

TRUSTEES' REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 DECEMBER 2024

GROWING RESILIENCE IN
TEENS

MENZIES
BRIGHTER THINKING

GROWING RESILIENCE IN TEENS

CONTENTS

	Page
Reference and Administrative Details of the Charity, its Trustees and Advisers	1
Trustees' Report	2 - 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 - 13

GROWING RESILIENCE IN TEENS

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

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

GROWING RESILIENCE IN TEENS

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

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.

GROWING RESILIENCE IN TEENS

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

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.

GROWING RESILIENCE IN TEENS

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

Statement of Trustees' responsibilities

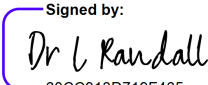
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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:

.....60CC913D719F465.....
Dr L Randall
Trustee

Date: 22-Jul-2025

GROWING RESILIENCE IN TEENS

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INDEPENDENT EXAMINER'S REPORT

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

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

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.

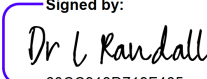
GROWING RESILIENCE IN TEENS

BALANCE SHEET AS AT 31 DECEMBER 2024

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

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.

GROWING RESILIENCE IN TEENS

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

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

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donations and grants	175,310	11,755	187,065	80,967

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Fundraising	7,233	7,233	4,484

GROWING RESILIENCE IN TEENS

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

5. Analysis of expenditure by activities

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

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

	2024 £	2023 £
Due within one year		
Prepayments and accrued income	6,000	6,000
	6,000	6,000

9. Creditors: Amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	2,500	2,100

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 £
Unrestricted funds				
General Funds	21,173	18,988	-	40,161
Restricted funds				
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)	-
	17,833	175,310	(179,730)	13,413
Total of funds	39,006	194,298	(179,730)	53,574

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

	Balance at 1 January 2023 £	Income £	Expenditure £	Balance at 31 December 2023 £
Unrestricted funds				
General Funds	(3,243)	24,416	-	21,173
Restricted funds				
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)	-
	103,149	61,035	(146,351)	17,833
Total of funds	99,906	85,451	(146,351)	39,006

11. Analysis of net assets between funds

Analysis of net assets between funds - current period

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

GROWING RESILIENCE IN TEENS

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

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)
Total	<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.