



CHARITY COMMISSION  
FOR ENGLAND AND WALES

**My Mito Mission**

**1176616**

**Receipts and payments accounts**

**CC16a**

For the period  
from

1st January  
2021

To

31st December  
2021

**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

	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





**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>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.</p> <p>We have tripled our eBay income from 2020, generating £2.2k of sales of donated goods from our supporters.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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</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><b>We began the year with £24,585.47 in the bank and ended with £50,192.06</b></p> <p><b>£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</b></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)**

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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	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: PJ Wild.

Date: 13.10.2022

Name: PHILIPPA JANE WILD.

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

ASSOCIATION OF ACCOUNTING TECHNICIANS.

Address:

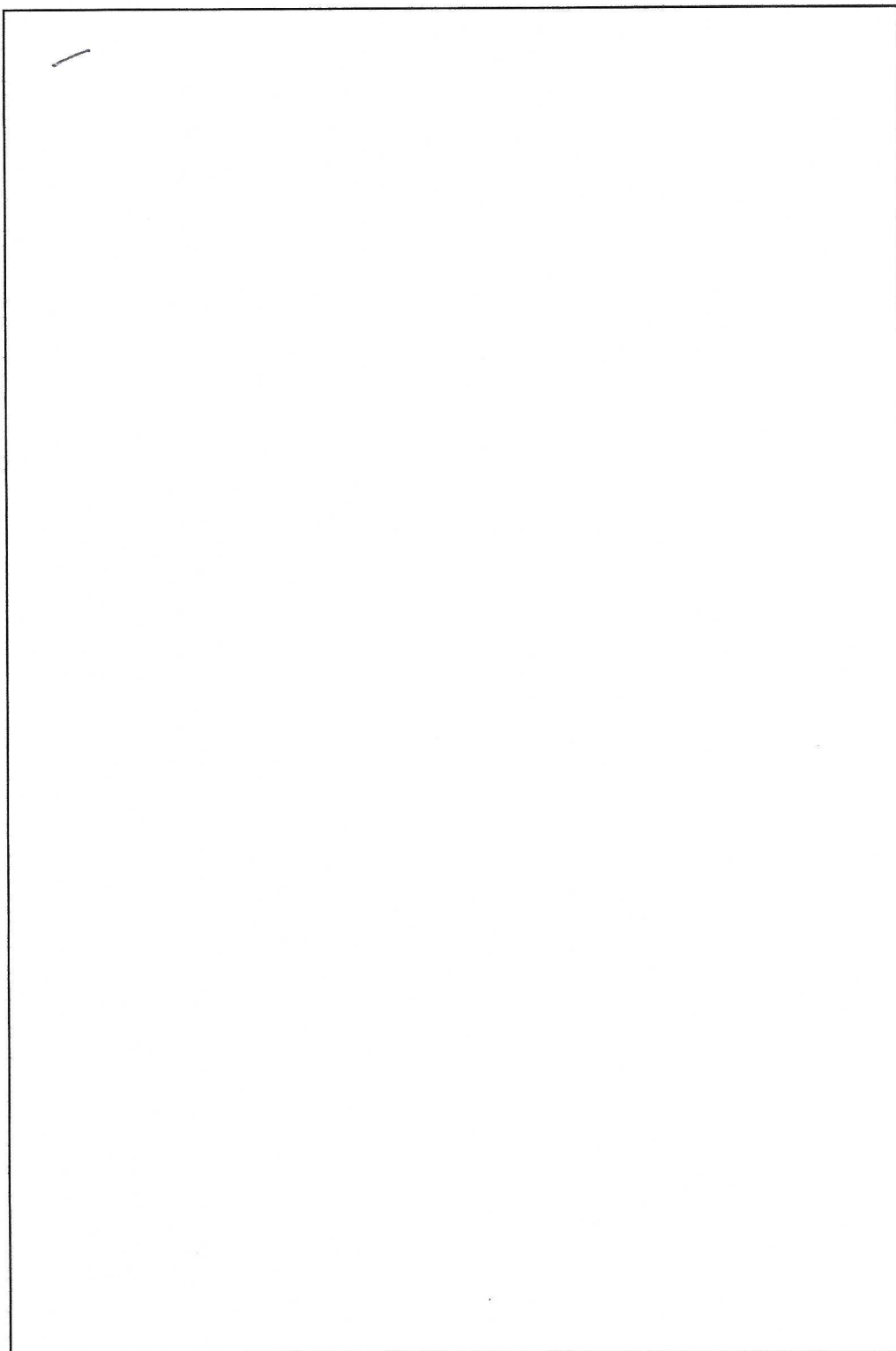
7, CLOSE LEA WAY, RASTRICK.

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 examiner to provide details of any items they wish to disclose. There is a small, faint mark in the top left corner of the box.