

# GROWING RESILIENCE IN TEENS

England & Wales · Charity number 1176272

## Details

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**Other names** GRIT

**Status** Registered

**Legal form** CIO

**Registered** 2017-12-14

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

## Contact

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**Address** C/O Hitchin Youth Trust Ltd  
Lambourne House  
111 Walsworth Road  
Hitchin  
Hertfordshire  
SG4 9SP

**Phone** 00

**Email** [hello@gritcharity.org](mailto:hello@gritcharity.org)

**Website** <https://www.gritcharity.org>

## Activities

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**Objects:** TO PRESERVE AND PROTECT THE GOOD MENTAL HEALTH OF YOUNG PEOPLE AGED 11-24 THROUGH THE PROVISION OF ACTIVITIES DESIGNED TO BUILD RESILIENCE AND EQUIP THEM WITH HEALTHY COPING STRATEGIES TO MANAGE THE PRESSURES THEY FACE, REPLACING SELF-DESTRUCTIVE BEHAVIOURS WITH POSITIVE LIFE SKILLS.

**Activities:** To preserve and protect the mental health and wellbeing of young people aged 11-24 through the provision of activities designed to build resilience and equip them with healthy coping strategies to manage the pressures they face, replacing self-destructive behaviours with positive life skills.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

## Geography

- Hertfordshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£194,298	£179,730	-	-
2023-12-31	£85,451	£146,351	-	-
2022-12-31	£139,186	£59,184	-	-
2021-12-31	£35,719	£34,070	-	-
2020-12-31	£41,170	£36,845	-	-

## Trustees

Name	Role	Appointed
<b>Dr LOUISE RANDALL</b>	Chair	2017-12-16
Harry Harvey-Ferris		2021-12-13
Laura Stewart		2026-01-01
Mr Jim Randall		2018-01-29
Tom Gutteridge		2019-01-10

**GROWING RESILIENCE IN TEENS**

England & Wales - Charity number 1176272

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# Accounts

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TRUSTEES' REPORT AND  
FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 DECEMBER 2024

GROWING RESILIENCE IN  
TEENS

**MENZIES**  
BRIGHTER THINKING

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# GROWING RESILIENCE IN TEENS

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# GROWING RESILIENCE IN TEENS

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## REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2024

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**Trustees** Dr C Powell  
Dr L Randall  
J Randall  
Dr J Reiser  
T Gutteridge  
H Harvey-Ferris

**Charity registered number** 1176272

**Principal office** 18 Chiltern Road  
Hitchin  
SG4 9PJ

**Independent Examiner** Janice Matthews FCA  
Menzies LLP  
2nd Floor, Magna House  
18-32 London Road  
Staines-Upon-Thames  
TW18 4BP

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# GROWING RESILIENCE IN TEENS

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## TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

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The Trustees present their annual report together with the financial statements of the Charity for the 1 January 2024 to 31 December 2024.

### **Objectives and activities**

#### **a. Policies and objectives**

Growing Resilience in Teens (GRIT) aims to preserve and protect the good mental health of young people aged 11-24 by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self-destructive behaviour.

#### **b. Public benefit**

The trustees have complied with the duty in section 4 of the Charities Act 2011 and have regard to the public benefit guidance as issued by the Charity Commission as shown in the objectives above.

We have referred to the guidance on public benefit when reviewing our aims and objectives and in planning our future activities in particular, the Trustees consider how planned activities will contribute to the aims and objectives that they have set.

This public benefit statement forms the basis for all judgements regarding operational reports to the Board meetings, in order to be reassured that the facilities and services currently managed by the charity continue to meet these criteria. At these meeting, the Financial Controller also presents the quarterly financial position including taking account of any restricted funds and the Charity's status as a going concern.

### **Achievements and performance**

#### **a. Main achievements of the Charity**

During the year, the charity has successfully carried out charitable activities to continue to fulfil its objectives and aims.

### **Financial review**

#### **a. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

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# GROWING RESILIENCE IN TEENS

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## TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

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### **b. Reserves policy**

GRIT will establish reserves in accordance with national statutory and legal requirements and the principles contained in this policy. Reserves are defined as that portion of unrestricted funds that have not been designated for a specific purpose by the trustees.

Reserves are established to ensure that GRIT is:

- able to meet its financial commitments and obligations as they fall due (i.e. fund working capital)
- able to fund unexpected expenditure until adjustments can be made, for example when unplanned events or shocks occur
- resilient to uncertainty over future income

The level of reserves is set at an amount sufficient to cover unfunded expenditure from unrestricted funds for a period of 6 months in the event of a 50% fall in unrestricted income. This is set at £20,000. Reserves will only be depleted to a level below that with the approval of the Board of Trustees and, in such an instance, GRIT will seek to replenish the reserves to the minimum level as quickly as is feasible following any approved depletion below the minimum level.

### **c. Financial position**

Our total income for the period ended 31st December 2024 was £194,298 together with expenditure of £179,730.

There was a surplus in the year of £14,568. Total funds carried forward at the year end is £53,574.

### **Structure, governance and management**

#### **a. Constitution**

Growing Resilience in Teens is a registered charity, number 1176272, and is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation.

#### **b. Methods of appointment or election of Trustees**

New trustees are nominated by members of the board of trustees, interviewed by a panel of trustees and appointed where they have the necessary skills to contribute to the charity's managements and development.

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# GROWING RESILIENCE IN TEENS

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## TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

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### Statement of Trustees' responsibilities

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

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Signed by:  
  
.....69CC913D719F465.....  
**Dr L Randall**  
Trustee

Date: 22-Jul-2025

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# GROWING RESILIENCE IN TEENS

**MENZIES**  
BRIGHTER THINKING

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## INDEPENDENT EXAMINER'S REPORT

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### Independent Examiner's Report to the Trustees of Growing Resilience in Teens ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2024.

#### Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

#### Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2019.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Janice Matthews FCA

DocuSigned by:

*Janice Matthews*

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Dated: 28-Jul-2025

Menzies LLP  
Chartered Accountants  
Magna House  
18-32 London Road  
Staines-Upon-Thames  
TW18 4BP

# GROWING RESILIENCE IN TEENS

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
<b>Income from:</b>					
Donations and legacies	3	175,310	11,755	187,065	80,967
Other trading activities	4	-	7,233	7,233	4,484
<b>Total income</b>		<b>175,310</b>	<b>18,988</b>	<b>194,298</b>	<b>85,451</b>
<b>Expenditure on:</b>					
Charitable activities	5	179,730	-	179,730	146,351
<b>Total expenditure</b>		<b>179,730</b>	<b>-</b>	<b>179,730</b>	<b>146,351</b>
<b>Net movement in funds</b>		<b>(4,420)</b>	<b>18,988</b>	<b>14,568</b>	<b>(60,900)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		17,833	21,173	39,006	99,906
Net movement in funds		(4,420)	18,988	14,568	(60,900)
<b>Total funds carried forward</b>		<b>13,413</b>	<b>40,161</b>	<b>53,574</b>	<b>39,006</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.

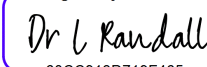
The notes on pages 8 to 13 form part of these financial statements.

# GROWING RESILIENCE IN TEENS

## BALANCE SHEET AS AT 31 DECEMBER 2024

	Note	2024 £	2023 £
<b>Current assets</b>			
Debtors	8	6,000	6,000
Cash at bank and in hand		50,074	35,106
		<u>56,074</u>	<u>41,106</u>
Creditors: amounts falling due within one year	9	(2,500)	(2,100)
<b>Net current assets</b>		<u>53,574</u>	<u>39,006</u>
<b>Total assets less current liabilities</b>		<u>53,574</u>	<u>39,006</u>
<b>Total net assets</b>		<u>53,574</u>	<u>39,006</u>
<b>Charity funds</b>			
Restricted funds	10	13,413	17,833
Unrestricted funds	10	40,161	21,173
<b>Total funds</b>		<u>53,574</u>	<u>39,006</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Signed by:  
  
 .....  
 60CC913D719F465.....  
**Dr L Randall**  
 Trustee

Date: 22-Jul-2025

The notes on pages 8 to 13 form part of these financial statements.

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# GROWING RESILIENCE IN TEENS

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## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

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### 1. General information

Growing Resilience in Teens is an unincorporated charity registered in England and Wales. The charity registration number, together with the principle address, can be found within the reference and administrative details.

The presentation currency of the financial statements is the Pound Sterling (£).

### 2. Accounting policies

#### 2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Growing Resilience in Teens 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.

#### 2.2 Income

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

#### 2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

#### 2.4 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

### 2. Accounting policies (continued)

#### 2.5 Financial instruments

The Charity 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.

#### 2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

### 3. Income from donations and legacies

	<b>Restricted funds 2024 £</b>	<b>Unrestricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Donations and grants	175,310	11,755	<b>187,065</b>	80,967

### 4. Income from other trading activities

#### Income from fundraising events

	<b>Unrestricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Fundraising	7,233	<b>7,233</b>	4,484

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

### 5. Analysis of expenditure by activities

	<b>Activities undertaken directly 2024 £</b>	<b>Support costs 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Coaching service costs	77,007	-	<b>77,007</b>	102,053
Advertising	-	-	-	3,850
Training	-	10,112	<b>10,112</b>	4,005
Consultancy	-	75,526	<b>75,526</b>	23,281
Admin and staff expenses	-	14,957	<b>14,957</b>	13,162
Medical Supervision	-	2,128	<b>2,128</b>	-
	<u>77,007</u>	<u>102,723</u>	<u><b>179,730</b></u>	<u>146,351</u>

### 6. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £2,500 (2023 - £2,100).

### 7. Trustees' remuneration, expenses and other staff costs

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 December 2024, no Trustee expenses have been incurred (2023 - £NIL).

No employee received remuneration amounting to more than £60,000 in either year.

### 8. Debtors

	<b>2024 £</b>	<i>2023 £</i>
<b>Due within one year</b>		
Prepayments and accrued income	<b>6,000</b>	6,000
	<u><b>6,000</b></u>	<u>6,000</u>

### 9. Creditors: Amounts falling due within one year

	<b>2024 £</b>	<i>2023 £</i>
Accruals and deferred income	<b>2,500</b>	2,100
	<u><b>2,500</b></u>	<u>2,100</u>

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

### 10. Statement of funds

#### Statement of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
<b>Unrestricted funds</b>				
General Funds	21,173	18,988	-	40,161
<b>Restricted funds</b>				
LIV Golf	17,833	-	(4,420)	13,413
Hargreaves Foundation	-	20,000	(20,000)	-
Hertfordshire County Council	-	4,910	(4,910)	-
NHS Coaches	-	85,874	(85,874)	-
Oldham Derek the Roerig Trust	-	2,000	(2,000)	-
Shanly Foundation	-	2,000	(2,000)	-
The Chimo Trust	-	15,000	(15,000)	-
LGCHF	-	28,026	(28,026)	-
North Herts District Council	-	17,500	(17,500)	-
	<u>17,833</u>	<u>175,310</u>	<u>(179,730)</u>	<u>13,413</u>
<b>Total of funds</b>	<u><u>39,006</u></u>	<u><u>194,298</u></u>	<u><u>(179,730)</u></u>	<u><u>53,574</u></u>

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

### 10. Statement of funds (continued)

#### Statement of funds - prior year

	<i>Balance at 1 January 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2023 £</i>
<b>Unrestricted funds</b>				
General Funds	(3,243)	24,416	-	21,173
<b>Restricted funds</b>				
LIV Golf	103,149	-	(85,316)	17,833
Hargreaves Foundation	-	20,000	(20,000)	-
Hertfordshire County Council	-	7,500	(7,500)	-
NHS Coaches	-	33,535	(33,535)	-
	<u>103,149</u>	<u>61,035</u>	<u>(146,351)</u>	<u>17,833</u>
<b>Total of funds</b>	<u><u>99,906</u></u>	<u><u>85,451</u></u>	<u><u>(146,351)</u></u>	<u><u>39,006</u></u>

### 11. Analysis of net assets between funds

#### Analysis of net assets between funds - current period

	<b>Restricted funds 2024 £</b>	<b>Unrestricted funds 2024 £</b>	<b>Total funds 2024 £</b>
Current assets	13,413	42,661	<b>56,074</b>
Creditors due within one year	-	(2,500)	<b>(2,500)</b>
<b>Total</b>	<u><u>13,413</u></u>	<u><u>40,161</u></u>	<u><u><b>53,574</b></u></u>

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# GROWING RESILIENCE IN TEENS

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## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

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### 11. Analysis of net assets between funds (continued)

#### Analysis of net assets between funds - prior period

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Current assets	17,833	23,273	41,106
Creditors due within one year	-	(2,100)	(2,100)
<b>Total</b>	<u>17,833</u>	<u>21,173</u>	<u>39,006</u>

### 12. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 December 2024.

**GROWING RESILIENCE IN TEENS**

England & Wales - Charity number 1176272

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# Accounts

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TRUSTEES' REPORT AND  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED  
31 DECEMBER 2023

GROWING RESILIENCE IN  
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# GROWING RESILIENCE IN TEENS

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## REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2023

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<b>Trustees</b>	Dr C Powell Dr L Randall J Randall Dr J Reiser T Gutteridge H Harvey-Ferris
<b>Charity registered number</b>	1176272
<b>Principal office</b>	18 Chiltern Road Hitchin SG4 9PJ
<b>Independent examiner</b>	Menzies LLP Chartered Accountants Richmond House Walkern Road Stevenage SG1 3QP

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# GROWING RESILIENCE IN TEENS

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## TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

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The Trustees present their annual report together with the financial statements of the Charity for the year 1 January 2023 to 31 December 2023.

### **Objectives and activities**

#### **a. Policies and objectives**

Growing Resilience in Teens (GRIT) aims to preserve and protect the good mental health of young people aged 14-18 by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self-destructive behaviour.

#### **b. Public benefit**

The trustees have complied with the duty in section 4 of the Charities Act 2011 and have regard to the public benefit guidance as issued by the Charity Commission as shown in the objectives above.

We have referred to the guidance on public benefit when reviewing our aims and objectives and in planning our future activities in particular, the Trustees consider how planned activities will contribute to the aims and objectives that they have set.

This public benefit statement forms the basis for all judgements regarding operational reports to the Board meetings, in order to be reassured that the facilities and services currently managed by the charity continue to meet these criteria. At these meeting, the Financial Controller also presents the quarterly financial position including taking account of any restricted funds and the Charity's status as a going concern.

### **Achievements and performance**

#### **a. Main achievements of the Charity**

During the year, the charity has successfully carried out charitable activities to continue to fulfil its objectives and aims.

### **Financial review**

#### **a. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

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# GROWING RESILIENCE IN TEENS

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

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### **b. Reserves policy**

GRIT will establish reserves in accordance with national statutory and legal requirements and the principles contained in this policy. Reserves are defined as that portion of unrestricted funds that have not been designated for a specific purpose by the trustees.

Reserves are established to ensure that GRIT is:

- able to meet its financial commitments and obligations as they fall due (i.e. fund working capital)
- able to fund unexpected expenditure until adjustments can be made, for example when unplanned events or shocks occur
- resilient to uncertainty over future income

The level of reserves is set at an amount sufficient to cover unfunded expenditure from unrestricted funds for a period of 6 months in the event of a 50% fall in unrestricted income. This is set at £20,000. Reserves will only be depleted to a level below that with the approval of the Board of Trustees and, in such an instance, GRIT will seek to replenish the reserves to the minimum level as quickly as is feasible following any approved depletion below the minimum level.

### **c. Financial position**

Our total income for the period ended 31st December 2023 was £85,451 together with expenditure of £146,351.

There was a deficit in the year of £60,900. Total funds carried forward at the year end is £39,006.

### **Structure, governance and management**

#### **a. Constitution**

Growing Resilience in Teens is a registered charity, number 1176272, and is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation.

#### **b. Methods of appointment or election of Trustees**

New trustees are nominated by members of the board of trustees, interviewed by a panel of trustees and appointed where they have the necessary skills to contribute to the charity's managements and development.

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# GROWING RESILIENCE IN TEENS

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

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### Statement of Trustees' responsibilities

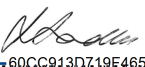
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Signed by:  
  
.....00CC913D719F465.....  
**Dr L Randall**  
Trustee

Date: 28-Oct-2024

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# GROWING RESILIENCE IN TEENS

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## INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

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### Independent Examiner's Report to the Trustees of Growing Resilience in Teens ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2023.

#### Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

#### Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

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

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Stuart Cuzner

DocuSigned by:  
  
CE674248388045E...

Dated: 28-Oct-2024

FCCA ACA

#### Menzies LLP Chartered Accountants

Richmond House  
Walkern Road  
Stevenage  
SG1 3QP

# GROWING RESILIENCE IN TEENS

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Note	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
<b>Income from:</b>					
Donations and legacies	3	61,035	19,932	80,967	129,601
Other trading activities	4	-	4,484	4,484	9,585
<b>Total income</b>		<b>61,035</b>	<b>24,416</b>	<b>85,451</b>	<b>139,186</b>
<b>Expenditure on:</b>					
Charitable activities		146,351	-	146,351	65,284
<b>Total expenditure</b>		<b>146,351</b>	<b>-</b>	<b>146,351</b>	<b>65,284</b>
<b>Net movement in funds</b>		<b>(85,316)</b>	<b>24,416</b>	<b>(60,900)</b>	<b>73,902</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		103,149	(3,243)	99,906	26,004
Net movement in funds		(85,316)	24,416	(60,900)	73,902
<b>Total funds carried forward</b>		<b>17,833</b>	<b>21,173</b>	<b>39,006</b>	<b>99,906</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.


The notes on pages 8 to 12 form part of these financial statements.

# GROWING RESILIENCE IN TEENS

## BALANCE SHEET AS AT 31 DECEMBER 2023

	Note	2023 £	2022 £
<b>Current assets</b>			
Debtors	8	6,000	6,000
Cash at bank and in hand		35,106	93,906
		<u>41,106</u>	<u>99,906</u>
Creditors: amounts falling due within one year	9	(2,100)	-
<b>Net current assets</b>		<u>39,006</u>	<u>99,906</u>
<b>Total assets less current liabilities</b>		<u>39,006</u>	<u>99,906</u>
<b>Total net assets</b>		<u><u>39,006</u></u>	<u><u>99,906</u></u>
<b>Charity funds</b>			
Restricted funds	10	17,833	103,149
Unrestricted funds	10	21,173	(3,243)
<b>Total funds</b>		<u><u>39,006</u></u>	<u><u>99,906</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Signed by:  
  
 60CC913D719F465...  
 .....  
**Dr L Randall**  
 Trustee

Date: 28-Oct-2024

The notes on pages 8 to 12 form part of these financial statements.

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# GROWING RESILIENCE IN TEENS

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## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

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### 1. General information

Growing Resilience in Teens is an unincorporated charity registered in England and Wales. The charity registration number, together with the principle address, can be found within the reference and administrative details.

The presentation currency of the financial statements is the Pound Sterling (£).

### 2. Accounting policies

#### 2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Growing Resilience in Teens 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.

#### 2.2 Income

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

#### 2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

#### 2.4 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 2. Accounting policies (continued)

#### 2.5 Financial instruments

The Charity 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.

#### 2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

### 3. Income from donations and legacies

	<b>Restricted funds 2023 £</b>	<b>Unrestricted funds 2023 £</b>	<b>Total funds 2023 £</b>	<i>Total funds 2022 £</i>
Donations and grants	61,035	19,932	<b>80,967</b>	129,601

### 4. Income from other trading activities

#### Income from fundraising events

	<b>Unrestricted funds 2023 £</b>	<b>Total funds 2023 £</b>	<i>Total funds 2022 £</i>
Fundraising	4,484	<b>4,484</b>	9,585

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 5. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	Total funds 2022 £
Coaching service costs	102,053	-	<b>102,053</b>	33,569
Advertising	-	3,850	<b>3,850</b>	4,829
Training	-	4,005	<b>4,005</b>	9,743
Consultancy	-	23,281	<b>23,281</b>	6,100
Admin and staff expenses	-	13,162	<b>13,162</b>	11,043
	<u>102,053</u>	<u>44,298</u>	<u><b>146,351</b></u>	<u>65,284</u>

### 6. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £2,100 (2022 - £540).

### 7. Trustees' remuneration, expenses and other staff costs

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 December 2023, no Trustee expenses have been incurred (2022 - £NIL).

No employee received remuneration amounting to more than £60,000 in either year.

### 8. Debtors

	2023 £	2022 £
<b>Due within one year</b>		
Prepayments and accrued income	<b>6,000</b>	6,000
	<u><b>6,000</b></u>	<u>6,000</u>

### 9. Creditors: Amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	<b>2,100</b>	-
	<u><b>2,100</b></u>	<u>-</u>

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 10. Statement of funds

#### Statement of funds - current year

	Balance at 1 January 2023 £	Income £	Expenditure £	Balance at 31 December 2023 £
<b>Unrestricted funds</b>				
General Funds	(3,243)	24,416	-	21,173
<b>Restricted funds</b>				
LIV Golf	103,149	-	(85,316)	17,833
Hargreaves Foundation	-	20,000	(20,000)	-
Hertfordshire County Council	-	7,500	(7,500)	-
NHS Coaches	-	33,535	(33,535)	-
	<b>103,149</b>	<b>61,035</b>	<b>(146,351)</b>	<b>17,833</b>
<b>Total of funds</b>	<b>99,906</b>	<b>85,451</b>	<b>(146,351)</b>	<b>39,006</b>

#### Statement of funds - prior year

	<i>Balance at 1 January 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2022 £</i>
<b>Unrestricted funds</b>				
General Funds	26,004	12,875	(42,122)	(3,243)
<b>Restricted funds</b>				
LIV Golf	-	126,311	(23,162)	103,149
NHS Coaches	-	14,247	(14,247)	-
Hitchin Youth Trust	-	600	(600)	-
Bedfordshire & Luton Community	-	7,464	(7,464)	-
	-	148,622	(45,473)	103,149
<b>Total of funds</b>	<b>26,004</b>	<b>161,497</b>	<b>(87,595)</b>	<b>99,906</b>

# GROWING RESILIENCE IN TEENS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 11. Analysis of net assets between funds

#### Analysis of net assets between funds - current year

	<b>Restricted funds 2023 £</b>	<b>Unrestricted funds 2023 £</b>	<b>Total funds 2023 £</b>
Current assets	19,933	21,173	<b>41,106</b>
Creditors due within one year	(2,100)	-	<b>(2,100)</b>
<b>Total</b>	<b>17,833</b>	<b>21,173</b>	<b>39,006</b>

#### Analysis of net assets between funds - prior year

	<i>Restricted funds 2022 £</i>	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Current assets	93,906	6,000	99,906
Creditors due within one year	9,243	(9,243)	-
<b>Total</b>	<b>103,149</b>	<b>(3,243)</b>	<b>99,906</b>

### 12. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 December 2023.

**GROWING RESILIENCE IN TEENS**

England & Wales - Charity number 1176272

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# Accounts

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# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	01	2022		31	12	2022

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Louise Randall	Chairman		
2	Dr Claire Powell	CEO		
3	Robert Randall	Treasurer		
4	Dr Jan Reiser			
5	Tom Gutteridge			
6	Harry Woods			
7	Harry Harvey			
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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## Section B Structure, governance and management

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity is run and managed by trustees at present. All major decisions are discussed and decided upon at the quarterly trustee meeting. All trustees are required to read the handbook and all associated policies.

The charity has a strict safeguarding protocol with a safeguarding lead doctor. All employees/associates who have contact with the beneficiaries are required to have a full DBS check and safeguarding training.

Policies and procedures required are prepared, reviewed and agreed by the Trustees to an agreed timetable.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

To preserve and protect the good mental health of young people by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self destructive behaviour.

**Our Vision**

To create a society where young people thrive, overcome challenges and lead fulfilling lives supported by a strong sense of self identity and resilience.

**Our Goal**

To become the UK's leading charity building resilience in teens.

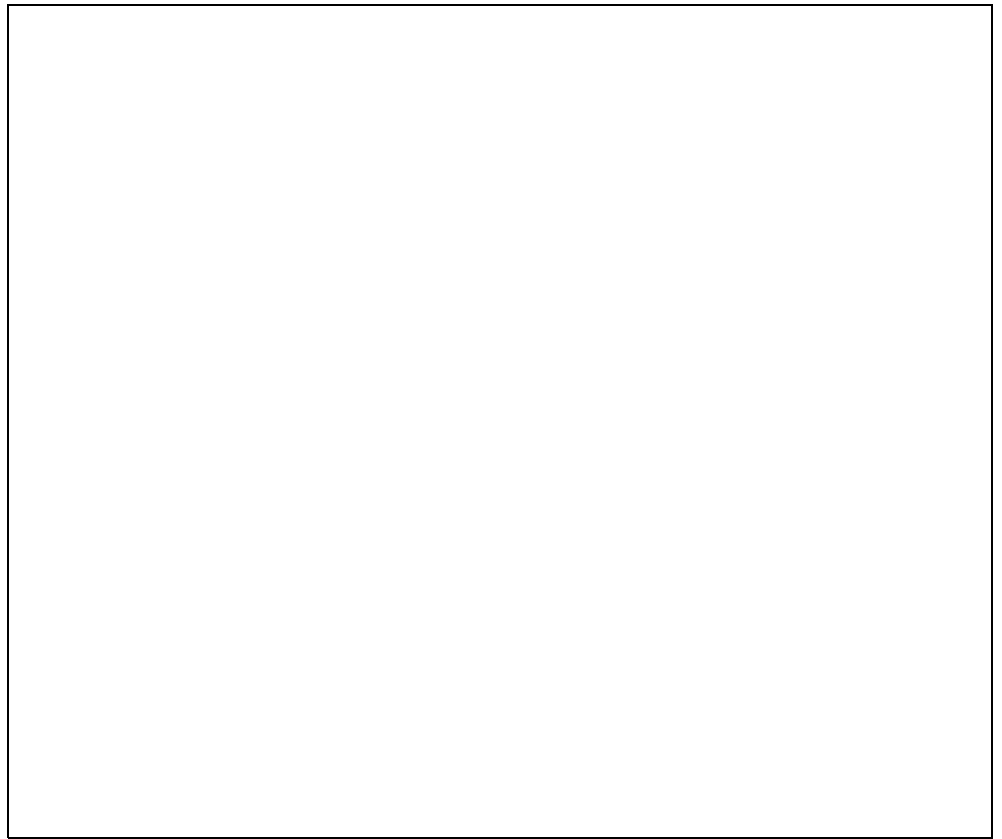
1. Weekly non contact boxing – coaching to provide a vent for frustration and anger. A space to connect the body and mind.
2. Holiday workshops to provide an opportunity to bridge the gap between term-time and provide continuing support for young people.
3. Psychological coaching. Enabling the beneficiary to gain insight into themselves and help them to strengthen the relationship with themselves and others around them.
4. Volunteers for fund raising.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



## Section D

## Achievements and performance

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

GRIT is dedicated to supporting teenagers' mental health in North Hertfordshire through group boxing programmes, workshops and 1:1 coaching. At the core of our work to support young people is a unique process, the '*Four Corners Method*' which utilises the power of non-contact boxing, boxing metaphors and coaching concepts to empower young people to develop their own identity, from which comes self-esteem, resilience, and the ability to use adversity as a platform for growth.

We aim to provide a safe and supportive environment to empower young people to take full responsibility for their lives and the lives they want to lead, through our coaching methodology blended with physical activity. With this approach we aim to create resilience, self-confidence, and emotional wellbeing among teenagers. GRIT aims to make a lasting impact on the mental health and wellbeing of teenagers and support them to navigate the challenges of adolescence, build a strong foundation for adulthood and lead fulfilling lives that are true to their authentic selves.

A downturn in the UK economy and wider world events such as the Covid pandemic, means there are now more young people than ever who require access to mental health support services. GRIT is experiencing an unprecedented increase in referrals and enquiries, and it is imperative that we continue to deliver early intervention and prevention programmes to support young people, thereby leading to healthier and more productive communities.

Our social media presence has increased with 652 Facebook followers and 804 Instagram followers, regular posts providing updates on our work and how young people can get involved are an effective way of reaching many of our target audiences.

We have updated our website and send out regular newsletters.

### **NHS Partnership**

Since the end of 2021 GRIT has been working in partnership with the NHS and is currently hosting two adolescent Health and Wellbeing coaches who are overseen by Dr Louise Randall.

Health coaching is a relatively new addition to NHS services designed to empower patients with their own health and wellbeing. There are many resources out there that support people, but it can be difficult to know what is available. Our adolescent coaches work with the young person to achieve goals they have set and help identify any resources that may support them in doing so, creating an individualised plan that supports the young person in their desired goal whether that be to learn social skills, to feel less anxious, to stop self harming or gain self confidence. It is important to note that this is considered an early intervention strategy and the coaches are not there to diagnose or treat more severe mental health conditions. The two coaches were employed in December 2021.

**Section E****Financial review****Brief statement of the charity's policy on reserves****Reserves policy**

GRIT will establish reserves in accordance with national statutory and legal requirements and the principles contained in this policy. Reserves are defined as that portion of unrestricted funds that have not been designated for a specific purpose by the trustees. Reserves are established to ensure that GRIT is:

- able to meet its financial commitments and obligations as they fall due (i.e., fund working capital),
- able to fund unexpected expenditure until adjustments can be made, for example when unplanned events or shocks occur, and
- resilient to uncertainty over future income.

The level of reserves is set at an amount sufficient to cover unfunded expenditure from unrestricted funds for a period of 6 months in the event of a 50% fall in unrestricted income. This is set at £20,000. Reserves will only be depleted to a level below that with the approval of the Board of Trustees and, in such an instance, GRIT will seek to replenish the reserves to the minimum level as quickly as is feasible following any approved depletion below the minimum level.

**Details of any funds materially in deficit****Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funds over the past year include;

Fundraising  
Private donations  
Grants

**EXPENDITURE:**

Moneys paid out for the activities of the young people

Any expenses of the trustees.

All funds are held in a business account with Lloyds bank.

We also pay for 15 hours a week for an administrator to help with the day to day running of the charity.

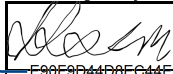
**Section F****Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

**Signed on behalf of the charity's trustees**

DocuSigned by:

**Signature(s)**



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**Full name(s)**

Dr Louise Randall

**Position (eg Secretary, Chair, etc)**

Trustee/Founder

**Date**

10/24/2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Growing Resilience in Teens

No (if any)

## Receipts and payments accounts

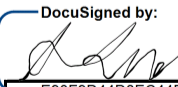
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For the period from	1/1/2022	To	12/31/2022
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Admin	£ 384.00	-	-	£ 384.00	£ -
Donations	£ 3,290.34	-	-	£ 3,290.34	£ 12,405.00
Fundraising	£ 8,984.85	-	-	£ 8,984.85	£ -
Gloves sales	£ 125.00	-	-	£ 125.00	£ -
Grants	-	£ 112,064.00	-	£ 112,064.00	£ 23,314.00
Materials	£ 2.95	-	-	£ 2.95	£ -
NHS coaches salary	-	£ 2,997.00	-	£ 2,997.00	£ -
NHS coaches set-up	-	£ 11,250.00	-	£ 11,250.00	£ -
Training refund	£ 88.00	-	-	£ 88.00	£ -
<b>Sub total (Gross income for AR)</b>	<b>£ 12,875</b>	<b>£ 126,311</b>	<b>£ -</b>	<b>£ 139,186.14</b>	<b>£ 35,719.00</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>£ 12,875</b>	<b>£ 126,311</b>	<b>£ -</b>	<b>£ 139,186</b>	<b>£ 35,719</b>
<b>A3 Payments</b>					
Admin	£ 267.98	£ 9,400	£ -	£ 9,667.98	£ 9,400.00
Boxer	£ 4,467.00	£ -	£ -	£ 4,467.00	£ -
Boxer sponsorship	£ 750.00	£ -	£ -	£ 750.00	£ -
Coaching	£ 120.12	£ 13,762	£ -	£ 13,882.12	£ 8,047.00
Equipment	£ 3,421.94	£ -	£ -	£ 3,421.94	£ 912.00
Filming	£ 2,225.00	£ -	£ -	£ 2,225.00	£ -
Fundraising	£ 216.00	£ -	£ -	£ 216.00	£ -
Grant consultant	£ 6,100.00	£ -	£ -	£ 6,100.00	£ -
Marketing	£ 2,604.27	£ -	£ -	£ 2,604.27	£ 1,100.00
Rent	£ 6,000.00	£ -	£ -	£ 6,000.00	£ 6,000.00
Running the programme	£ -	£ -	£ -	£ -	£ 7,914.00
Staff expenses	£ 97.00	£ -	£ -	£ 97.00	£ -
Training	£ 9,743.10	£ -	£ -	£ 9,743.10	£ 697.00
Workshop refund	£ 10.00	£ -	£ -	£ 10.00	£ -
<b>Sub total</b>	<b>£ 36,022</b>	<b>£ 23,162</b>	<b>£ -</b>	<b>£ 59,184.41</b>	<b>£ 34,070.00</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>£ 36,022.41</b>	<b>£ 23,162.00</b>	<b>£ -</b>	<b>£ 59,184.41</b>	<b>£ 34,070.00</b>
<b>Net of receipts/(payments)</b>	<b>-£ 23,147.27</b>	<b>£ 103,149.00</b>	<b>£ -</b>	<b>£ 80,001.73</b>	<b>£ 1,649.00</b>
<b>A5 Transfers between funds</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>A6 Cash funds last year end</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Cash funds this year end</b>	<b>-£ 23,147.27</b>	<b>£ 103,149.00</b>	<b>£ -</b>	<b>£ 80,001.73</b>	<b>£ 1,649.00</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>- 23,147</b>	<b>103,149</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	DocuSigned by:  Signature E90F9D44D8EC44E...	Dr Louise Print Name		Date of approval 10/25/2023

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2022  
FOR  
GROWING RESILIENCE IN TEENS**

Menzies LLP  
Richmond House  
Walkern Road  
Stevenage  
Hertfordshire  
SG1 3QP

**GROWING RESILIENCE IN TEENS**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST DECEMBER 2022**

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<b>Report of the trustees</b>	2 to 3
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<b>Notes to the financial statements</b>	7 to 10

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**GROWING RESILIENCE IN TEENS**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 31ST DECEMBER 2022**

---

**Trustees**  
Dr C Powell  
Dr L Randall  
J Randall  
Dr J Reiser  
T Gutteridge  
H Harvey-Ferris

**Principal address**  
18 Chiltern Road  
Hitchin  
SG4 9PJ

**Registered charity number**  
1176272

**Independent examiner**  
Menzies LLP  
Richmond House  
Walkern Road  
Stevenage  
Hertfordshire  
SG1 3QP

## **GROWING RESILIENCE IN TEENS**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2022**

---

The trustees present their report with the financial statements of the charity for the year ended 31st December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **Objectives and activities**

##### **Objectives and aims**

Growing Resilience in Teens (GRIT) aims to preserve and protect the good mental health of young people aged 14-18 by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self-destructive behaviour.

##### **Public benefit**

The trustees have complied with the duty in section 4 of the Charities Act 2011 and have regard to the public benefit guidance as issued by the Charity Commission as shown in the objectives above.

We have referred to the guidance on public benefit when reviewing our aims and objectives and in planning our future activities in particular, the Trustees consider how planned activities will contribute to the aims and objectives that they have set.

This public benefit statement forms the basis for all judgements regarding operational reports to the Board meetings, in order to be reassured that the facilities and services currently managed by the charity continue to meet these criteria. At these meeting, the Financial Controller also presents the quarterly financial position including taking account of any restricted funds and the Charity's status as a going concern.

#### **Achievement and performance**

##### **Charitable activities**

During the year, the charity has successfully carried out charitable activities to continue to fulfil its objectives and aims.

##### **Financial review**

##### **Financial position**

Our total income for the period ended 31st December 2022 was £139,186 together with expenditure of £59,184.

A surplus was made in the year of £80,002.

**GROWING RESILIENCE IN TEENS**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST DECEMBER 2022**

---

**Financial review**

**Reserves policy**

GRIT will establish reserves in accordance with national statutory and legal requirements and the principles contained in this policy. Reserves are defined as that portion of unrestricted funds that have not been designated for a specific purpose by the trustees.

Reserves are established to ensure that GRIT is: -

- able to meet its financial commitments and obligations as they fall due (i.e. fund working capital)
- able to fund unexpected expenditure until adjustments can be made, for example when unplanned events or shocks occur
- resilient to uncertainty over future income

The level of reserves is set at an amount sufficient to cover unfunded expenditure from unrestricted funds for a period of 6 months in the event of a 50% fall in unrestricted income. This is set at £20,000. Reserves will only be depleted to a level below that with the approval of the Board of Trustees and, in such an instance, GRIT will seek to replenish the reserves to the minimum level as quickly as is feasible following any approved depletion below the minimum level.

**Structure, governance and management**

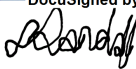
**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation.

**Recruitment and appointment of new trustees**

New trustees are nominated by members of the board of trustees, interviewed by a panel of trustees and appointed where they have the necessary skills to contribute to the charity's managements and development.

Approved by order of the board of trustees on 13-Sep-2023 ..... and signed on its behalf by:

DocuSigned by:  


4C03894ED69141B.....

Dr L Randall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
GROWING RESILIENCE IN TEENS**

---

**Independent examiner's report to the trustees of Growing Resilience In Teens**

I report to the charity trustees on my examination of the accounts of Growing Resilience In Teens (the Trust) for the year ended 31st December 2022.

**Responsibilities and basis of report**

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


I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

DocuSigned by:  
  
CE674248388045E...

S L Cuzner

Menzies LLP  
Richmond House  
Walkern Road  
Stevenage  
Hertfordshire  
SG1 3QP

13-Sep-2023  
Date: .....

**GROWING RESILIENCE IN TEENS****STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST DECEMBER 2022**

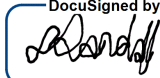
	Notes	Unrestricted fund £	Restricted fund £	<b>2022 Total funds £</b>	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		<b>12,875</b>	<b>126,311</b>	<b>139,186</b>	35,719
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable expenditure		<b>36,022</b>	<b>23,162</b>	<b>59,184</b>	34,070
<b>NET INCOME/(EXPENDITURE)</b>		<b>(23,147)</b>	<b>103,149</b>	<b>80,002</b>	1,649
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<b>26,004</b>	-	<b>26,004</b>	24,355
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>2,857</b>	<b>103,149</b>	<b>106,006</b>	26,004

The notes form part of these financial statements

**GROWING RESILIENCE IN TEENS****BALANCE SHEET  
31ST DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted fund £	<b>2022 Total funds £</b>	2021 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	4	<b>6,000</b>	-	<b>6,000</b>	9,021
Cash at bank		-	<b>93,906</b>	<b>93,906</b>	16,983
		<b>6,000</b>	<b>93,906</b>	<b>99,906</b>	26,004
<b>NET CURRENT ASSETS/(LIABILITIES)</b>					
		<b>6,000</b>	<b>93,906</b>	<b>99,906</b>	26,004
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<b>6,000</b>	<b>93,906</b>	<b>99,906</b>	26,004
<b>NET ASSETS</b>					
		<b>6,000</b>	<b>93,906</b>	<b>99,906</b>	26,004
<b>FUNDS</b>					
	5				
Unrestricted funds				<b>(3,243)</b>	26,004
Restricted funds				<b>103,149</b>	-
<b>TOTAL FUNDS</b>					
				<b>99,906</b>	26,004

The financial statements were approved by the Board of Trustees and authorised for issue on .....13-Sep-2023..... and were signed on its behalf by:

DocuSigned by:  
  
 4C03894ED69141B.....

L Randall - Trustee

The notes form part of these financial statements

**GROWING RESILIENCE IN TEENS****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST DECEMBER 2022**

---

**1. ACCOUNTING POLICIES****Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**GROWING RESILIENCE IN TEENS****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2022****2. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st December 2022 nor for the year ended 31st December 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st December 2022 nor for the year ended 31st December 2021.

**3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	<u>12,405</u>	<u>23,314</u>	<u>35,719</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable expenditure	<u>10,756</u>	<u>23,314</u>	<u>34,070</u>
<b>NET INCOME</b>	1,649	-	1,649
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>24,355</u>	-	<u>24,355</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>26,004</u></u>	<u><u>-</u></u>	<u><u>26,004</u></u>

**4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2022</b> £	2021 £
Prepayments and accrued income	<u><u>6,000</u></u>	<u><u>9,021</u></u>

## GROWING RESILIENCE IN TEENS

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2022

## 5. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
<b>Unrestricted funds</b>			
General unrestricted	26,004	(29,247)	(3,243)
<b>Restricted funds</b>			
General restricted	-	103,149	103,149
<b>TOTAL FUNDS</b>	<u>26,004</u>	<u>73,902</u>	<u>99,906</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General unrestricted	12,875	(42,122)	(29,247)
<b>Restricted funds</b>			
General restricted	126,311	(23,162)	103,149
<b>TOTAL FUNDS</b>	<u>139,186</u>	<u>(65,284)</u>	<u>73,902</u>

## Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General unrestricted	24,355	1,649	26,004
<b>TOTAL FUNDS</b>	<u>24,355</u>	<u>1,649</u>	<u>26,004</u>

**GROWING RESILIENCE IN TEENS****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2022****5. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General unrestricted	12,405	(10,756)	1,649
<b>Restricted funds</b>			
General restricted	23,314	(23,314)	-
<b>TOTAL FUNDS</b>	<u>35,719</u>	<u>(34,070)</u>	<u>1,649</u>

**6. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31st December 2022 (2021 - none).

**GROWING RESILIENCE IN TEENS**

England & Wales - Charity number 1176272

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# Accounts

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# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	01	2021		31	12	2021

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address   
  
  
Postcode

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Louise Randall	Chairman		
2	Dr Claire Powell	CEO		
3	Robert Randall	Treasurer		
4	Dr Jan Reiser			
5	Tom Gutteridge			
6	Harry Woods			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

--

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	CONSTITUTION
How the charity is constituted (eg. trust, association, company)	TRUST
Trustee selection methods (eg. appointed by, elected by)	APPOINTED BY TRUSTEES

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity is run and managed by trustees at present. All major decisions are discussed and decided upon at the quarterly trustee meeting. All trustees are required to read the handbook and all associated policies.

The charity has a strict safe guarding protocol with a safeguarding lead doctor. All employees/associates who have contact with the beneficiaries are required to have a full DBS check and safeguarding training.

Policies and procedures required are prepared, reviewed and agreed by the Trustees to an agreed timetable.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

To preserve and protect the good mental health of young people by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self destructive behaviour.

**Our Vision**  
To eradicate self-harming in UK teenagers.

**Our Goal**  
To become the UK's leading charity building resilience in teens.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

1. Weekly non contact boxing – coaching to provide a vent for frustration and anger. A space to connect the body and mind.
2. Mentoring. To provide a neutral source of support to the beneficiaries.
3. Psychological coaching. Enabling the beneficiary to gain insight into themselves and help them to strengthen the relationship with themselves and others around them.
4. Volunteers. Charity mentors are volunteers.
5. Volunteers for fund raising.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

Our policy is to always keep £20k in reserve to ensure we can run the charity for six months.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principle source of funds over the past year include;  
Fundraising  
Private donations  
Grants

**EXPENDITURE:**

Moneys paid out for the activities of the teenagers.

Any expenses of the trustees.

All funds are held in a business account with Lloyds bank.

We also support a local Team GB boxer, Jordan Reynolds who provides links to England boxing, supports the boxing programme and increases awareness of mental health issues in men and young people.

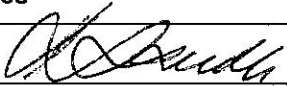
Also pays for 12 hours a week for an administrator to help with the day to day running of the charity.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Louise Randall	
Position (eg Secretary, Chair, etc)	Trustee/Founder	
Date	26/9/22	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Growing Resilience in Teens

No (if any)

Receipts and payments accounts

CC16a

For the period from	01/01/2021	To	31/12/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Individual donations	£ 12,405		-	£ 12,405	21,510
Grants		£ 23,314.00	-	£ 23,314	19,660
<b>Sub total (Gross income for AR)</b>	<b>£ 12,405</b>	<b>23,314</b>	<b>-</b>	<b>£ 35,719</b>	<b>41,170</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>£ 12,405</b>	<b>£ 23,314</b>	<b>£ -</b>	<b>£ 35,719</b>	<b>41,170</b>
<b>A3 Payments</b>					
Admin	-	£ 9,400		£ 9,400	£ 6,953
Running the programme	£ 8,047.00	£ 13,914	£ -	£ 21,961	£ 21,461
Training	£ 697.00	£ -	£ -	£ 697	£ 4,604
Computer costs	£ 912.00			£ 912	-
Marketing	£ 1,100.00			£ 1,100	£ 3,827
<b>Sub total</b>	<b>£ 10,756</b>	<b>£ 23,314</b>	<b>£ -</b>	<b>£ 34,070</b>	<b>£ 36,845</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>10,756</b>	<b>23,314</b>	<b>-</b>	<b>34,070</b>	<b>36,845</b>
<b>Net of receipts/(payments)</b>	<b>1,649</b>	<b>-</b>	<b>-</b>	<b>1,649</b>	<b>4,325</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>1,649</b>	<b>-</b>	<b>-</b>	<b>1,649</b>	<b>4,325</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))	<b>1,649</b>	-	-

OK OK OK

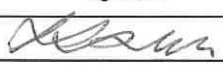
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	LOUISE RANOALI	3-10-22

**REGISTERED COMPANY NUMBER: CE012660 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1176272**

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021**  
**FOR**  
**GROWING RESILIENCE IN TEENS**

**Wags LLP t/a Wagstaffs**  
**Richmond House**  
**Walkern Road**  
**Stevenage**  
**Hertfordshire**  
**SG1 3QP**

**GROWING RESILIENCE IN TEENS**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST DECEMBER 2021**

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**GROWING RESILIENCE IN TEENS**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 31ST DECEMBER 2021**

---

<b>Trustees</b>	Dr C Powell Dr L Randall Dr L N Czech RPJ Randall J Reiser T Gutteridge H Woods
<b>Registered office</b>	18 Chiltern Road Hitchin Hertfordshire SG4 9PJ
<b>Registered company number</b>	CE012660 (England and Wales)
<b>Registered charity number</b>	1176272
<b>Independent examiner</b>	Wags LLP t/a Wagstaffs Richmond House Walkern Road Stevenage Hertfordshire SG1 3QP

**GROWING RESILIENCE IN TEENS**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST DECEMBER 2021**

---

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**Objectives and activities**

**Objectives and aims**

Growing resilience in teens aims to preserve and protect the good mental health of young people aged 14-18 by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self-destructive behaviour.

**Public benefit**

The trustees have complied with the duty in section 4 of the Charities Act 2011 and have regard to the public benefit guidance as issued by the Charity Commission as shown in the objectives above.

We have referred to the guidance on public benefit when reviewing our aims and objectives and in planning our future activities in particular, the Trustees consider how planned activities will contribute to the aims and objectives that they have set.

This public benefit statement forms the basis for all judgements regarding operational reports to the Board meetings, in order to be reassured that the facilities and services currently managed by the charity continue to meet these criteria. At these meeting, the Financial Controller also presents the quarterly financial position including taking account of any restricted funds and the Charity's status as a going concern.

**Financial review**

**Financial position**

Our total income for the period ended 31st December 2021 was £35,719 together with expenditure of £34,070.

A surplus was made in the year of £1,649.

**Structure, governance and management**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Recruitment and appointment of new trustees**

New trustees are nominated by members of the board of trustees, interviewed by a panel of trustees and appointed where they have the necessary skills to contribute to the charity's managements and development.

**GROWING RESILIENCE IN TEENS**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST DECEMBER 2021**

---

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

Approved by order of the board of trustees on 26/09/2022 and signed on its behalf by:



.....  
Dr L Randall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
GROWING RESILIENCE IN TEENS**

---

**Independent examiner's report to the trustees of Growing Resilience in Teens ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st December 2021.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



S Cuzner  
FCCA ACA  
Wags LLP t/a Wagstaffs  
Richmond House  
Walkern Road  
Stevenage  
Hertfordshire  
SG1 3QP

Date: 28/09/2022

**GROWING RESILIENCE IN TEENS**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST DECEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	<b>2021 Total funds £</b>	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	<u>12,405</u>	<u>23,314</u>	<u>35,719</u>	<u>41,170</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	3				
Charitable expenditure		10,756	23,314	34,070	36,845
<b>NET INCOME</b>		<b>1,649</b>	<b>-</b>	<b>1,649</b>	<b>4,325</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>24,355</b>	<b>-</b>	<b>24,355</b>	<b>20,030</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><b>26,004</b></u>	<u><b>-</b></u>	<u><b>26,004</b></u>	<u><b>24,355</b></u>

The notes form part of these financial statements

STATEMENT OF FINANCIAL POSITION  
31ST DECEMBER 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	6	9,021	-	9,021	-
Cash at bank		16,983	-	16,983	24,355
		<u>26,004</u>	-	<u>26,004</u>	24,355
<b>NET CURRENT ASSETS</b>					
		<u>26,004</u>	-	<u>26,004</u>	24,355
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>26,004</u>	-	<u>26,004</u>	24,355
<b>NET ASSETS</b>					
		<u>26,004</u>	-	<u>26,004</u>	24,355
<b>FUNDS</b>					
Unrestricted funds	7			<u>26,004</u>	24,355
<b>TOTAL FUNDS</b>					
				<u>26,004</u>	<u>24,355</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 26/09/2022 and were signed on its behalf by:



L Randall - Trustee

The notes form part of these financial statements

## GROWING RESILIENCE IN TEENS

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021

---

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

GROWING RESILIENCE IN TEENS

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2021

2. DONATIONS AND LEGACIES

	2021 £	2020 £
Donations	35,599	41,058
Fund raising	120	112
	<u>35,719</u>	<u>41,170</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Charitable expenditure	<u>27,387</u>	<u>6,683</u>	<u>34,070</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2021 nor for the year ended 31st December 2020.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st December 2021 nor for the year ended 31st December 2020.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	<u>27,510</u>	<u>13,660</u>	<u>41,170</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable expenditure	18,185	18,660	36,845
<b>NET INCOME/(EXPENDITURE)</b>	9,325	(5,000)	4,325
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	15,030	5,000	20,030
	<u>24,355</u>	<u>-</u>	<u>24,355</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>24,355</u>	<u>-</u>	<u>24,355</u>

GROWING RESILIENCE IN TEENS

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2021

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments and accrued income	9,021	-

7. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	24,355	1,649	26,004
<b>TOTAL FUNDS</b>	<b>24,355</b>	<b>1,649</b>	<b>26,004</b>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	12,405	(10,756)	1,649
<b>Restricted funds</b>			
General restricted	23,314	(23,314)	-
<b>TOTAL FUNDS</b>	<b>35,719</b>	<b>(34,070)</b>	<b>1,649</b>

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
<b>Unrestricted funds</b>			
General fund	15,030	9,325	24,355
<b>Restricted funds</b>			
General restricted	5,000	(5,000)	-
<b>TOTAL FUNDS</b>	<b>20,030</b>	<b>4,325</b>	<b>24,355</b>

GROWING RESILIENCE IN TEENS

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2021

7. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	27,510	(18,185)	9,325
<b>Restricted funds</b>			
General restricted	13,660	(18,660)	(5,000)
<b>TOTAL FUNDS</b>	<u>41,170</u>	<u>(36,845)</u>	<u>4,325</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	15,030	10,974	26,004
<b>Restricted funds</b>			
General restricted	5,000	(5,000)	-
<b>TOTAL FUNDS</b>	<u>20,030</u>	<u>5,974</u>	<u>26,004</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	39,915	(28,941)	10,974
<b>Restricted funds</b>			
General restricted	36,974	(41,974)	(5,000)
<b>TOTAL FUNDS</b>	<u>76,889</u>	<u>(70,915)</u>	<u>5,974</u>

## GROWING RESILIENCE IN TEENS

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST DECEMBER 2021

#### 8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2021.

#### 9. MOVEMENT IN FUNDS

North Herts District Council, Hitchin Mental Health Recovery Team, The National Lottery, Bedfordshire and Luton Community Foundation - contributions to running costs and administrative costs.

	At 1.1.21	Incoming resources	Resources expended	At 31.12.21
	£	£	£	£
North Herts District Council Grant	-	2,930	(2,930)	-
Hitchin Mental Health Recovery Team	-	3,744	(3,744)	-
The National Lottery	-	3,540	(3,540)	-
Bedfordshire & Luton Community Foundation Grant	-	4,360	(4,360)	-
Sport England	-	8,740	(8,740)	-
	-	23,314	(23,314)	-

An amendment was made to the restricted fund balances in the prior year as these had been spent as at 31st December 2020.

**GROWING RESILIENCE IN TEENS**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST DECEMBER 2021**

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	35,599	41,058
Fund raising	120	112
	<u>35,719</u>	<u>41,170</u>
<b>Total incoming resources</b>	<b>35,719</b>	<b>41,170</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Equipment costs	-	1,583
Sponsorship costs	-	3,005
Coaching	-	5,820
Gym costs	27,387	8,916
	<u>27,387</u>	<u>19,324</u>
<b>Support costs</b>		
<b>Management</b>		
Wages	-	4,709
Advertising	1,100	827
Computer costs	912	4,957
Training costs	697	4,604
	<u>2,709</u>	<u>15,097</u>
<b>Other</b>		
Sundries	3,974	2,424
	<u>3,974</u>	<u>2,424</u>
<b>Total resources expended</b>	<b>34,070</b>	<b>36,845</b>
<b>Net income</b>	<b><u>1,649</u></b>	<b><u>4,325</u></b>

This page does not form part of the statutory financial statements

**GROWING RESILIENCE IN TEENS**

England & Wales - Charity number 1176272

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# Accounts

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# Trustees' Annual Report for the period

Period start date

Period end date

From

To

## Section A

## Reference and administration details

Charity name

GROWING RESILIENCE IN TEENS

Other names charity is known by

GRIT

Registered charity number (if any)

1176272

Charity's principal address

18 Chiltern Road

Hitchin

Postcode

SG4 9PJ

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Louise Randall	Chairman		
2	Dr Claire Powell	CEO		
3	Robert Randall	Treasurer		
4	Dr Jan Reiser			
5	Tom Gutteridge			
6	Harry Woods			
7	Dr Laura Czech		Resigned Aug 2020	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

--

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document	CONSTITUTION
How the charity is constituted	TRUST
Trustee selection methods	APPOINTED BY TRUSTEES

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity is run and managed by trustees at present. All major decisions are discussed and decided upon at the quarterly trustee meeting. All trustees are required to read the handbook and all associated policies.

The charity has a strict safe guarding protocol with a safeguarding lead doctor. All employees/associates who have contact with the beneficiaries are required to have a full DBS check and safeguarding training.

Policies and procedures required are prepared, reviewed and agreed by the Trustees to an agreed timetable.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

To preserve and protect the good mental health of young people by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self destructive behaviour.

#### Our Vision

To eradicate self-harming in UK teenagers.

#### Our Goal

To become the UK's leading charity building resilience in teens.

1. Weekly non contact boxing – coaching to provide a vent for frustration and anger. A space to connect the body and mind.
2. Mentoring. To provide a neutral source of support to the beneficiaries.
3. Psychological coaching. Enabling the beneficiary to gain insight into themselves and help them to strengthen the relationship with themselves and others around them.
4. Volunteers. Charity mentors are volunteers.
5. Volunteers for fund raising.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

Growing Resilience in Teens is a unique doctor led programme that combines non-contact boxing with coaching and mentoring. The GRIT Programme supports teenagers who are displaying self-destructive behaviours, specifically referred to us due to mental health issues.

We provide person centred service to a wide range of teenagers across North Hertfordshire within a diverse community setting, and through our provision we deliver a unique and innovative programme designed to help reduce anxiety and self-destructive behaviours by building their resilience, and improving their physical and mental wellbeing, including building confidence, independence, health outcomes, giving them the ability to recover from difficult situations, be more prepared to seek new experiences and opportunities and take reasonable risks to achieve their goals.

We are aware of the increasing pressures that teenagers today are facing which results in low self-esteem and anxiety. This can then lead on to self-destructive behaviours which can be distressing for both the teenager and those close to them.

**The GRIT Programme during the Covid Pandemic**

Over the last year the number of teenagers wanting to access our provision has increased.

We have continued to liaise with local secondary schools, doctors' surgeries, and other local organisations and networks that we have ongoing relationships with, such as school nurses, and local mental health networks.

The GRIT programme ran twice 2020, with one being repeated due to multiple lockdowns. Our weekly 'continuation' session for young people who have previously completed the programme has continued to be a support for young people struggling with lockdowns. These moved to online when locks downs were in place.

The group of mentors has continued to grow and regular online catch ups has allowed them to act as a peer support group.

**Local Engagement**

Partnering with six local secondary schools who now regularly refer teens to the GRIT Programme.

We have run a programme called 'The Rumble' in a local area in partnership with Herts Sports Partnership, this helped young people from a deprived area access boxing and mindset coaching.

Our social media presence has increased with 570 Facebook followers and 428 Instagram followers, regular posts providing updates to the programme are an effective way of reaching many of our target audiences.

**Section E****Financial review****Brief statement of the charity's policy on reserves**

The current levels of out goings is £38,515  
 Our current balance is £24,354.47

**Details of any funds materially in deficit****Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principle source of funds over the past year include;  
 Fundraising  
 Private donations  
 Grants

**EXPENDITURE:**

Moneys paid out for the activities of the teenagers.

Any expenses of the trustees.

All funds are held in a business account with Lloyds bank.

We also support a local Team GB boxer, Jordan Reynolds who provides links to England boxing, supports the boxing programme and increases awareness of mental health issues in men and young people.

Also pays for 4 hours a week for an administrator to help with the day to day running of the charity.

**Section F****Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Dr Louise Randall

Position (eg Secretary, Chair, etc)

Trustee/Founder

Date

20/10/21



Receipts and payments accounts

CC16a

For the period  
from

To

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Individual donations	21,398	-	-	£ 21,398	-
Grants	-	13,660	-	£ 13,660	-
Fundraising	112	-	-	£ 112	-
Community Donations	-	-	-	£ -	-
Corporate Donations	6,000	-	-	£ 6,000	-
	-	-	-	£ -	-
<b>Sub total (Gross income for AR)</b>	<b>27,510</b>	<b>13,660</b>	<b>-</b>	<b>£ 41,170</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>£ 27,510</b>	<b>£ 13,660</b>	<b>£ -</b>	<b>£ 41,170</b>	<b>-</b>
<b>A3 Payments</b>					
App	1,937	-	-	£ 1,937	-
Admin costs	2,244	-	-	£ 2,244	-
Admin wage	4,709	-	-	£ 4,709	-
Boxer sponsorship	1,800	-	-	£ 1,800	-
Boxing equipment	1,583	-	-	£ 1,583	-
Coaching costs	5,820	-	-	£ 5,820	-
Grit Ball	200	-	-	£ 200	-
Boxers costs	1,205	-	-	£ 1,205	-
Overheads	1,589	-	-	£ 1,589	-
Gym costs	7,327	-	-	£ 7,327	-
Promotional materials	827	-	-	£ 827	-
Training	4,604	-	-	£ 4,604	-
New website	3,000	-	-	£ 3,000	-
	-	-	-	-	-
<b>Sub total</b>	<b>£ 36,845</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 36,845</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>36,845</b>	<b>-</b>	<b>-</b>	<b>36,845</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 9,335</b>	<b>13,660</b>	<b>-</b>	<b>4,325</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>20,030</b>	<b>-</b>	<b>-</b>	<b>20,030</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>10,695</b>	<b>13,660</b>	<b>-</b>	<b>24,355</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>10,695</b>	<b>13,660</b>	-

(agree balances with receipts and payments account(s))

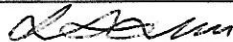
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	OR L. RANOKI	20/10/21

**REGISTERED COMPANY NUMBER: CE012660 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1176272**

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2020**  
**FOR**  
**GROWING RESILIENCE IN TEENS**

Wags LLP t/a Wagstaffs  
Richmond House  
Walkern Road  
Stevenage  
Hertfordshire  
SG1 3QP

**GROWING RESILIENCE IN TEENS**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

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**GROWING RESILIENCE IN TEENS**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

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<b>TRUSTEES</b>	Dr C Powell Dr L Randall Dr L N Czech RPJ Randall J Reiser T Gutteridge H Woods
<b>REGISTERED OFFICE</b>	18 Chiltern Road Hitchin Hertfordshire SG4 9PJ
<b>REGISTERED COMPANY NUMBER</b>	CE012660 (England and Wales)
<b>REGISTERED CHARITY NUMBER</b>	1176272
<b>INDEPENDENT EXAMINER</b>	Wags LLP t/a Wagstaffs Richmond House Walkern Road Stevenage Hertfordshire SG1 3QP

**GROWING RESILIENCE IN TEENS**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST DECEMBER 2020**

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Growing resilience in teens aims to preserve and protect the good mental health of young people aged 14-18 by the provision of appropriate activities designed to help them build resilience to effectively manage pressures they face, promoting healthy coping strategies to replace current self-destructive behaviour.

**Public benefit**

The trustees have complied with the duty in section 4 of the Charities Act 2011 and have regard to the public benefit guidance as issued by the Charity Commission as shown in the objectives above.

We have referred to the guidance on public benefit when reviewing our aims and objectives and in planning our future activities in particular, the Trustees consider how planned activities will contribute to the aims and objectives that they have set.

This public benefit statement forms the basis for all judgements regarding operational reports to the Board meetings, in order to be reassured that the facilities and services currently managed by the charity continue to meet these criteria. At these meeting, the Financial Controller also presents the quarterly financial position including taking account of any restricted funds and the Charity's status as a going concern.

**FINANCIAL REVIEW**

**Financial position**

Our total income for the period ended 31st December 2020 was £41,170 together with expenditure of £36,845.

A surplus was made in the year of £4,325.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Recruitment and appointment of new trustees**

New trustees are nominated by members of the board of trustees, interviewed by a panel of trustees and appointed where they have the necessary skills to contribute to the charity's managements and development.

**GROWING RESILIENCE IN TEENS**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST DECEMBER 2020**

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

Approved by order of the board of trustees on .....20/10/21..... and signed on its behalf by:



.....  
Dr L Randall - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
GROWING RESILIENCE IN TEENS**

---

**Independent examiner's report to the trustees of Growing Resilience in Teens ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st December 2020.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



S Cuzner  
Wags LLP t/a Wagstaffs  
Richmond House  
Walkern Road  
Stevenage  
Hertfordshire  
SG1 3QP

Date: 20/10/21

**GROWING RESILIENCE IN TEENS**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

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	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	27,510	13,660	41,170	20,784
<b>EXPENDITURE ON</b>					
Charitable activities	3				
Charitable expenditure		36,845	-	36,845	20,970
<b>NET INCOME/(EXPENDITURE)</b>		<u>(9,335)</u>	<u>13,660</u>	<u>4,325</u>	<u>(186)</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		15,030	5,000	20,030	20,216
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>5,695</u>	<u>18,660</u>	<u>24,355</u>	<u>20,030</u>

The notes form part of these financial statements

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**GROWING RESILIENCE IN TEENS (REGISTERED NUMBER: CE012660)**

**STATEMENT OF FINANCIAL POSITION  
31ST DECEMBER 2020**

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank		5,695	18,660	24,355	20,030
<b>NET CURRENT ASSETS</b>		<u>5,695</u>	<u>18,660</u>	<u>24,355</u>	<u>20,030</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		5,695	18,660	24,355	20,030
<b>NET ASSETS</b>		<u>5,695</u>	<u>18,660</u>	<u>24,355</u>	<u>20,030</u>
<b>FUNDS</b>	6				
Unrestricted funds				5,695	15,030
Restricted funds				<u>18,660</u>	<u>5,000</u>
<b>TOTAL FUNDS</b>				<u>24,355</u>	<u>20,030</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:



.....  
L.Randall - Trustee

The notes form part of these financial statements

## GROWING RESILIENCE IN TEENS

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2020

---

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**GROWING RESILIENCE IN TEENS**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

**2. DONATIONS AND LEGACIES**

	<b>2020</b>	<b>2019</b>
	£	£
Donations	<b>41,058</b>	9,626
Fund raising	<b>112</b>	11,158
	<u><b>41,170</b></u>	<u>20,784</u>

**3. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs £	Totals £
Charitable expenditure	<u><b>19,324</b></u>	<u><b>17,521</b></u>	<u><b>36,845</b></u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st December 2020 nor for the year ended 31st December 2019.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st December 2020 nor for the year ended 31st December 2019.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	15,784	5,000	20,784
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable expenditure	20,275	695	20,970
	<u>(4,491)</u>	<u>4,305</u>	<u>(186)</u>
<b>NET INCOME/(EXPENDITURE)</b>			
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	19,521	695	20,216
	<u>15,030</u>	<u>5,000</u>	<u>20,030</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>			

**GROWING RESILIENCE IN TEENS**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

**6. MOVEMENT IN FUNDS**

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
<b>Unrestricted funds</b>			
General fund	15,030	(9,335)	5,695
<b>Restricted funds</b>			
General restricted	5,000	13,660	18,660
<b>TOTAL FUNDS</b>	<u>20,030</u>	<u>4,325</u>	<u>24,355</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	27,510	(36,845)	(9,335)
<b>Restricted funds</b>			
General restricted	13,660	-	13,660
<b>TOTAL FUNDS</b>	<u>41,170</u>	<u>(36,845)</u>	<u>4,325</u>

**Comparatives for movement in funds**

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
<b>Unrestricted funds</b>			
General fund	19,521	(4,491)	15,030
<b>Restricted funds</b>			
General restricted	695	4,305	5,000
<b>TOTAL FUNDS</b>	<u>20,216</u>	<u>(186)</u>	<u>20,030</u>

**GROWING RESILIENCE IN TEENS**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

**6. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	15,784	(20,275)	(4,491)
<b>Restricted funds</b>			
General restricted	5,000	(695)	4,305
<b>TOTAL FUNDS</b>	<u>20,784</u>	<u>(20,970)</u>	<u>(186)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.19 £	Net movement in funds £	At 31.12.20 £
<b>Unrestricted funds</b>			
General fund	19,521	(13,826)	5,695
<b>Restricted funds</b>			
General restricted	695	17,965	18,660
<b>TOTAL FUNDS</b>	<u>20,216</u>	<u>4,139</u>	<u>24,355</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	43,294	(57,120)	(13,826)
<b>Restricted funds</b>			
General restricted	18,660	(695)	17,965
<b>TOTAL FUNDS</b>	<u>61,954</u>	<u>(57,815)</u>	<u>4,139</u>

**GROWING RESILIENCE IN TEENS**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

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**7. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31st December 2020.

**GROWING RESILIENCE IN TEENS**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST DECEMBER 2020**

	2020 £	2019 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	41,058	9,626
Fund raising	112	11,158
	<u>41,170</u>	<u>20,784</u>
<b>Total incoming resources</b>	<b>41,170</b>	<b>20,784</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Equipment costs	1,583	2,372
Sponsorship costs	3,005	1,800
Coaching	5,820	8,715
Gym costs	8,916	1,528
Fundraising costs	-	1,190
	<u>19,324</u>	<u>15,605</u>
<b>Support costs</b>		
Management		
Wages	4,709	2,522
Advertising	827	1,483
Computer costs	4,957	-
Training costs	4,604	-
	<u>15,097</u>	<u>4,005</u>
<b>Other</b>		
Sundries	2,424	1,360
	<u>36,845</u>	<u>20,970</u>
<b>Total resources expended</b>	<b>36,845</b>	<b>20,970</b>
<b>Net income/(expenditure)</b>	<b>4,325</b>	<b>(186)</b>

This page does not form part of the statutory financial statements