

# MY MITO MISSION

England & Wales · Charity number 1176616

## Details

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**Status** Registered

**Legal form** Trust

**Registered** 2018-01-11

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

## Contact

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**Address** Project Colt  
Bridgefield Mills  
Elland Bridge  
Elland  
HX5 0SQ

**Phone** 0300 102 1112

**Email** [contact@mymitomission.uk](mailto:contact@mymitomission.uk)

**Website** [www.mymitomission.uk](http://www.mymitomission.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CHARITY ('THE OBJECTS') ARE:1) TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF MITOCHONDRIAL DISEASE THROUGH THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICE.2) TO ADVANCE THE EDUCATION OF THE PUBLIC IN GENERAL (AND PARTICULARLY AMONG SCIENTISTS AND HEALTH PROFESSIONALS) IN ALL AREAS RELATING TO MITOCHONDRIAL DISEASE AND TO PROMOTE RESEARCH FOR THE PUBLIC BENEFIT INTO THE CAUSES AND TREATMENT OF THE DISEASE, WITH THE USEFUL RESULTS OF SUCH RESEARCH TO BE DISSEMINATED.

**Activities:** Raising awareness, funds for research and support for everyone with mitochondrial disease

## Classification

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- **How:** Makes Grants To Organisations, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£132,094	£158,816	-	-
2023-12-31	£108,571	£71,733	-	-
2022-12-31	£61,877	£83,487	-	-
2021-12-31	£34,441	£8,844	-	-
2020-12-31	£27,573	£29,715	-	-

## Trustees

Name	Role	Appointed
<b>CHRISTINE BEAL</b>	Chair	2017-08-21
Amanda Caldwell		2021-03-04
BETHANY ELLIS		2017-08-21
Christopher Paul Appleby		2019-03-04
Dr Martin Haigh MBE		2024-07-15
Francesca Sevilla-Rebelderia		2022-03-13

**MY MITO MISSION**

England & Wales - Charity number 1176616

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# Accounts

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**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
My Mito Mission

**On accounts for the year  
ended**

31 December 2024

**Charity no  
(if any)**

1176616

**Set out on pages**

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**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 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 Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

\* Please delete the words in the brackets if they do not apply.

**Signed:**

**Date:**

2 September 2025

**Name:**

Jennifer Horsley FCMA

**Relevant professional  
qualification(s) or body  
(if any):**

CIMA

**Address:**

Roxmoor, Skircoat Moor Road

Halifax

HX3 0HJ

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

My Mito Mission No (if any)

## Receipts and payments accounts

CC16a

For the period from 01/01/2024 To 31/12/2024

### 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>					
Grants		20,950	-	20,950	-
Fundraising & Donations	51,522	-	-	51,522	-
Event income	55,933	-	-	55,933	-
Other income	3,689	-	-	3,689	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>111,144</b>	<b>20,950</b>	<b>-</b>	<b>132,094</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>111,144</b>	<b>20,950</b>	<b>-</b>	<b>132,094</b>	<b>-</b>
<b>A3 Payments</b>					
Support Costs	6,078	20,950	-	27,028	-
Awareness Costs	7,448	-	-	7,448	-
Staffing Costs	50,639	-	-	50,639	-
Fundraising Costs	4,165	-	-	4,165	-
Other Admin/Insurance etc	2,870	500	-	3,370	-
Event costs	15,686	-	-	15,686	-
Reserch grant	50,000	-	-	50,000	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>136,886</b>	<b>21,450</b>	<b>-</b>	<b>158,336</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Equipment	480	-	-	480	-
	-	-	-	-	-
<b>Sub total</b>	<b>480</b>	<b>-</b>	<b>-</b>	<b>480</b>	<b>-</b>
<b>Total payments</b>	<b>137,366</b>	<b>21,450</b>	<b>-</b>	<b>158,816</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 26,222</b>	<b>- 500</b>	<b>-</b>	<b>- 26,722</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>64,920</b>	<b>500</b>	<b>-</b>	<b>65,420</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>38,698</b>	<b>-</b>	<b>-</b>	<b>38,698</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>	Bank	38,652		-
	Cash in Hand	46	-	-
			-	-
	<b>Total cash funds</b>	<b>38,698</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</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	Signature	Print Name	Date of approval	



## Trustees' Annual Report for the period

From 1<sup>st</sup> January 2024 to 31<sup>st</sup> December 2024

Charity name: **My Mito Mission**

Charity registration number: **1176616**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</b>  <b>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>For <i>everyone</i> with mito:</b>  <b>Support, Education &amp; Practical Advice by means of:</b>  <b>The use and awarding of funds for</b> <ul style="list-style-type: none"><li>● Awareness - to gain equity in mito's recognition, support and care.</li><li>● Support - to reduce isolation and bring validation</li><li>● Research - to increase hopes of treatments and a cure</li></ul> <b>Through means such as:</b> <ul style="list-style-type: none"><li>● Website – directory/information</li><li>● Benefit advice referrals</li><li>● Medical alert wristbands</li><li>● Social media/PR</li><li>● Events</li><li>● Nominations to other charities</li><li>● Promotional materials</li><li>● Merchandise</li><li>● Volunteering opportunities</li></ul>

		<p><b>For those with mito who wish, all the above PLUS ...</b></p> <ul style="list-style-type: none"> <li>• Provision of and support to run an individual 'Mission' – a personalised 'mini charity' under our umbrella through which they can raise awareness, funds for research and gain understanding and support from those around them</li> <li>• Missionees Meet Up Weekend</li> <li>• Missionees Zoom Meetings</li> <li>• Missionees Facebook Group</li> <li>• Missionees WhatsApp Group</li> <li>• Missionees Counselling Service</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance issued by the Charity Commission.</b>

### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p><b>We aim to award a minimum of 50% of our publicly raised funds to research after staff costs.</b></p> <p><b>We pay due diligence to ensure the quality of the research and that it has the potential to help the widest possible range of the mito community. We involve our missionees in the decisions of what we fund.</b></p> <p><b>To date, we have directed our research awards through The Lily Foundation, the largest UK mito charity, in order to benefit from their established processes and expertise in:</b></p> <ul style="list-style-type: none"> <li>• ensuring the quality of research bids</li> <li>• ascertaining what the wider mito community wants by way of research and support.</li> </ul> <p><b>We will remain open to alternative options and keep this decision under annual review.</b></p>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<p><b>Contributions made by volunteers in both assisting and operating our charity and helping with awareness events and fundraising continue to be invaluable. Without our volunteer workforce the amount of activity we do would have to be</b></p>

		<p>significantly reduced in order to still deliver our key objectives.</p> <p>Volunteer contribution versus paid staffing is 75%/25%. We are indebted to all volunteers and proud that we are able to effectively use so much volunteer time.</p> <p>Time commitments from our volunteers ranges from a few hours ad hoc to full time. Volunteer contribution enables such as office admin, events, ebay, vinted and merchandise sales, social media output, web editing and partnership engagement.</p>
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>Our charity objects simplify into three key areas, and we will report on this basis.</b></p> <p><b>Awareness:</b></p> <p><b><u>PR &amp; Marketing</u></b></p> <ul style="list-style-type: none"> <li>• <b>Social Media:</b> Considerable growth across main platforms, increasing our ability to relay our key messages. More video content created and used in order to improve impact.</li> <li>• <b>Public Relations:</b> Found and engaged an excellent partner, already achieving increased publicity and reach.</li> <li>• <b>Website:</b> Continue to improve and upgrade to ensure user friendly and relevant information available to people with mito and the general public.</li> <li>• <b>Campaigns:</b> Key focus on two: 'Light Up for Mito' during World Mito Week. Many more UK buildings lit up. 'Project 1000 Strong' launched in May, majorly increasing regular donations. Both also building stronger foundations for future growth.</li> </ul> <p><b><u>Events</u></b></p> <p>We achieved six key events –</p> <ul style="list-style-type: none"> <li>• The Energy Ball (April)</li> <li>• Yorkshire Three Peaks (May)</li> <li>• Glow Walk during World Mito Week (September)</li> <li>• My Mito Meet Up (October)</li> </ul>

- Art Sale (November)
  - Santa Dash (December)
- ... significantly raising our profile and reach to new demographics.

#### Partnership Building

- Rotary – Attended regional conference, made further talks, one mission adopted by local Club.
- Corporate – Using our new trustee’s skills to develop improved ways to engage with business.
- Other mito organisations – increased liaison with The Lily Foundation, exploring synergies with MitoWorld and planning for new awareness event in Glasgow.

#### Support

- My Mito Meet Up: Third successful support weekend for missionees with grant support of £18.45k from the National Lottery Community Fund. 70 impacted people benefited.
- Counselling: Successful pilot with £2.5k grant funding. Highlighted a desperate need for this to be expanded to all missionees and ultimately the wider mito community. Plans focused for evolving this vital service in 2025.
- Missions: 10 new missions joined us, making a total of 37 impacted families and individuals benefiting from our close support, empowerment and ability to educate those around them.
- Medical Alert Wristbands: Project well underway and set to be fully launched in 2025 providing free wristbands available to everyone with mito.

#### Research

We awarded £50k (designated in 2023) to three research projects through the Lily Foundation, with the apportion to each project determined by our missions.

We continue to advocate for more mitochondrial research through building partnerships with research bodies, bioscience companies, pharmaceutical organisations and other advocacy and patient organisations, including:

- National Institute for Health and Care Research
- The Lily Foundation
- Aspire Biosciences
- MitoWorld

- The Leigh Network
- University College London
- University of Glasgow
- Wellcome Centre for Mitochondrial Research
- International MITO Patients

**General**

- Continued financial growth in a challenging economic climate
- Grants secured from the National Lottery Community Fund (£18.5k) and St James Place (£2.5k).
- Ability strengthened to submit greater volume of applications in the future by improving the systems and identifying volunteers and paid support.
- Second member of staff joined us in early February on a 6 months contract, subsequently made permanent.
- Committed to be a living wage employer.
- New CRM, accounting systems and Team collaboration platform introduced and integrated into normal working practices.
- Office upgraded to better accommodate more staff and volunteers comfortably within our main office space.

**Volunteer highlights:**

- Two volunteers credited their experience with us as instrumental in securing new positions.
- A volunteer increased from one to two days, feeling supported with adjustments made to accommodate their visual and hearing impairments.
- The new charity assistant role enabled a regular volunteer and missionee to evolve their role to include more web editing and building, boosting their skills and job satisfaction.

**The difference our work has made...**

**Awareness:**

Awareness of the illness has been raised amongst thousands of people, reducing the isolation felt by those impacted. Thousands also became aware of the far-reaching importance of mito research and its benefits and implications to millions.

**Support:**

Support we funded increased a sense of community and belonging, improved mental health, peer support and practical help and information to our beneficiaries.

		<p><b>Research:</b> Through expanding our research work to encompass forging partnerships, advocacy and lobbying we are able to inspire mitochondrial research and awareness of its importance.</p> <p>Our award to The Lily Foundation enabled an additional project to be funded through their 2023/24 research call than would have otherwise happened.</p> <p>Through their involvement in both fundraising and decision-making, our research awards empowered our missionees, in knowing they make a positive difference.</p>
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### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

### Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p><b>We ended 2024 with £38,652.34 in the bank.</b></p> <p><b>Our reserves are 10k and we have designated £20k to cover the costs for our Meet Up event in October. Should we secure the funding for the Meet Up, it will be redesignated to one of the many projects we wish to pursue.</b></p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p><b>According to policy, reserves were reviewed in May 2024 and increased to £10k which equates to approximately 12 weeks' worth of unrestricted expenditure.</b></p>

		<b>This will help My Mito Mission to withstand a number of scenarios including a sustained increase in inflation combined with a fall in income, to provide the capability for trustees to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and cover staffing costs. My Mito Mission has very few recurring ongoing costs over and above staffing, with levels of expenditure determined by income banked through previous fundraising. All reserves over and above this retained amount are designated to charitable activities.</b>
Amount of reserves held	Para 1.22	<b>£30k</b>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>Our principal source of funding remains publicly raised donations and fundraising. This is either through our own, our missions' or our supporter's efforts.</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	<b>Our Business Plan identifies several principle risk areas to mitigate as far as possible:</b> <ul style="list-style-type: none"> <li>• <b>Inability to keep pace with continual growth.</b></li> <li>• <b>Reliance on our Chair's voluntary full-time CEO role.</b></li> <li>• <b>Outgrowing our donated office space.</b></li> </ul>
Other		

### **Structure, Governance and Management**

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Trust Deed</b>

How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Charitable Trust</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Appointed by resolution of the existing Trustees at a Special Meeting</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	My Mito Mission
Other name the charity uses	
Registered charity number	1176616
Charity's principal address	Registered Address: 44d Long Ridge, Brighouse, HD6 3RZ  Office Address: c/o KT Hydraulics, Gannex Park, Dewsbury Road, Elland, HX5 9AF

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

No.	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	<b>Christopher Appleby</b>			
2	<b>Christine Beal</b>	<b>Chair</b>		
3	<b>Amanda Caldwell</b>			
4	<b>Bethany Ellis</b>	<b>Treasurer</b>		
5	<b>Dr Martin Haigh MBE</b>		<b>15<sup>th</sup> July 2024</b>	
6	<b>Francesca Sevilla-Rebelderia</b>			
7				

8				
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

### Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### 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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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Christine Beal	Beth Ellis
<b>Position (eg Secretary, Chair, etc)</b>	Chair	Treasurer

<b>Date</b>	
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**MY MITO MISSION**

England & Wales - Charity number 1176616

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# Accounts

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

My Mito Mission	No (if any)
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**CC16a**

## Receipts and payments accounts

For the period from	01/01/2023	To	31/12/2023
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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>					
Grants		10,500	-	10,500	-
Fundraising & Donations	78,658	-	-	78,658	-
Event income	19,413	-	-	19,413	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>98,071</b>	<b>10,500</b>	<b>-</b>	<b>108,571</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>98,071</b>	<b>10,500</b>	<b>-</b>	<b>108,571</b>	<b>-</b>
<b>A3 Payments</b>					
Support Costs	2,752	10,000	-	12,752	-
Awareness Costs	10,965	-	-	10,965	-
Staffing Costs	26,703	-	-	26,703	-
Fundraising Costs	7,525	-	-	7,525	-
Other Admin/Insurance etc	4,149	-	-	4,149	-
Event costs	9,639	-	-	9,639	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>61,733</b>	<b>10,000</b>	<b>-</b>	<b>71,733</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>61,733</b>	<b>10,000</b>	<b>-</b>	<b>71,733</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>36,338</b>	<b>500</b>	<b>-</b>	<b>36,838</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>28,582</b>	<b>-</b>	<b>-</b>	<b>28,582</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>64,920</b>	<b>500</b>	<b>-</b>	<b>65,420</b>	<b>-</b>

The above cash funds include designated funds and cash reserves for 2024 as detailed in Annual Report

# 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>	Bank	64,870	500	-
	Cash in Hand	50	-	-
		-	-	-
	<b>Total cash funds</b>	<b>64,920</b>	<b>500</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	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
	Christine Beal	24/04/2024



## Trustees' Annual Report for the period

From 1<sup>st</sup> January 2023 to 31<sup>st</sup> December 2023

Charity name: My Mito Mission

Charity registration number: 1176616

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p><b>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</b></p> <p><b>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</b></p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>For <i>everyone</i> with mito:</b></p> <p><b>Support, Education &amp; Practical Advice by means of:</b></p> <p><b>The use and awarding of funds for</b></p> <ul style="list-style-type: none"><li>• Research - to increase hopes of treatments and a cure</li><li>• Support - to reduce isolation and bring validation</li><li>• Awareness - to gain equity in mito's recognition, support and care.</li></ul> <p><b>The provision of</b></p> <ul style="list-style-type: none"><li>• Website – Directory/Information</li><li>• Social Media/PR</li><li>• Events</li><li>• Promotional materials</li><li>• Merchandise</li><li>• Volunteering Opportunities</li></ul> <p><b>For <i>those with mito who wish</i>, all the above PLUS ...</b></p>

		<ul style="list-style-type: none"> <li>• Provision of and support to run an individual 'Mission' – a personalised 'mini charity' under our umbrella through which they can raise awareness, funds for research and gain understanding and support from those around them</li> <li>• Missionees Meet Up Weekend</li> <li>• Missionees Zoom Meetings</li> <li>• Missionees Facebook Group</li> <li>• Missionees WhatsApp Group</li> <li>• Missionees Counselling Service</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>We aim to award a minimum of 50% of our publicly raised funds to research through The Lily Foundation, the largest UK mito charity, in order to benefit from their established processes and expertise in:</p> <ul style="list-style-type: none"> <li>• ensuring the quality of research bids</li> <li>• ascertaining what the wider mito community wants by way of research and support.</li> </ul> <p>We continue to involve our missionees in the decisions of what we fund.</p> <p>We will remain open to alternative options and keep this decision under annual review.</p>
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Contributions made by volunteers in both assisting operating our charity and helping with awareness events and fundraising continue to be invaluable. Without our volunteer workforce the amount of activity we do would have to be significantly reduced in order to still deliver our key objectives.</p> <p>Volunteer contribution enables such as events to be run, ebay and merchandise sales, social media output, partnership engagement. Time commitments from our volunteers ranges from a few hours ad hoc to full time.</p>

Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>In 2023, in consultation with our missionees, we switched from awarding grant funding in the Spring to 'front loading' The Lily Foundation (TLF)'s grants fund in Autumn. In this way, we enable additional research rather than 'replace' Lily funding, as such.</b></p> <p><b>We have committed £50k to award to the 2023/24 research call. This augments TLF's £200k to £250k. Bids were invited in September 2023, awards to be finalised Spring 2024 and payable August 2024.</b></p> <p><b>We achieved our second support weekend for our missionees in mid-October 2023 and a grant to support it of £10k from the National Lottery Community Fund. 64 people impacted by mito came together from all over the UK.</b></p> <p><b>Special guests scientist Prof. Kostas Tokatlidis and Fara Van der Schans attended to talk about mitochondrial research advances. Prof. Grainne Gorman, Dr. Yi Ng and Dr. Renae Stefanetti presented a medical workshop. We also had a bereavement workshop, crafting projects, professional photos, petting/therapy animals and holistic therapy treatments. This year, we were delighted to also include a bespoke counselling service, by a qualified counsellor with personal experience of coping with a mito diagnosis. 8 people undertook a 'taster' session over the weekend, extended for some beyond. We will apply for grant funding to create a counselling pilot scheme in 2024.</b></p> <p><b>9 new missions joined us from England and Scotland.</b></p> <p><b>We made our Charity Manager position into a permanent role after the original one-year contract ended in March. Despite the additional capacity enabled by this role, the growth of the charity still brings a substantial reliance on our voluntary CEO and leaves gaps in our capacity to achieve all we wish. The trustees committed to a new temporary 6-</b></p>

months post – Charity Assistant - in the new year to address this issue with hopes to secure grant funding to support the role longer-term.

We gratefully settled into our donated office space at KT Hydraulics in Elland. It became apparent that with more staff and volunteer posts planned in the future, we need to upgrade our allocated space to accommodate more people comfortably, or reluctantly source a new home. The MD confirmed the arrangement was sound for the long term and gave permission for upgrade work. Our large storage cupboards were moved into shared small office next door and plans made to invest in upgraded furniture and office equipment in our dedicated large office. Grant bid made to local Masons to financially support this project.

We completed our Business Plan and Financial Forecasts with some professional local support. These will be invaluable for future planning, decision-making and grant applications.

Substantial research was undertaken about the following new systems:

- Customer Relationship Management / Database
- Internal Organisation / Planning
- Financial Accounting

... in order to assess which would best suit our needs going forward. These will be implemented in the new year and dramatically improve our record keeping and data analysis. In turn, this will increase our efficiency and ability to withstand growth.

A large body of work was completed in order to transfer our website to an alternative webhost. This had become increasingly urgent due to the website size exceeding capacity limits and causing technical delays and errors, and resulting in our Charity Manager's time being regularly compromised. Our new (pro bono) webhost now takes on this aspect, freeing up the CMs time.

We increased our partnership working and building including:

- Further Rotary and other talks by our Chair and attendance for the first time to the Rotary District Conference in Scarborough

- Forging links with Huddersfield University including a Public Lecture jointly with Prof. Michael Ginger in October
- Further working with Aspire Biosciences in conjunction with The Lily Foundation and eminent mito researcher Antonella Spinnazzola to forge links with more research organisations.
- Our second online collaboration with The Wellcome Centre for Mitochondrial research in their 'Twitter Takeover' for World Mito Week.
- Corporate networking, principally with SAM Networking group leading to donated goods and services from office chairs to a new printer, events participation and possible new grant funding opportunities.
- Participation for the first time in the Newcastle Specialist Clinic's Patient Information Day. Whilst this unfortunately clashed with our Meet Up, we were able to submit a video, leaflets and appropriate giveaways for attendees.

We held our first charity ball themed 'T'Yorkshire Ball' in April with 240 attendees and raising £10k.

My Mito Mission also runs our founding mission, Emma's Mito Mission (EMM). EMM repeated its success at Brighthouse Gala and Brodstock Music Festival. For the first time, we took part in the latter's big raffle - raising £1k in ticket sales.

We re-established The Big Push for Mito event to tie in with World Mito Week and again were instrumental in lighting up buildings green for World Mito Week in September and joining in the worldwide campaign highlighting the condition.

We completed our Marketing Plan as part of our Business Plan. To increase our social media presence, we have formulated a plan which doubles posting to around 4 / 5 a day on both facebook and Instagram and introducing regular X (Twitter) posts for the first time. Our LinkedIn presence is very weak and needs addressing.

We launched a 'MitoTed on a Mission' campaign as part of our 'Mito Matters to Millions' message.

		<p><b>We achieved our first year with income exceeding £100k. This was largely due to our increased events, grants and mission activity levels – with 5 missions (including centrally run Emma’s) raising £55k+ between them.</b></p> <p><b>As a result of our activities:</b></p> <ul style="list-style-type: none"> <li>• <b>awareness of the illness was raised amongst thousands of people, reducing the isolation felt by those impacted. Thousands also became more aware of the importance of mito research and its benefits and implications to millions.</b></li> <li>• <b>the support we funded brought increased peer support, a sense of community and belonging and practical information to our beneficiaries impacted by the illness.</b></li> </ul>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>We ended 2023 with £65,332 in the bank.</p> <p>Aside from reserves of £6.7k for ongoing expenses (as below), we have designated £50k to research. A balance of around £9k is left towards funding more support and awareness projects this year.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Trustees discussed reserves at their April 2023 meeting and confirmed a retained level of £6.7k, which equates to approximately 12 weeks' worth of unrestricted expenditure. This will help My Mito Mission to withstand a number of scenarios including a sustained increase in inflation combined with a fall in income, to provide the capability for trustees to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and cover staffing costs. My Mito Mission has very few recurring ongoing costs, with levels of expenditure determined by income banked through previous fundraising. All reserves over and above this retained amount are designated to charitable activities.</p>
Amount of reserves held	Para 1.22	<b>£56.7k</b>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Our principal source of funding remains publicly raised donations and fundraising. This is either through our own, our missions' or our supporter's efforts. These funds were raised for the purpose of increasing awareness, research and support and it is therefore imperative for us to keep as much of these funds as possible for this direct purpose and to fulfil our charity objects.</p> <p>Our continued growth means that we need to spend more on charity infrastructure eg increased staffing, improved systems, training, expertise etc. We completed a large body of work to create a business plan to support funding bids which could bring in such core</p>
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		<p>funding. We also continue to put time and effort into building Corporate support which may assist with core costs.</p> <p>2022 saw us receive a small grant of £500 from the Marsh Charitable Trust for this purpose, as the first step to this aim. We also received £10,000 from The National Lottery Community Fund to support our second annual 'My Mito Meet Up'.</p> <p>These two grants increased our grants income from 2.6% of the total income in 2022, to 9.67% in 2023.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	<p><b>Our Business Plan identified several high-risk areas for our sustainability:</b></p> <ul style="list-style-type: none"> <li>- <b>Not having foundations in place to support our continual growth. Threat of current staff 'burnout'. To mitigate this, we are seeking funding for core costs, introducing a temporary Charity Assistant post and increasing our volunteer force.</b></li> <li>- <b>Reliance on our Chair's voluntary full-time CEO role. Mitigation as above.</b></li> <li>- <b>Outgrowing our office space. To mitigate this we secured expansion approval at the current donated premises, and subsequently applied for grant funding.</b></li> </ul>
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Trust Deed</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Charitable Trust</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Appointed by resolution of the existing Trustees at a Special Meeting</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	My Mito Mission
Other name the charity uses	
Registered charity number	1176616
Charity's principal address	Registered Address: 44d Long Ridge, Brighouse, HD6 3RZ Office Address: c/o KT Hydraulics, Gannex Mills, Dewsbury Road, Elland, HX5 9AF



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### 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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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

--



### Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Christine Beal	Beth Ellis
<b>Position (eg Secretary, Chair, etc)</b>	Chair	Treasurer
<b>Date</b>	1 <sup>st</sup> May 2024	



Section A Independent Examiner's Report

Report to the trustees

Charity Name MY MITO MISSON

On accounts for the year ended

31.12.2023 Charity no (if any) 1176616

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, 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 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did not accord with the accounting records; or
the accounts did 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.

\* Please delete the words in the brackets if they do not apply.

Signed: PJ Wild.

Date: 3.9.2024

Name: PHILIPPA JANE WILD

Relevant professional qualification(s) or body

ASSOCIATION OF ACCOUNTING TECHNICIANS

(if any):

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Address:

7, CLOSE LEA WAY, RASTRICK
----------------------------

BRIGHOUSE
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HD 6 3 D F
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**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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**MY MITO MISSION**

England & Wales - Charity number 1176616

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# Accounts

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

My Mito Mission

No (if any)

## Receipts and payments accounts

CC16a


For the period from	1st January 2022	To	31st December 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>					
Grants		1,670	-	1,670	-
Fundraising & Donations	61,877	-	-	61,877	34,441
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>61,877</b>	<b>1,670</b>	<b>-</b>	<b>63,547</b>	<b>34,441</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>61,877</b>	<b>1,670</b>	<b>-</b>	<b>63,547</b>	<b>34,441</b>
<b>A3 Payments</b>					
Research Awards	40,000	-	-	40,000	-
Support Costs	7,266	670	-	7,936	160
Awareness Costs	12,007	1,000	-	13,007	4,373
Staffing Costs	18,639	-	-	18,639	-
Fundraising Costs	2,538	-	-	2,538	2,990
Other / Admin ie insurance etc	3,037	-	-	3,037	1,321
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>83,487</b>	<b>1,670</b>	<b>-</b>	<b>85,157</b>	<b>8,844</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>83,487</b>	<b>1,670</b>	<b>-</b>	<b>85,157</b>	<b>8,844</b>
<b>Net of receipts/(payments)</b>	<b>- 21,610</b>	<b>-</b>	<b>-</b>	<b>- 21,610</b>	<b>25,597</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>50,192</b>	<b>-</b>	<b>-</b>	<b>50,192</b>	<b>24,595</b>
<b>Cash funds this year end</b>	<b>28,582</b>	<b>-</b>	<b>-</b>	<b>28,582</b>	<b>50,192</b>

The above cash funds include designated funds and cash reserves for 2023 as detailed in Annual Report

## 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>28,582</b>	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Christine Beal	08/09/2023



## Trustees' Annual Report for the period

January 2022 to December 2022

Charity name: My Mito Mission

Charity registration number: 1176616

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p><b>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</b></p> <p><b>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</b></p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>For <i>everyone</i> with mito:</b></p> <p><b>Support, Education &amp; Practical Advice by means of:</b></p> <p><b>The granting of funds for</b></p> <ul style="list-style-type: none"><li>• <b>Research - to increase hopes of treatments and a cure</b></li><li>• <b>Support - to reduce isolation and create and build peer support</b></li><li>• <b>Awareness - to reduce isolation and gain equity in mito's recognition, support and care.</b></li></ul> <p><b>The provision of</b></p> <ul style="list-style-type: none"><li>• <b>Website – Directory/Information</b></li><li>• <b>Social Media/PR</b></li><li>• <b>Events</b></li><li>• <b>Promotional materials</b></li><li>• <b>Merchandise</b></li></ul> <p><b>For those with mito who wish, all the above PLUS ...</b></p>

		<ul style="list-style-type: none"> <li>• Provision and support to run an individual 'Mission'</li> <li>• Missionees Meet Up Weekend</li> <li>• Missionees Zoom Meetings</li> <li>• Missionees Facebook Group</li> <li>• Missionees WhatsApp Group</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p><b>We continue to consider it prudent to grant our funding through The Lily Foundation in order to benefit from their established processes and expertise in:</b></p> <ul style="list-style-type: none"> <li>• ensuring the quality of research bids</li> <li>• ascertaining what the wider mito community wants by way of research and support.</li> </ul> <p><b>We continue to involve our missionees in the decision of what we fund.</b></p> <p><b>We will remain open to alternative options and keep this decision under annual review.</b></p>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<p><b>Contributions made by volunteers in both assisting operating our charity and helping with awareness events and fundraising continue to be invaluable. Without our volunteer workforce the amount of activity we do would have to be significantly reduced in order to still deliver our key objectives.</b></p> <p><b>Volunteer contribution enables such as events to be run, ebay and merchandise sales, social media output, partnership engagement – with time commitments from our volunteers ranging from one day per fortnight to full time.</b></p>
Other		

## Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p><b>In 2022, we were at last able to grant £40k of designated funds to research (after a delay due to the pandemic) ... raising the potential for treatments and a cure. £20k to the Emerald Pilot Study for an assisted listening device for adult patients. £20k to study of potential treatment for Mitochondrial DNA Depletion &amp; Deletions Syndrome.</b></p> <p><b>We achieved our first support weekend for our missionees in October 2022. 43 people impacted by mito came together from all over the UK. Special guest scientist Prof. Kostas Tokatlidis attended to talk about mitochondrial research advances.</b></p> <p><b>8 new missions joined us. 1 new London-based trustee came on board with personal experience of losing a loved one to mito and significant expertise to offer.</b></p> <p><b>We employed our first member of staff on a one-year contract in March 2022, substantially reducing the risk of reliance on our voluntary CEO and improving our sustainability.</b></p> <p><b>The charity was offered donated office space at KT Hydraulics in Elland and moved in September 2022. The facility includes a single office with two workstations, use of canteen, meeting rooms and some storage.</b></p> <p><b>We increased our partnership working and building including:</b></p> <ul style="list-style-type: none"> <li>• <b>Rotary and other talks by our Chair</b></li> <li>• <b>Forging links with Huddersfield University</b></li> <li>• <b>Working with Aspire Biosciences in conjunction with The Lily Foundation and eminent mito researcher Antonella Spinnazzola to forge links with research organisations.</b></li> <li>• <b>An online collaboration with The Wellcome Centre for Mitochondrial research in their 'Twitter Takeover'.</b></li> </ul> <p><b>The end to covid restrictions saw everyone able to get 'out and about' again raising awareness and funds and our flow of income improved as a result. We organised a high profile abseil event and raised around £11k as well as reaching new audiences about our mission. We attended events locally to</b></p>

		<p>improve our charity/the illness profile - including first time at Brighthouse Gala and Brodstock Music Festival.</p> <p>We improved our Marketing and PR including our social media planning and output, leaflets, website including the directory and merchandise and online shop.</p> <p>We increased our effectiveness in getting across the 'Mito Matters to Millions' message and were delighted to liaise with eminent members of the worldwide scientific community as one of the ways we achieved this.</p> <p>We were instrumental in lighting up buildings green for World Mito Week in September and joining in the worldwide campaign highlighting the condition.</p> <p>We applied for and achieved our first ever incoming grants. One from Arnold Clarke for £1k to purchase a branded gazebo. A second £0.67k contribution from The Rank Foundation to our support weekend.</p> <p>As a result of our activities:</p> <ul style="list-style-type: none"> <li>• awareness of the illness was raised amongst thousands of people, reducing the isolation felt by those impacted. Thousands also became more aware of the importance of mito research and its benefits and implications to millions.</li> <li>• The research projects we funded bring additional hope to all those affected.</li> <li>• The support we funded brought increased peer support, a sense of community and belonging and practical information to our beneficiaries impacted by the illness.</li> </ul>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p><b>We ended 2022 with £28,583 in the bank.</b></p> <p>Aside from reserves of £6.7k for ongoing expenses (as below), we have designated £9k to research awards. A balance of around £12k is left to fund awareness, support and any additional running costs. However, if we do not secure grant funding for our October 2023 Meet Up, it may be needed to fund or part-fund this event.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p><b>Trustees discussed reserves at their April 2023 meeting and confirmed a retained level of £6.7k, which equates to approximately 12 weeks' worth of unrestricted expenditure. This will help My Mito Mission to withstand a number of scenarios including a sustained increase in inflation combined with a fall in income, to provide the capability for trustees to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and cover staffing costs. My Mito Mission has very few recurring ongoing costs, with levels of expenditure determined by income banked through previous fundraising. All reserves over and above this retained amount are designated to charitable activities.</b></p>
Amount of reserves held	Para 1.22	<b>£15.7k</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>N/A</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p><b>The vast majority (97.4%) of our funds in 2022 were publicly raised for the purpose of raising awareness, research and support. It is therefore imperative for us to keep as much of these funds as possible for this direct purpose.</b></p> <p><b>As we continue to grow, we need additional funds to support our internal infrastructure eg increased staffing, improved systems, training, expertise etc. Having a staff member enabled us to apply for grant funding for the first time to support our growth costs and enhance our sustainability. Whilst we were unsuccessful in securing the level of funds we need, we nonetheless achieved our first grants, representing 2.6% of our 2022 income.</b></p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	<p><b>Lack of capacity is our greatest risk. Whilst reduced due to the employment of our Charity Manager in March, there is still significant reliance on volunteers, especially the full-time voluntary CEO role of our Chair, whose ability to continue in the role is limited due to age. The growth of the charity means our staff are struggling to cope with the workload and we are aware we need to address this issue as we grow even more.</b></p>
Other		

### Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Trust Deed</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b>Charitable Trust</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Appointed by resolution of the existing Trustees at a Special Meeting</b>

**Additional information (optional)**

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

**Reference and Administrative details**

Charity name	
Other name the charity uses	
Registered charity number	
Charity's principal address	

**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	Christopher Appleby			
2	Christine Beal	Chair		
3	Amanda Caldwell			
4	Bethany Ellis	Treasurer		
5	Francesca Sevilla-Rebelderia		13 <sup>th</sup> April 2022	
6	Graham Wright			
7				
8				
9				
10				
11				
12				
13				
14				

15				
16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

Director name		

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	

**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

**Additional information (optional)**

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

**Type of adviser      Name                                      Address**

Type of adviser	Name	Address

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

--

**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

--

**Other optional information**



--

**Declarations**

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

Signed on behalf of the charity's trustees

Signature(s)

	
---	---

Full name(s)

Christine Beal	Beth Ellis
----------------	------------

Position (eg Secretary, Chair, etc)

Chair	Treasurer
-------	-----------

Date

5 <sup>th</sup> July 2023
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Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name MY MITO MISSION

On accounts for the year ended

31.12.2022

Charity no (if any)

1176616

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD/MM/YYYY.

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 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

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

\* Please delete the words in the brackets if they do not apply.

Signed: PJWild

Date: 8.9.2023

Name: PHILIPPA JANE WILD

Relevant professional qualification(s) or body (if any):

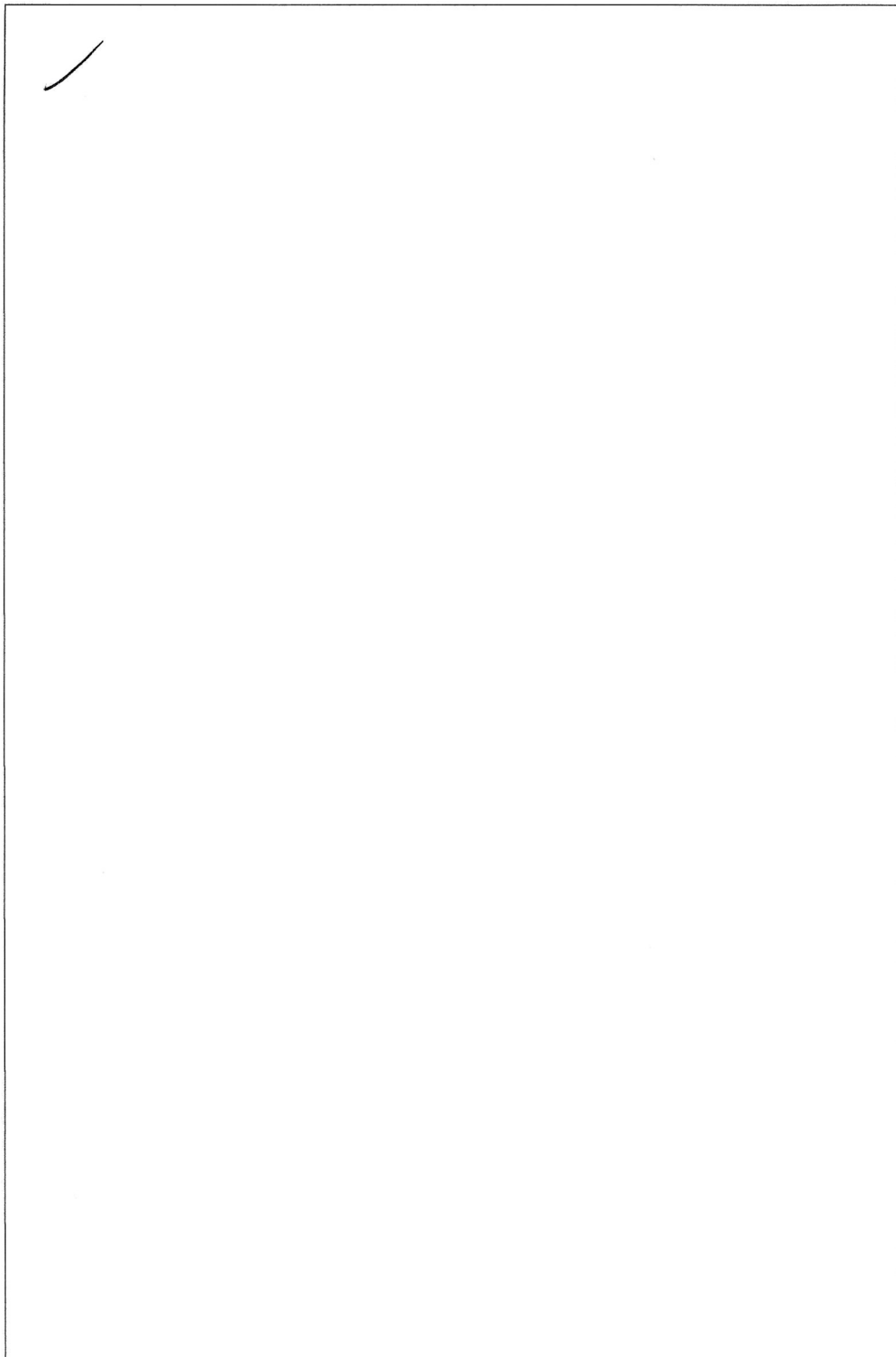
ASSOCIATION OF ACCOUNTING TECHNICIANS

Address:

7, CLOSE LEA WAY, RASTRICK, BRIGHOUSE HD6 3DF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

A large empty rectangular box for disclosure, with a small handwritten mark in the top left corner.

**MY MITO MISSION**

England & Wales - Charity number 1176616

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# Accounts

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

**My Mito Mission**

**1176616**

**CC16a**

**Receipts and payments accounts**

For the period from	1st January 2021	To	31st December 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>					
Fundraising & Donations	34,441	-	-	34,441	17,572
Single Donation	-	-	-	-	10,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>34,441</b>	<b>-</b>	<b>-</b>	<b>34,441</b>	<b>27,572</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>34,441</b>	<b>-</b>	<b>-</b>	<b>34,441</b>	<b>27,572</b>
<b>A3</b>					
Research Grants	-	-	-	-	23,237
Awareness Costs	4,373	-	-	4,373	5,256
Support Costs	160	-	-	160	136
Fundraising Costs	2,990	-	-	2,990	400
Other ie Admin, Insurance etc	1,321	-	-	1,321	685
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>8,844</b>	<b>-</b>	<b>-</b>	<b>8,844</b>	<b>29,714</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>8,844</b>	<b>-</b>	<b>-</b>	<b>8,844</b>	<b>29,714</b>
<b>Net of receipts/(payments)</b>	<b>25,597</b>	<b>-</b>	<b>-</b>	<b>25,597</b>	<b>2,142</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>24,595</b>	<b>-</b>	<b>-</b>	<b>24,595</b>	<b>26,737</b>
<b>Cash funds this year end</b>	<b>50,192</b>	<b>-</b>	<b>-</b>	<b>50,192</b>	<b>24,595</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))	Agreement Error	OK	OK

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

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

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

Categories	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



## Trustees' Annual Report for the period 1<sup>st</sup> January - 31<sup>st</sup> December 2021

Charity name: My Mito Mission

Charity registration number: 1176616

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p><b>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</b></p> <p><b>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</b></p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>Our website continues to serve as a valuable resource for:</b></p> <ul style="list-style-type: none"><li>- <b>those affected by mitochondrial disease who can be signposted to many sources of information and support</b></li><li>- <b>the general public who may learn more about the illness</b></li></ul> <p><b>Our principal activities to date undertaken for the public benefit are:</b></p> <ul style="list-style-type: none"><li>- <b>educating the public by means of handing out literature, social media and through publicity about mitochondrial disease</b></li><li>- <b>enabling affected families to have localised 'missions' to reduce isolation, empower them to feel a part of the solution towards finding treatments and a cure and be part of an understanding network, together raising awareness and funds for research benefiting all affected.</b></li><li>- <b>the granting of funds to increase research to find treatment and cures for everyone impacted by mitochondrial disease, and support.</b></li></ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p><b>The trustees have had regard to the guidance issue by the Charity Commission on public benefit.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>This year, we continue to consider it prudent to grant fund through The Lily Foundation in order to benefit from their established processes of:</p> <ul style="list-style-type: none"><li>- ensuring the worthiness of research bids</li><li>- ascertaining what the mito community itself wants in the way of research and support</li></ul> <p>We will remain open to alternative options and keep this decision under annual review.</p>
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<p>Contributions made by volunteers in both fundraising and assisting operating our charity continue to be invaluable, given we do not employ any staff.</p>
Other		

### Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In previous years we granted funding through the leading charity for mitochondrial disease, The Lily Foundation (TLF) to various projects such as research, studies and activities supporting those with mitochondrial disease and their families.</p> <p>However in 2021, we were unable to do so, because the continuing pandemic has prevented the vast majority of research and support projects to go ahead. We are hopeful that 2022 will see us able to re-establish our grant funding.</p> <p>We hosted a Monthly Raffle via Facebook (licensed with the Small Societies Lottery through our local council) which ran from January to July which generated £6,210 income, with an expenditure of £1,990 (which was all spent on the cash prizes, leaving a profit of £4,220.</p>

		<p><b>One of our missions, continued with their weekly tombola stall at their local market which, despite Covid restrictions earlier in the year, raised over £3,500.</b></p> <p><b>We have tripled our eBay income from 2020, generating £2.2k of sales of donated goods from our supporters.</b></p> <p><b>In April, we introduced a regular donation scheme via GoCardless where charity supporters can set up monthly direct debits. 5 people have signed up and have ambitions to promote the scheme further in 2022.</b></p> <p><b>During World Mitochondrial Disease Awareness Week, we ran a ‘Light Up For Mito’ campaign to complement the one ran by the International Mito Patients (IMP). Around 1,200 used our Facebook Frames which raised awareness of Mito and My Mito Mission. We sold branded candles and managed some celebrity endorsement by sending our candles and requests to contribute.</b></p> <p><b>10 JustGiving Fundraising Events were set up in 2021, raising over £3.7k from 190 donors. These events ranged from Runs/Marathons to Sponsored Litter Picks to Head Shaves. £3.7k was also donated to our Missionee’s JustGiving pages, making our JustGiving Income £7.4k in 2021.</b></p> <p><b>The charity launched a further 2 localised missions centred around an individual mito sufferer - empowering their families, friends and communities to raise awareness and funds for research to the extent they wish, and are able. Despite the limitations of the ongoing pandemic, income from missions (excluding the original, Emma’s) has risen from £3k in 2020 to £11.8k in 2021.</b></p> <p><b>We have continued to facilitate and encourage liaison and support between our missionees. Our voluntary CEO started hosting monthly zoom meetings for the missionees which in itself gives support to those affected by the condition.</b></p> <p><b>Due to the tremendous voluntary support we receive, our annual administration expenses have been kept below 5% of outgoings at 3.7%. All other outgoings have been for</b></p>
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		<p>either awareness-raising, support or research as per our objects. The percentage breakdown of our expenditure to date is now added to our website to enable the public to see where their donations and fundraising go.</p> <p>Due to being unable to contribute to a research projects in 2021, our outgoings were mostly dedicated to raising awareness, fund generating and administrative costs.</p>
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### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

### Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>We began the year with £24,585.47 in the bank and ended with £50,192.06</p> <p>£20k of the opening balance was designated to research during 2020. This would normally have been granted in Summer 2021 but due to the pandemic, and the stalling of research during this time, bids could not be invited in</p>
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		<p>Autumn 2020. Therefore, these funds will carry over into 2022.</p> <p>This year's income was £34,451.03 and outgoings £8,844.44 making additional cash funds this year of £25,606.59.</p> <p>We were pleased to see this upturn in income in 2021. It has enabled us to designate a further £20k to research, making a total of £40k to be allocated to projects which come forward in Spring 2022.</p> <p>This therefore leaves approximately £10k in undesignated funds going into 2022.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>We do not have a reserves policy because we do not consider that our financial position requires one at this time.</p> <p>We have designated £40k for research grants in 2022, leaving £10k which we consider to be enough to support ongoing costs and any other projects we may wish to action.</p>
Amount of reserves held	Para 1.22	None – but £40k designated funds as above
Reasons for holding zero reserves	Para 1.22	<p>We have only very minor monthly operating costs and expenditure to which we are committed. We feel confident that our fundraising ability and established fundraising streams ensure these will be easily covered.</p> <p>We would not grant out funding which would take us anywhere near a nil balance and would review and reduce funds designated to research should this be necessary.</p>
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

#### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Our usual, principal sources of funding were badly impacted by the ongoing covid-19 pandemic – specifically, fundraising from events and public donation through collections.</p> <p>We felt unable to plan our own big events due to the uncertainty surrounding Covid safety</p>
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		<p>and regulations, and other missions as well as supporters were also affected by this.</p> <p>Our biggest streams of income were JustGiving (£7.4k), the Monthly Raffle (£6.2k), events ran by our Missionees (£6.4k), Facebook Fundraisers (£2.5k) and eBay (£2.3k)</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	The principal risk remains our reliance of the Chair's voluntary time in a 'CEO' type role to move the charity forward.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Trust
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appoint any new trustees as per Trust Deed document

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	

The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	<b>My Mito Mission</b>
Other name the charity uses	<b>None</b>
Registered charity number	<b>1176616</b>
Charity's principal address	<b>44d Long Ridge Brighouse West Yorkshire HD6 3RZ</b>

### 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	<b>Christine Beal</b>	<b>Chair</b>		
2	<b>Joanna Flynn</b>	<b>Secretary</b>		
3	<b>Bethany Ellis</b>	<b>Treasurer</b>		
4	<b>Sophie Whittaker</b>			
5	<b>Christopher Appleby</b>			
6	<b>Amanda Caldwell</b>			

### Corporate trustees – names of the directors at the date the report was approved

Director name		

### Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	


**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

**Additional information (optional)**

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

**Type of adviser      Name      Address**


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

--

**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

None
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**Other optional information**

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# Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Christine Beal	Bethany Ellis

Position (eg Secretary, Chair, etc)	Chair	Treasurer
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Date 28.10.2022



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name MY MITO MISSION

On accounts for the year ended

31/12/2021

Charity no (if any)

1176616

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2021

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 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

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

\* Please delete the words in the brackets if they do not apply.

Signed:

PJwild.

Date:

13.10.2022

Name:

PHILIPPA JANE WILD.

Relevant professional qualification(s) or body (if any):

ASSOCIATION OF ACCOUNTING TECHNICIANS.

Address:

7, CLOSE LEA WAY, RASTRICK, HD6 3DF.

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

A large, empty rectangular box with a thin black border, intended for the user to provide details of items to disclose. There is a small, faint handwritten mark in the top-left corner of the box.

**MY MITO MISSION**

England & Wales - Charity number 1176616

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# Accounts

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

My Mito Mission

1176616

## Receipts and payments accounts

CC16a

For the period from	1st January 2019	To	31st December 2019
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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>					
	27,572.63	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	27,572.63	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	29,714.57	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	29,714.57	-	-	-	-
<b>Total payments</b>	29,714.57	-	-	-	-
<b>Net of receipts/(payments)</b>	-2,141.94	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	-2,141.94	-	-	-	-

## 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>-2,141.94</b>	-	-
	<small>(agree balances with receipts and payments account(s))</small>	<small>OK</small>	<small>OK</small>	<small>OK</small>


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

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

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

Categories	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
	CHRISTINE BEAL	19.10.2021



Section A

Independent Examiner's Report

Report to the trustees/ members of

My Mito Mission

On accounts for the year ended

2020

Charity no (if any)

1176616

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 2019. 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").

Independent examiner's statement

I report in respect of my examination of the Trust'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 Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

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

\* Please delete the words in the brackets if they do not apply.

Signed: PJwild.

Date: 19.10.2021

Name: PHILIPPA JANE WILD.

Relevant professional qualification(s) or body (if any):

ASSOCIATION OF ACCOUNTING TECHNICIANS (A.A.T)

Address:

7, CLOSE LEA WAY, RASTRICK BRIGHOUSE, WEST YORKSHIRE HD6 3DF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A



**Trustees' Annual Report for the period 1<sup>st</sup> January - 31<sup>st</sup> December 2020**

**Charity name: My Mito Mission**

**Charity registration number: 1176616**

**Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p><b>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</b></p> <p><b>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</b></p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>Our website continues to serve as a valuable resource for:</b></p> <ul style="list-style-type: none"> <li>- those affected by mitochondrial disease who can be signposted to many sources of information and support</li> <li>- the general public who may learn more about the illness</li> </ul> <p><b>Our principal activities to date undertaken for the public benefit are:</b></p> <ul style="list-style-type: none"> <li>- educating the public by means of handing out literature, social media and through publicity about mitochondrial disease</li> <li>- enabling affected families to have localised 'missions' to raise awareness and funds for research</li> <li>- the granting of funds to increase support and research to find treatment and cures for everyone impacted by mitochondrial disease</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance issue by the Charity Commission on public benefit.</b>

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
		<b>This year, we have considered it prudent to</b>

Policy on grant making	Para 1.38	<p>continue to grant fund through The Lily Foundation in order to benefit from their established processes of:</p> <ul style="list-style-type: none"> <li>- ensuring the worthiness of research bids</li> <li>- ascertaining what the mito community itself wants in the way of research and support</li> </ul> <p>We will remain open to alternative options and keep this decision under annual review.</p>
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<p>Contributions made by volunteers in both fundraising and assisting operating our charity continue to be invaluable, given we do not employ any staff.</p>
Other		

## Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	Para 1.20	<p>We granted £23,237 in August 2020 through the leading charity for mitochondrial disease, The Lily Foundation (TLF) towards a research project in Neuropsychiatric and Brain Imaging of Primary Mitochondrial Disease (expected start date Q1 2021).</p> <p>In addition to the above, in liaison with TLF, we re-allocated £14,000 of funding awarded in 2019 previously designated for the 'Oxford Drug Repurposing' project, as follows:</p> <ul style="list-style-type: none"> <li>- £10,000 – The RUDY Study, a platform to facilitate patient engagement in research. This funding will enable mitochondrial disease patients to be included (expected start date Sept 2020)</li> <li>- £4,000 - Added to the Neuropsychiatric and Brain Imaging of Primary Mitochondrial Disease project, bringing total to £27,237</li> </ul> <p>At the outset of the pandemic, we re-assigned perishable donated goods we could no longer use in tombolas etc into 'Hug Bundles'. Over 30 individuals and families affected by mitochondrial disease received them.</p>

**We created our new website launched in May in line with our re-brand of 2019. It is now considerably more impactful and easier to navigate for the general public, supporters and those impacted by mito. It also enabled us to host an online shop launched in November, selling merchandise.**

**As well as the shop, other new income streams have been developed, in particular online ones:**

- **Shopping commission sites: Amazon Smile & Give As You Live. Small amount generated to date, but large growth potential.**
- **Facebook fundraising was finally enabled in February 2020 and generated £3.6k.**
- **We have developed Ebay and Facebook Marketplace donations and sales – combined these brought in a retail total of £1.1k.**
- **We began running a tombola stall on Brighthouse outdoor market in late September, once pandemic restrictions allowed.**

**We welcomed 3 patrons – Edmund Thornhill, Neil Hurst and Nick Powell from the worlds of business, entertainment and sport respectively.**

**The charity has launched five further localised missions centred around an individual mito sufferer(s) - empowering their families, friends and communities to raise awareness and funds for research to the extent they wish, and are able. Despite the limitations of the pandemic, income from missions (excluding the original, Emma's) has risen from £125 in 2019 to £3k in 2020.**

**Just as importantly, we have facilitated and encouraged liaison and support between our missionees. Friendships are being formed and a sense of empowerment reported by some of those running their own missions from feeling a 'part of the solution'.**

**Due to the tremendous voluntary support we receive, our annual administration expenses**

		<p>have been kept below 5% of outgoings at 3.7%. All other outgoings have been for either awareness-raising, support or research as per our objects. The percentage breakdown of our expenditure to date is now added to our website to enable the public to see where their donations and fundraising go.</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

**Financial Review**

Review of the charity's financial position at the end of the period	Para 1.21	<p>We began the year with £26,187.41 in the bank and ended with £24,585.47.</p> <p>This year's income was £27,572.63 and outgoings £29,174.57 which included £23,343 granted to research and support - as detailed earlier.</p>
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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>We do not have a reserves policy at this time and do not consider that our financial position requires one.</b>
Amount of reserves held	Para 1.22	<b>None</b>
Reasons for holding zero reserves	Para 1.22	<b>We have funds which will already enable us to grant fund next year. We have no expenditure to which we are committed. We will not grant out any funding which would take us anywhere near a nil balance.</b>
Details of fund materially in deficit	Para 1.24	<b>None</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None</b>

### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p><b>Our normal, principal sources of funding were badly impacted by the covid-19 pandemic – fundraising from events and public donation through collections.</b></p> <p><b>Events either organised by ourselves or others were almost all cancelled from March, and huge detrimental effect on collecting cans, sponsored events etc. Having been on track to raise £50k in 2020 the cancellation of most activity meant this was no longer achievable.</b></p> <p><b>As listed previously, we put focus on building new income streams online to help mitigate this. In the event therefore, we were pleased to raise £27.6k.</b></p> <p><b>We are aware that this was largely due to our largest ever single donation of £10k in January 2020, and grateful that this came in a very opportune year when other sources of funds were denied to us.</b></p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	<b>The principal risk remains our reliance of the Chair's voluntary time in a 'CEO' type role to move the charity forward.</b>

Other		
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## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Trust Deed</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Charitable Trust</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Trustees appoint any new trustees as per Trust Deed document</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	<b>My Mito Mission</b>
Other name the charity uses	<b>None</b>
Registered charity number	<b>1176616</b>

Charity's principal address	44d Long Ridge Brighouse West Yorkshire HD6 3RZ

**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	Christine Beal	Chair		
2	Joanna Flynn	Secretary		
3	Bethany Ellis	Treasurer		
4	Sophie Whittaker			
5	Christopher Appleby			
6				

**Corporate trustees – names of the directors at the date the report was approved**

Director name		

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	

**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

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**Additional information (optional)**

**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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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

None
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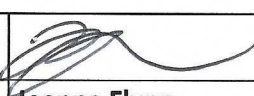
**Other optional information**

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**Declarations**

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Christine Beal	Joanna Flynn

Position (eg Secretary, Chair, etc)	Chair	Secretary
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Date	20 <sup>th</sup> October 2021
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