifts	-	-	-	-
Donations received	209,313	-	209,313	71,124
Legacies	-	-	-	-
	209,313	-	209,313	71,124

4 Income from charitable activities

	Unrestricted	Restricted	2023	2022
	£	£	Total	Total
			£	£
Training and education	82,240	-	82,240	163,889
Grants received:				
Bedfordshire & Luton Community Foundation	-	-	-	5,765
Armed Forces	-	8,195	8,195	9,196
The Shanly Foundation	-	4,000	4,000	-
Kent Community Foundation	-	-	-	4,500
Other income	-	-	-	-
Total income from charitable activities	82,240	12,195	94,435	183,350

5 Income from investments

	Unrestricted	Restricted	2023	2022
	£	£	Total	Total
			£	£
Bank interest	-	-	-	-
Rent	-	-	-	-
Investment income	-	-	-	-
	-	-	-	-

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2023

6 Analysis of expenditure

	Basis of allocation	Cost of raising funds £	Charitable activities		Support costs £	Governance costs £	2023 £	2022 £
			Training/ education £	Advice / advocacy £				
Developing / course materials		-	250	-	-	-	250	1,128
Impact assessment and research		-	-	-	-	-	-	-
Printing, postage and stationery		-	-	-	173	-	173	516
Office expenses		-	-	-	555	-	555	745
Refreshments		-	-	-	-	-	-	31
Project administration - Restricted		-	1,000	-	-	-	1,000	36,815
Computer running costs		-	-	-	5,759	-	5,759	6,064
Telephone		-	-	-	107	-	107	92
Salary / cover costs		-	-	-	197,273	-	197,273	167,674
Training and delivery costs		-	29,384	-	-	-	29,384	46,895
Advertising / publicity costs		-	-	-	4,904	-	4,904	6,311
Travel and subsistence		-	-	-	5,030	-	5,030	4,096
Legal and professional fees		-	-	-	1,143	-	1,143	1,004
Sundry expenses		-	-	-	163	-	163	163
Venue hire costs		-	-	-	-	-	-	445
Consultancy fees		-	-	-	-	-	-	-
Bookkeeping fees		-	-	-	3,750	-	3,750	3,600
Depreciation		-	-	-	1,458	-	1,458	407
Bank charges and loan interest		-	-	-	1,105	-	1,105	661
Independent examiner's fees		-	-	-	-	1,920	1,920	2,040
		-	30,634	-	221,420	1,920	253,974	278,687
Support costs	50%	-	110,710	110,710	(221,420)	-	-	-
Governance costs	50%	-	960	960	-	(1,920)	-	-
Total expenditure 2023		-	142,304	111,670	-	-	253,974	278,687
Total expenditure 2022		-	181,763	96,924	-	-	-	278,687

Of the total expenditure, £252,974 (2022: £241,872) was unrestricted and £1,000 (2022: £36,815) was restricted

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2023

7 Net income / (expenditure) for the year

This is stated after charging / (crediting)	2023	2022
	£	£
Auditor's remuneration:		
Independent examiner's fees	1,920	2,040
	<u>1,920</u>	<u>2,040</u>

8 Analysis of staff costs, trustees remuneration and expenses

Staff costs were as follows:	2023	2022
	£	£
Salaries and wages	173,955	145,986
Social security costs	16,967	16,513
Pension costs	6,351	5,175
	<u>197,273</u>	<u>167,674</u>

The trustees of the charitable incorporated organisation (CIO) were not paid or received any other benefits from employment with the CIO in the period neither were they reimbursed expenses during the period. No trustee of the charitable incorporated organisation received payment for professional or other services supplied to the CIO.

Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2023	2022
	No.	No.
Charitable activities	4	5
	<u>4</u>	<u>5</u>

9 Taxation

The charitable incorporated organisation is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Equipment £	Web Design £	£
Cost					
At the start of the year	-	-	2,335	-	2,335
Additions in year	-	-	170	4,800	4,970
Disposals in year	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>2,505</u>	<u>4,800</u>	<u>7,305</u>
Depreciation / Amortisation					
At the start of the year	-	-	547	-	547
Charge for the year	-	-	458	1,000	1,458
Eliminated on disposal	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>1,005</u>	<u>1,000</u>	<u>2,005</u>
Net book value					
At the end of the year	<u>-</u>	<u>-</u>	<u>1,500</u>	<u>3,800</u>	<u>5,300</u>
At the start of the year	<u>-</u>	<u>-</u>	<u>1,788</u>	<u>-</u>	<u>1,788</u>

All of the above assets are used for charitable purposes

11 Debtors

	2023	2022
	£	£
Trade debtors	75,350	4,175
Accrued income	80	40,080
PAYE overpayment	-	9
Prepayments	834	2,198
	<u>76,264</u>	<u>46,462</u>

12 Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals	2,040	3,005
Income received in advance	2,331	18,972
Loan	6,250	-
Trade creditors	7,096	19,940
	<u>17,717</u>	<u>41,917</u>

13 Creditors: amounts falling due after one year

	2023	2022
	£	£
Loan	16,146	-
	<u>16,146</u>	<u>-</u>

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2023

14 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	2023 Total funds £	2022 Total funds £
Net current assets	48,368	-	11,195	59,563	9,789
Net assets at the end of the year	48,368	-	11,195	59,563	9,789

15 Movements in funds

	At the start of the period £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At the end of the period £
Restricted funds:					
Armed Forces	-	8,195	(1,000)	-	7,195
The Shanly Foundation	-	4,000	-	-	4,000
Total restricted funds	-	12,195	(1,000)	-	11,195
Unrestricted funds:					
Designated funds:					
Total designated funds	-	-	-	-	-
General funds	9,789	291,553	(252,974)	-	48,368
Total unrestricted funds	9,789	291,553	(252,974)	-	48,368
Total funds	9,789	303,748	(253,974)	-	59,563

Purposes of restricted funds

Armed Forces:

To build resilience with military families by delivering courses for military parents to help them and their children build mental resilience and emotional wellbeing.

The Shanly Foundation:

To deliver Healthy Minds curriculum into 4 Hertfordshire secondary schools and provide access to a digital measurement platform.

16 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2023 £	2022 £
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	49,774	(24,213)
(Increase)/ decrease in fixed assets	(3,512)	(1,068)
(Increase)/ decrease in debtors	(29,802)	(32,527)
Increase/ (decrease) in creditors	(8,054)	12,080
Net cash provided by / (used in) operating activities	8,406	(45,728)

17 Analysis of cash and cash equivalents

	At 01 October 2022 £	Cash flows £	Other changes £	At 30 September 2023 £	At 30 September 2022 £
Cash at bank and in hand	3,456	8,406	-	11,862	3,456
Deposits (less than three months)	-	-	-	-	-
Overdraft facility (repayable on demand)	-	-	-	-	-
Total cash and cash equivalents	3,456	8,406	-	11,862	3,456

18 Legal status of the charity

The charity is a charitable incorporated organisation incorporated on 06 December 2016. In the event of the charitable incorporated organisation being wound up, the members of the charitable incorporated organisation have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

19 Related party transactions

The charity received a loan of £25,000 on 28 April 2023 from Ian Bailey, a spouse to Lucy Bailey, a key member of the management personnel. Interest of £306 was charged on the loan.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

BOUNCE FORWARD

England & Wales - Charity number 1170591

Accounts

BOUNCE FORWARD

Charitable Incorporated Organisation Registration N°: 1170591

FINANCIAL STATEMENTS

~ for the year ended ~

30 September 2022

FISHER PHILLIPS LLP

Chartered Accountants

Summit House

170 Finchley Road

London

NW3 6BP

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2022

LEGAL AND ADMINISTRATIVE INFORMATION

The trustees: Sharon Waterman
David Triesman
Martin Bellamy (Chair)

Principal place of business: 23 Heath Drive
Ware
Herts
SG12 0RE

Independent Examiner: Fisher Phillips LLP
Summit House
170 Finchley Road
London
NW3 6BP

Bankers: TSB Bank
PO Box 373
Leeds
LS14 9GQ

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2022

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BOUNCE FORWARD
Charitable Incorporated Organisation Registration No: 1170591
TRUSTEES REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The trustees present their report together with the financial statements of the charitable incorporated organisation for the period 1 October 2021 to 30 September 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charitable incorporated organisation.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charitable incorporated organisation's governing document, the Charities Act 2022 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.

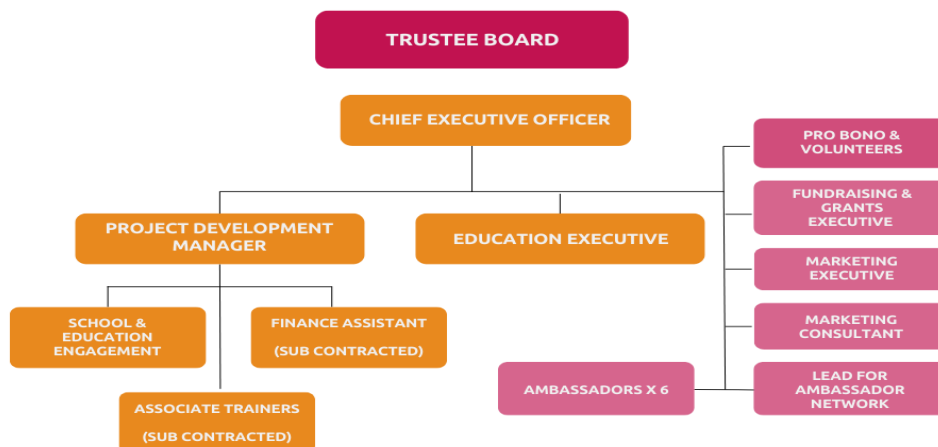
Trustees

The following trustees held office during the period: Sharon Waterman
 David Triesman
 Martin Bellamy (Chair)

Principal place of business: 23 Heath Drive
 Ware
 Herts
 SG12 0RE

Appointment of trustees is governed by the constitution of the charitable incorporated organisation. The Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

Bounce Forward
 Organisation Chart



Powers

The constitution of the charitable incorporated organisation authorises the trustees to do anything which is calculated to further its objects or is conducive or incidental to doing so.

Structure, objects, governance and management

Bounce Forward is registered as a charitable incorporated organisation (Registered number 1170591) on 6 December 2016 and is governed in accordance with its constitution and the requirements of the Charities Commission and best practice guidelines.

The objects of the charitable incorporated organisation are to promote lawful charitable activities as stated in its constitution.

The management, operation and governance of the charitable incorporated organisation are the responsibility of the Trustees as appointed under the terms of its constitution. All trustees give of their time freely and are unremunerated, and cover their own expenses. There are currently three trustees.

All trustees have been made aware of their responsibilities and operate under the best practice code as recommended by the Charities commission.

The trustees have ensured that they have complied with section 17 of the Charities act 2022 with due regard to public benefit and are happy that they are continuing to provide Charitable services to the community.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Objectives and activities

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential

Bounce Forward's vision is for all children to thrive in school and in life by having strong mental and emotional resilience. We work to create safe and supportive conditions for children and young people by supporting the adults around them to support them in navigating life and the changes that are rapidly evolving in the 21st century.

Our unique model develops psychological fitness (mental resilience and emotional wellbeing), the tools and capacity to help young people drive the long term change themselves. This allows them to find their place in the world, face the challenges of modern life and feel able to lead fulfilling and healthy adult lives. We want every young person to feel they can bounce forward.

Bounce Forward has been an independent charity since December 2016, originally under the name How to Thrive.

Our Vision

A nation where young people look after their psychological fitness, are mentally resilient, emotionally well and thrive in life.

Our Mission

To give school communities relevant and practical training, skills, and resources they need to build young people's psychological fitness.

Our Principles

- **Collaborate** – we create partnerships with schools and engage communities to develop the psychological fitness of the adults of tomorrow.
- **Young people are resourceful** – being resourceful enables the young to bounce forward even in a challenging world. We want young people and their influencers to realise their capability to reach their full potential in life.
- **Be genuine** – we are grounded in the real world and practical in our approach. If we aren't the right solution to your problem, we will tell you.
- **Keep learning** – we listen carefully, and we know we don't have all the answers.

The Value in what we do

- Psychological fitness combines mental resilience and emotional intelligence, key attributes needed for success in the 21st century.
- We base our approach on solid research, theory and evidence.
- We teach skills and strategies that work in the real world.
- The adults matter: their role is vital in helping children and young people to be psychologically healthy.
- The personal development of young people is as important in society as academics.

Why teach psychological fitness?

Our world is changing like never before. We are playing catch-up after a global pandemic and economic storm clouds are gathering. Meanwhile the pace of technological change is relentless and our ability to absorb and define our identity in such a changing world it is more complex than ever before. For adults this is difficult to navigate, for children it is even greater. Without building mental resilience amongst young people the following statistics will continue to rise:

- The UK is ranked 69th out of 72 countries for children's life satisfaction.
- Between 10-20% of children are dealing with clinical-level mental health issues such as depression and anxiety
- A quarter of children did not cope well with changes during the pandemic.
- 50% of mental health problems start by the age of 14.
- Our children's wellbeing is at its lowest - 5 children in a classroom of 30 are likely to have a mental health/wellbeing problem.
- 1 in 9 children are unhappy with their school.

The biggest problem is not children whose anxiety plays out as disruption (approx. 510,000). They are easy to spot and still benefit from being taught psychological fitness. The real problem is the group of high functioning children who suffer in silence despite their negative thoughts. 1 in 3 children with a serious 'level of concern' are not noticed by anyone at school because they are not behaving 'badly', they are doing well academically and have friends. This is approximately 255,000 secondary school children. They are a store of trouble. The damage that those suffering from non-manifesting anxiety will cause to themselves, their families and friends is sadly and probably huge.

BOUNCE FORWARD

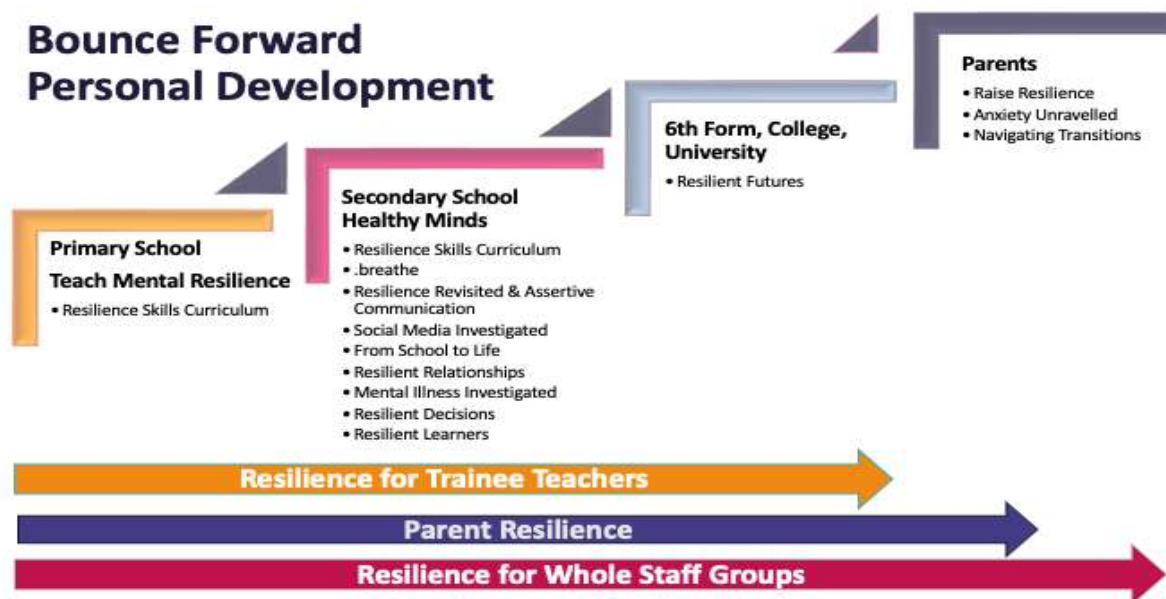
Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Bounce Forward currently serves approximately 15,000 of the quarter of a million 'silent sufferers' with the Healthy Minds programme. Our leverage 'train the teacher' model enables us to provide a scale solution. Social and emotional learning is a vital part of life and without it can impact the opportunities to be healthy mentally and physically and to gain a sense of purpose and to fulfill potential. Often, we provide a lifeline to children and their parents as well as teachers. We do this through listening to young people and putting them at the center of our provision, as well as starting early from the age of 9 upwards.

Our Programmes



We believe that our solution should start at school to ensure we reach as many children as we can with the essential psychological fitness they need, right across the UK. Schools are considered crucial spaces for an individual's development from childhood through to adolescence, considered formative at the time of childhood and adolescence, a period in which long term attitudes towards personal wellbeing and life choices are formed. Children also spend more time in school than in any other formal institutional setting (Oxford Report, Wellbeing in Education, Childhood and Adolescence, 2022). Young Minds report (2018) that over the course of their education, children spend over 7,800 hours at school. This is an important space to get wellbeing right and to build the formative skills for life long mental and physical resilience.

We also understand that different environments can work effectively too, especially for those who are vulnerable or disadvantaged. An 'eco-system' approach within school, home and later within college, university and even the workplace will ensure the most effective healthy future for all.

We work closely with children, teachers, parents to understand the challenges they face and to tailor our support to their needs. We know the world is changing faster than we have ever seen before and we must adapt, listen and consult with our communities to deliver the best impact and change we can.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Why use Bounce Forward?

Our work provides skills for psychological fitness, so children grow up with mental resilience and emotional wellbeing. Our approach provides a structure and language framework so children and young people can express themselves, their worries and their concerns and builds their own unique solutions with resilient thinking skills that can be practiced throughout life. If a young person believes they can be effective when faced with a challenge or problem they are more likely to engage, try different ways to solve the problem, learn and move forward.

Importantly our approach has long term and sustainable impact. By understanding and practicing the psychological skills, just as we do in our ability to add up or subtract in math's, it aims to build skills that last a lifetime. Furthermore, we pass on these skills to others, making better parents, neighbours, colleagues, and friends. We can leave a lasting legacy with those we reach.

Our work to date has benefited children, young people, parents, and schools in the following way:

- We have reached trained and supported over 11,500 teachers and over 12,213 and have 321 new schools since 2020.
- Through our Healthy Minds programme, we have proven an increase in pupils' self-assessed general health by 10 percentiles as well as improved physical health, behaviour, relationships, and life satisfaction.
- 95% of schools strongly agree that the programmes have improved student's physical wellbeing, emotional wellbeing and everyday functioning including a decrease in perceived levels of stress.
- 98.8% of parents strongly agreed or agreed that our programme was useful personally, would improve relationships at home and would recommend us to others.
- We are building a more sustainable education system by supporting teachers to support their students through training, resources, and practical skills. We now have teachers and school staff through our communities sharing and supporting each other in building a nation of resilient young people.

Unique Selling Points

The impact we can achieve together with more partners is crucial. Now more than ever we are faced with a generation of children who are unhappy, fear failure, have limited life satisfaction and rising level of poor mental health. We can help children and young people to bounce forward.

- We have a groundbreaking and sustainable model that gives people the tools and capacity to help young people drive the long term change themselves. Being resourceful enables the young to bounce forward in a challenging world.
- Our offer includes high quality CPD for staff – bringing a 2 for 1 aspect to the offer.
- We are developing teachers to provide primary care by doing what they are expert in doing. We are not asking them to be mental health specialist, we are equipping them to facilitate good quality teaching of learning outcomes that develop life skills and good mental health.
- Our deep knowledge and understanding makes us experts in building psychological fitness, coupled with a profoundly ambitious drive to change. We have built impeccable foundations through our methods, based on sound scientific research from neuroscience and psychology, and are preparing for the next stage in the development of our organisation.
- We collaborate creating partnerships with schools, engaging with communities and businesses. We are grounded in the real world and practical in our approach always listening carefully to how the problem can be best solved.
- Our influence is spearheading cutting-edge research which is referenced by H&M Treasury, Department for Education and Public Health England.
- We have reach and scale and want to take our programmes across the UK. So far, we have reached over 1 million children and young people. We have built a community of parents and teachers that we now need to grow further and build the strength and expertise, so they begin to support each other.
- We offer a circular, developmental curriculum that builds and extends learning across the secondary school journey that is evidenced based.
- We create a psychologically fit environment around a child by educating parents and teachers, so that lifelong habits are developed and maintained. In other words, it's not just about the lesson time
- Shifting the purpose of education – not squeezing 'mental health' in
- Changing the narrative about mental resilience – it's not just about overcoming setbacks it's also about using the skills to make the most of opportunities.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Our reach from October 2021 – September 2022

This year we reached 4,350 adults around children. We have trained 1,410 school staff in 118 schools including 87 new schools. We've worked with 2,940 parents. Impact and evaluation are important to us. We use 4 key impact statements and collect qualitative feedback. 95.3% of school staff and 99.8% of parents agree or strongly agree with our 4 impact statements:

- I found the training useful.
- The skills I have learnt will be useful; in my work with students/with my children.
- This approach can help us improve, the school or things at home.
- I would recommend this training to others.

Teachers tell us:

- The session, course and material has been helpful in helping us assess our own level of resilience and reflect on how we could use these skills to deliver the materials at pupil level.
- I found today's session really useful. There was a lot to take in, however it was handy having the overview document with me, which I annotated. Everyone on the course was really friendly and I felt comfortable putting forward my ideas. I do think I need to go through the slides again in order to process it more clearly. Overall, really enjoyed the course.
- It was a fantastic course! I loved the 'practical' element - being able to experience the activities helps to cement ideas and see how they can be used with students. It was a really good mix of activities and listening and very clearly explained. The smaller group really worked for me - even when we were all in the same 'room' it felt like a safe space where you could share and ask. I'm sure you would normally have more people in, but I'd say go for smaller groups and offer more training dates! Huge thanks to Lucy for a brilliant session.

Parents tell us:

- I found this course very useful; it has changed most of the ways I used to approach my children and my thoughts about other people's behaviour.
- The content was well structured and easy understandable/applicable. It was great to have the option to view in demand the episodes and receive home task to reinforce the knowledge we received.
- My behaviour towards my teenage child has evolved during this course! I hadn't thought about my beliefs being. SO different to someone else's!!

This year our website has been completely updated and re-launched in December 2022. The customer journey has been simplified, the booking process more streamlined, with schools being able to purchase a subscription direct from the website. There is a clear focus on school's vs parents' vs supporting our cause. We have a member's area where our resources and tools and support are all in one place.

What are our challenges?

The long-lasting impact of deficits in poor psychological health are clear, but the good news is that these skills can be learned and taught effectively in schools. All schools are now expected to teach health education, since it became a statutory requirement in September 2020. However, key barriers remain:

- There has only been a 3% increase in spending in education since 2010 and health education is a poor relation in terms of school standards. Headteachers are unsurprisingly focused on Ofsted reporting. The system measures what you can remember of other people's facts.
- Furthermore, professional development of staff teaching 'health education' is shockingly low.
- It might seem like common sense to an outsider but reworking the curriculum to allow one hour of psychological fitness teaching per week per student is a mountainous task to a Headteacher.

Our priorities for the next year:

- To recruit 35 new schools to our Full Healthy Minds members subscription.
- To recruit 58 new schools to our Healthy Minds Foundation Only or our Teach Mental Resilience members subscription.
- To deliver 10 Resilience for Whole Staff Groups

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Financial Review

During the year, the charitable incorporated organisation received Unrestricted income totalling £235,013 (2021: £173,425) and Restricted income totalling £19,461 (2021: £28,665).

The charitable incorporated organisation incurred Unrestricted charitable expenses of £241,872 (2021: £195,048) and Restricted charitable expenses of £36,815 (2021: £11,311) during the year.

As at the year end, the charitable incorporated organisation had net assets of £9,789 (2021: £34,002).

Risk Management

The trustees have a risk management procedure and systems which are reviewed on a quarterly basis by the board. The Trustees are satisfied that all risks are managed appropriately.

Plans for the future

The charitable incorporated organisation (CIO) plans to continue achieving its objects in accordance with its constitution.

Reserves policy

It is the policy of the trustees to maintain sufficient unrestricted reserves to allow the charitable incorporated organisation to meet its objects and cover all expenditure. The trustees have established a policy whereby a sufficient reserve is maintained to cover 3 months of fixed costs.

Statement of trustees' responsibilities

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

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial period which give a true and fair view of the charitable incorporated organisation's financial activities during the period and of its financial position at the end of the period. In preparing those financial statements, the trustees are required to:

- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles of the Charities SORP (FRS 102);
- (c) make judgments and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable incorporated organisation will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable incorporated organisation and enable them to ensure that the financial statements comply with the Charities Act 2022, the Charity (Accounts and Reports) regulations and the provisions of the CIO's constitution. They are also responsible for safeguarding the assets of the charitable incorporated organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

On behalf of the board of trustees on 29 March 2023.

Martin Bellamy (Chair) Trustee

Sharon Waterman Trustee

BOUNCE FORWARD**Charitable Incorporated Organisation Registration No: 1170591****INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF Bounce Forward
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

The trustees present their report together with the financial statements of the charitable incorporated organisation for the year ended 30 September 2022. The financial statements have been prepared in accordance with the accounting policies set out on page 8 and comply with the trust deed and applicable law.

Respective responsibilities of trustees and examiner

The charitable incorporated organisation's trustees are responsible for the preparation of the accounts. The charitable incorporated organisation's trustees consider that an audit is not required this period under section 144(2) of the Charities Act 2022 (the 2022 Act) and that an independent examination is needed.

Having satisfied myself that the charitable incorporated organisation is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2022 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2022 Act; and
- 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 charitable incorporated organisation 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:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2022 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2022 Act and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

S Frost FCA

Fisher Phillips LLP
Chartered Accountants
Summit House
170 Finchley Road
London NW3 6BP

Date: 29 March 2023

BOUNCE FORWARD

Statement of financial activities

(incorporating an income and expenditure account)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Note	Unrestricted £	Restricted £	2022 Total £	2021 Total £
Income from:					
Donations and legacies	3	71,124	-	71,124	3,702
Charitable activities:	4				
Training and education		163,889	-	163,889	165,368
Grants received		-	19,461	19,461	28,665
Other income		-	-	-	4,354
Investment income	5	-	-	-	-
Total income		235,013	19,461	254,474	202,090
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable activities:	6				
Training and education		144,948	36,815	181,763	148,249
Advice and advocacy		96,924	-	96,924	58,110
Other		-	-	-	-
Total expenditure		241,872	36,815	278,687	206,359
Net income / (expenditure) for the year		(6,859)	(17,354)	(24,213)	(4,269)
Transfer between funds		-	-	-	-
Net movement in funds		(6,859)	(17,354)	(24,213)	(4,269)
Reconciliation of funds:					
Total funds brought forward		16,648	17,354	34,002	38,271
Total funds carried forward		9,789	-	9,789	34,002

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

The attached notes form part of these financial statements.

BOUNCE FORWARD
Balance sheet
As at 30 September 2022

	Note	2022 £	2022 £	2021 £	2021 £
Fixed assets:					
Tangible assets	10		1,788		720
Current assets:					
Debtors	11	46,462		13,935	
Cash at bank and in hand	16	<u>3,456</u>		<u>49,184</u>	
		49,918		63,119	
Liabilities:					
Creditors: amounts falling due within one year	12	<u>(41,917)</u>		<u>(29,837)</u>	
Net current assets / (liabilities)			<u>8,001</u>		<u>33,282</u>
Total net assets / (liabilities)			<u>9,789</u>		<u>34,002</u>
Funds					
Restricted funds	14		-		17,354
Unrestricted funds:					
Designated funds		-		-	
Revaluation reserve		-		-	
General funds		<u>9,789</u>		<u>16,648</u>	
Total unrestricted funds			<u>9,789</u>		<u>16,648</u>
Total funds			<u>9,789</u>		<u>34,002</u>

Approved by the trustees on 29 March 2023
and signed on their behalf by:

Martin Bellamy (Chair)
Trustee

Sharon Waterman
Trustee

Charitable Incorporated Organisation registration no. 1170591

The attached notes form part of the financial statements.

BOUNCE FORWARD
Statement of cash flows
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Note	2022 £	2022 £	2021 £	2021 £
Net cash provided by / (used in) operating activities	15		(45,728)		(11,475)
Cash flows from investing activities:					
Interest/ rent/ dividends from investments		-		-	
Sale/ (purchase) of fixed assets		-		-	
Sale/ (purchase) of investments		-		-	
		-----		-----	
Cash provided by / (used in) investing activities			-		-
Cash flows from financing activities:					
Repayments of borrowing		-		-	
Cash inflows from new borrowing		-		-	
Receipt of endowment		-		-	
		-----		-----	
Cash provided by / (used in) financing activities			-		-
			-----		-----
Change in cash and cash equivalents in the year			(45,728)		(11,475)
Cash and cash equivalents at the beginning of the year			49,184		60,659
Change in cash and cash equivalents due to exchange rate movements			-		-
			-----		-----
Cash and cash equivalents at the end of the year	16		3,456		49,184
			=====		=====

The attached notes form part of the financial statements.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102).

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

b) General information

The charity is a charitable incorporated organisation (CIO), incorporated in England and Wales (charitable incorporated organisation registration number 1170591). The charitable incorporated organisation was incorporated on 06 December 2016. The charitable incorporated organisation communication address is: 23 Heath Drive, Ware, Herts, SG12 0RE.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable incorporated organisation's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance for the provision of specified service is deferred until the criteria for income recognition are met.

For legacies, entitlement is taken as the earlier of the date on which either: the charitable incorporated organisation is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charitable incorporated organisation that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charitable incorporated organisation has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charitable incorporated organisation, or the charitable incorporated organisation is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

e) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charitable incorporated organisation has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charitable incorporated organisation of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charitable incorporated organisation which is the amount the charitable incorporated organisation would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charitable incorporated organisation; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charitable incorporated organisation. Designated funds are unrestricted funds of the charitable incorporated organisation which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable incorporated organisation's work or for specific projects being undertaken by the charitable incorporated organisation.

h) Expenditure and irrecoverable VAT

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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable incorporated organisation in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charitable incorporated organisation and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Support costs are those functions that assist the work of the charitable incorporated organisation but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the trusts programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 5.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors and provisions

Creditors and provisions are recognised where the charitable incorporated organisation has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable incorporated organisation only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2022

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	2021 Total
	£	£	£
Income from:			
Donations and legacies	3,702	-	3,702
Charitable activities:			
Training and education	165,368		165,368
Grants received	-	28,665	28,665
Other income	4,354	-	4,354
Investment income	-	-	-
Total income	173,425	28,665	202,090
Expenditure on:			
Raising funds	-	-	-
Charitable activities:			
Training and education	136,938	11,311	148,249
Advice and advocacy	58,110	-	58,110
Other	-	-	-
Total expenditure	195,048	11,311	206,359
Net income / expenditure and net movement in funds	(21,623)	17,354	(4,269)
Total funds brought forward	38,271	-	38,271
Total funds carried forward	16,648	17,354	34,002

3 Income from donations and legacies

	Unrestricted	Restricted	2022 Total	2021 Total
	£	£	£	£
Gifts	-	-	-	-
Donations received	71,124	-	71,124	3,702
Legacies	-	-	-	-
	71,124	-	71,124	3,702

4 Income from charitable activities

	Unrestricted	Restricted	2022 Total	2021 Total
	£	£	£	£
Training and education	163,889	-	163,889	165,368
Grants received:				
Big Issue Invest	-	-	-	24,500
Bedfordshire & Luton Community Foundation	-	5,765	5,765	4,165
Armed Forces	-	9,196	9,196	-
Kent Community Foundation	-	4,500	4,500	-
Other income	-	-	-	4,354
Total income from charitable activities	163,889	19,461	183,350	198,387

5 Income from investments

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Bank interest	-	-	-	-
Rent	-	-	-	-
Investment income	-	-	-	-
	-	-	-	-

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2022

6 Analysis of expenditure

	Basis of allocation	Cost of raising funds £	Charitable activities		Support costs £	Governance costs £	2022 £	2021 £
			Training/ education £	Advice / advocacy £				
Developing / course materials		-	1,128	-	-	-	1,128	14,799
Impact assessment and research		-	-	-	-	-	-	4,776
Printing, postage and stationery		-	-	-	516	-	516	232
Office expenses		-	-	-	745	-	745	810
Refreshments		-	-	-	31	-	31	249
Project administration - Restricted		-	36,815	-	-	-	36,815	11,311
Computer running costs		-	-	-	6,064	-	6,064	4,835
Telephone		-	-	-	92	-	92	96
Salary / cover costs		-	-	-	167,674	-	167,674	96,483
Training and delivery costs		-	46,895	-	-	-	46,895	59,253
Advertising / Publicity costs		-	-	-	6,311	-	6,311	6,488
Travel and subsistence		-	-	-	4,096	-	4,096	1,187
Legal and professional fees		-	-	-	1,004	-	1,004	606
Sundry expenses		-	-	-	163	-	163	133
Venue hire costs		-	-	-	445	-	445	-
Consultancy fees		-	-	-	-	-	-	250
Bookkeeping fees		-	-	-	3,600	-	3,600	3,000
Depreciation		-	-	-	407	-	407	139
Bank Charges		-	-	-	661	-	661	152
Independent examiner's fees		-	-	-	-	2,040	2,040	1,560
		-	84,838	-	191,809	2,040	278,687	206,359
Support costs	50%	-	95,905	95,904	(191,809)	-	-	-
Governance costs	50%	-	1,020	1,020	-	(2,040)	-	-
Total expenditure 2022		-	181,763	96,924	-	-	278,687	206,359
Total expenditure 2021		-	148,249	58,110	-	-	-	206,359

Of the total expenditure, £241,872 (2021: £195,048) was unrestricted and £36,815 (2021: £11,311) was restricted

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2022

7 Net income / (expenditure) for the year

This is stated after charging / (crediting):	2022	2021
	£	£
Auditor's remuneration:		
Independent examiner's fees	2,040	1,560
	<u>2,040</u>	<u>1,560</u>

8 Analysis of staff costs, trustees remuneration and expense:

Staff costs were as follows:	2022	2021
	£	£
Salaries and wages	145,986	82,697
Social security costs	16,513	9,792
Pension costs	5,175	3,994
	<u>167,674</u>	<u>96,483</u>

The trustees of the charitable incorporated organisation (CIO) were not paid or received any other benefits from employment with the CIO in the period neither were they reimbursed expenses during the period. No trustee of the charitable incorporated organisation received payment for professional or other services supplied to the CIO.

Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows

	2022	2021
	No.	No.
Charitable activities	5	3
	<u>5</u>	<u>3</u>

9 Taxation

The charitable incorporated organisation is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Equipment £	Motor vehicles £	£
Cost					
At the start of the year	-	-	859	-	859
Additions in year	-	-	1,475	-	1,475
Disposals in year	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>2,334</u>	<u>-</u>	<u>2,334</u>
Depreciation					
At the start of the year	-	-	139	-	139
Charge for the year	-	-	407	-	407
Eliminated on disposal	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>546</u>	<u>-</u>	<u>546</u>
Net book value					
At the end of the year	<u>-</u>	<u>-</u>	<u>1,788</u>	<u>-</u>	<u>1,788</u>
At the start of the year	<u>-</u>	<u>-</u>	<u>720</u>	<u>-</u>	<u>720</u>

All of the above assets are used for charitable purposes.

11 Debtors

	2022	2021
	£	£
Trade debtors	4,175	12,430
Accrued income	40,080	-
PAYE overpayment	9	-
Prepayments	2,198	1,505
	<u>46,462</u>	<u>13,935</u>

12 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals	3,005	2,505
Income received in advance	18,972	21,944
Trade creditors	19,940	5,388
	<u>41,917</u>	<u>29,837</u>

13 Analysis of net assets between funds:

	General unrestricted £	Designated £	Restricted £	2022 Total funds £	2021 Total funds £
Net current assets	9,789	-	-	9,789	34,002
Net assets at the end of the year	<u>9,789</u>	<u>-</u>	<u>-</u>	<u>9,789</u>	<u>34,002</u>

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2022

14 Movements in funds	At the start of the period £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At the end of the period £
Restricted funds:					
Big Issue Invest	16,184	-	(16,184)	-	-
Bedfordshire & Luton Community Foundation	1,170	5,765	(6,935)	-	-
Armed Forces	-	9,196	(9,196)	-	-
Kent Community Foundation	-	4,500	(4,500)	-	-
Total restricted funds	17,354	19,461	(36,815)	-	-
Unrestricted funds:					
Designated funds:					
Total designated funds	-	-	-	-	-
General funds	16,648	235,013	(241,872)	-	9,789
Total unrestricted funds	16,648	235,013	(241,872)	-	9,789
Total funds	34,002	254,474	(278,687)	-	9,789

Purposes of restricted funds

Funding received from Big Issue Invest and Bedfordshire & Luton Community Foundation are to be used solely for the objects of the charitable incorporated organisation in the following way:

Big Issue Invest:

To reach and train teachers from 57 early years settings in the CIO's Think Equal Programme which also includes professional training for staff.

Bedfordshire & Luton Community Foundation:

To deliver Resilient Futures for 100 young people in schools in central Bedfordshire and to evaluate the impact.

Armed Forces:

To build resilience with military families by delivering courses for military parents to help them and their children build mental resilience and emotional wellbeing.

Kent Community Foundation:

To support parents based in Kent and their children to build mental resilience and emotional wellbeing.

15 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2022 £	2021 £
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	(24,213)	(4,269)
(Increase)/ decrease in fixed assets	(1,068)	(720)
(Increase)/ decrease in debtors	(32,527)	(12,531)
Increase/ (decrease) in creditors	12,080	6,045
Net cash provided by / (used in) operating activities	(45,728)	(11,475)

16 Analysis of cash and cash equivalents

	At 01 October 2021 £	Cash flows £	Other changes £	At 30 September 2022 £	At 30 September 2021 £
Cash at bank and in hand	49,184	(45,728)	-	3,456	49,184
Deposits (less than three months)	-	-	-	-	-
Overdraft facility (repayable on demand)	-	-	-	-	-
Total cash and cash equivalents	49,184	(45,728)	-	3,456	49,184

17 Legal status of the charity

The charity is a charitable incorporated organisation incorporated on 06 December 2016. In the event of the charitable incorporated organisation being wound up, the members of the charitable incorporated organisation have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

18 Related party transactions

There are no related party transactions to disclose for 2022.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

BOUNCE FORWARD

England & Wales - Charity number 1170591

Accounts

BOUNCE FORWARD

Charitable Incorporated Organisation Registration N°: 1170591

FINANCIAL STATEMENTS

~ for the year ended ~

30 September 2021

FISHER PHILLIPS LLP

Chartered Accountants

Summit House

170 Finchley Road

London

NW3 6BP

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2021

LEGAL AND ADMINISTRATIVE INFORMATION

The trustees: Sharon Waterman
David Triesman
Martin Bellamy (Chair)

Principal place of business: 23 Heath Drive
Ware
Herts
SG12 0RE

Independent Examiner: Fisher Phillips LLP
Summit House
170 Finchley Road
London
NW3 6BP

Bankers: NatWest Bank Plc
59 High Street
Ware
Herts
SG12 9AB

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2021

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BOUNCE FORWARD
Charitable Incorporated Organisation Registration No: 1170591
TRUSTEES REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The trustees present their report together with the financial statements of the charitable incorporated organisation for the period 1 October 2020 to 30 September 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charitable incorporated organisation.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charitable incorporated organisation'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.

Trustees

The following trustees held office during the period Sharon Waterman
 David Triesman
 Martin Bellamy (Chair)

Principal place of business: 23 Heath Drive
 Ware
 Herts
 SG12 0RE

Appointment of trustees is governed by the constitution of the charitable incorporated organisation. The Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.



Powers

The constitution of the charitable incorporated organisation authorises the trustees to do anything which is calculated to further its objects or is conducive or incidental to doing so.

Structure, objects, governance and management

Bounce Forward is registered as a charitable incorporated organisation (Registered number 1170591) on 6 December 2016 and is governed in accordance with its constitution and the requirements of the Charities Commission and best practice guidelines.

The objects of the charitable incorporated organisation are to promote lawful charitable activities as stated in its constitution.

The management, operation and governance of the charitable incorporated organisation are the responsibility of the Trustees as appointed under the terms of its constitution. All trustees give of their time freely and are unremunerated, and cover their own expenses. There are currently three trustees.

All trustees have been made aware of their responsibilities and operate under the best practice code as recommended by the Charities commission.

The trustees have ensured that they have complied with section 17 of the Charities act 2011 with due regard to public benefit and are happy that they are continuing to provide Charitable services to the community.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Objectives and activities

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential

Bounce Forward are specialists in delivering practical training for adults and providing high quality teaching materials to develop the psychological fitness of young people. Psychological fitness combines mental resilience and emotional intelligence, the critical skills of the future. We believe young people (and the adults around them) are resourceful and capable of fixing their own problems, and being agents for the change needed that are in the best interests of humanity. Psychological fitness is not part of the core curriculum in school, and parents need support to build their children's capacity to thrive in the world, and that is why our work is so vital.

Bounce Forward has been an independent charity since December 2016, originally under the name How to Thrive. Although we are a charity, historically we have not looked to donations or corporate sponsorship for income. During the Covid-19 pandemic, we reviewed and updated our approach, and began actively exploring this towards the end of this financial year.

Our Vision

A nation where young people are psychologically fit and equipped so they thrive in life.

Our Mission

To provide relevant and practical training, skills and resources that build mental resilience and emotional intelligence in young people and the adults around them.

Our Principles

- Collaborate – We create partnerships with schools and engage communities to develop the psychological fitness of the adults of tomorrow.
- Young people are resourceful – Being resourceful enables the young to bounce forward in a challenging world. We want young people and their influencers to realise their capability to reach their full potential in life, and be agents for the change needed that is in the best interest of humanity.
- Be genuine – We are grounded in the real world and practical in our approach. If we are not the right solution to your problem we will tell you.
- Keep learning – We listen carefully, and we know we do not have all the answers.

The Value in what we do

- Psychological fitness combines mental resilience and emotional intelligence, key attributes needed for success in the 21st century.
- We base our approach and training on solid research, theory and evidence.
- We teach skills and strategies that work in the real world.
- The adults matter: their role is vital in helping children and young people to be psychologically healthy.
- The personal development of young people is as important in society as academics.

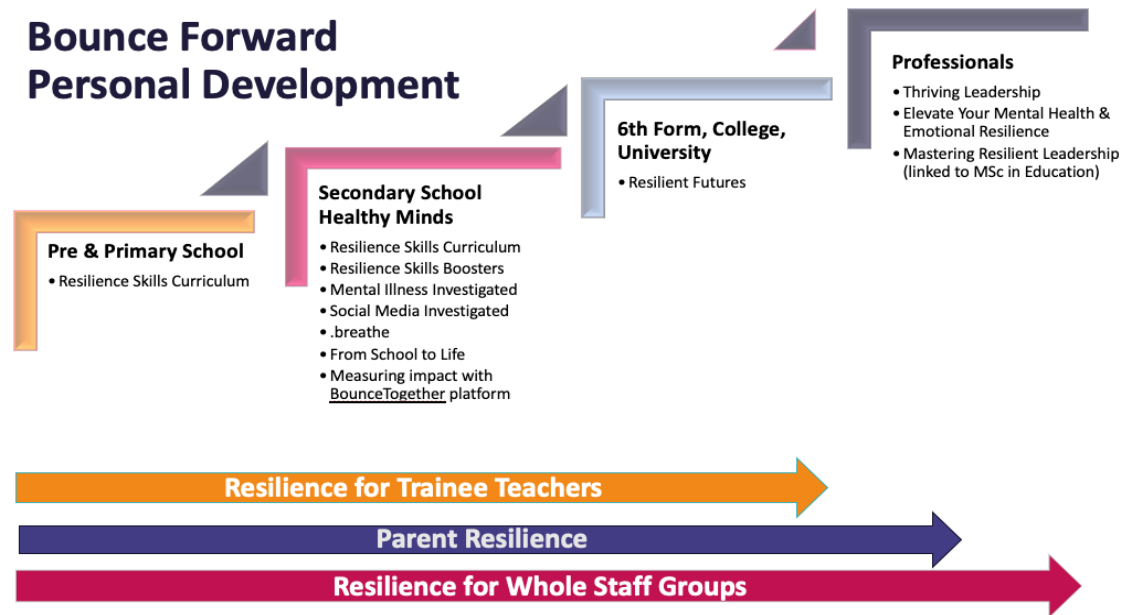
Our approach is based on this simple premise – “if we want children and young people to be psychologically fit, we (adults) must be mentally resilience and emotionally intelligent ourselves.” We provide flexible, practical programmes that transform behaviour and learning in schools, in wider education settings and with parents. Our work is centred around skills and competencies that matter for individuals, for wider society, and for humanity. The output (behaviour) we aim to see is broken down into 5 key areas:

- . Flexible and realistic thinking
- . Human connections
- . Hope & optimism
- . Self regulation
- . Self-awareness and compassion

Our training courses prepare participants through discussion and with feedback from the qualified training team. Research has identified that the quality of the teacher training is paramount for achieving successful outcomes for children and young people. Investing time to learn how adults can be more psychologically fit is vital to achieving positive outcomes for young people (and them personally). Bounce Forward training and lessons mean students (and staff):

- . How to deal better with education and life pressures so they bounce forward in and beyond school.
- . The mental resilience skills to think flexibly and realistically to adapt and respond to challenges and make the most of opportunities.
- . The emotionally intelligent capacity for empathy, compassion and hope.
- . How to be proactive agents for change about the things they care about, and that matter most for humanity.

FOR THE YEAR ENDED 30 SEPTEMBER 2021



From 2012 - 2018 Bounce Forward researched a resilience-based PSHE curriculum with 11,000 students in 34 schools over 5 years, the project is called Healthy Minds. Funded by the Education Endowment Foundation and run in partnership with the London School of Economics, the largest ever study of its kind shows the impact of good quality teaching and learning on important outcomes. Healthy Minds is considered the only evidenced based suite of its kind. The Department for Education and HM Treasury include Healthy Minds in guidance when considering the economic arguments for building wellbeing. It was also showcased at the All Party Parliamentary Group for Children’s Wellbeing in December 2021. The curriculum is now available to all schools. The results of the Healthy Minds trial, released in November 2018, show striking average improvements compared with a control group. For example, a typical pupil whose global health is initially ranked as average rises to the 60th percentile – by 10 whole points out of 100. The Healthy Minds curriculum can increase pupils’ satisfaction with their lives as much as when an adult finds a life partner. The academic outcomes are delayed, due to Covid-19 and will be released in 2022 by the National Institute of Economic and Social Research.

This year we reached 3,796 teachers and parents. We have trained 1,240 staff in 169 schools to implement Bounce Forward lessons. 61% of the 169 schools we have reached are new to our community. We have worked with 2,556 parents. Impact and evaluation is an important aspect to our work and we are delighted to report that 99% of participants agree or strongly agree with the following 4 statements:

- . I found the training useful
- . The skills I have learnt will be useful in my work with students or with my children
- . This approach can help us improve the school or things at home
- . I would recommend this training to others

There are many charities offering therapeutic interventions to children who have symptoms of mental illness: their focus is on cure. Bounce Forward is unique: we focus on prevention for all children regardless of their mental health status. We deliver a primary preventative method, teaching the skills of psychological fitness, through our schools. Our work simultaneously prevents mental illness and promotes thriving. We have solid evidence that our method has a positive impact on mental health. But there is another powerful reason for our work: because psychological fitness is the most needed skill and strength of our world already and will increasingly become so in the future.

Whilst our work on the ground is the training of teachers and parents to build children’s resilience, our larger collective wider ambition goes far beyond that. We want to change the face of our education system, by adding a third crucial ingredient to the existing focus on academic success and physical health. We want psychological fitness to be a compulsory subject of our school curriculum.

This year we will continue with ambitious plans and will grow the organisation. Our three key work streams are to: Build a movement of schools; penetrate health budgets, and develop our charity income. Our 3 year growth plan will see our operations increase, build our capacity and sustain our future.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Financial Review

During the year, the charitable incorporated organisation received Unrestricted income totalling £173,425 (2020: £139,555) and Restricted income totalling £28,665 (2020: £Nil).

The charitable incorporated organisation incurred Unrestricted charitable expenses of £195,048 (2020: £157,259) and Restricted charitable expenses of £11,311 (2020: £Nil) during the year.

As at the year end, the charitable incorporated organisation had net assets of £34,002 (2020: £38,271).

Risk Management

The trustees have a risk management procedure and systems which are reviewed on a quarterly basis by the board. The Trustees are satisfied that all risks are managed appropriately.

Plans for the future

The charitable incorporated organisation (CIO) plans to continue achieving its objects in accordance with its constitution.

Reserves policy

It is the policy of the trustees to maintain sufficient unrestricted reserves to allow the charitable incorporated organisation to meet its objects and cover all expenditure. The trustees have established a policy whereby a sufficient reserve is maintained to cover 3 months of fixed costs.

Statement of trustees' responsibilities

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

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial period which give a true and fair view of the charitable incorporated organisation's financial activities during the period and of its financial position at the end of the period. In preparing those financial statements, the trustees are required to:

- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles of the Charities SORP (FRS 102);
- (c) make judgments and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable incorporated organisation will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable incorporated organisation and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008 and the provisions of the CIO's constitution. They are also responsible for safeguarding the assets of the charitable incorporated organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

On behalf of the board of trustees on 28 March 2022.

Martin Bellamy (Chair) Trustee

Sharon Waterman Trustee

BOUNCE FORWARD**Charitable Incorporated Organisation Registration No: 1170591****INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF Bounce Forward
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

The trustees present their report together with the financial statements of the charitable incorporated organisation for the year ended 30 September 2021. The financial statements have been prepared in accordance with the accounting policies set out on page 6 and comply with the trust deed and applicable law.

Respective responsibilities of trustees and examiner

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

Having satisfied myself that the charitable incorporated organisation is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 charitable incorporated organisation 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:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C Harvey FCCA, CTA
Fisher Phillips LLP
Chartered Accountants
Summit House
170 Finchley Road
London NW3 6BP

Date: 28 March 2022

BOUNCE FORWARD

Statement of financial activities

(incorporating an income and expenditure account)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

	Note	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Income from:					
Donations and legacies	3	3,702	-	3,702	382
Charitable activities:	4				
Training and education		165,368	-	165,368	130,748
Grants received		-	28,665	28,665	-
Other income		4,354	-	4,354	8,425
Investment income	5	-	-	-	-
Total income		173,425	28,665	202,090	139,555
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable activities:	6				
Training and education		136,938	11,311	148,249	98,404
Advice and advocacy		58,110	-	58,110	58,855
Other		-	-	-	-
Total expenditure		195,048	11,311	206,359	157,259
Net income / (expenditure) for the year		(21,623)	17,354	(4,269)	(17,704)
Transfer between funds		-	-	-	-
Net movement in funds		(21,623)	17,354	(4,269)	(17,704)
Reconciliation of funds:					
Total funds brought forward		38,271	-	38,271	55,975
Total funds carried forward		16,648	17,354	34,002	38,271

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

The attached notes form part of these financial statements.

BOUNCE FORWARD
Balance sheet
As at 30 September 2021

	Note	2021 £	2021 £	2020 £	2020 £
Fixed assets:					
Tangible assets	10		720		-
Current assets:					
Debtors	11	13,935		1,404	
Cash at bank and in hand	16	<u>49,184</u>		<u>60,659</u>	
		63,119		62,063	
Liabilities:					
Creditors: amounts falling due within one year	12	<u>(29,837)</u>		<u>(23,792)</u>	
Net current assets / (liabilities)			<u>33,282</u>		<u>38,271</u>
Total net assets / (liabilities)			<u>34,002</u>		<u>38,271</u>
Funds	14				
Restricted funds			17,354		-
Unrestricted funds:					
Designated funds		-		-	
Revaluation reserve		-		-	
General funds		<u>16,648</u>		<u>38,271</u>	
Total unrestricted funds			<u>16,648</u>		<u>38,271</u>
Total funds			<u>34,002</u>		<u>38,271</u>

Approved by the trustees on 28 March 2022
and signed on their behalf by:

Martin Bellamy (Chair)
Trustee

Sharon Waterman
Trustee

Charitable Incorporated Organisation registration no. 1170591

The attached notes form part of the financial statements.

BOUNCE FORWARD
Statement of cash flows
FOR THE YEAR ENDED 30 SEPTEMBER 2021

	Note	2021 £	2021 £	2020 £	2020 £
Net cash provided by / (used in) operating activities	15		(11,475)		(32,771)
Cash flows from investing activities:					
Interest/ rent/ dividends from investments		-		-	
Sale/ (purchase) of fixed assets		-		-	
Sale/ (purchase) of investments		-		-	
		-----		-----	
Cash provided by / (used in) investing activities			-		-
Cash flows from financing activities:					
Repayments of borrowing		-		-	
Cash inflows from new borrowing		-		-	
Receipt of endowment		-		-	
		-----		-----	
Cash provided by / (used in) financing activities			-		-
			-----		-----
Change in cash and cash equivalents in the year			(11,475)		(32,771)
Cash and cash equivalents at the beginning of the year			60,659		93,430
Change in cash and cash equivalents due to exchange rate movements			-		-
			-----		-----
Cash and cash equivalents at the end of the year	16		49,184		60,659
			=====		=====

The attached notes form part of the financial statements.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2021

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102).

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

b) General information

The charity is a charitable incorporated organisation (CIO), incorporated in England and Wales (charitable incorporated organisation registration number 1170591). The charitable incorporated organisation was incorporated on 06 December 2016. The charitable incorporated organisation communication address is: 23 Heath Drive, Ware, Herts, SG12 0RE.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable incorporated organisation's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance for the provision of specified service is deferred until the criteria for income recognition are met.

For legacies, entitlement is taken as the earlier of the date on which either: the charitable incorporated organisation is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charitable incorporated organisation that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charitable incorporated organisation has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charitable incorporated organisation, or the charitable incorporated organisation is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

e) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charitable incorporated organisation has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charitable incorporated organisation of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charitable incorporated organisation which is the amount the charitable incorporated organisation would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2021

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charitable incorporated organisation; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charitable incorporated organisation. Designated funds are unrestricted funds of the charitable incorporated organisation which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable incorporated organisation's work or for specific projects being undertaken by the charitable incorporated organisation.

h) Expenditure and irrecoverable VAT

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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable incorporated organisation in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charitable incorporated organisation and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Support costs are those functions that assist the work of the charitable incorporated organisation but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the trusts programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 5.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors and provisions

Creditors and provisions are recognised where the charitable incorporated organisation has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable incorporated organisation only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2021

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	2020
	£	£	Total
			£
Income from:			
Donations and legacies	382	-	382
Charitable activities:			
Training and education	130,748	-	130,748
Grants received	-	-	-
Other income	8,425	-	8,425
Investment income	-	-	-
Total income	139,555	-	139,555
Expenditure on:			
Raising funds	-	-	-
Charitable activities:			
Training and education	98,404	-	98,404
Advice and advocacy	58,855	-	58,855
Other	-	-	-
Total expenditure	157,259	-	157,259
Net income / expenditure and net movement in funds	(17,704)	-	(17,704)
Total funds brought forward	55,975	-	55,975
Total funds carried forward	38,271	-	38,271

3 Income from donations and legacies

	Unrestricted	Restricted	2021	2020
	£	£	Total	Total
			£	£
Gifts	-	-	-	-
Donations received	3,702	-	3,702	382
Legacies	-	-	-	-
	3,702	-	3,702	382

4 Income from charitable activities

	Unrestricted	Restricted	2021	2020
	£	£	Total	Total
			£	£
Training and education	165,368	-	165,368	130,748
Grants received:				
Big Issue Invest	-	24,500	24,500	-
Bedfordshire & Luton Community Foundation	-	4,165	4,165	-
Other income	4,354	-	4,354	8,425
Total income from charitable activities	169,722	28,665	198,387	139,173

5 Income from investments

	Unrestricted	Restricted	2021	2020
	£	£	Total	Total
			£	£
Bank interest	-	-	-	-
Rent	-	-	-	-
Investment income	-	-	-	-
	-	-	-	-

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2021

6 Analysis of expenditure

	Basis of allocation	Cost of raising funds £	Charitable activities		Support costs £	Governance costs £	2021 £	2020 £
			Training/ education £	Advice / advocacy £				
Developing / course materials		-	14,799	-	-	-	14,799	-
Impact assessment and research		-	4,776	-	-	-	4,776	5,000
Printing, postage and stationery		-	-	-	232	-	232	4,772
Office expenses		-	-	-	810	-	810	257
Refreshments		-	-	-	249	-	249	2,794
Project administration - Restricted		-	11,311	-	-	-	11,311	-
Computer running costs		-	-	-	4,835	-	4,835	3,752
Telephone		-	-	-	96	-	96	127
Salary / cover costs		-	-	-	96,483	-	96,483	89,118
Training and delivery costs		-	59,253	-	-	-	59,253	34,549
Advertising / Publicity costs		-	-	-	6,488	-	6,488	5,080
Travel and subsistence		-	-	-	1,187	-	1,187	4,491
Legal and professional fees		-	-	-	606	-	606	853
Sundry expenses		-	-	-	133	-	133	133
Venue hire costs		-	-	-	-	-	-	3,128
Consultancy fees		-	-	-	250	-	250	-
Bookkeeping fees		-	-	-	3,000	-	3,000	1,283
Depreciation		-	-	-	139	-	139	-
Bank Charges		-	-	-	152	-	152	361
Independent examiner's fees		-	-	-	-	1,560	1,560	1,560
		-	90,139	-	114,660	1,560	206,359	157,259
Support costs	50%	-	57,330	57,330	(114,660)	-	-	-
Governance costs	50%	-	780	780	-	(1,560)	-	-
Total expenditure 2021		-	148,249	58,110	-	-	206,359	157,259
Total expenditure 2020		-	98,404	58,855	-	-	-	157,259

Of the total expenditure, £195,048 (2020: £157,259) was unrestricted and £11,311 (2020: £Nil) was restricted

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2021

7 Net income / (expenditure) for the year

This is stated after charging / (crediting):	2021	2020
	£	£
Auditor's remuneration:		
Independent examiner's fees	1,560	1,560
	<u>1,560</u>	<u>1,560</u>

8 Analysis of staff costs, trustees remuneration and expenses

Staff costs were as follows:	2021	2020
	£	£
Salaries and wages	82,697	78,141
Social security costs	9,792	7,819
Pension costs	3,994	3,158
	<u>96,483</u>	<u>89,118</u>

The trustees of the charitable incorporated organisation (CIO) were not paid or received any other benefits from employment with the CIO in the period neither were they reimbursed expenses during the period. No trustee of the charitable incorporated organisation received payment for professional or other services supplied to the CIO.

Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2021	2020
	No.	No.
Charitable activities	3	2
	<u>3</u>	<u>2</u>

9 Taxation

The charitable incorporated organisation is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Equipment £	Motor vehicles £	£
Cost					
At the start of the year	-	-	-	-	-
Additions in year	-	-	859	-	859
Disposals in year	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>859</u>	<u>-</u>	<u>859</u>
Depreciation					
At the start of the year	-	-	-	-	-
Charge for the year	-	-	139	-	139
Eliminated on disposal	-	-	-	-	-
At the end of the year	<u>-</u>	<u>-</u>	<u>139</u>	<u>-</u>	<u>139</u>
Net book value					
At the end of the year	<u>-</u>	<u>-</u>	<u>720</u>	<u>-</u>	<u>720</u>
At the start of the year	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

All of the above assets are used for charitable purposes.

11 Debtors

	2021	2020
	£	£
Trade debtors	12,430	1,015
Prepayments	1,505	389
	<u>13,935</u>	<u>1,404</u>

12 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	2,505	2,060
Income received in advance	21,944	17,301
Trade creditors	5,388	4,431
	<u>29,837</u>	<u>23,792</u>

13 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	2021 Total funds £	2020 Total funds £
Net current assets	16,648	-	17,354	34,002	38,271
Net assets at the end of the year	<u>16,648</u>	<u>-</u>	<u>17,354</u>	<u>34,002</u>	<u>38,271</u>

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2021

14 Movements in funds	At the start of the period £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At the end of the period £
Restricted funds:					
Big Issue Invest	-	24,500	(8,316)	-	16,184
Bedfordshire & Luton Community Foundation	-	4,165	(2,995)	-	1,170
Total restricted funds	-	28,665	(11,311)	-	17,354
Unrestricted funds:					
Designated funds:					
Total designated funds	-	-	-	-	-
General funds	38,271	173,425	(195,048)	-	16,648
Total unrestricted funds	38,271	173,425	(195,048)	-	16,648
Total funds	38,271	202,090	(206,359)	-	34,002

Purposes of restricted funds

Funding received from Big Issue Invest and Bedfordshire & Luton Community Foundation are to be used solely for the objects of the charitable incorporated organisation in the following way:

Big Issue Invest:

To reach and train teachers from 57 early years settings in the CIO's Think Equal Programme which also includes professional training for staff.

Bedfordshire & Luton Community Foundation:

To deliver Resilient Futures for 100 young people in schools in central Bedfordshire and to evaluate the impact.

15 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2021 £	2020 £
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	(4,269)	(17,704)
(Increase)/ decrease in fixed assets	(720)	-
(Increase)/ decrease in debtors	(12,531)	1,042
Increase/ (decrease) in creditors	6,045	(16,109)
Net cash provided by / (used in) operating activities	(11,475)	(32,771)

16 Analysis of cash and cash equivalents

	At 01 October 2020 £	Cash flows £	Other changes £	At 30 September 2021 £	At 30 September 2020 £
Cash at bank and in hand	60,659	(11,475)	-	49,184	60,659
Deposits (less than three months)	-	-	-	-	-
Overdraft facility (repayable on demand)	-	-	-	-	-
Total cash and cash equivalents	60,659	(11,475)	-	49,184	60,659

17 Legal status of the charity

The charity is a charitable incorporated organisation incorporated on 06 December 2016. In the event of the charitable incorporated organisation being wound up, the members of the charitable incorporated organisation have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

18 Related party transactions

There are no related party transactions to disclose for 2021.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

BOUNCE FORWARD

England & Wales - Charity number 1170591

Accounts

BOUNCE FORWARD

Charitable Incorporated Organisation Registration N°: 1170591

FINANCIAL STATEMENTS

~ for the year ended ~

30 September 2020

FISHER PHILLIPS LLP

Chartered Accountants

Summit House

170 Finchley Road

London

NW3 6BP

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2020

LEGAL AND ADMINISTRATIVE INFORMATION

The trustees:

Sharon Waterman
David Triesman
Martin Bellamy (Chair)

Principal place of business:

23 Heath Drive
Ware
Herts
SG12 0RE

Independent Examiner:

Fisher Phillips LLP
Summit House
170 Finchley Road
London
NW3 6BP

Bankers:

NatWest Bank Plc
59 High Street
Ware
Herts
SG12 9AB

BOUNCE FORWARD

FOR THE YEAR ENDED 30 SEPTEMBER 2020

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BOUNCE FORWARD
Charitable Incorporated Organisation Registration No: 1170591
TRUSTEES REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2020

The trustees present their report together with the financial statements of the charitable incorporated organisation for the period 1 October 2019 to 30 September 2020. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charitable incorporated organisation.

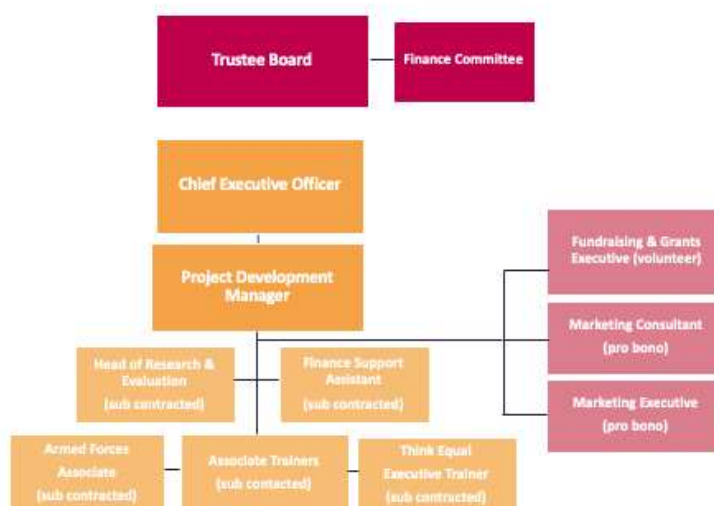
The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charitable incorporated organisation's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Trustees

The following trustees held office during the period: Sharon Waterman
David Triesman
Martin Bellamy (Chair)

Principal place of business: 23 Heath Drive
Ware
Herts
SG12 0RE

Appointment of trustees is governed by the constitution of the charitable incorporated organisation. The Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.



Powers

The constitution of the charitable incorporated organisation authorises the trustees to do anything which is calculated to further its objects or is conducive or incidental to doing so.

Structure, objects, governance and management

Bounce Forward is registered as a charitable incorporated organisation (Registered number 1170591) on 6 December 2016 and is governed in accordance with its constitution and the requirements of the Charities Commission and best practice guidelines.

BOUNCE FORWARD

Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2020

The objects of the charitable incorporated organisation are to promote lawful charitable activities as stated in its constitution.

The management, operation and governance of the charitable incorporated organisation are the responsibility of the Trustees as appointed under the terms of its constitution. All trustees give of their time freely and are unremunerated, and cover their own expenses. There are currently nine trustees.

All trustees have been made aware of their responsibilities and operate under the best practice code as recommended by the Charities commission.

The trustees have ensured that they have complied with section 17 of the Charities act 2011 with due regard to public benefit and are happy that they are continuing to provide Charitable services to the community.

Objectives and activities

The objects of the charitable incorporated organisation is to advance the education of the public in the subject of skills to reach ones full potential

Bounce Forward are specialists in delivering practical resilience training for adults and providing high quality teaching materials for young people. We believe young people (and the adults around them) are resourceful and capable of fixing their own problems. Often, they just need the tools, skills and space to work things out for themselves. Numerous studies identify resilience as the essential life skills to not only help young people overcome setbacks but also the key to making the most of opportunities.

Bounce Forward has been an independent charity since May 2016, originally under the name How to Thrive. We relaunched as Bounce Forward in October 2018. This year we have reviewed and updated our approach in response to Covid-19.

Our Vision

A nation where young people are resilient and thrive in life.

Our Mission

To provide relevant and practical training, skills and resources that build resilience in young people and the adults around them.

Our Principles

- Collaborate – We create partnerships with schools and engage communities to develop the resilience of the adults of tomorrow
- Young people are resourceful – Being resourceful enables the young to bounce forward even in a challenging world. We want young people and their influencers to realise their capability to reach their full potential in life
- Be genuine – We're grounded in the real world and practical in our approach. If we aren't the right solution to your problem we will tell you
- Keep learning – we listen carefully, and we know we don't have all the answers

The Value in what we do

- Resilience is not just about overcoming setbacks it's also about making the most of opportunities
- We base our approach and training on solid research, theory and evidence
- We teach skills and strategies that work in the real world
- The adults matter: their role is vital in helping children and young people be resilient and thrive
- The personal development of young people is as important in society as academics.

Our approach is based on this simple premise – “if we want to pass on skills of resilience to others, we must apply them in our own lives first.” We provide flexible, practical programmes that transform behaviour and learning in schools, in wider education settings and with parents. Our work is centred around skills and competencies that matter for individuals, and for wider society. The output (behaviour) we aim to see is broken down into 5 key areas:

- . Flexible and realistic thinking
- . Human connections
- . Hope & optimism
- . Self regulation
- . Self-awareness and compassion

BOUNCE FORWARD

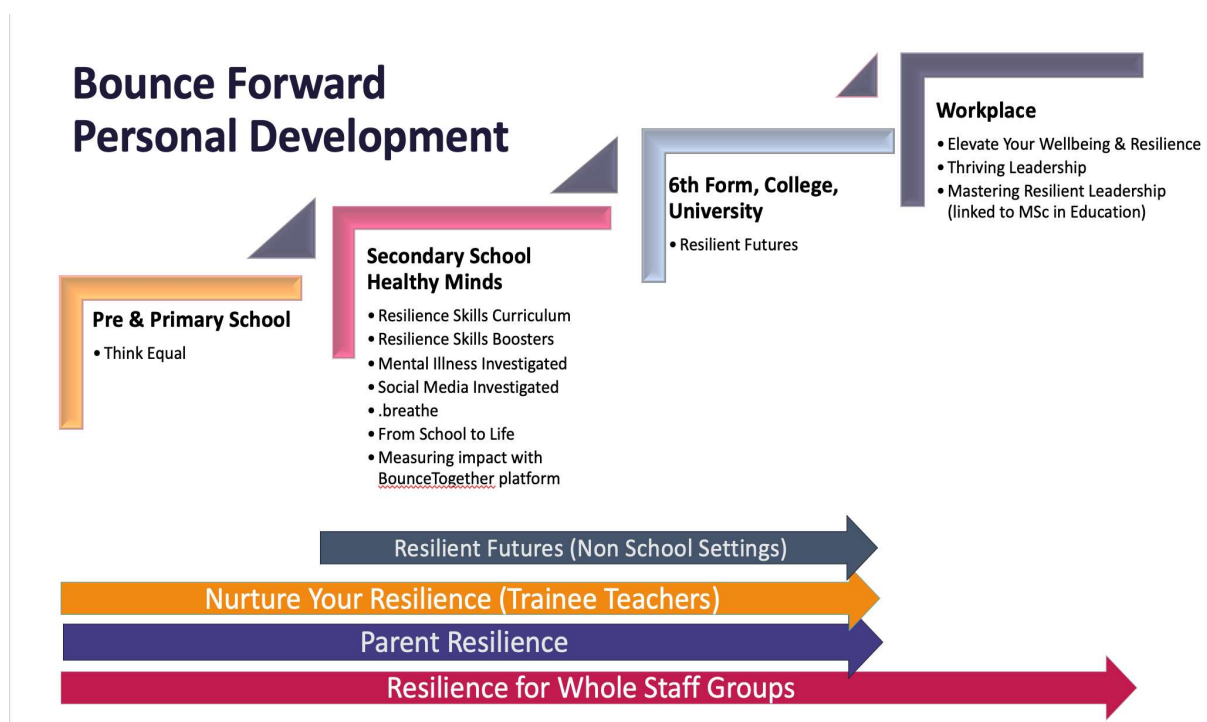
Charitable Incorporated Organisation Registration No: 1170591

TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2020

Our training courses prepare participants through discussion and with feedback from the qualified training team. Research has identified that the quality of the teacher training is paramount for achieving successful outcomes for children and young people. Investing time to learn how adults can be more resilient is vital to achieving positive outcomes for young people (and them personally). Bounce Forward training and lessons mean students (and staff):

- . Deal better with education and life pressures to bounce forward in and beyond school.
- . Have compassion, hope and empathy for self and others.
- . Are able to think flexibly and realistically to adapt and respond to the world around them.
- . Are proactive agents for change for good.



From 2012 - 2018 Bounce Forward researched a resilience-based PSHE curriculum with 11,000 students in 34 schools over 5 years, the project is called Healthy Minds. Funded by the Education Endowment Foundation and run in partnership with the London School of Economics, the largest ever study of its kind shows the impact of good quality teaching and learning on important outcomes. The curriculum is now available to all schools. The results of the Healthy Minds trial, released in November 2018, show striking average improvements compared with a control group. For example, a typical pupil whose global health is initially ranked as average rises to the 60th percentile – by 10 whole points out of 100. The Healthy Minds curriculum can increase pupils' satisfaction with their lives as much as when an adult finds a life partner. The academic outcomes are delayed and will be released in 2021 by the National Institute of Economic and Social Research.

This year we reached a further 254 schools, training 1,108 staff and reaching 1,359 parents. This is a 93% increase on the previous year. In March 2020 we began to realise the full extent of Covid-19. We worked hard and quickly to respond to demand for our work. Impact and evaluation is an important aspect to our work and we are delighted to report that 99% of participants agree or strongly agree with the following 4 statements;

- . I found the training useful
- . The skills I have learnt will be useful in my work with students
- . This approach can help us improve the school
- . I would recommend this training to others

During the year a donor committed to pay us a significant amount to be used as unrestricted reserves. The donation has not been included in these annual accounts because external factors have caused unforeseen delays in the receipt of the funds. However the trustees are confident that the donation will be received in full and it has been included as part of our growth plans as we move beyond Covid-19.

BOUNCE FORWARD
Charitable Incorporated Organisation Registration No: 1170591
TRUSTEES REPORT (continued)

FOR THE YEAR ENDED 30 SEPTEMBER 2020

Financial Review

During the year, the charitable incorporated organisation received Unrestricted income totalling £164,555 (2019: £133,144) and Restricted income totalling £Nil (2019: £17,735).

The charitable incorporated organisation incurred charitable expenses of £157,259 (2019: £317,632) during the year.

As at the year end, the charitable incorporated organisation had net assets of £63,271 (2019: £55,975).

Risk Management

The trustees have a risk management procedure and systems which are reviewed on a quarterly basis by the board. The Trustees are satisfied that all risks are managed appropriately.

Plans for the future

The charitable incorporated organisation (CIO) plans to continue achieving its objects in accordance with its constitution.

Reserves policy

It is the policy of the trustees to maintain sufficient unrestricted reserves to allow the charitable incorporated organisation to meet its objects and cover all expenditure. The trustees have established a policy whereby a sufficient reserve is maintained to cover 3 months of fixed costs.

Statement of trustees' responsibilities

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


Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial period which give a true and fair view of the charitable incorporated organisation's financial activities during the period and of its financial position at the end of the period. In preparing those financial statements, the trustees are required to:


- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles of the Charities SORP (FRS 102);
- (c) make judgments and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable incorporated organisation will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable incorporated organisation and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008 and the provisions of the CIO's constitution. They are also responsible for safeguarding the assets of the charitable incorporated organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

On behalf of the board of trustees on 4th March 2021

Martin Bellamy (Chair) Trustee 
Martin Bellamy (Mar 5, 2021 10:56 GMT)

Sharon Waterman Trustee 
Sharon Waterman (Mar 5, 2021 12:05 GMT)

BOUNCE FORWARD**Charitable Incorporated Organisation Registration No: 1170591****INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF Bounce Forward
FOR THE YEAR ENDED 30 SEPTEMBER 2020**

The trustees present their report together with the financial statements of the charitable incorporated organisation for the year ended 30 September 2020. The financial statements have been prepared in accordance with the accounting policies set out on page 6 and comply with the trust deed and applicable law.

Respective responsibilities of trustees and examiner

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

Having satisfied myself that the charitable incorporated organisation is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 charitable incorporated organisation 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:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

S Frost FCA

Fisher Phillips LLP
Chartered Accountants
Summit House
170 Finchley Road
London NW3 6BP

Date: 4th March 2021

BOUNCE FORWARD

Statement of financial activities

(incorporating an income and expenditure account)

FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Note	Unrestricted £	Restricted £	2020 Total £	2019 Total £
Income from:					
Donations and legacies	3	382	-	382	50,000
Charitable activities:	4				
Training and education		130,748	-	130,748	82,984
Grants received		-	-	-	17,735
Other income		8,425	-	8,425	160
Investment income	5	-	-	-	-
Total income		139,555	-	139,555	150,879
Expenditure on:					
Raising funds	6	-	-	-	-
Charitable activities:	6				
Training and education		98,404	-	98,404	211,048
Advice and advocacy		58,855	-	58,855	106,584
Other		-	-	-	-
Total expenditure		157,259	-	157,259	317,632
Net income / (expenditure) for the year		(17,704)	-	(17,704)	(166,753)
Transfer between funds		-	-	-	-
Net movement in funds		(17,704)	-	(17,704)	(166,753)
Reconciliation of funds:					
Total funds brought forward		55,975	-	55,975	222,728
Total funds carried forward		38,271	-	38,271	55,975

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

The attached notes form part of these financial statements.

BOUNCE FORWARD
Balance sheet
As at 30 September 2020

	Note	2020 £	2020 £	2019 £	2019 £
Current assets:					
Debtors	10	1,404		2,446	
Cash at bank and in hand		<u>60,659</u>		<u>93,430</u>	
		62,063		95,876	
Liabilities:					
Creditors: amounts falling due within one year	11	<u>(23,792)</u>		<u>(39,901)</u>	
Net current assets / (liabilities)			38,271		55,975
Total net assets / (liabilities)			38,271		55,975
Funds					
Restricted funds	13		-		-
Unrestricted funds:					
Designated funds		-		-	
Revaluation reserve		-		-	
General funds		<u>38,271</u>		<u>55,975</u>	
Total unrestricted funds			38,271		55,975
Total funds			38,271		55,975

Approved by the trustees on 4th March 2021
and signed on their behalf by:


Martin Bellamy (Mar 5, 2021 10:56 GMT)

Martin Bellamy (Chair)
Trustee


Sharon Waterman (Mar 5, 2021 12:05 GMT)

Sharon Waterman
Trustee

Charitable Incorporated Organisation registration no. 1170591

The attached notes form part of the financial statements.

BOUNCE FORWARD
Statement of cash flows
FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Note	2020 £	2020 £	2019 £	2019 £
Net cash provided by / (used in) operating activities	14		(32,771)		(130,858)
Cash flows from investing activities:					
Interest/ rent/ dividends from investments		-		-	
Sale/ (purchase) of fixed assets		-		-	
Sale/ (purchase) of investments		-		-	
Cash provided by / (used in) investing activities			-		-
Cash flows from financing activities:					
Repayments of borrowing		-		-	
Cash inflows from new borrowing		-		-	
Receipt of endowment		-		-	
Cash provided by / (used in) financing activities			-		-
Change in cash and cash equivalents in the year			(32,771)		(130,858)
Cash and cash equivalents at the beginning of the year			93,430		224,288
Change in cash and cash equivalents due to exchange rate movements			-		-
Cash and cash equivalents at the end of the year	15		60,659		93,430

The attached notes form part of the financial statements.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2020

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 - effective 1 January 2015) - (Charities SORP FRS 102).

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

b) General information

The charity is a charitable incorporated organisation (CIO), incorporated in England and Wales (charitable incorporated organisation registration number 1170591). The charitable incorporated organisation was incorporated on 06 December 2016. The charitable incorporated organisation communication address is: 23 Heath Drive, Ware, Herts, SG12 0RE.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable incorporated organisation's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charitable incorporated organisation has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance for the provision of specified service is deferred until the criteria for income recognition are met.

For legacies, entitlement is taken as the earlier of the date on which either: the charitable incorporated organisation is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charitable incorporated organisation that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charitable incorporated organisation has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charitable incorporated organisation, or the charitable incorporated organisation is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

e) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charitable incorporated organisation has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charitable incorporated organisation of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charitable incorporated organisation which is the amount the charitable incorporated organisation would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2020

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charitable incorporated organisation; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charitable incorporated organisation. Designated funds are unrestricted funds of the charitable incorporated organisation which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable incorporated organisation's work or for specific projects being undertaken by the charitable incorporated organisation.

h) Expenditure and irrecoverable VAT

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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable incorporated organisation in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charitable incorporated organisation and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Support costs are those functions that assist the work of the charitable incorporated organisation but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the trusts programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 5.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors and provisions

Creditors and provisions are recognised where the charitable incorporated organisation has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable incorporated organisation only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

BOUNCE FORWARD

Notes to the financial statements

FOR THE YEAR ENDED 30 SEPTEMBER 2020

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	2019 Total
	£	£	£
Income from:			
Donations and legacies	50,000	-	50,000
Charitable activities:			-
Training and education	82,984	-	82,984
Grants received	-	17,735	17,735
Other income	160	-	160
Investment income	-	-	-
Total income	133,144	17,735	150,879
Expenditure on:			
Raising funds	-	-	-
Charitable activities:			-
Training and education	148,831	62,217	211,048
Advice and advocacy	72,453	34,131	106,584
Other	-	-	-
Total expenditure	221,284	96,348	317,632
Net income / expenditure and net movement in funds	(88,140)	(78,613)	(166,753)
Total funds brought forward	144,115	78,613	222,728
Total funds carried forward	55,975	-	55,975

3 Income from donations and legacies

	Unrestricted	Restricted	2020 Total	2019 Total
	£	£	£	£
Gifts	-	-	-	-
Donations received	382	-	382	50,000
Legacies	-	-	-	-
	382	-	382	50,000

4 Income from charitable activities

	Unrestricted	Restricted	2020 Total	2019 Total
	£	£	£	£
Training and education	130,748	-	130,748	82,984
Grants received:				
Education Endowment Foundation (EEF)	-	-	-	-
London School of Economics (LSE)	-	-	-	17,735
Big Change	-	-	-	-
Other income	8,425	-	8,425	160
Total income from charitable activities	139,173	-	139,173	100,879

5 Income from investments

	Unrestricted	Restricted	2020 Total	2019 Total
	£	£	£	£
Bank interest	-	-	-	-
Rent	-	-	-	-
Investment income	-	-	-	-
	-	-	-	-

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2020

6 Analysis of expenditure

	Basis of allocation	Cost of raising funds £	Charitable activities		Support costs £	Governance costs £	2020 £	2019 £
			Training/ education £	Advice / advocacy £				
Developing / course materials		-	-	-	-	-	-	5,492
Impact assessment and research		-	5,000	-	-	-	5,000	20,337
Printing, postage and stationery		-	-	-	4,772	-	4,772	7,604
Office expenses		-	-	-	257	-	257	2,137
Refreshments		-	-	-	2,794	-	2,794	5,210
Computer running costs		-	-	-	3,752	-	3,752	3,935
Telephone		-	-	-	127	-	127	274
Salary / cover costs		-	-	-	89,119	-	89,119	160,180
Training and delivery costs		-	34,549	-	-	-	34,549	78,636
Advertising / Publicity costs		-	-	-	5,080	-	5,080	12,585
Travel and subsistence		-	-	-	4,491	-	4,491	11,345
Legal and professional fees		-	-	-	853	-	853	843
Sundry expenses		-	-	-	133	-	133	133
Venue hire costs		-	-	-	3,128	-	3,128	3,903
Consultancy fees		-	-	-	-	-	-	-
Bookkeeping fees		-	-	-	1,283	-	1,283	3,255
Bank Charges		-	-	-	361	-	361	203
Independent examiner's fees		-	-	-	-	1,560	1,560	1,560
		-	39,549	-	116,150	1,560	157,259	317,632
Support costs	50%	-	58,075	58,075	(116,150)	-	-	-
Governance costs	50%	-	780	780	-	(1,560)	-	-
Total expenditure 2020		-	98,404	58,855	-	-	157,259	317,632

Of the total expenditure, £157,259 (2019: £221,284) was unrestricted and £Nil (2019: £96,348) was restricted.

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2020

7 Net income / (expenditure) for the year

This is stated after charging / (crediting):	2020	2019
	£	£
Auditor's remuneration:		
Independent examiner's fees	<u>1,560</u>	<u>1,560</u>

8 Analysis of staff costs, trustees remuneration and expenses

Staff costs were as follows:	2020	2019
	£	£
Salaries and wages	78,141	144,373
Social security costs	7,819	12,253
Pension costs	3,158	3,554
	<u>89,118</u>	<u>160,180</u>

The trustees of the charitable incorporated organisation (CIO) were not paid or received any other benefits from employment with the CIO in the period neither were they reimbursed expenses during the period. No trustee of the charitable incorporated organisation received payment for professional or other services supplied to the CIO.

9 Taxation

The charitable incorporated organisation is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Debtors

	2020	2019
	£	£
Trade debtors	1,015	456
Prepayments	389	1,990
	<u>1,404</u>	<u>2,446</u>

11 Creditors: amounts falling due within one year

	2020	2019
	£	£
Accruals	2,060	1,560
Income received in advance	17,301	32,096
Trade creditors	4,431	6,245
	<u>23,792</u>	<u>39,901</u>

12 Analysis of net assets between funds

	General unrestricted	Designated	Restricted	2020 Total funds	2019 Total funds
	£	£	£	£	£
Net current assets	38,271	-	-	38,271	55,975
Net assets at the end of the year	<u>38,271</u>	<u>-</u>	<u>-</u>	<u>38,271</u>	<u>55,975</u>

13 Movements in funds

	At the start of the period	Incoming resources & gains	Outgoing resources & losses	Transfers	At the end of the period
	£	£	£	£	£
Restricted funds:					
Big Change	-	-	-	-	-
Education Endowment Foundation (EEF)	-	-	-	-	-
London School of Economics (LSE)	-	-	-	-	-
Total restricted funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Unrestricted funds:					
Designated funds:					
Total designated funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
General funds	55,975	139,555	(157,259)	-	38,271
Total unrestricted funds	<u>55,975</u>	<u>139,555</u>	<u>(157,259)</u>	<u>-</u>	<u>38,271</u>
Total funds	<u>55,975</u>	<u>139,556</u>	<u>(157,259)</u>	<u>-</u>	<u>38,271</u>

Purposes of restricted funds

Funding received from Big Change and Education Endowment Foundation are to be used solely for the objects of the charitable incorporated organisation

BOUNCE FORWARD
Notes to the financial statements
FOR THE YEAR ENDED 30 SEPTEMBER 2020

in the following way:

Big Change:

Establish a clear business plan and operating model ready to implement including marketing strategy and impact assessment framework.

Education Endowment Foundation:

To support the organisation to complete its project milestones by training and data collection.

London School of Economic:

To fund the development of Healthy Minds through case studies, meetings, pamphlets and updating the website and logo.

14 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2020	2019
	£	£
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	(17,704)	(166,753)
(Increase)/ decrease in debtors	1,042	(2,446)
Increase/ (decrease) in creditors	(16,109)	38,341
Net cash provided by / (used in) operating activities	<u>(32,771)</u>	<u>(130,858)</u>

15 Analysis of cash and cash equivalents

	At 01 October 2019	Cash flows	Other changes	At 30 September 2020	At 30 September 2019
	£	£	£	£	£
Cash at bank and in hand	93,430	(32,771)	-	60,659	93,430
Deposits (less than three months)	-	-	-	-	-
Overdraft facility (repayable on demand)	-	-	-	-	-
Total cash and cash equivalents	<u>93,430</u>	<u>(32,771)</u>	<u>-</u>	<u>60,659</u>	<u>93,430</u>

16 Legal status of the charity

The charity is a charitable incorporated organisation incorporated on 06 December 2016. In the event of the charitable incorporated organisation being wound up, the members of the charitable incorporated organisation have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

17 Related party transactions

There are no related party transactions to disclose for 2020.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.