

**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:

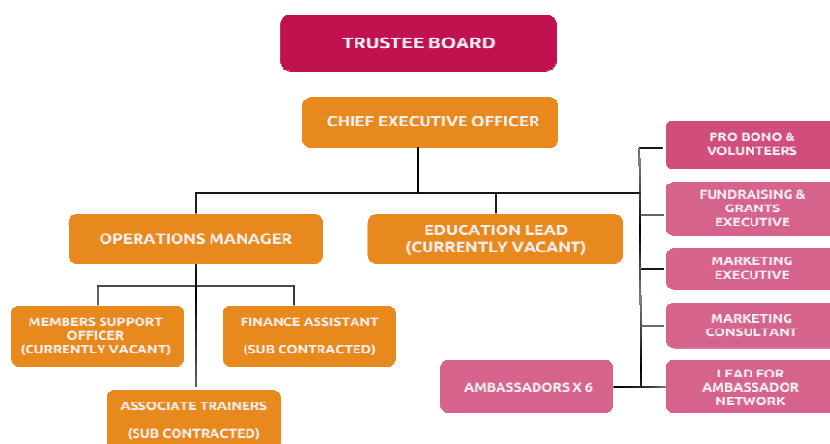
Sharon Waterman	
David Triesman	Resigned on 05/07/2024
Martin Bellamy (Chair)	Resigned on 13/06/2024
Matthew Kingdon	Resigned on 12/08/2024
Kathryn Partridge	
Voula Tsofilas	Appointed on 12/08/2024

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.

**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 £
<b>Income from:</b>					
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	-	-	-	-
<b>Total income</b>		<b>96,829</b>	<b>34,484</b>	<b>131,313</b>	<b>303,748</b>
<b>Expenditure on:</b>					
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		-	-	-	-
<b>Total expenditure</b>		<b>188,280</b>	<b>19,012</b>	<b>207,292</b>	<b>253,974</b>
<b>Net income / (expenditure) for the year</b>		<b>(91,451)</b>	<b>15,472</b>	<b>(75,979)</b>	<b>49,774</b>
Transfer between funds		-	-	-	-
<b>Net movement in funds</b>		<b>(91,451)</b>	<b>15,472</b>	<b>(75,979)</b>	<b>49,774</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		48,368	11,195	59,563	9,789
<b>Total funds carried forward</b>		<b>(43,083)</b>	<b>26,667</b>	<b>(16,416)</b>	<b>59,563</b>

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 £
<b>Fixed assets:</b>					
Tangible assets	10		4,413		5,300
<b>Current assets:</b>					
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	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	12	<u>(29,733)</u>		<u>(17,717)</u>	
<b>Net current assets / (liabilities)</b>			(10,933)		70,409
<b>Total assets less current liabilities</b>			<u>(6,520)</u>		<u>75,709</u>
Creditors: amounts falling due after one year	13		(9,896)		(16,146)
<b>Total net assets / (liabilities)</b>			<u>(16,416)</u>		<u>59,563</u>
<b>Funds</b>	15				
Restricted funds			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>
<b>Total funds</b>			<u>(16,416)</u>		<u>59,563</u>

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

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**Kathryn Partridge**  
Trustee

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

The attached notes form part of the financial statements.

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

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**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**

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**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 £
<b>Income from:</b>			
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	-	-	-
<b>Total income</b>	<b>291,553</b>	<b>12,195</b>	<b>303,748</b>
<b>Expenditure on:</b>			
Raising funds	-	-	-
Charitable activities:			-
Training and education	141,304	1,000	142,304
Advice and advocacy	111,670	-	111,670
Other	-	-	-
<b>Total expenditure</b>	<b>252,974</b>	<b>1,000</b>	<b>253,974</b>
<b>Net income / expenditure and net movement in funds</b>	<b>38,579</b>	<b>11,195</b>	<b>49,774</b>
Total funds brought forward	9,789	-	9,789
<b>Total funds carried forward</b>	<b>48,368</b>	<b>11,195</b>	<b>59,563</b>

#### 3 Income from donations and legacies

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

#### 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	-	-	-	-
<b>Total income from charitable activities</b>	<b>39,494</b>	<b>34,484</b>	<b>73,978</b>	<b>94,435</b>

#### 5 Income from investments

	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Bank interest	-	-	-	-
Rent	-	-	-	-
Investment income	-	-	-	-
	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

**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 Training/ education £	Advice / advocacy £	Support costs £	Governance costs £	2024 £	2023 £
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)	-	-
<b>Total expenditure 2024</b>		-	<b>118,076</b>	<b>89,216</b>	-	-	<b>207,292</b>	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):	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Auditor's remuneration:		
Independent examiner's fees	<b>2,160</b>	<b>1,920</b>

**8 Analysis of staff costs, trustees remuneration and expense:**

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

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

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

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

All of the above assets are used for charitable purposes.

**11 Debtors**

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

**12 Creditors: amounts falling due within one year**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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
	<b>29,733</b>	<b>17,717</b>

**13 Creditors: amounts falling due after one year**

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



**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
<b>Net assets at the end of the year</b>	<b>(43,083)</b>	<b>-</b>	<b>26,667</b>	<b>(16,416)</b>	<b>59,563</b>

**15 Movements in funds**

	At the start of the period £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At the end of the period £
<b>Restricted funds:</b>					
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)	-	-
<b>Total restricted funds</b>	<b>11,195</b>	<b>34,484</b>	<b>(19,012)</b>	<b>-</b>	<b>26,667</b>
<b>Unrestricted funds:</b>					
Designated funds:					
<b>Total designated funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>General funds</b>	<b>48,368</b>	<b>96,829</b>	<b>(188,280)</b>	<b>-</b>	<b>(43,083)</b>
<b>Total unrestricted funds</b>	<b>48,368</b>	<b>96,829</b>	<b>(188,280)</b>	<b>-</b>	<b>(43,083)</b>
<b>Total funds</b>	<b>59,563</b>	<b>131,313</b>	<b>(207,292)</b>	<b>-</b>	<b>(16,416)</b>

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

**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)	-	-	-	-	-
<b>Total cash and cash equivalents</b>	<b>11,862</b>	<b>(7,195)</b>	<b>-</b>	<b>4,667</b>	<b>11,862</b>

**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.