



My Mito Mission		No (if any)	
Receipts and payments accounts			
For the period from	01/01/2023	To	31/12/2023


CC16a

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants		10,500	-	10,500	-
Fundraising & Donations	78,658	-	-	78,658	-
Event income	19,413	-	-	19,413	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total (Gross income for AR)</i>	98,071	10,500	-	108,571	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
<i>Total receipts</i>	98,071	10,500	-	108,571	-
A3 Payments					
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	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	61,733	10,000	-	71,733	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
<i>Total payments</i>	61,733	10,000	-	71,733	-
<i>Net of receipts/(payments)</i>	36,338	500	-	36,838	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	28,582	-	-	28,582	-
<i>Cash funds this year end</i>	64,920	500	-	65,420	-

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 £
B1 Cash funds	Bank	64,870	500	-
	Cash in Hand	50	-	-
		-	-	-
	Total cash funds	64,920	500	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	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	24/04/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st January 2023 to 31st 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>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 use and awarding of funds for</p> <ul style="list-style-type: none">• Research - to increase hopes of treatments and a cure• Support - to reduce isolation and bring validation• Awareness - to 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• Volunteering Opportunities <p>For <i>those with mito who wish</i>, all the above PLUS ...</p>

		<ul style="list-style-type: none"> • 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 • Missioneer Meet Up Weekend • Missioneer Zoom Meetings • Missioneer Facebook Group • Missioneer WhatsApp Group • Missioneer Counselling Service
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"> • 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 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>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>9 new missions joined us from England and Scotland.</p> <p>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-</p>

		<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.</p> <p>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.</p> <p>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.</p> <p>Substantial research was undertaken about the following new systems:</p> <ul style="list-style-type: none"> - Customer Relationship Management / Database - Internal Organisation / Planning - Financial Accounting <p>... 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.</p> <p>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.</p> <p>We increased our partnership working and building including:</p> <ul style="list-style-type: none"> • Further Rotary and other talks by our Chair and attendance for the first time to the Rotary District Conference in Scarborough
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		<ul style="list-style-type: none"> • 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. <p>We held our first charity ball themed 'T'Yorkshire Ball' in April with 240 attendees and raising £10k.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>We launched a 'MitoTed on a Mission' campaign as part of our 'Mito Matters to Millions' message.</p>
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		<p>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.</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 support we funded brought increased peer support, a sense of community and belonging and practical information to our beneficiaries impacted by the illness.
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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	£56.7k
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>Our Business Plan identified several high-risk areas for our sustainability:</p> <ul style="list-style-type: none"> - 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. - Reliance on our Chair's voluntary full-time CEO role. Mitigation as above. - Outgrowing our office space. To mitigate this we secured expansion approval at the current donated premises, and subsequently applied for grant funding.
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	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	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

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	Dr Martin Haigh MBE		17 th July 2024	
6	Francesca Sevilla-Rebelderia			
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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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

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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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: P J Wild.

Date: 3.9.2024

Name: PHILIPPA JANE WILD

Relevant professional qualification(s) or body

ASSOCIATION OF ACCOUNTING TECHNICIANS

(if any):

Address:

Section B	Disclosure
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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.