

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)

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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.

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.

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 lockdowns 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.

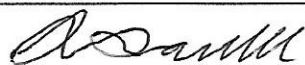
Also pays for 4 hours a week for an administrator to help with the day to day running of the charity.

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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Receipts and payments accounts

CC16a

For the period
from

To

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Individual donations	21,398	-	-	£ 21,398	-
Grants	-	13,660	-	£ 13,660	-
Fundraising	112	-	-	£ 112	-
Community Donations	-	-	-	£ -	-
Corporate Donations	6,000	-	-	£ 6,000	-
	-	-	-	£ -	-
	-	-	-	£ -	-
Sub total (Gross income for AR)	27,510	13,660	-	£ 41,170	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	£ 27,510	£ 13,660	£ -	£ 41,170	-

A3 Payments

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	-
	-	-	-	-	-
Sub total	£ 36,845	£ -	£ -	£ 36,845	-

A4 Asset and investment purchases, (see table)

	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	36,845	-	-	36,845	-

Net of receipts/(payments)	- 9,335	13,660	-	4,325	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	20,030	-	-	20,030	-
Cash funds this year end	10,695	13,660	-	24,355	-

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	10,695	13,660	-

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

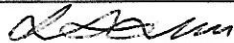
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	O R L. RANOGAJ	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

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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**

TRUSTEES	Dr C Powell Dr L Randall Dr L N Czech RPJ Randall J Reiser T Gutteridge H Woods
REGISTERED OFFICE	18 Chiltern Road Hitchin Hertfordshire SG4 9PJ
REGISTERED COMPANY NUMBER	CE012660 (England and Wales)
REGISTERED CHARITY NUMBER	1176272
INDEPENDENT EXAMINER	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

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**

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**

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

The notes form part of these financial statements

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

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

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Charitable expenditure	<u>19,324</u>	<u>17,521</u>	<u>36,845</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
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	15,784	5,000	20,784
EXPENDITURE ON			
Charitable activities			
Charitable expenditure	20,275	695	20,970
NET INCOME/(EXPENDITURE)	<u>(4,491)</u>	<u>4,305</u>	<u>(186)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	19,521	695	20,216
TOTAL FUNDS CARRIED FORWARD	<u>15,030</u>	<u>5,000</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

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	15,030	(9,335)	5,695
Restricted funds			
General restricted	5,000	13,660	18,660
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	27,510	(36,845)	(9,335)
Restricted funds			
General restricted	13,660	-	13,660
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	19,521	(4,491)	15,030
Restricted funds			
General restricted	695	4,305	5,000
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	15,784	(20,275)	(4,491)
Restricted funds			
General restricted	5,000	(695)	4,305
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	19,521	(13,826)	5,695
Restricted funds			
General restricted	695	17,965	18,660
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	43,294	(57,120)	(13,826)
Restricted funds			
General restricted	18,660	(695)	17,965
TOTAL FUNDS	<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**

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 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	41,058	9,626
Fund raising	112	11,158
	<u>41,170</u>	<u>20,784</u>
Total incoming resources	41,170	20,784
EXPENDITURE		
Charitable activities		
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>
Support costs		
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>
Other		
Sundries	2,424	1,360
	<u>36,845</u>	<u>20,970</u>
Total resources expended	36,845	20,970
Net income/(expenditure)	4,325	(186)

This page does not form part of the statutory financial statements