



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


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 £ |
|---|--|---|--|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Grants | | 1,670 | - | 1,670 | - |
| Fundraising & Donations | 61,877 | - | - | 61,877 | 34,441 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 61,877 | 1,670 | - | 63,547 | 34,441 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 61,877 | 1,670 | - | 63,547 | 34,441 |
| A3 Payments | | | | | |
| 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 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 83,487 | 1,670 | - | 85,157 | 8,844 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 83,487 | 1,670 | - | 85,157 | 8,844 |
| Net of receipts/(payments) | - 21,610 | - | - | - 21,610 | 25,597 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 50,192 | - | - | 50,192 | 24,595 |
| Cash funds this year end | 28,582 | - | - | 28,582 | 50,192 |

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 £ |
|---|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 28,582 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |
| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | | | | |
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| B4 Assets retained for the charity's own use | | | | |
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| B5 Liabilities | | | | |
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| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | Date of approval |
|---|---|----------------|------------------|
| |  | Christine Beal | 08/09/2023 |
| | | | |



CHARITY COMMISSION
FOR ENGLAND AND WALES

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>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</p> <p>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.</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>For <i>everyone</i> with mito:</p> <p>Support, Education & Practical Advice by means of:</p> <p>The granting of funds for</p> <ul style="list-style-type: none">• Research - to increase hopes of treatments and a cure• Support - to reduce isolation and create and build peer support• Awareness - to reduce isolation and gain equity in mito's recognition, support and care. <p>The provision of</p> <ul style="list-style-type: none">• Website – Directory/Information• Social Media/PR• Events• Promotional materials• Merchandise <p>For <i>those with mito who wish</i>, all the above PLUS ...</p> |

| | | |
|--|-----------|--|
| | | <ul style="list-style-type: none"> • Provision and support to run an individual 'Mission' • Missionee Meet Up Weekend • Missionee Zoom Meetings • Missionee Facebook Group • Missionee WhatsApp Group |
| 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 continue to consider it prudent to grant our funding through The Lily Foundation in order to benefit from their established processes and expertise in:</p> <ul style="list-style-type: none"> • ensuring the quality of research bids • ascertaining what the wider mito community wants by way of research and support. <p>We continue to involve our missionees in the decision 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 – with time commitments from our volunteers ranging from one day per fortnight 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>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 & Deletions Syndrome.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>We increased our partnership working and building including:</p> <ul style="list-style-type: none"> • Rotary and other talks by our Chair • Forging links with Huddersfield University • Working with Aspire Biosciences in conjunction with The Lily Foundation and eminent mito researcher Antonella Spinnazzola to forge links with research organisations. • An online collaboration with The Wellcome Centre for Mitochondrial research in their 'Twitter Takeover'. <p>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</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"> • 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. • The research projects we funded bring additional hope to all those affected. • The support we funded brought increased peer support, a sense of community and belonging and practical information to our beneficiaries impacted by the illness. |
|--|--|---|

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

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|--|-----------|--|
| Review of the charity's financial position at the end of the period | Para 1.21 | <p>We ended 2022 with £28,583 in the bank.</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>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 | £15.7k |
| Reasons for holding zero reserves | Para 1.22 | N/A |
| Details of fund materially in deficit | Para 1.24 | N/A |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | N/A |

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>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.</p> <p>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.</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>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.</p> |
| Other | | |

Structure, Governance and Management

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|---|-----------|--|
| 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 | Appointed by resolution of the existing Trustees at a Special Meeting |

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 th April 2022 | |
| 6 | Graham Wright | | | |
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Corporate trustees – names of the directors at the date the report was approved

| Director name | | |
|---------------|--|--|
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Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year | |
|--------------|-----------------------------------|--|
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Funds held as custodian trustees on behalf of others

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|---|--|
| 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 |
|-----------------|------|---------|
|-----------------|------|---------|

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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

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

| | |
|---|---|
|  |  |
| Christine Beal | Beth Ellis |
| Chair | Treasurer |
| 5 th July 2023 | |



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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: PJ Wild

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.

