

MAKING ME

England & Wales · Charity number 1176751

Details

Other names	'the mind map charity', THE MIND MAP
Status	Registered
Legal form	CIO
Registered	2018-01-19
Register	View on the Charity Commission register

Contact

Address	13 Pemberley Avenue Bedford MK40 2LE
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Website	www.makingme.org.uk

Activities

Objects: TO ACT AS A RESOURCE FOR YOUNG PEOPLE UP TO THE AGE OF 18 YEARS OF AGE LIVING IN ENGLAND BY PROVIDING EDUCATION AND AWARENESS ON MATTERS CONCERNING MENTAL HEALTH AND TO PROVIDE RELIEF FOR PERSONS EXPERIENCING MENTAL HEALTH DIFFICULTIES IN PARTICULAR BUT NOT EXCLUSIVELY, BY:(A) ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS;(B) PROVIDING SCHOOL COUNSELLING (C) PROVIDING MENTAL HEALTH EDUCATION SERVICES

Activities: This Charity is currently non-operational.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£39,501	£38,039	-	-
2024-06-18	£64,937	£53,947	-	-
2023-06-18	£42,513	£69,805	-	-
2022-06-18	£84,330	£52,487	-	-
2021-06-18	£35,501	£34,302	-	-

Trustees

Name	Role	Appointed
John Tizard		2023-03-23
Lesley Jane Tyler		2025-06-06
Tanvi Joshi		2023-03-23
Virginia Ruth Gilks		2019-11-28

MAKING ME

England & Wales - Charity number 1176751

Accounts

Charity registration number 1176751 (England and Wales)

MAKING ME
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

MAKING ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	V R Gilks T Joshi J Tizard J Grimstone L Tyler	(Appointed 6 June 2025)
Chair	C Nunn J Tizard	(to 05 June 2025) (from 06 June 2025)
Chief Executive Officer	E Fordham	
Treasurer	J Grimstone	
Charity number	1176751	
Principal address	13 Pemberley Avenue Bedford MK40 2LE	
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE	
Bankers	Nat West 81 High Street Bedford MK40 1YN	

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MAKING ME

TRUSTEES' REPORT

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

The Trustees present their annual report and financial statements for the period 19 June 2024 to 31 August 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charitable objects of Making Me (the "Charity") as set out in the Charity's constitution are to act as a resource for young people up to the age of 18 years living in England, to provide education and awareness on matters concerning mental health and to provide relief for persons experiencing mental health difficulties particularly, but not exclusively, by:

- Providing individual counselling and mental health education services.
- Providing school counselling and mental health education services.
- Providing family support, mentoring and mental health education services.

Making Me's vision is to give children and young people the power to thrive by equipping them with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. What underpins our vision is the concept that 'knowledge is power'. Therefore, our goal is to provide a platform of learning whereby youngsters can build resilience, understand and communicate their emotions, embrace their mental wellbeing and make informed choices about the person they want to become.

The core focus of our work pivots around four strategic aims:

1. To develop children's emotional literacy and ability to communicate their feelings.
2. To develop children and young people's understanding of how to build emotional resilience.
3. To provide knowledge and awareness of life's ups and downs and how children and young people can best navigate their journey of life.
4. To support teachers and parents in their understanding of children's emotional development, empowering them to offer pro-active, informed support.

Making Me is an inclusive and highly collaborative organisation working with pupils, school staff, parents and carers to deliver research-based measures that provide pro-active, preventative support both at school and at home. Our structured framework for delivering high quality services which are linked to a child's developmental journey are focused on empowerment, proactivity and maintaining ongoing relationships with schools.

Public benefit

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's strategy, aims, and objectives and in planning their future activities. The section entitled 'Significant activities and achievements' identifies and explains the various activities undertaken.

Activities

Focus of Work in 2024-25

The primary focus of the Charity has been to deliver the Primary School Wellbeing Programme ("the Programme") to the 34 schools in and around the Bedfordshire area that were engaged with the Charity.

Visits to schools to deliver our workshops and assemblies began in September 2024 and continued throughout the academic year to July 2025. The Programme continued to receive a very positive response from all schools.

As well as the regular Emotional Literacy Programme, the Charity obtained funding from the following funders to pilot a one-off initiative at Brooklands Farm School in Milton Keynes:

- Broughton Parish Council - £1,093
- Milton Keynes Community Foundation - £5,540
- The Broughton Trust - £3,000

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

The initiative was developed by the CEO (Elizabeth Fordham), Kristianne Gray and Sarah Green and became known as 'Beyond Academics' (the "Project"). The aim of the Project was to develop a 'train the trainer' initiative that incorporated a selection of the current Making Me workshops and resources as well as theory and practice skills that were included in two purpose-written documents – a theory Manual and a Practice Guide (the "Manuals"). The purpose of the Manuals was to help teachers better understand pupil wellbeing needs and to enable them to use the Making Me resources (or to develop skills and resources of their own), that would equip them to offer ongoing wellbeing support to their pupils. Having established their own understanding of the learning and materials contained in the Project, teachers were encouraged to share this learning with colleagues across the school sites.

Project training was delivered to a collection of teachers that were pre-selected by the Executive Head from across each academic year group and from both school sites. Approximately 20 teachers attended the training over the course of the academic year. Training took place over one full day in September and 2 after school sessions in April and July. Each attendee was given a copy of each of the Manuals together with enough Making Me resources to allocate across the school. Before and after impact analysis was carried out to assess the overall usability and impact of this pilot Programme. In-depth analysis of this data has yet to be undertaken.

Collaboration

During this financial year, Making Me has had the privilege again of collaborating with the charity, Scotty's Little Soldiers, offering online workshops to the parents of bereaved children.

Achievements and performance

Significant activities and achievements against objectives

During this financial year Making Me has delivered:

- the Primary School Emotional Wellbeing Programme to 34 schools - reaching almost 10,000 children.
- 153 classroom-based workshops and 49 school assemblies.

We have continued to run some Parent Presentation Evenings to offer support and encouragement to many families at home.

Pausing of Operations

A significant development in the operations of the Charity came late in the financial period, as follows:

A decision was taken at a meeting of the Board of Trustees on Friday 6 June 2025 to pause the Charity's operational activity to enable the Trustees to:

- Develop and review a long-term strategy for the Charity, which will include input from the CEO (Elizabeth Fordham) after she has completed her Doctoral studies; and
- Create a business case to use funds to support the future direction of the Charity.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

Schools were notified of the change in status by way of email from the CEO. Feedback from the schools outlining the impact the Charity has made over the years was incredibly heartwarming. The quotes below show a selection of the type of feedback we received:

Class Teacher:

Thank you for the update, I'm so very sorry to read this message, the work that you do at Making Me has been invaluable to us at [name of school], and myself and the staff appreciate everything you have done to support the children. I just wanted to thank you for everything you have done through the charity, and wish you every success and happiness in your future endeavours.

Head Teacher:

What sad news. We have really appreciated all of your support, over the years and know how our staff and children have benefited from the workshops and work you have done. The KIPSY flower and shield of resilience will continue here as they are so powerful in helping the children address their emotions.

Head Teacher:

Making Me has made an amazing difference to the wellbeing of so many children. At [name of school] we will continue, as I am sure many schools will, to use the training and resources that have been invaluable in ensuring that children are listened to and comforted. Along with the understanding and life skills developed through your workshops and the lovely KIPSY stories which the children enjoy. Thank you so much for your care and support.

Despite the decision to temporarily pause its operational activity, the Charity recognises that work to equip children and young people with the skills and understanding to navigate their mental and emotional journey into adulthood, would not have been possible during this current period or in all the preceding years, without considerable help and support from local and national communities.

Support and donations

On behalf of all our schools therefore, we would like to thank the following organisations for supporting Making Me since its inception in January 2018, whether through donations, fundraising, volunteering or championing our cause:

- Dentons Solicitors
- Emmott Snell Solicitors
- The Harpur Trust
- House of Industry
- Bedford Educational Association
- Bedford & Luton Community Foundation (BLCF) on behalf of Whitbread Plc. Chairman's Fund
- Gale Family Trust
- Hart Academies Trust
- Magic Little Grant - Postcode Places Trust
- Bedfordshire Schools Trust
- MK Community Foundation
- Broughton & Milton Keynes Parish Council
- Broughton Trust

All of the funds provided by these generous donors have enabled us to either fully or partially subsidise our work in schools. Without this funding the work of the Charity would not have been possible, as the amount charged to schools through our subscription scheme and prior to the introduction of this scheme, has not been sufficient to cover the full cost of delivering the Programme in schools. The funds have been particularly helpful for those schools in areas of high deprivation where the need is greatest.

We would also like to thank the many individuals and schools who have raised and donated funds throughout the current and preceding financial years. Without their support and enthusiasm, we would not have been able to support as many children as we have.

Additionally, we thank our many volunteers who have given their time and enthusiasm willingly over the years.

For further information about our charity and the work that we do in schools, please see our website www.makingme.org.uk

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

Financial review

Total incoming resources for the period 19 June 2024 to 31 August 2025 was £39,501 (2024: £64,937) of which £14,633 (2024: £23,895) was restricted. The principal sources of income are grant funding, personal donations and fundraising activities.

Total expenditure for the period 19 June 2024 to 31 August 2025 was £38,039 (2024: £53,947) of which £22,643 (2024: £22,485) was restricted. Included in expenditure was £1,940 of grant income received in a previous period that was returned to the donor at the conclusion of activities. The principal sources of expenditure are workshop facilitators and professionals assisting with the delivery of the Charity's activities, and delivery costs associated with the workshops.

The reserves held at the end of the period are funds that are available for use in the furtherance of the charitable objectives. They are funds which have not yet been committed, designated or spent. As at 31 August 2025 our reserves were £52,686 (2024: £51,224), all of which were unrestricted (2024: £41,657 unrestricted, £9,567 restricted).

Going concern

In view of the level of reserves, the ongoing strategic review and intention to restart operations in due course, the Trustees consider that it is appropriate to present the financial statements of the Charity on a Going Concern basis.

Reserves policy

The Trustees review the reserves policy annually using the guidance given by the Charity Commission.

The Charity's reserves are set up in such a way that it is able to pursue its current operational objectives whilst at the same time providing a sufficient financial cushion to enable maintenance of these objectives for a limited period (one school term) in the event of operational difficulties or a significant decrease in external funding. In addition, the Charity's funding reserves allow for the financing of specific projects as these become necessary, such as the Charity's strategy and business case, as well as any other unforeseen one-off payments.

The Trustees will continue to review the reserves policy to ensure that it remains appropriate and reflective of the environment we are working in.

Major risks

The Trustees of the Charity have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to these. The Charity continues to use Xero software for its accounting system as this helps to provide detailed, comprehensive and timely accounts information for use by the Trustees.

The Board of Trustees has overall responsibility for reviewing the risk register, with the senior management team having responsibility for implementing any mitigating actions where necessary as well as regular reporting. The principal risks are allocated for review by individual trustees in conjunction with senior management. The Board of Trustees conducts a full review of the risk register annually.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

The key risks facing the Charity are:

- **Insufficient income**
The Board of Trustees continued to evaluate the Charity's operational finances through this financial period, including the appointment towards the end of the last financial year of a dedicated fundraiser to help ensure that the Charity remained sustainable and able to continue its work. Sadly, the commitment required by the appointed candidate became too onerous due to escalating family needs. Given the extensive nature of the original recruitment drive and the cost to the Charity of engaging in this type of activity, a replacement candidate was not sought. Going forward, whilst the risk of insufficient income and a reliable steady income stream continues to be a challenge, the expectation is that this risk will be minimal as the Charity will be non-operational, with significantly reduced expenditure, from the start of the 2025-26 academic year.
- **Pricing Model**
The Charity continued to use the same pricing structure for its subscription programme that was developed at the beginning of 2023. This pricing matrix is based on school type, size and pupil premium percentage (i.e., percentage of pupils eligible for free school meals as an indicator of area of deprivation). The background costs to run both the Programme (Programme support costs) and the Charity (core costs) were not included in the pricing model offered to schools, with the intention that these would be funded using existing reserves and from ongoing funding. It became apparent during this financial year that this model is not sustainable in the long-term and therefore the current pricing structure will be included as part of the review that the Charity will be undertaking going forward.
- **Dependency on key members of individuals**
The current workshop delivery model means that there is still a high dependency on a handful of key individuals. This year, the risk was mitigated to some extent by a degree of overlap in the roles and responsibilities, which encouraged greater collaboration and sharing of knowledge. The Chief Executive Officer maintained responsibility for undertaking appraisals and raising potential issues with the Board of Trustees accordingly. The Charity's long-term strategy will include development of a succession plan for key individuals.
- **Safeguarding**
The Charity rigorously reviews its Safeguarding Policy. All workshop facilitators completed external safeguarding training (Central Beds Level 1) and internal safeguarding training at the start of the academic year. A safeguarding record of attendance is maintained to record all training. The Charity raised three safeguarding concerns with schools during the accounting period. These were written up on the Charity's Safeguarding Notification Form for submission to the relevant schools and logged with the Charity's DSL. No further action was necessary.

Future growth

As already indicated, it is the aim of the Trustees to pause the Charity's operational activity to allow for a period of consolidation and strategic review. The Trustees will continue to monitor the management of the Charity during this time with periodic meetings and the submission of ongoing accounts.

Structure, governance and management

The charity founded in 2018 is a charitable incorporated organisation (CIO) and is governed by a foundation model constitution. On 15 July 2021 the Charity changed its name from The Mind Map to Making Me. The Trustees are also the only voting members of the Charity.

The Trustees have the overall stewardship responsibility for the Charity, ensuring that the Charity runs in accordance with its Constitution and the law, providing strategic direction, financial oversight and working together in the best interests of the Charity.

The Board of Trustees comprises a minimum of three trustees and a maximum of twelve. Trustees serve an initial term of three years that can be extended. Trustees are selected to ensure that the Board has all the relevant competencies, including a good mix of business and charity expertise, from health, education, and business sectors.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

The Charity has developed a Trustee induction pack which includes the Charity's Constitution document, the Charity Commission guidance on the obligations of Trustees, a copy of all policies and procedures, the latest Annual Report and Accounts and any other relevant documentation. Additionally, the Chair and Chief Executive Officer meet with new Trustees to familiarise them with the Charity and the context within which it operates. Trustees are also encouraged to meet other members of the Making Me team and to observe at least one school workshop. Trustees are also encouraged to attend appropriate professional training courses and become familiar with the Charity Commission's guidance.

Board meetings are held as often as Board business requires and occurred at regular intervals throughout this financial year. Meetings alternate between being held in-person and online, although an online facility is made available at all face-to-face meetings. A 10-year strategic plan was previously prepared and will be reviewed over the forthcoming review period, to take into account the aims and objectives of the Charity's work.

Day to day delegation for the provision of the services rests with the Chief Executive Officer, along with the senior management team. Throughout this financial year, the Chief Executive Officer has taken responsibility for product and service development, and for ensuring that the Charity delivers the services specified to a high standard. The School Engagement Manager has taken responsibility for the planning and delivery of the Programme in schools with the help of a small team of Workshop Facilitators. The School Relationship Manager has continued to offer support to the small number of schools with a high pupil premium who might otherwise struggle to implement the Programme due to the high needs of the pupils attending these schools.

The trustees who served during the year and up to the date of signature of the financial statements were:

P A Dawson	(Resigned 6 June 2025)
V R Gilks	
D Henrickson	(Resigned 11 July 2024)
C A Nunn	(Resigned 6 June 2025)
J M O'Donovan	(Resigned 6 June 2025)
S Hayford	(Resigned 6 June 2025)
T Joshi	
J Tizard	
J Grimstone	
L Tyler	(Appointed 6 June 2025)

In light of the decision to pause the operational activity of the Charity taken at the 6 June 2025 meeting, a number of Trustees decided to step down from the Board. Resignations were received from the following Trustees:

- Catherine Nunn (who also stepped down as Chair)
- Paul Dawson
- Joanna O'Donovan
- Sarah Hayford

Of the remaining Trustees, John Tizard was elected as Chair on 6 June 2025 and having resigned as Chief Operating Officer in January 2025 to focus on family commitments, Lesley Tyler was elected as a Trustee on 6 June 2025.

The Trustees' Report was approved by the Board of Trustees.

J Grimstone

J Grimstone
Trustee

6 October 2025

MAKING ME

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

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

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for the financial period 19 June 2024 to 31 August 2025 which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period 19 June 2024 to 31 August 2025.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

MAKING ME

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MAKING ME

I report to the Trustees on my examination of the financial statements of Making Me (the charity) for the period 19 June 2024 to 31 August 2025.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.

John Wilson

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE
6 October 2025

MAKING ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income and endowments from:							
Donations and legacies	3	15,662	-	15,662	36,865	-	36,865
Charitable activities	4	9,185	14,633	23,818	4,163	23,895	28,058
Investments	5	1	-	1	14	-	14
Other income	6	20	-	20	-	-	-
Total income		<u>24,868</u>	<u>14,633</u>	<u>39,501</u>	<u>41,042</u>	<u>23,895</u>	<u>64,937</u>
Expenditure on:							
Raising funds	7	2,610	-	2,610	7,549	-	7,549
Charitable activities	8	12,786	20,703	33,489	23,913	22,485	46,398
Other expenditure	12	-	1,940	1,940	-	-	-
Total expenditure		<u>15,396</u>	<u>22,643</u>	<u>38,039</u>	<u>31,462</u>	<u>22,485</u>	<u>53,947</u>
Net income/(expenditure)		9,472	(8,010)	1,462	9,580	1,410	10,990
Transfers between funds		1,557	(1,557)	-	-	-	-
Net movement in funds	9	11,029	(9,567)	1,462	9,580	1,410	10,990
Reconciliation of funds:							
Fund balances at 19 June 2024		41,657	9,567	51,224	32,077	8,157	40,234
Fund balances at 31 August 2025		<u>52,686</u>	<u>-</u>	<u>52,686</u>	<u>41,657</u>	<u>9,567</u>	<u>51,224</u>

The statement of financial activities includes all gains and losses recognised in the period 19 June 2024 to 31 August 2025. All income and expenditure derive from continuing activities.

The comparatives relate to the year ended 18 June 2024.

MAKING ME

BALANCE SHEET

AS AT 31 AUGUST 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	14	-		7,101	
Cash at bank and in hand		53,406		44,843	
		<u>53,406</u>		<u>51,944</u>	
Creditors: amounts falling due within one year	15	(720)		(720)	
Net current assets			52,686		51,224
Net assets			<u>52,686</u>		<u>51,224</u>
The funds of the charity					
Restricted income funds	16	-		9,567	
Unrestricted funds	17	52,686		41,657	
		<u>52,686</u>		<u>51,224</u>	

The financial statements were approved by the Trustees on 6 October 2025

John Tizard

J Tizard
Trustee

J Grimstone

J Grimstone
Trustee

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

1 Accounting policies

Charity information

Making Me is a charitable incorporated organisation ("CIO").

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of VAT.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	13,415	29,502
Gift Aid receivable	2,247	7,363
	<u>15,662</u>	<u>36,865</u>

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Charitable activities						
Fundraising income	5,179	-	5,179	287	-	287
Grants received	-	14,633	14,633	2,000	23,895	25,895
Income from schools	4,006	-	4,006	1,876	-	1,876
	<u>9,185</u>	<u>14,633</u>	<u>23,818</u>	<u>4,163</u>	<u>23,895</u>	<u>28,058</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

4 Income from charitable activities (Continued)

Grants received

	2025 £	2024 £
Harpur Trust	5,000	15,000
Broughton Trust	3,000	-
Broughton and Milton Keynes Parish Council	1,093	-
MK Community Foundation	5,540	-
Gale Family	-	2,000
BLCF + Whitbread Chairman's Fund	-	4,575
Bedford Education Authority	-	4,320
	<u>14,633</u>	<u>25,895</u>

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	<u>1</u>	<u>14</u>

6 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	<u>20</u>	<u>-</u>

7 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Advertising	<u>2,610</u>	<u>7,549</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

8 Expenditure on charitable activities

	2025 £	2024 £
Workshop costs	18,928	20,391
Office expenses	1,638	9,234
Website costs	600	372
Training	6,912	7,043
Insurance costs	1,094	860
Consultancy	-	4,290
General costs	1,537	1,123
Travel	1,765	1,937
Legal and professional costs	157	428
Bank charges and other finance costs	114	-
Governance costs	744	720
	<u>33,489</u>	<u>46,398</u>
Analysis by fund		
Unrestricted funds	12,786	23,913
Restricted funds	20,703	22,485
	<u>33,489</u>	<u>46,398</u>

9 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	<u>744</u>	<u>720</u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period 19 June 2024 to 31 August 2025.

11 Employees

The average monthly number of employees during the period 19 June 2024 to 31 August 2025 was:

	2025 Number	2024 Number
Trustees	<u>8</u>	<u>9</u>

There were no employees whose annual remuneration was more than £60,000.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

12 Other expenditure

	Restricted funds 2025 £	Restricted funds 2024 £
Other expenditure	1,940	-

13 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

14 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Other debtors	-	7,101

15 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	720	720

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 19 June 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 August 2025 £
Harpur Trust	-	5,000	(5,000)	-	-
House of Industry Estate	3,582	-	(2,025)	(1,557)	-
Bedford Education Authority - Programme Administrator	2,160	-	(2,160)	-	-
MK Community Foundation	-	5,540	(5,540)	-	-
BLCF + Whitbread Chairman's Fund	3,400	-	(3,400)	-	-
Bedford Education Authority - Literacy Programme	425	-	(425)	-	-
Broughton Trust	-	3,000	(3,000)	-	-
Broughton and Milton Keynes Parish Council	-	1,093	(1,093)	-	-
	9,567	14,633	(22,643)	(1,557)	-

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

16 Restricted funds (Continued)

Previous year:	At 19 June 2023 £	Incoming resources £	Resources expended £	Transfers £	At 18 June 2024 £
Harpur Trust	-	15,000	(15,000)	-	-
House of Industry Estate	3,582	-	-	-	3,582
Bedford Education Authority - Literacy Programme	4,575	-	(4,150)	-	425
BLCF + Whitbread Chairman's Fund	-	4,575	(1,175)	-	3,400
Bedford Education Authority - Programme Administrator	-	4,320	(2,160)	-	2,160
	<u>8,157</u>	<u>23,895</u>	<u>(22,485)</u>	<u>-</u>	<u>9,567</u>

The House of Industry grant is funding to deliver the Primary School Programme to disadvantaged schools in Bedford Borough.

The Bedford Education Authority grant is to fund the Primary School Emotional Literacy Programme and a separate grant to fund a Programme Administrator in the current year.

The Harpur Trust grant is to support the Making Me Primary School Emotional Wellbeing Programme.

The BLCF + Whitbread Chairman's Fund grant is towards funding of school workshops.

The MK Community Foundation, Broughton Trust and Broughton & Milton Keynes Parish Council funding was received towards the delivery of the Beyond Academics Project to Brooklands Farm School, Milton Keynes.

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 19 June 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 August 2025 £
General funds	<u>41,657</u>	<u>24,868</u>	<u>(15,396)</u>	<u>1,557</u>	<u>52,686</u>
Previous year:	At 19 June 2023 £	Incoming resources £	Resources expended £	Transfers £	At 18 June 2024 £
General funds	<u>32,077</u>	<u>41,042</u>	<u>(31,462)</u>	<u>-</u>	<u>41,657</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD 19 JUNE 2024 TO 31 AUGUST 2025

18 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 August 2025:			
Current assets/(liabilities)	52,686	-	52,686
	<u>52,686</u>	<u>-</u>	<u>52,686</u>
	<u>52,686</u>	<u>-</u>	<u>52,686</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 18 June 2024:			
Current assets/(liabilities)	41,657	9,567	51,224
	<u>41,657</u>	<u>9,567</u>	<u>51,224</u>
	<u>41,657</u>	<u>9,567</u>	<u>51,224</u>

19 Related party transactions

There were no disclosable related party transactions during the period.

MAKING ME

England & Wales - Charity number 1176751

Accounts

Charity registration number 1176751

MAKING ME
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 18 JUNE 2024

MAKING ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	P A Dawson V R Gilks C A Nunn J M O'Donovan S Hayford T Joshi J Tizard J Grimstone	(Appointed 31 January 2024)
Chair	C Nunn	
Chief Executive Officer	E Fordham	
Treasurer	J Grimstone	
Charity number	1176751	
Principal address	13 Pemberley Avenue Bedford MK40 2LE	
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE	
Bankers	Nat West 81 High Street Bedford MK40 1YN	

MAKING ME

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MAKING ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 18 JUNE 2024

The Trustees present their annual report and financial statements for the year ended 18 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charitable objects of Making Me (the "Charity") as set out in the Charity's constitution are to act as a resource for young people up to the age of 18 years living in England, to provide education and awareness on matters concerning mental health and to provide relief for persons experiencing mental health difficulties particularly, but not exclusively, by:

- Providing individual counselling and mental health education services.
- Providing school counselling and mental health education services.
- Providing family support, mentoring and mental health education services.

Making Me's vision is to give children and young people the power to thrive by equipping them with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. What underpins our vision is the concept that 'knowledge is power'. Therefore, our goal is to provide a platform of learning whereby youngsters can build resilience, understand and communicate their emotions, embrace their mental wellbeing and make informed choices about the person they want to become.

The core focus of our work pivots around four strategic aims:

1. To develop children's emotional literacy and ability to communicate their feelings.
2. To develop children and young people's understanding of how to build emotional resilience.
3. To provide knowledge and awareness of life's ups and downs and how children and young people can best navigate their journey of life.
4. To support teachers and parents in their understanding of children's emotional development, empowering them to offer pro-active, informed support.

Making Me is an inclusive and highly collaborative organisation working with pupils, school staff, parents and carers to deliver research-based measures that provide pro-active, preventative support both at school and at home. Our structured framework for delivering high quality services which are linked to a child's developmental journey are focused on empowerment, proactivity and maintaining ongoing relationships with schools.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's strategy, aims, and objectives and in planning their future activities. The section entitled 'Significant activities and achievements' identifies and explains the various activities undertaken.

Focus of Work

During the academic year 2023-24, the primary focus of the Charity has been to deliver the Programme to the 37 schools that had chosen to take part by signing a revised Terms of Engagement.

Visits to schools to deliver our workshops and assemblies began in September 2023 and continued throughout the academic year. The Programme received a very positive response from all schools.

In addition, Rachel Dunford Consulting was commissioned in recognition of the need to develop robust, independent impact data in order to secure more long-term funding and evidence the impact of the Programme in schools. As an experienced impact measurement consultant with particular expertise in the education sector, as well as a number of small charity clients, Rachel Dunford Consulting was selected as the preferred consultancy for this task.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2024

The report from Rachel Dunford Consulting was submitted in March 2024, with the following key highlights:

"Making Me is an effective and impactful programme that is well understood and used by teachers."

"There are demonstrable positive impacts of using the programme's methodology and resources on both children and teachers."

"This study found evidence that children are equipped with the vocabulary they need to be able to understand and articulate their feelings. They are also given tools they can use to show how they are feeling without always needing to talk. They learn how to recognise their feelings and how to self-regulate when they need to. They are supported in building their resilience, knowing why they might need to be resilient as well as when and how to do it."

"This study also found that teachers feel better able to support their children's emotional wellbeing when they employ the Making Me methodology. They are able to better validate how children are feeling, they can better interpret their children's emotions and can create a safe space for children to express how they are feeling."

"In turn, these changes can have a positive impact both on teachers' own wellbeing and workload."

"It is testament to Making Me that 100% of the teachers who participated in this study had nothing but positive feedback to share about their experiences of using the programme."

As well as the many positive comments, the report also indicated areas for further development of the Programme. Of particular note was the need to ensure longer term impact of the workshop content throughout the academic year. In response to this, the Charity has developed posters that include a summary of the learning which are left with schools for teachers to refer children to throughout the school day.

During the academic year 2022-23, the main development in the activity of the Charity has been to introduce a rolling subscription arrangement with schools. Because the workshop element of the Programme is delivered to specific school years, it was considered that a rolling subscription arrangement would ensure that children in subsequent school years receive the entire Programme content. Under this revised arrangement, all children receive the Programme in Year 1 and selected elements of the core workshop programme that are relevant to specific year groups are delivered in subsequent years. An additional aim of the subscription arrangement was to deliver regular support to schools and to sustain the impact of the learning as each intake of new staff and children arrive and yearly cohorts of children move through the school. Initial subscription was pursued on a three-year basis followed by ongoing annual engagement.

Our work to equip children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood would not be possible without considerable help and support from local and national communities.

Whether through donations, fundraising, volunteering or championing our cause, we would like to thank the following organisations for supporting Making Me:

- Dentons Solicitors
- Emmott Snell Solicitors
- The Harpur Trust
- House of Industry
- Bedford Educational Association
- Bedford & Luton Community Foundation (BLCF) on behalf of Whitbread Plc. Chairman's Fund
- Gale Family Trust
- Hart Academies Trust
- Magic Little Grant - Postcode Places Trust
- Bedfordshire Schools Trust

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2024

All of the funds granted to the Charity throughout the year have enabled us to either fully or partially subsidise our work in schools. Without this funding the work of the Charity would not be possible, as the amount charged to schools through our subscription scheme is currently not sufficient to cover the full cost of delivering the Programme in schools. The funds are particularly helpful for those schools in areas of high deprivation where the need is most great. On behalf of all our schools, we would again like to use this opportunity to reiterate our thanks to our funders and donors.

We would also like to thank the many individuals and schools who have donated and fundraised throughout the year. Without their support and enthusiasm, we would not have been able to support as many children as we did.

Additionally, we thank our many volunteers who continue to give their time and enthusiasm willingly throughout the year.

For further information about our charity and the work that we do in schools, please see our website www.makingme.org.uk

Achievements and performance

During this financial year Making Me has delivered:

- the Primary School Emotional Wellbeing Programme to 37 schools - reaching 10,940 children.
- 202 classroom-based workshops and 49 school assemblies.

We have continued to run some Parent Presentation Evenings to offer support and encouragement to many families at home.

Specific outputs from the Rachel Dunford Consulting (RDC) Ltd independent impact analysis relating to teacher and pupil outcomes are summarised below:

Teacher Outcomes:

- An increase in teachers' self-rated skills to teach emotional literacy and resilience.
- An increase in teachers' ability to offer pupils the resources needed to pro-actively support their mental health.
- An increase in teachers' ability to ensure a whole-school approach to mental wellbeing.

The report from RD Consulting concluded that *'teachers feel better able to support their children's emotional wellbeing when they employ the Making Me methodology. They are better able to validate how children are feeling. They can better interpret their children's emotions and can create a safe space for children to express how they are feeling'*.

One teacher reflected that before using the Programme they did not feel they knew how to adequately support their pupils *"it made it difficult as I didn't feel I was meeting their individual needs."*

Another teacher quoted that *"we use a school-wide mantra and vocabulary that creates safety and consistency."*

As a result of having engaged with the Programme, 52% of teachers felt they were now spending more time constructively supporting pupil wellbeing and 97% said they now felt better able to create an environment in which pupils felt emotionally safe to express their feelings.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2024

Pupil Outcomes:

- An increased ability to understand and communicate their difficulties - which will help to reduce the numbers of children and young people experiencing mental health difficulties in our schools.
- Increased confidence and knowledge about their mental wellbeing - moving away from a 'to me' to a 'with me' and 'by me' mentality.
- An increased ability to communicate their feelings effectively, thereby leading to calmer classrooms.
- An increased ability to cope better during difficult times.
- Increased self-esteem and capacity to care for themselves and their emotional and mental wellbeing.
- Better school engagement leading to better academic outcomes and improved opportunities to thrive.

Before engaging with the Programme, 35% of teachers said that pupils found it difficult to express themselves and a further 35% said pupils did not know how to deal with or regulate any negative feelings that they might experience. Pupils also found it difficult to *'understand their peers' behaviour'*.

Since using the Programme 100% of teachers said that their pupils are now better aware of their feelings (61% *'to a greater extent'*) and 100% said that their pupils can now better articulate their feelings.

The report specifically notes that pupils *'are equipped with the vocabulary they need to be able to understand and articulate their feelings'* and that they *'learn how to recognise their feelings and how to self-regulate when they need to'*.

77% of teachers also said their children were now more aware about when they might need to be resilient and how they could be resilient.

Teacher quotes:

"It definitely helps develop pupils' understanding of feelings and how to portray them correctly as they get older."

"In the long run it will make my life easier as the children will be able to manage their emotions more independently as the year goes on."

"[The children] express their emotions with greater confidence."

Financial review

Total incoming resources for the year amounts to £64,937 (2022-23: £42,513) of which £23,895 (2022-23: £4,575) was restricted. The principal sources of income are grant funding, personal donations and fundraising activities.

Total expenditure for the year was £53,947 (2022-23: £69,805) of which £22,485 (2022-23: £8,955) was restricted. The principal sources of expenditure are workshop facilitators and professionals assisting with the delivery of the Charity's activities, as well as the professional printing of workshop resources and materials for distribution in schools.

The reserves held are funds that are available for use in the furtherance of the charitable objectives. They are funds which have not yet been committed, designated or spent. At the year end our reserves were £51,224 (2022-23: £40,234) of which £41,657 (2022-23: £32,077) were unrestricted.

The Trustees review the reserves policy annually using the guidance given by the Charity Commission.

The Charity's reserves are set up in such a way that it is able to pursue its current operational objectives whilst at the same time providing a sufficient financial cushion to enable maintenance of these objectives for a limited period (one school term) in the event of operational difficulties or a significant decrease in external funding. In addition, the Charity's funding reserves allow for the financing of specific projects as these become necessary, such as the Charity's digital transformation, as well as any other unforeseen one-off payments.

The Trustees will continue to review the reserves policy in the coming year to ensure that it remains appropriate and reflective of the environment we are working in.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2024

The Trustees of the Charity have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to these. The Board of Trustees has overall responsibility for reviewing the risk register with the senior management team having responsibility for implementing any mitigating actions where necessary and regular reporting. The principal risks are allocated for review by individual trustees in conjunction with senior management. The Board of Trustees receives a quarterly risk review at its meetings and conducts a full review of the risk register annually.

The key risks facing the Charity are:

- **Insufficient income**
The risk of insufficient income and a reliable steady income stream continues to be a challenge. Funding bid opportunities are difficult due to the geographically restricted area we work in. Fulfilling the particular requirements stipulated by some funders – geographical location of recipients, socio-economic and demographic etc - can drive the focus of the work and be restrictive. The Board of Trustees continues to evaluate the Charity's finances and is planning external strategies, including the hiring of a dedicated fundraiser to ensure that the Charity remains sustainable and able to continue its work. The Trustees will continue to monitor income and will take appropriate steps if needed, to further manage costs. The charity is now using Xero software for its accounting system. This is helping to provide more detailed and timely management information.
- **Pricing Model**
This year the subscription programme had a price matrix dependent on school type, size and pupil premium percentage (i.e., percentage of pupils eligible for free school meals as an indicator of area of deprivation). The background costs of running both the Programme (Programme support costs) and the Charity (core costs) were not included in the price to the school in the hope that these would be funded using existing reserves as well as ongoing funding. As indicated above, it has become apparent that this model is not sustainable long-term and therefore the current pricing structure is under review.
- **Dependency on key members of staff**
There is still a high dependency on a handful of key staff members. This is mitigated to some extent by a degree of overlap in the roles and responsibilities, encouraging greater collaboration and sharing of knowledge. In addition, various Trustees have responsibilities through which they interact with key staff, and particularly in respect of recruitment. The Chief Executive Officer has responsibility for undertaking appraisals and raising potential issues with the Board of Trustees accordingly.
- **Safeguarding**
The Charity rigorously reviews its Safeguarding Policy annually. All workshop facilitators complete external safeguarding training (Central Beds Level 1) and internal safeguarding training annually. A safeguarding record of attendance is maintained to record all training. The Charity raised two safeguarding concerns with schools during the accounting period. These were written up on the Charity's Safeguarding Notification Form for submission to the relevant schools and logged with the Charity's DSL.

The Trustees consider that it is appropriate to present the financial statements of the Charity on a Going Concern basis.

Plans for future growth

During the coming year, the Trustees seek to continue their support for the growth of the Charity, including expansion into neighbouring Counties. In addition, avenues will continue to be explored that will allow the work of the Charity to be delivered in a way that is more cost effective, whilst at the same time continuing to meet the needs of schools and assuring the quality of both the delivery of the programme and the outcomes for the children and teachers in the schools we support.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2024

Structure, governance and management

The charity founded in 2018 is a charitable incorporated organisation (CIO) and is governed by a foundation model constitution. On 15 July 2021 the Charity changed its name from The Mind Map to Making Me. The Trustees are also the only voting members of the Charity.

The Trustees have the overall stewardship responsibility for the Charity, ensuring that the Charity runs in accordance with its Constitution and the law, providing strategic direction, financial oversight and working together in the best interests of the Charity.

The Board of Trustees comprises a minimum of three trustees and a maximum of twelve. Trustees serve an initial term of three years that can be extended. Trustees are selected to ensure that the Board has all the relevant competencies, including a good mix of business and charity expertise, from health, education, and business sectors.

The Charity has developed a Trustee induction pack which includes the Charity's Constitution document, the Charity Commission guidance on the obligations of Trustees, a copy of all policies and procedures, the latest Annual Report and Accounts and any other relevant documentation. Additionally, the Chair and Chief Executive Officer meet with new Trustees to familiarise them with the Charity and the context within which it operates. Trustees are also encouraged to meet other members of the Making Me team and to observe at least one school workshop. Trustees are also encouraged to attend appropriate professional training courses and become familiar with the Charity Commission's guidance.

Board meetings are held as often as the board business requires but are scheduled monthly in the evenings. Meetings alternate between being held in-person and online, although an online facility is made available to all Trustees for face to face meetings. In addition, working groups have been set up by the Board for specific functions and tasks. A 10-year strategic plan was previously prepared which is reviewed and updated. The strategic plan to 2030 will be reviewed at the end of each year, to take into account annual business plans, objectives and budgets as well as the outcomes of the Charity's work. This will help to ensure that Making Me's aims, objectives and activities remain focused on those stated.

Day to day delegation for the provision of the services rests with the Chief Executive Officer, along with the senior management team. The Chief Executive Officer is responsible for product and service development and ensuring that the Charity delivers the services specified to a high standard. The School Development Manager is responsible for marketing the work of the Charity and manages the recruitment of schools. The School Engagement Manager builds strong relationships with schools through the planning and delivery of the Programme and the School Relationship Manager offers support to schools with a high pupil premium who might otherwise struggle to implement the Programme due to the high needs of the pupils attending these schools.

The trustees who served during the year and up to the date of signature of the financial statements were:

P A Dawson	
V R Gilks	
D Henrickson	(Resigned 11 July 2024)
C A Nunn	
J M O'Donovan	
A Stenning	(Resigned 18 July 2023)
J P White	(Resigned 30 April 2024)
S Hayford	
T Joshi	
J Tizard	
J Grimstone	(Appointed 31 January 2024)

MAKING ME

TRUSTEES' REPORT (CONTINUED) *FOR THE YEAR ENDED 18 JUNE 2024*

The Trustees' Report was approved by the Board of Trustees.



C A Nunn

Trustee

Dated: 16 October 2024



J Grimstone

Trustee

Dated: 16 October 2024

MAKING ME

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 18 JUNE 2024

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

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

MAKING ME

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MAKING ME

I report to the Trustees on my examination of the financial statements of Making Me (the charity) for the year ended 18 June 2024.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Campbell Wilson

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 16 October 2024

MAKING ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 18 JUNE 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income from:							
Donations and legacies	3	36,865	-	36,865	24,943	-	24,943
Charitable activities	4	4,163	23,895	28,058	12,995	4,575	17,570
Investments	5	14	-	14	-	-	-
Total income		<u>41,042</u>	<u>23,895</u>	<u>64,937</u>	<u>37,938</u>	<u>4,575</u>	<u>42,513</u>
Expenditure on:							
Raising funds	6	7,549	-	7,549	1,479	-	1,479
Charitable activities	7	23,913	22,485	46,398	59,371	8,955	68,326
Total expenditure		<u>31,462</u>	<u>22,485</u>	<u>53,947</u>	<u>60,850</u>	<u>8,955</u>	<u>69,805</u>
Net income/(expenditure) and movement in funds		9,580	1,410	10,990	(22,912)	(4,380)	(27,292)
Reconciliation of funds:							
Fund balances at 19 June 2023		<u>32,077</u>	<u>8,157</u>	<u>40,234</u>	<u>54,989</u>	<u>12,537</u>	<u>67,526</u>
Fund balances at 18 June 2024		<u>41,657</u>	<u>9,567</u>	<u>51,224</u>	<u>32,077</u>	<u>8,157</u>	<u>40,234</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

MAKING ME

BALANCE SHEET

AS AT 18 JUNE 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	11	7,101		2,864	
Cash at bank and in hand		44,843		38,090	
		<u>51,944</u>		<u>40,954</u>	
Creditors: amounts falling due within one year	12	(720)		(720)	
Net current assets			51,224		40,234
Net assets			<u>51,224</u>		<u>40,234</u>
The funds of the charity					
Restricted income funds	13		9,567		8,157
Unrestricted funds	14		41,657		32,077
			<u>51,224</u>		<u>40,234</u>

The financial statements were approved by the Trustees on 16 October 2024



C A Nunn
Trustee

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 18 JUNE 2024

1 Accounting policies

Charity information

Making Me is a charitable incorporated organisation ("CIO").

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of VAT.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations and gifts	29,502	22,705
Gift Aid receivable	7,363	2,238
	<u>36,865</u>	<u>24,943</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

4 Charitable activities

	2024 £	2023 £
Fundraising income	287	4,904
Grants received	25,895	8,296
Income from schools	1,876	4,370
	<u>28,058</u>	<u>17,570</u>
Analysis by fund		
Unrestricted funds	4,163	12,995
Restricted funds	23,895	4,575
	<u>28,058</u>	<u>17,570</u>
For the year ended 18 June 2023		
Unrestricted funds	12,995	
Restricted funds	4,575	
	<u>17,570</u>	
Grants received		
Harpur Trust	15,000	-
Gale Family	2,000	-
BLCF + Whitbread Chairman's Fund	4,575	-
Lakelands	-	1,000
Bedford Education Authority	4,320	4,575
Polam Parents	-	2,721
	<u>25,895</u>	<u>8,296</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>14</u>	<u>-</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Advertising	7,549	1,479

7 Charitable activities

	2024 £	2023 £
Workshop costs	20,391	32,979
Office expenses	9,234	18,601
Website costs	372	100
Training	7,043	8,571
Insurance costs	860	840
Consultancy	4,290	4,686
General costs	1,123	395
Travel costs	1,937	1,434
Legal and professional costs	428	-
Governance costs	720	720
	<u>46,398</u>	<u>68,326</u>
Analysis by fund		
Unrestricted funds	23,913	59,371
Restricted funds	22,485	8,955
	<u>46,398</u>	<u>68,326</u>
For the year ended 18 June 2023		
Unrestricted funds	59,371	
Restricted funds	8,955	
	<u>68,326</u>	

Governance costs comprise independent examiner's fees of £720 (2023 - £720).

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Trustees	9	9

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	7,101	2,864

12 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	720	720

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 19 June 2023 £	Incoming resources £	Resources expended £	At 18 June 2024 £
Harpur Trust	-	15,000	(15,000)	-
House of Industry Estate	3,582	-	-	3,582
Bedford Education Authority - Literacy Programme	4,575	-	(4,150)	425
BLCF + Whitbread Chairman's Fund	-	4,575	(1,175)	3,400
Bedford Education Authority - Programme Administrator	-	4,320	(2,160)	2,160
	8,157	23,895	(22,485)	9,567

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

13 Restricted funds

(Continued)

Previous year:	At 19 June 2022 £	Incoming resources £	Resources expended £	At 18 June 2023 £
Bedford Education Authority - Literacy Programme	-	4,575	-	4,575
House of Industry Estate	12,537	-	(8,955)	3,582
	<u>12,537</u>	<u>4,575</u>	<u>(8,955)</u>	<u>8,157</u>

The House of Industry grant is funding to deliver the Primary School Programme to disadvantaged schools in Bedford Borough.

The Bedford Education Authority grant is to fund the Primary School Emotional Literacy Programme and a separate grant to fund a Programme Administrator in the current year.

The Harpur Trust grant is to deliver first year of Making Me Primary School Emotional Wellbeing Programme.

The BLCF + Whitbread Chairman's Fund grant is towards funding of school workshops.

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 19 June 2023 £	Incoming resources £	Resources expended £	At 18 June 2024 £
General funds	<u>32,077</u>	<u>41,042</u>	<u>(31,462)</u>	<u>41,657</u>
Previous year:	At 19 June 2022 £	Incoming resources £	Resources expended £	At 18 June 2023 £
General funds	<u>54,989</u>	<u>37,938</u>	<u>(60,850)</u>	<u>32,077</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2024

15 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 18 June 2024:			
Current assets/(liabilities)	41,657	9,567	51,224
	<u>41,657</u>	<u>9,567</u>	<u>51,224</u>
	<u>41,657</u>	<u>9,567</u>	<u>51,224</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 18 June 2023:			
Current assets/(liabilities)	32,077	8,157	40,234
	<u>32,077</u>	<u>8,157</u>	<u>40,234</u>
	<u>32,077</u>	<u>8,157</u>	<u>40,234</u>

16 Related party transactions

There were no disclosable related party transactions during the period.

MAKING ME

England & Wales - Charity number 1176751

Accounts

MAKING ME
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 18 JUNE 2023

MAKING ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	P A Dawson	
	V R Gilks	
	D Henrickson	
	C A Nunn	
	J M O'Donovan	
	J P White	
	S Hayford	(Appointed 23 March 2023)
	T Joshi	(Appointed 23 March 2023)
	J Tizard	(Appointed 23 March 2023)
Chair	C Nunn	
Treasurer	D Henrickson	
Charity number	1176751	
Principal address	13 Pemberley Avenue Bedford MK40 2LE	
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE	
Bankers	Nat West 81 High Street Bedford MK40 1YN	

MAKING ME

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MAKING ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 18 JUNE 2023

The trustees present their annual report and financial statements for the year ended 18 June 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charitable objects of Making Me (the **Charity**), as set out in the Charity's constitution are to act as a resource for young people up to the age of 18 years living in England by providing education and awareness on matters concerning mental health and to provide relief for persons experiencing mental health difficulties, in particular, but not exclusively, by:

- providing individual counselling and mental health education services.
- providing school counselling and mental health education services; and
- providing family support, mentoring and mental health education services.

Making Me's vision is to give children the power to thrive by equipping children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. What underpins our vision is the concept that 'knowledge is power'. Therefore, our goal is to provide a platform of learning whereby youngsters can build resilience, understand and communicate their emotions, embrace their mental wellbeing and make informed choices about the person they want to become.

The core focus of our work pivots around four strategic aims:

1. to develop children's emotional literacy and ability to communicate their feelings.
2. to develop children and young people's understanding of how to build emotional resilience.
3. To provide knowledge and awareness of life's ups and downs and how children and young people can best navigate their journey of life.
4. to support teachers and parents in their understanding of children's emotional development, empowering them to offer pro-active, informed support.

Making Me is an inclusive and highly collaborative organisation working with pupils, school staff, parents and carers to deliver preventative, research-based measures that provide support both at school and at home. Our structured framework for delivering high quality services which are linked to a child's developmental journey are focused on empowerment, proactivity and maintaining ongoing relationships with schools.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's strategy, aims, and objectives and in planning their future activities. The section entitled 'Significant activities and achievements' identifies and explains the various activities undertaken.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2023

The main activity of the Charity during the previous year was to deliver the Primary School Wellbeing Programme (formerly Emotional Literacy Programme) which includes workshops and resources to primary schools in and around the Bedfordshire area. During this time, it became clear that schools were in need of regular support to sustain the Programme of wellbeing; each intake of new staff, new children and cohorts of children moving through the school would all benefit from an ongoing working relationship with the Making Me team rather than the one-off delivery of workshops and resources.

In response, an 'Annual Subscription Programme' with selected elements of the core workshops has been developed to follow the initial, Year 1 implementation of the Programme. This ensures that the benefits of our Programme will be embedded on an ongoing basis enabling children in subsequent year groups to receive the same learning and support.

The operational aim for the current year, in addition to delivering the Programme to new schools, has been to revisit all the schools Making Me has ever worked with and to see as many of them as possible sign up to this Annual Subscription Programme (with a new Terms of Engagement) for roll out in the Autumn term 2023.

The Terms of Engagement for all new schools is to sign up for a full delivery of The Primary School Emotional Wellbeing Programme in Year 1 and the ongoing delivery of the Annual Subscription Programme thereafter. Going forward, the Core Programme will only be delivered in this way.

There are a set number of workshops, assemblies, and resources in the initial and subscription Programmes with a price matrix dependent on school type, size and pupil premium percentage (i.e., percentage of pupils eligible for free school meals) which is indicator of an area of deprivation. Schools are asked to pay a concessionary rate which has a sliding scale based on their officially documented pupil premium percentage. Any schools that record in excess of 25% pupil premium are offered the Programme fully funded. To ensure that the Charity is able to financially sustain the delivery of the workshops and resources, the cost of the concessionary rate is agreed when the Terms of Engagement is signed, with payment in advance by invoice.

The development work from the Middle School Programme pilot during the last year has now been incorporated into the Primary School Programme, where there was a known gap for Year 5 and Year 6 children to help them understand their adolescent development, build their sense of resilience and reach out for the help and support they may need during difficult times. It was recognised through this work that changing schools can cause children's stress and anxiety levels to increase. To this end, a Year 6 'Wellbeing Workshop' is now included in the core Programme which will be delivered to Year 6 children in our existing schools during the summer term as pupils prepare to leave their primary school and move to a new secondary school. Our Wellbeing Workshop is an essential reminder of the challenges children may face as they move on from Primary school and the strategies they have learned to support their mental and emotional wellbeing.

As the focus this year has been to consolidate and refine the Primary School Programme and given that Middle Schools are being phased out in Bedford Borough and Central Bedfordshire, it has been decided that the Making Me Wellbeing Programme will not currently extend beyond Year 6. An additional factor is that delivering workshops to older pupils in both Years 7 and 8 can be more challenging and require experience that our current facilitators do not have which could present additional operational difficulties. It is intended that this will be a development priority for the future.

The Making Me core team has expanded this year following the appointment in September of a School Development Manager, who is a Marketing and Psychology graduate with experience in sales, marketing, fundraising and Early Years. This appointment has raised the profile of the Charity through marketing and social media and increased the number of schools signing up to the Programme.

A School Relationship Manager has also been appointed to deliver workshops and provide additional support to those schools who need it. As a qualified primary school teacher with a First-class honours degree in Psychology (BSc), as well as being BPS accredited and having undertaken a placement with a child psychologist, the School Relationship Manager offers valuable support to the CEO in developing the Programme and refining the existing offer.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2023

It was recognised that the existing methods of evaluating and evidencing the impact of the Programme continued to be a challenge, especially following the pandemic when so many other factors affected our ability to evaluate children's wellbeing. It became apparent that, without robust, objective impact data evidence regarding the extent to which the Programme makes a difference to the lives of the children in the schools in which it is engaged remains, whilst positive and encouraging, primarily anecdotal. This lack of robust impact data has been a continued barrier when applying for external funding and when marketing the Programme.

With this in mind, the Charity contracted the services of Rachel Dunford Consulting in spring 2023 with a commission to conduct an external, independent evaluation review and to deliver an impartial report on the effectiveness of the work Making Me is delivering. The aim is that the Charity will be given the tools to develop its own evaluation strategy and collate its own evidence and impact data in future. This project is due to be completed by the Autumn term 2023.

As in previous years, assemblies and resources were offered to schools for Anti Bullying Week and Children's Mental Health Week, and the regular platform to communicate our message continued through radio appearances on the breakfast show of a local radio station (Black Cat Radio) as well as a monthly column in a local village magazine. During Children's Mental Health Week, the Black Cat Radio morning show was broadcast from Yardley Hastings Primary School who champion the Making Me Wellbeing Programme; the Headteacher and 3 pupils were interviewed during the radio show broadcast which took place on 10th February 2023 about the benefits of our work.

During this financial year we have continued to work collaboratively with 2 other charities. We have continued to support the work of 'Scotty's Little Soldiers' (Registered Charity No. 1136854) with online workshops to help the parents of bereaved military children. We have also continued to develop our connection with the Chair of Trustees of 'Faith in Queens Park' (registered charity no 1139459) a charity that runs clubs for children in the multi-ethnic and multi-faith community of Queens Park, Bedford, which is an area of high deprivation and high need.

To continue building our knowledge and understanding of financial matters, our COO attended a number of online workshops: Charity Digital - 'Futureproofing and Financial Sustainability'; The Fore "Earned income - is it right for you?"; the FSI, 'Developing Corporate Relationships' and several HR workshops hosted by Compass Wellbeing.

Our work to equip children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood would not be possible without considerable help and support from local and national communities.

Whether through donations, fundraising, volunteering or championing our cause, we would like to thank the following organisations for supporting Making Me:

- Dentons Solicitors
- Emmott Snell Solicitors
- The Harpur Trust
- House of Industry
- Phew!
- Local Giving Postcode Places Trust
- Polam School Parents Association
- Lakeland
- Bedford Educational Association
- The Rotary Club Bedford
- The Bedford Cyclists
- Crake House pupils, Bloxham School

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2023

We would also like to thank the many individuals and schools who have donated and fundraised throughout the year. Without their support and enthusiasm, we would not have been able to support as many children as we did.

We would also like to thank our many volunteers who continue to give their time and enthusiasm willingly throughout the year.

For further information about our charity and the work that we do in schools, please see our website www.makingme.org.uk

Achievements and performance

As already indicated, during this financial year Making Me has contacted all the schools that we have worked with before, during and after the pandemic to re-connect and request that they sign up to our Annual Subscription Programme. It was decided that this was the most effective way to offer maximum support to both the children and teachers in our schools. Many schools have signed a new Terms of Engagement and agreed to pay for their annual subscription in advance by invoice - initial feedback has been that it is exceptional value and there are 2 Academy Trusts who will pay us directly to support their schools' contribution.

By the end of the financial year 2023:

- 30 schools had signed to join the Annual Subscription Programme – this reaches 7,440 pupils.
- 7 schools who use our Programme have yet to confirm – 2,285 pupils.
- 10 schools have been classed as 'dormant', unable to commit - largely due to circumstance (staff changes, other challenges)
-

We have continued to run Parent Presentation Evenings (in person and online) which enabled us to offer support and encouragement to many families at home.

Feedback from schools that we have worked with has been positive about our team, our approach and the benefits of our work, as this extract shows:

Bedford Borough Primary School Wellbeing Lead:

"We feel very lucky to have benefitted from the brilliant ideas and support that Making Me can offer schools. ...From day one, we have been impressed with the resources and we knew that they would be even more crucial as the impact of pandemic on our young people became clearer. The initial training is thorough, empowering and provides a clear purpose of what can happen if you embrace the Making Me materials".

During Summer 2022 the newly developed School Resources Pack (which accompanies the Programme) was professionally printed ready to be distributed at the start of the academic year. Each class from Reception to Year 4 has a pack which includes A3 printed 'flashcard' resources, a set of feelings (or KIPSY) cards and an age-appropriate 'KIPSY' story book – this is for ease of implementation for teaching staff, but also aids copyright protection by distributing hard copy resources rather than having soft copies permanently available online to download.

As schools signed up to the Annual Subscription Programme, they were offered a Resources Pack and feedback has again been very positive - this example is from a Year 3 teacher and PHSE Wellbeing Lead at Central Bedfordshire school:

"I have found the flash cards and emotions posters to be fantastic at helping pupils keep the feelings discussed fresh in their minds throughout the school day. They are great talking points for pupils and offer a consistency across all classrooms which is helping with our whole school approach to wellbeing".

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2023

And from a SEND Teacher at a Bedford Borough Primary School

"The KIPSY cards are being used in school often. They are invaluable in Y2-Y5. They are opening up conversations about each of the feelings, which has resulted in deeper conversations about each of the feelings. The teachers have commented on how easy they are to use....We have also used the KIPSY cards for our wellbeing interventions where they have opened up conversations with children who have been identified as needing support with their wellbeing".

The School Development Manager has ensured our social media channels have all benefitted from regular postings and this has significantly improved our audience engagement (which is now much higher than industry average for a charity of our size across all our channels). Whilst our audience is now consistently growing month on month, it is still very small and so our reach remains limited. This tells us that whilst our content is engaging not enough people are getting to see it.

Our next steps include:

1. Boosting popular posts, one per month targeting local Primary School teachers, and
5. Creating high quality promotional and Programme video content.

Financial review

Total incoming resources of the year amounts to £42,513 (2021-22: £84,330) of which £4,575 (2021-22: £35,547) was restricted. The principal sources of income are grant funding, personal donations and fundraising activities.

Total expenditure for the year was £69,805 (2021-22: £52,487) of which £8,955 (2021-22: £23,010) was restricted. The principal sources of expenditure are workshop facilitators and professionals assisting with the delivery of the Charity's activities as well as the professional printing of workshop resources and materials for distribution in schools.

The reserves held are funds that are available for use in the furtherance of the charitable objectives. They are funds which have not yet been committed, designated or spent. At the year end our reserves were £40,234 (2022: £67,526) of which £32,077 (2022: £54,989) were unrestricted.

The Trustees review the reserves policy annually using the guidance given by the Charity Commission.

The Charity's reserves are set up in such a way that it is able to pursue its current operational objectives whilst at the same time providing a sufficient financial cushion to enable maintenance of these objectives for a limited period (one school term) in the event of operational difficulties or a significant decrease in external funding. In addition, the Charity's funding reserves allow for the financing of specific projects as these become necessary, such as the Charity's digital transformation, as well as any other unforeseen one-off payments.

The Trustees will continue to review the reserves policy in the coming year to ensure that it remains appropriate and reflective of the environment we are working in.

The Trustees are of the view that the Charity is a going concern.

The Trustees of the Charity have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to these. The Board of Trustees has overall responsibility for reviewing the risk register with the senior management team having responsibility for implementing any mitigating actions where necessary and regular reporting. The principal risks are allocated for review by individual trustees in conjunction with senior management. The Board of Trustees receives a quarterly risk review at its meetings and conducts a full review of the risk register annually.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2023

The key risks facing the Charity are:

- **Insufficient income**
The risk of insufficient income in increasingly difficult times due the impact of the Covid-19 pandemic continues to be a challenge. The Charity's Head of Fundraising had to step down last year, and income streams have been reviewed by the Board with a focus on the difference between funding the subsidy of delivering the Programme in schools and funding for core costs. We are continuing to build strong and ongoing relationships with schools, parents and local businesses. Income from the JustGiving site for fundraising campaigns, gifts and donations was £42,513. The Board of Trustees continues to evaluate the Charity's finances and is planning external strategies to ensure that the Charity remains sustainable and able to continue its work.
- **Dependency on key individuals**
Whilst there is still a high dependency on key individuals, more key individuals have been recruited during this financial year so that the number of those responsible for product development and extension, training and quality of service delivery and operational matters has grown. In addition, to mitigate this risk, some of the roles of key individuals overlap resulting in more collaborative work. This is the start of a succession plan being put in place.

A principal risk that faced the Charity during this accounting period was the resignation of the Charity's fundraiser due to family commitments and post-graduate study. In her absence, other members of the Charity continue to pursue grant applications to subsidise the cost of delivering the Programme to schools. In addition, and as already indicated, there are a number of significant strategies at Board level to secure additional funding for core costs to support the Charity's growth.
- **Covid-19**
The risks presented by COVID-19 have substantially reduced. Whilst the pandemic is no longer a significant problem, schools are still feeling its impact on the wellbeing of the children in their care.
- **Safeguarding**
The Charity rigorously reviews its Safeguarding Policy annually. All workshop facilitators complete external safeguarding training (Central Beds Level 1) and internal safeguarding training annually. A safeguarding record of attendance is maintained in order to record all training. The Charity raised three safeguarding concerns with schools during the accounting period. These were written up on the Charity's Safeguarding Notification Form, presented to relevant school staff and logged with the Charity's DSL.

Impact of COVID-19

The impact of the COVID-19 pandemic on the mental health of the nation will continue to affect the development and presentation of mental health issues in all age groups in particular in the young and most vulnerable. What is evident is that the impact of COVID-19 has created anxiety in everyone and, as a result, the journey to emotional resilience may be longer, and start from a weaker position. This makes the work that we do even more urgent and the need even greater.

The long-term sustainability of our Programme has been a key priority for this financial year as evidenced through our subsidised Subscription Programme which reflects our commitment to supporting the schools we work with into the future. With this in mind, we are putting in place strategic operations that will allow the Charity to sustain and expand its reach into neighbouring counties (Northants, Bucks) following requests for our Programme from schools in these areas.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2023

Structure, governance and management

The charity founded in 2018 is a charitable incorporated organisation (CIO) and is governed by a foundation model constitution. On 15 July 2021 the Charity changed its name from The Mind Map to Making Me. The Trustees are also the only voting members of the Charity.

The Trustees have the overall stewardship responsibility for the Charity, ensuring that the Charity runs in accordance with its Constitution and the law, providing strategic direction, financial oversight and working together in the best interests of the Charity.

The Board of Trustees comprises a minimum of three trustees and a maximum of twelve. Trustees serve an initial term of three years that can be extended. Trustees are selected to ensure that the Board has all the relevant competencies, including a good mix of business and charity expertise, from health, education, and business sectors.

Following a skills audit of our Board, we have welcomed 3 new Trustees this year.

The Charity has developed a Trustee induction pack which includes the Charity's Constitution document, the Charity Commission guidance on the obligations of Trustees, a copy of all policies and procedures, the latest annual report and accounts and any other relevant documentation. Additionally, the Chair and Chief Executive meet with new Trustees to familiarise them with the Charity and the context within which it operates. Trustees are also encouraged to meet other members of the Making Me team and to observe at least one school workshop. Trustees are also encouraged to attend appropriate professional training courses and become familiar with the Charity Commission's guidance.

Board meetings are held as often as the board business requires but are scheduled bi-monthly in the evenings. Trustees can attend in person or via Teams link. In addition, working groups have been set up by the Board for specific functions and tasks. A 10-year strategic plan was previously prepared which is reviewed and updated. The strategic plan to 2030 will be reviewed at the end of each year, to take into account annual business plans, objectives and budgets as well as the outcomes of the Charity's work. This will help to ensure that Making Me's aims, objectives and activities remain focused on those stated.

Day to day delegation for the provision of the services rests with the Chief Executive, along with the senior management team. The Chief Executive is responsible for product and service development and ensuring that the Charity delivers the services specified to a high standard. The Chief Operating Officer is responsible for the day-to-day operational management of the Charity as well as aspects of strategic and financial matters. The School Development Manager is responsible for marketing the work of the Charity and manages the recruitment of schools.

The School Engagement Manager builds strong relationships with schools through the planning and delivery of the Programme.

The trustees who served during the year and up to the date of signature of the financial statements were:

P A Dawson	
V R Gilks	
C M Henrickson	(Resigned 29 June 2022)
D Henrickson	
C A Nunn	
J M O'Donovan	
A Stenning	(Resigned 18 July 2023)
J P White	
S Hayford	(Appointed 23 March 2023)
T Joshi	(Appointed 23 March 2023)
J Tizard	(Appointed 23 March 2023)

MAKING ME

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

The trustees' report was approved by the Board of Trustees.

Dean Henrikson

D Henrikson

Trustee

Dated: 11 October 2023

Catherine Nunn

C A Nunn

Trustee

Dated: 11 October 2023

MAKING ME

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 18 JUNE 2023

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

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

MAKING ME

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MAKING ME

I report to the trustees on my examination of the financial statements of Making Me (the charity) for the year ended 18 June 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Campbell Wilson

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 11 October 2023

MAKING ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 18 JUNE 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Notes							
<u>Income and endowments from:</u>							
Donations and legacies	3	24,943	-	24,943	38,003	-	38,003
Charitable activities	4	12,995	4,575	17,570	10,287	35,547	45,834
Other income	5	-	-	-	493	-	493
Total income		37,938	4,575	42,513	48,783	35,547	84,330
<u>Expenditure on:</u>							
Raising funds	6	1,479	-	1,479	4,234	-	4,234
Charitable activities	7	59,371	8,955	68,326	25,243	23,010	48,253
Total expenditure		60,850	8,955	69,805	29,477	23,010	52,487
Net (expenditure)/income for the year/							
Net movement in funds		(22,912)	(4,380)	(27,292)	19,306	12,537	31,843
Fund balances at 19 June 2022		54,989	12,537	67,526	35,683	-	35,683
Fund balances at 18 June 2023		32,077	8,157	40,234	54,989	12,537	67,526

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

MAKING ME

BALANCE SHEET

AS AT 18 JUNE 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	11	2,864		-	
Cash at bank and in hand		38,090		68,246	
		<u>40,954</u>		<u>68,246</u>	
Creditors: amounts falling due within one year	12	<u>(720)</u>		<u>(720)</u>	
Net current assets			40,234		67,526
			<u>40,234</u>		<u>67,526</u>
Income funds					
Restricted funds	13		8,157		12,537
Unrestricted funds			32,077		54,989
			<u>40,234</u>		<u>67,526</u>

The financial statements were approved by the Trustees on 11 October 2023

Catherine Nunn

C A Nunn
Trustee

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 18 JUNE 2023

1 Accounting policies

Charity information

Making Me is a charitable incorporated organisation ("CIO").

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of VAT.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Donations and gifts	24,943	38,003

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

4 Charitable activities

	2023 £	2022 £
Fundraising income	4,904	4,292
Grants received	8,296	41,542
Subscription income	4,370	-
	<u>17,570</u>	<u>45,834</u>
Analysis by fund		
Unrestricted funds	12,995	10,287
Restricted funds	4,575	35,547
	<u>17,570</u>	<u>45,834</u>
For the year ended 18 June 2022		
Unrestricted funds	10,287	
Restricted funds	35,547	
	<u>45,834</u>	
Grants received		
The Wixamtree Trust	-	3,000
Harpur Trust	-	10,000
St Johns Hospital Trust	-	2,000
Gale Family	-	3,000
Panacea Trust	-	10,010
House of Industry Estate	-	12,537
Lakelands	1,000	-
Bedford Education Authority	4,575	-
Polam Parents	2,721	-
Other	-	995
	<u>8,296</u>	<u>41,542</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

5 Other income

	Total Unrestricted funds	
	2023	2022
	£	£
Other income	-	493
	<u> </u>	<u> </u>

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Advertising	1,479	4,234
	<u> </u>	<u> </u>
	<u>1,479</u>	<u>4,234</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

7 Charitable activities

	2023 £	2022 £
Workshop costs	32,979	20,454
Office expenses	18,601	18,497
Website costs	100	370
Training	8,571	1,930
Insurance costs	840	809
Consultancy	4,686	5,257
General costs	395	216
Travel costs	1,434	-
Governance costs	720	720
	<u>68,326</u>	<u>48,253</u>
Analysis by fund		
Unrestricted funds	59,371	25,243
Restricted funds	8,955	23,010
	<u>68,326</u>	<u>48,253</u>
For the year ended 18 June 2022		
Unrestricted funds	25,243	
Restricted funds	23,010	
	<u>48,253</u>	

Governance costs comprise independent examiner's fees of £720 (2022 - £720).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Trustees	<u>9</u>	<u>7</u>

There were no employees whose annual remuneration was more than £60,000.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Other debtors	2,864	-

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	720	720

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Incoming resources £	Resources expended £	Balance at 19 June 2022 £	Incoming resources £	Resources expended £	Balance at 18 June 2023 £
Harpur Trust	10,000	(10,000)	-	-	-	-
Wixamtree Trust	3,000	(3,000)	-	-	-	-
Bedford Education Authority	-	-	-	4,575	-	4,575
Panacea Trust	10,010	(10,010)	-	-	-	-
House of Industry Estate	12,537	-	12,537	-	(8,955)	3,582
	<u>35,547</u>	<u>(23,010)</u>	<u>12,537</u>	<u>4,575</u>	<u>(8,955)</u>	<u>8,157</u>

The House of Industry grant is funding to deliver the Primary School Programme to disadvantaged schools in Bedford Borough.

The Bedford Education Authority grant is to fund the Primary School Emotional Literacy Programme.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2023

14 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 18 June 2023 are represented by:						
Current assets/(liabilities)	32,077	8,157	40,234	54,989	12,537	67,526
	<u>32,077</u>	<u>8,157</u>	<u>40,234</u>	<u>54,989</u>	<u>12,537</u>	<u>67,526</u>

15 Related party transactions

There were no disclosable related party transactions during the period.

MAKING ME

England & Wales - Charity number 1176751

Accounts

MAKING ME
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 18 JUNE 2022

MAKING ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	P A Dawson V R Gilks D Henrickson C A Nunn J M O'Donovan A Stenning J P White
Chair	C Nunn
Treasurer	D Henrickson
Charity number	1176751
Principal address	13 Pemberley Avenue Bedford MK40 2LE
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE
Bankers	Nat West 81 High Street Bedford MK40 1YN

MAKING ME

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MAKING ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 18 JUNE 2022

The trustees present their annual report and financial statements for the year ended 18 June 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charitable objects of Making Me (the **Charity**), as set out in the Charity's constitution are to act as a resource for young people up to the age of 18 years living in England by providing education and awareness on matters concerning mental health and to provide relief for persons experiencing mental health difficulties, in particular, but not exclusively, by:

- providing individual counselling and mental health education services.
- providing school counselling and mental health education services; and
- providing family support, mentoring and mental health education services.

Making Me's vision is to give children the power to thrive by equipping children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. What underpins our vision is the concept that 'knowledge is power'. Therefore, our goal is to provide a platform of learning whereby youngsters can build resilience, understand and communicate their emotions, embrace their mental wellbeing and make informed choices about the person they want to become.

The core focus of our work pivots around four strategic aims:

1. to develop children's emotional literacy and ability to communicate their feelings.
2. to develop children and young people's understanding of how to build emotional resilience.
3. to enable young adolescents to understand their adolescent journey and take ownership of their emotional development.
4. to support teachers and parents in their understanding of children's emotional development, empowering them to offer pro-active, informed support.

Making Me is an inclusive and highly collaborative organisation working with pupils, school staff, parents and carers to deliver preventative, research-based measures that provide support both at school and at home. Our structured framework for delivering high quality services which are linked to a child's developmental journey are focused on empowerment, proactivity and maintaining ongoing relationships with schools.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's strategy, aims, and objectives and in planning their future activities. The section entitled 'Significant activities and achievements' identifies and explains the various activities undertaken.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2022

As the main activity is to deliver workshops in primary schools in and around the Bedfordshire area, our work during the 2021-2022 accounting period continued to be disrupted as schools were either locked down and offering on-line teaching only or they were unable to offer unrestricted access to visitors due to the on-going COVID-19 pandemic. In response to these limitations, we completed the filming of our storybook – KIPSY the Caterpillar – to offer schools full on-line access to a video of all 54 stories. We also hosted several of our workshops to teachers and parents over Teams including online assemblies for Anti-bullying Week to be delivered in a school classroom or hall and downloadable resources for Children's Mental Health Week.

Feedback from schools indicated that a lack of physical resources could sometimes be a barrier to implementing the Programme, particularly for children in the younger school years. In response to this feedback, we developed a resources pack for each classroom which we aim to roll out at the start of September 2022. This pack includes a KIPSY caterpillar story books for each school year, together with corresponding A3 picture boards that illustrate different elements of the story and each of the feelings being described. We also developed a box of 'Feelings Cards' as an additional emotional literacy resource to use alongside the KIPSY the Caterpillar stories.

We continued to expand and develop our Programme and, despite the limitations imposed by the pandemic, piloted our middle school workshops to 5 schools in the Bedfordshire area. The focus of our Middle School Programme was to build on the knowledge introduced in the primary sector by developing an understanding of mental wellbeing, explaining the factors that can impact mental wellness and giving strategies young people can adopt to support their mental wellbeing. We also place particular emphasis on encouraging young people of this age to understand their adolescent development, build their sense of resilience and reach out for the help and support they need during difficult times. To this end, we introduced a workshop on understanding the mental and physical effects of stress and how to manage it, especially relevant as Year 6 pupils faced SATS exams following lockdown. In addition, we ran a series of workshops encouraging youngsters to think about their sense of identity and an updated Programme of workshops encouraging the development of lifelong resilience. We also ran age-appropriate workshops about mental wellbeing, encouraging youngsters to pro-actively think about the things they could do to support their mental health and outlining some of the pitfalls and unhelpful strategies that may hinder their development.

We were given a regular platform to communicate our message through monthly radio appearances on the breakfast show of a local radio station (Black Cat Radio) as well as a monthly column in a local village magazine.

We have worked collaboratively with 2 other charities during this accounting period. In particular, we were privileged to support the work of 'Scotty's Little Soldiers' (Registered Charity No. 1136854) by running 4 online workshops to support the parents of bereaved military children. These included two workshops on supporting adolescents, one workshop on building resilience and one workshop on supporting primary-aged children. After attending a Bedfordshire and Luton Community Foundation networking event, we also connected with the Chair of Trustees of 'Faith in Queens Park' (registered charity no 1139459) a local charity whose focus is to run sports and music clubs for children in the multi-ethnic and multi-faith community of Queens Park, Bedford. Recognising their need to offer additional support for children's mental wellbeing, they requested professional assistance and training for both their children and their staff. As well as working with them to develop the appropriate workshops, we hope to expand our network to access schools in the Queens Park area, which is an area of high deprivation and high need.

In order to build our knowledge and understanding of financial matters, our COO attended workshops hosted by Charity Digital - 'A Practical Guide to Effective Budgeting'; The Fore - 'Strategy & Business Planning'; the FSI, 'Collaboration Benefits' and the NCVO - 'Recruiting and Retaining Volunteers' as well as a series of HR workshops hosted by Compass Wellbeing.

Our primary focus continues to be equipping children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. We cannot do this without considerable help and support from local and national communities whether this is through donations, fundraising, volunteering or championing our cause, particularly in this 'post' pandemic era.

MAKING ME

TRUSTEES' REPORT (CONTINUED) ***FOR THE YEAR ENDED 18 JUNE 2022***

We would like to thank the following organisations for supporting Making Me:

- Cala Homes
- Dentons
- Emmott Snell
- Gale Family Charity Trust
- Harpur Trust
- Phew!
- Wixamtree Trust
- James Hambro & Partners
- Postcode Places Trust
- St John's Hospital Trust
- The Panacea Trust
- House of Industry
- Bedford Academy of Dance
- Cameron Grant Memorial Trust

We would also like to thank the many individuals and schools that have donated and fundraised throughout the year. Without their support and enthusiasm, we would not have been able to support as many children as we have been able to.

We would also like to thank our many volunteers who continue to give their time and enthusiasm willingly throughout the year.

For further information about our charity and the work that we do in schools, please see our website www.makingme.org.uk

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2022

Achievements and performance

Despite the impact of the pandemic, Making Me continued to engage with over 30 Bedfordshire primary schools introducing (where possible) or adapting our Emotional Literacy Programme. This expanded our reach to almost 9000 pupils. We also adapted our staff inset to enable schools to quickly and effectively re-engage with our Programme once the restrictions of the pandemic began to ease and sent regular newsletters to schools with timely advice and support during the weeks of inaccessibility. In addition to this, we held a number of on-line parent workshops which enabled us to offer support and encouragement to thousands of families at home.

The comments below are representative of some of the feedback we have received over the year from schools that we have been engaged with.

"By understanding and recognising the connection between emotions and physical responses, we can help our children to manage their responses and become more aware of why others might be acting in a certain way. The impact of the Programme has been amazing" Headteacher of Central Beds Lower School

"The whole staff training enabled everyone to take ownership of children's emotional literacy and understand how we can support each child, in such a simple way. The children use KIPSY daily, to express their feelings and conversations with staff and support their ability to make a positive start to the day, regardless of how they have entered the school"

Headteacher of Bedford Borough Primary School

"We also use the cards when my 1:1 is struggling to concentrate or is being disruptive...I'll select a few cards which I think might reflect how he's feeling and we'll sit and discuss each of the cards, to see if he can identify which of the feelings he's experiencing. These cards are a fantastic addition to the Making Me KIPSY stories and make discussing emotional literacy with my 1:1 and other children much easier" Teacher Central Beds School about the 'Feelings Cards'

Feedback from parents includes the following:

"Easy to listen to, and with practical advice on how to apply to our family"

"Highly recommended, Insightful, Powerful, Reassuring, A must! A brilliant hour, loads of useful content presented in a relevant way."

I'm so happy that the school is implementing these strategies. It's more important than ever that children are able to discuss their feelings...They are lucky kids that the school is so switched on to this kind of thing.

The COVID-19 pandemic, its effects on the charity sector, school and social communities as well as the economy and society at large are still evident.

One of the more immediate impacts of the COVID-19 pandemic on the mental health of the nation is to accelerate the development and presentation of mental health issues in all age groups, in particular in the young and most vulnerable. What is evident is that the impact of COVID-19 has created anxiety in everyone and, as a result, the journey to emotional resilience may be longer, and start from a weaker position. This makes the work that we do even more urgent and the need even greater.

With this in mind, like many other organisations, we have adapted our on-site operational and service delivery models to allow for remote working and digital platforms in the hope that this will facilitate school engagement and broaden the impact of our work. Ensuring the long-term sustainability of our Programme continues to be a key priority for the next financial year. With this in mind, we are putting in place strategic operations that will allow the Charity to expand its reach into neighbouring counties (Northants, Bucks) following requests for our Programme from schools in these areas.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2022

Financial review

Total incoming resources of the year amounts to £84,330 (2020-21: £35,501) of which £35,547 (2020-21: £17,730) was restricted. The principal sources of income are grant funding, personal donations and school fundraising activities.

Total expenditure for the year was £52,487 (2020-21: £34,302) of which £nil (2020-21: £17,730) was restricted. The principal sources of expenditure are workshop facilitators and professionals assisting with the delivery of the Charity's activities and operational costs such as the website and delivery costs associated with workshops.

The reserves held are funds that are available for use in the furtherance of the charitable objectives. They are funds which have not yet been committed, designated or spent. At 18 June 2022 our reserves were £67,526 (2021: £35,683) of which £31,979 (2021: £35,683) was unrestricted.

The Trustees review the reserves policy annually using the guidance given by the Charity Commission.

The Charity's reserves are set up in such a way that it is able to pursue its current operational objectives whilst at the same time providing a sufficient financial cushion to enable maintenance of these objectives for a limited period (one school term) in the event of operational difficulties or a significant decrease in external funding. In addition, the Charity's funding reserves allow for the financing of specific projects as these become necessary, such as the Charity's digital transformation, as well as any other unforeseen one-off payments. The Trustees will continue to review the reserves policy in the coming year to ensure that it remains appropriate and reflective of the environment we are working in.

The Trustees are of the view that the Charity is a going concern.

The Trustees of the Charity have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to these. The Board of Trustees has overall responsibility for reviewing the risk register with the senior management team having responsibility for implementing any mitigating actions where necessary and regular reporting. The principal risks are allocated for review by individual trustees in conjunction with senior management. The Board of Trustees receives a quarterly risk review at its meetings and conducts a full review of the risk register annually.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2022

The key risks facing the Charity are:

- Insufficient income

The risk of insufficient income due the impact of Covid-19 on the Charity's operations and limited success on fundraising activities was addressed by recruiting a Head of Fundraising (successful funding bids income of £42,547) and by diversifying its income streams through building strong and ongoing relationships with schools, parents and local businesses (income of £38,264). In addition, the Charity launched a new website which is directly linked to our JustGiving site to actively promote donation giving. The Board of Trustees continues to scrutinise the Charity's finances at every board meeting in order to ensure that the Charity remains sustainable and able to continue to support its clients.

- Dependency on key members of staff

There is a high dependency on a small number of key staff members, including those responsible for product development and extension, training and quality of service delivery and operational matters. In order to mitigate this risk additional staff have been recruited to support these key members of staff and a succession plan continues to be put in place.

A principal risk that faced the Charity during this accounting period was the resignation of the Charity's fundraiser due to family commitments and post-graduate study. The Charity has now outsourced this function to 'Bid & Tender Support Ltd' in Olney who are charged with seeking out suitable pots of funding and working with the CEO to write relevant grant applications. They are also briefed with seeking additional funding from local businesses to support the Charity's growth.

- Covid-19

Reactive and proactive measures in response to COVID-19 have ensured that we adapted and delivered our services in a safe and effective way including maintaining our compliance with Government rules and regulations as they were issued. In response to the crisis, we implemented new working practices and protocols to ensure the safety of our staff and clients and accelerated the development of a digital platform to support and/or replace the current operating model of delivering services on-site.

- Safeguarding

The Charity reviews its Safeguarding Policy annually. In addition, all workshop facilitators complete external safeguarding training (Central Beds Level 1) and internal safeguarding training annually. A safeguarding record of attendance is maintained in order to record this.

In light of the COVID-19 pandemic, its effects on the charity sector, communities, the economy and society at large, we decided to review our strategic plan and update it in light of the changed environment we operate in.

We believe that our strategy, which was agreed during early part of 2020, is still valid.

One of the more immediate impacts of the COVID-19 pandemic on the mental health of the nation is to accelerate the development and presentation of mental health issues in all age groups, and in particular the young and most vulnerable. What is evident is that the impact of COVID-19 is creating anxiety in everyone and, as a result, the journey to emotional resilience may be longer, and start from a weaker position.

However, like other organisations, we have adapted our on-site operating and service delivery models to remote working and digital platforms for the delivery of services and support. Ensuring the long-term sustainability of our Programme is a key priority for the next financial year. In particular we are beginning to consider expanding into neighbouring counties following requests for our Programme from schools in these areas.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2022

Structure, governance and management

The Charity, founded in 2018, is a charitable incorporated organisation ("CIO") and is governed by a foundation model constitution. On 15 July 2020 the Charity changed its name from The Mind Map to Making Me. The Trustees are also the only voting members of the Charity.

The Trustees have the overall stewardship responsibility for the Charity, ensuring that the Charity runs in accordance with its constitution and the law, providing strategic direction, financial oversight and working together in the best interests of the Charity.

The Board of Trustees comprises of a minimum of three trustees and a maximum of twelve Trustees. Trustees serve an initial term of three years that can be extended. Trustees are selected to ensure that the Board has all relevant competencies, including a good mix of business and charity expertise, from health, education and business sectors.

The Charity reviews board member skills and competencies regularly. New Trustees are recruited through our website, newsletter and networking with the community. Interested parties apply and are invited to meet Trustees for informal discussions. Should both parties want to proceed, prospective Trustees are interviewed and invited to meet the Chief Executive. All trustees are subject to appropriate vetting checks and asked to sign policies which include a Fit and Proper Persons (Disqualification Disclaimer) form.

The Charity has developed a Trustee induction pack which includes the Charity's constitution, the Charity Commission guidance on obligation of Trustees, policies and procedures, the latest annual report and accounts and other relevant documentation. Additionally, the Chair and Chief Executive meets with new Trustees to familiarise them with the Charity and the context within which it operates and they are encouraged to meet or shadow members of staff. Trustees are also encouraged to attend appropriate professional training courses and become familiar with the Charity Commission's guidance.

Board meetings are held as often as the board business requires. In addition, working groups have been set up by the Board for specific functions and tasks. A 10 year strategic plan was previously prepared which has been reviewed updated for Covid-19 considerations as detailed in future plans. The strategic plan to 2030 will be reviewed at the end of each year, to take into account annual business plans, objectives and budgets as well as the outcomes of the Charity's work. This will help to ensure that Making Me's aims, objectives and activities remain focused on its stated objectives and vision.

Day to day delegation for the provision of the services rests with the Chief Executive, along with the senior management team. The Chief Executive is responsible for product and service development and ensuring that the Charity delivers the services specified to a high standard. The Chief Operating Officer is responsible for the day-to-day operational management of the Charity and also contributes to strategic and financial matters. The Head of Training contributes to product and service delivery.

The trustees who served during the year and up to the date of signature of the financial statements were:

S J Chrisp	(Resigned 26 January 2022)
P A Dawson	
V R Gilks	
C M Henrickson	(Resigned 29 June 2022)
D Henrickson	
C A Nunn	
J M O'Donovan	
A Stenning	
J P White	

MAKING ME

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2022

The trustees' report was approved by the Board of Trustees.

Dean Henrickson

D Henrickson
Trustee
Dated: 16 February 2023

C A Nunn

C A Nunn
Trustee
Dated: 16 February 2023

MAKING ME

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 18 JUNE 2022

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

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

MAKING ME

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MAKING ME

I report to the trustees on my examination of the financial statements of Making Me (the charity) for the year ended 18 June 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Campbell Wilson

John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 16 February 2023

MAKING ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 18 JUNE 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted funds 2022 £	Restricted funds 2021 £	Total 2021 £
	Notes					
<u>Income and endowments from:</u>						
Donations and legacies	3	38,003	-	38,003	9,413	9,413
Charitable activities	4	10,287	35,547	45,834	8,259	25,989
Other income	5	493	-	493	99	99
Total income		48,783	35,547	84,330	17,771	35,501
<u>Expenditure on:</u>						
Raising funds	6	4,234	-	4,234	436	436
Charitable activities	7	25,243	23,010	48,253	16,136	33,866
Total expenditure		29,477	23,010	52,487	16,572	34,302
Net income for the year/ Net movement in funds		19,306	12,537	31,843	1,199	1,199
Fund balances at 19 June 2021		35,683	-	35,683	34,484	34,484
Fund balances at 18 June 2022		54,989	12,537	67,526	35,683	35,683

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

MAKING ME

BALANCE SHEET

AS AT 18 JUNE 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Cash at bank and in hand		68,246		36,403	
Creditors: amounts falling due within one year					
	9	(720)		(720)	
Net current assets			67,526		35,683
Income funds					
Restricted funds	10		12,537		-
Unrestricted funds			54,989		35,683
			67,526		35,683

The financial statements were approved by the Trustees on 16 February 2023



C A Nunn
Trustee

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 18 JUNE 2022

1 Accounting policies

Charity information

Making Me is a charitable incorporated organisation ("CIO").

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of VAT.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2022

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	38,003	9,413

4 Charitable activities

	2022	2021
	£	£
Fundraising income	4,292	1,759
Grants received	41,542	24,230
	<u>45,834</u>	<u>25,989</u>

Analysis by fund		
Unrestricted funds	10,287	8,259
Restricted funds	35,547	17,730
	<u>45,834</u>	<u>25,989</u>

For the year ended 18 June 2021

Unrestricted funds	8,259
Restricted funds	17,730
	<u>25,989</u>

Grants received

The Wixamtree Trust	3,000	2,730
Harpur Trust	10,000	15,000
St Johns Hospital Trust	2,000	3,000
Gale Family	3,000	3,000
Panacea Trust	10,010	-
House of Industry Estate	12,537	-
Other	995	500
	<u>41,542</u>	<u>24,230</u>

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2022

5 Other income

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Other income	493	99
	=====	=====

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
<u>Fundraising and publicity</u>		
Advertising	4,234	436
	=====	=====

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2022

7 Charitable activities

	2022 £	2021 £
Workshop costs	20,454	4,299
Office expenses	18,497	17,395
Website costs	370	444
Training	1,930	5,850
Insurance costs	809	713
Consultancy	5,257	3,194
General costs	216	933
Travel costs	-	78
Governance costs	720	960
	<u>48,253</u>	<u>33,866</u>
Analysis by fund		
Unrestricted funds	25,243	16,136
Restricted funds	23,010	17,730
	<u>48,253</u>	<u>33,866</u>
For the year ended 18 June 2021		
Unrestricted funds	16,136	
Restricted funds	17,730	
	<u>33,866</u>	

Governance costs comprise independent examiner's fees of £720 (2021 - £960).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	720	720

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2022

10 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Incoming resources	Resources expended	Balance at	Incoming resources	Resources expended	Balance at
	£	£	19 June 2021	£	£	18 June 2022
Harpur Trust	15,000	(15,000)	-	10,000	(10,000)	-
Wixamtree Trust	2,730	(2,730)	-	3,000	(3,000)	-
Panacea Trust	-	-	-	10,010	(10,010)	-
House of Industry Estate	-	-	-	12,537	-	12,537
	<u>17,730</u>	<u>(17,730)</u>	<u>-</u>	<u>35,547</u>	<u>(23,010)</u>	<u>12,537</u>

The Harpur Trust grant is for the funding of a school engagement manager and school relationship manager.

The Wixamtree Trust grant is for funding towards the Emotional Literacy Programme to appoint an operations manager and a school support manager.

The Panacea Trust grant is funding to develop and pilot a Wellbeing Programme for middle school children.

The House of Industry grant is funding to deliver the Primary School Programme to disadvantaged schools in Bedford Borough

11 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 18 June 2022 are represented by:						
Current assets/ (liabilities)	54,989	12,537	67,526	35,683	-	35,683
	<u>54,989</u>	<u>12,537</u>	<u>67,526</u>	<u>35,683</u>	<u>-</u>	<u>35,683</u>

12 Related party transactions

There were no disclosable related party transactions during the period.

MAKING ME

England & Wales - Charity number 1176751

Accounts

Charity Registration No. 1176751

MAKING ME
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 18 JUNE 2021

MAKING ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	S J Chrisp	
	P A Dawson	
	V R Gilks	
	C M Henrickson	
	D Henrickson	(Appointed 11 September 2020)
	C A Nunn	
	J M O'Donovan	
	A Stenning	
	J P White	
Chair	C Nunn	
Treasurer	D Henrickson	
Charity number	1176751	
Principal address	13 Pemberley Avenue Bedford MK40 2LE	
Independent examiner	John Wilson FCA ATII Howard Wilson Chartered Accountants 36 Crown Rise Watford Hertfordshire WD25 0NE	
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MAKING ME

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MAKING ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 18 JUNE 2021

The trustees present their report and financial statements for the year ended 18 June 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charitable objects of Making Me (the **Charity**), as set out in the Charity's constitution are to act as a resource for young people up to the age of 18 years living in England by providing education and awareness on matters concerning mental health and to provide relief for persons experiencing mental health difficulties, in particular, but not exclusively, by:

- providing individual counselling and mental health education services.
- providing school counselling and mental health education services; and
- providing family support, mentoring and mental health education services.

Making Me's vision is to give children the power to thrive by equipping children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. What underpins our vision is the concept that 'knowledge is power'. Therefore, our goal is to provide a platform of learning whereby youngsters can build resilience, understand and communicate their emotions, embrace their mental wellbeing and make informed choices about the person they want to become.

The core focus of our work pivots around four strategic aims:

1. to develop children's emotional literacy and ability to communicate their feelings.
2. to develop children and young people's understanding of how to build emotional resilience.
3. to enable young adolescents to understand their adolescent journey and take ownership of their emotional development.
4. to support teachers and parents in their understanding of children's emotional development, empowering them to offer pro-active, informed support.

Making Me is an inclusive and highly collaborative organisation working with pupils, school staff, parents and carers to deliver preventative, research-based measures that provide support both at school and at home. Our structured framework for delivering high quality services which are linked to a child's developmental journey are focused on empowerment, proactivity and maintaining ongoing relationships with schools.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's strategy, aims, and objectives and in planning their future activities. The section entitled 'Significant activities and achievements' identifies and explains the various activities undertaking.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2021

As the main activities of the Charity remain delivery of workshops to primary schools in the Bedfordshire area, we were unable to fulfil a large number of our obligations during the 2020-2021 accounting period as schools were either locked down and offering on-line teaching only or, once the full locked down lifted, offering restricted access for essential staff only. In response to these limitations, we organised for our storybook – KIPSY the caterpillar – to be filmed and offered on-line access to this to schools who were familiar with the KIPSY story programme. We also hosted a number of our workshops to teachers and parents over Zoom and developed a number of workshops for pupils that could be delivered in a non-person-to-person way.

We continued to expand and develop our Programme and, despite the limitations imposed by the pandemic, began to pilot our work in Middle and Senior schools in the Bedfordshire area. The focus of our work in these schools has been to build on the understanding introduced in the primary sector by developing an understanding of mental wellbeing, the factors that can impact mental wellness as well as the things young people can do to support their mental wellbeing. We place particular emphasis on encouraging young people to understand their adolescent development, build their sense of resilience and reach out for the help and support they need during difficult times.

We were given a regular platform to communicate our message through monthly radio appearances on the breakfast show of a local radio station (Black Cat Radio) as well as a monthly column in a local village magazine.

Our CEO also made an appearance on BBC Look East during Children's Mental Health week. In order to build our understanding of fundraising and fundraising practices, our COO attended a series of workshops delivered by The Fore including Strategy and Business Planning and Social Media and Communication.

Our primary focus continues to be equipping children and young people with the skills and understanding to proactively navigate their mental and emotional journey into adulthood. We cannot do this without considerable help and support from our local and national community whether it is by donating, fundraising, volunteering or championing our cause, particularly in this 'post' pandemic era.

Our volunteers continued to give their time and enthusiasm willingly throughout the year.

We would like to thank the following organisations for supporting Making Me:

- Cala Homes
- Dentons
- Emmott Snell
- Gale Family Charity Trust
- Harpur Trust
- Phew!
- Wixamtree Trust
- James Hambro & Partners
- Postcode Places Trust
- St John's Hospital Trust
- Amazon Prime

For further information, please see our website www.makingme.org.uk

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2021

Achievements and performance

Despite the impact of the pandemic, during the year, Making Me engaged with 25 Bedfordshire primary schools with our adapted Emotional Literacy Programme, and reached nearly 7000 pupils. We also adapted our staff inset to enable schools to quickly and effectively re-engage with our programme resources and sent regular newsletters to schools with timely advice and support, including a 'Back to School' inset on the mental health impact of the coronavirus situation on children. In addition to this we held a number of on-line parent workshops which enabled us to offer support and encouragement to thousands of families in the comfort and safety of their homes.

The comments below are representative of some of the feedback we have received over the year from schools that we have been engaged with.

"Emotional literacy, mental well-being and resilience have long been important topics, and Making Me have helped to put them at the forefront of our agenda, and to give our children confidence in talking about them"

"The Charity has run many engaging, practical workshops with our children aged 7-13. The aims have been to broaden the awareness of general mental health difficulties, using the 'shield of resilience' to bounce back from disappointment/upset, and to support our pupils in understanding developmental changes around puberty." Headteacher of Beds Borough School

"I am writing to acknowledge the impact the Making Me Emotional Literacy programme has had on the ability of our children to articulate and manage their feelings."

"The programme allows us to complement our Values Based Education Programme and gives a common language for our whole community to use. It supports children to become emotionally resilient and to have a forum to express their feelings in a safe and nurturing atmosphere. Casey Caterpillar is an integral part of school life – she lives in every area of our school and is used by children, both with adult guidance, and independently, to manage their emotions and feelings." Deputy Headteacher of Central Beds Primary School

The recent parent workshop which Liz Fordham delivered was extremely well received. Parental feedback praised the practical ideas and helped to develop their understanding that children need to be 'seen, heard and held'." Deputy Headteacher of Central Beds Primary School

Financial review

Total incoming resources of the year amounts to £35,501 (2019-20: £30,784) of which £17,730 (2019-20: £nil) was restricted. The principal sources of income are grant funding, personal donations and school fundraising activities.

Total expenditure for the year was £34,182 (2019-20: £8,378) of which £17,730 (2019-20: £nil) was restricted. The principal sources of expenditure are workshop facilitators and professionals assisting with the delivery of the Charity's activities and operational costs such as the website and delivery costs associated with workshops.

The reserves held are funds that are available for use in the furtherance of the charitable objectives. They are funds which have not yet been committed, designated or spent. At 18 June 2021 our reserves were £35,683 (2020: £24,484) of which all was unrestricted.

The Trustees review the reserves policy annually using the guidance given by the Charity Commission.

This allows the Charity to continue its current operations and give time to plan in the event of operational difficulties. It also allows for the funding of projects including the Charity's digital transformation, allows for the funding of any one off, unexpected payments and significant decrease in funding.

The Trustees will continue to review the reserves policy in the coming year to ensure it remains appropriate and reflective of the environment we are working in.

The Trustees are of the view that the Charity is a going concern.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2021

The Trustees of the Charity have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. The board have overall responsibility for reviewing the risk register with the senior management team having responsibility for implementing mitigating actions and regular reporting. The principal risks are allocated for review to individual trustees in conjunction with senior management. The board receives a quarterly risk review at its meetings and reviews the risk register annually.

The key risks facing the Charity are:

- **Insufficient income**

Insufficient income due to the impact of Covid-19 on the Charity's operations and limited success on fundraising activities means that current and future operations, together with the implementation of the strategy, may be materially impacted. The Charity has invested in its fundraising strategy by recruiting a Head of Fundraising, launching a new website which promotes donations and diversifying its income streams through building strong and ongoing relationships with schools, pupils, parents and by the delivery of excellent services.

- **Dependency on key members of staff**

There is a high dependency on a small number of key staff members, especially for product development and extension and quality of service delivery. In order to mitigate this risk which may impact on the delivery of the Charity's aims, additional staff have been recruited and a succession plan is being put in place.

- **Covid-19**

Reactive and proactive measures in response to COVID-19 have ensured that we have adapted and delivered our services in a safe and effective way, and that we are compliant with rules and regulations as they are issued. In response to the crisis, we have implemented new working practices and protocols to ensure the safety of our staff and clients, including the establishment of a policy for ensuring adequate supplies of personal protective equipment (PPE) as well as accelerating the development of a digital platform to support and/or replace the current operating model of delivering services on-site. In addition, we scrutinise our finances at every board meeting to ensure the Charity remains sustainable and that we are able to continue to support our clients.

A principal risk currently facing the Charity is the extent to which the Charity's fundraiser will be able to focus on the work of the Charity as she has family commitments and is also engaged in post-graduate study. Currently schools are asked to carry out an element of fundraising in order to support the work of the Charity, which is not obligatory, and the amount donated by each school is uncertain – although this approach is under review. Without larger, external grant applications being made, there is a risk that funding for further staff to support growth and development within the Charity will not be available.

An additional risk to the Charity is that the work is carried out principally by two individuals. In order for the Charity to grow and meet the needs of the schools who are requiring the Charity's support, additional staff members will need to be recruited.

In light of the COVID-19 pandemic, its effects on the charity sector, communities, the economy and society at large, we decided to review our strategic plan and update it in light of the changed environment we operate in.

We believe that our strategy, which was agreed during early part of 2020, is still valid.

One of the more immediate impacts of the COVID-19 pandemic on the mental health of the nation is to accelerate the development and presentation of mental health issues in all age groups, and in particular the young and most vulnerable. What is evident is that the impact of COVID-19 is creating anxiety in everyone and, as a result, the journey to emotional resilience may be longer, and start from a weaker position.

However, like other organisations, we have adapted our on-site operating and service delivery models to remote working and digital platforms for the delivery of services and support. Ensuring the long-term sustainability of our Programme is a key priority for the next financial year. In particular we are beginning to consider expanding into neighbouring counties following requests for our Programme from schools in these areas.

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2021

Structure, governance and management

The Charity, founded in 2018, is a charitable incorporated organisation ("CIO") and is governed by a foundation model constitution. On 15 July 2020 the Charity changed its name from The Mind Map to Making Me. The Trustees are also the only voting members of the Charity.

The Trustees have the overall stewardship responsibility for the Charity, ensuring that the Charity runs in accordance with its constitution and the law, providing strategic direction, financial oversight and working together in the best interests of the Charity.

The Board of Trustees comprises of a minimum of three trustees and a maximum of twelve Trustees. Trustees serve an initial term of three years that can be extended. Trustees are selected to ensure that the Board has all relevant competencies, including a good mix of business and charity expertise, from health, education and business sectors.

The Charity reviews board member skills and competencies regularly. New Trustees are recruited through our website, newsletter and networking with the community. Interested parties apply and are invited to meet Trustees for informal discussions. Should both parties want to proceed, prospective Trustees are interviewed and invited to meet the Chief Executive. All trustees are subject to appropriate vetting checks and asked to sign policies which include a Fit and Proper Persons (Disqualification Disclaimer) form.

The Charity has developed a Trustee induction pack which includes the Charity's constitution, the Charity Commission guidance on obligation of Trustees, policies and procedures, the latest annual report and accounts and other relevant documentation. Additionally, the Chair and Chief Executive meets with new Trustees to familiarise them with the Charity and the context within which it operates and they are encouraged to meet or shadow members of staff. Trustees are also encouraged to attend appropriate professional training courses and become familiar with the Charity Commission's guidance.

Board meetings are held as often as the board business requires. In addition, working groups have been set up by the Board for specific functions and tasks. A 10 year strategic plan was previously prepared which has been reviewed updated for Covid-19 considerations as detailed in future plans. The strategic plan to 2030 will be reviewed at the end of each year, to take into account annual business plans, objectives and budgets as well as the outcomes of the Charity's work. This will help to ensure that Making Me's aims, objectives and activities remain focused on its stated objectives and vision.

Day to day delegation for the provision of the services rests with the Chief Executive, along with the senior management team. The Chief Executive is responsible for product and service development and ensuring that the Charity delivers the services specified to a high standard. The Chief Operating Officer is responsible for the day-to-day operational management of the Charity and also contributes to strategic and financial matters. The Head of Training contributes to product and service delivery.

The trustees who served during the year and up to the date of signature of the financial statements were:

A J Davis

(Resigned 26 January 2021)

S J Chrisp

P A Dawson

V R Gilks

C M Henrickson

D Henrickson

(Appointed 11 September 2020)

C A Nunn

J M O'Donovan

A Stenning

J P White

MAKING ME

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2021

The trustees' report was approved by the Board of Trustees.



D Henrickson

Trustee

Dated: 20 September 2021



C A Nunn

Trustee

Dated: 20 September 2021

MAKING ME

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 18 JUNE 2021

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

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

MAKING ME

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MAKING ME

I report to the trustees on my examination of the financial statements of Making Me (the charity) for the year ended 18 June 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

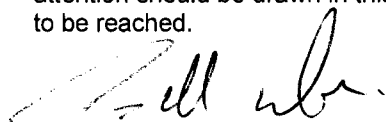
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



John Wilson FCA ATII

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 20 September 2021

MAKING ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 18 JUNE 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £
Income from:					
Donations and legacies	3	9,512	-	9,512	17,776
Charitable activities	4	8,259	17,730	25,989	13,008
Total income		<u>17,771</u>	<u>17,730</u>	<u>35,501</u>	<u>30,784</u>
Expenditure on:					
Raising funds	5	<u>436</u>	<u>-</u>	<u>436</u>	<u>398</u>
Charitable activities	6	<u>16,136</u>	<u>17,730</u>	<u>33,866</u>	<u>7,980</u>
Total resources expended		<u>16,572</u>	<u>17,730</u>	<u>34,302</u>	<u>8,378</u>
Net income for the year/ Net movement in funds		1,199	-	1,199	22,406
Fund balances at 19 June 2020		<u>34,484</u>	<u>-</u>	<u>34,484</u>	<u>12,078</u>
Fund balances at 18 June 2021		<u><u>35,683</u></u>	<u><u>-</u></u>	<u><u>35,683</u></u>	<u><u>34,484</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

MAKING ME

BALANCE SHEET

AS AT 18 JUNE 2021

	Notes	2021 £	£	2020 £	£
Current assets					
Cash at bank and in hand		36,403		35,084	
Creditors: amounts falling due within one year	8	<u>(720)</u>		<u>(600)</u>	
Net current assets			35,683		34,484
			<u> </u>		<u> </u>
Income funds					
Unrestricted funds			35,683		34,484
			<u>35,683</u>		<u>34,484</u>
			<u> </u>		<u> </u>

The financial statements were approved by the Trustees on 20 September 2021



C A Nunn
Trustee

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 18 JUNE 2021

1 Accounting policies

Charity information

Making Me is a charitable incorporated organisation ("CIO").

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

At the time of approving the financial statements, despite the ongoing and potential effects of COVID-19, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The trustees continue to adopt the going concern basis of accounting in preparing the financial statements and no adjustments to the results or the carrying values declared in these financial statements are required, and none have been made.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 18 JUNE 2021

1 Accounting policies

(Continued)

1.5 Expenditure

Resources expended are included in the Statement of Financial Activities on an accruals basis inclusive of VAT.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2021

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Donations and gifts	9,512	17,776

4 Charitable activities

	2021	2020
	£	£
Fundraising income	1,759	10,508
Grants received	24,230	2,500
	25,989	13,008

Analysis by fund		
Unrestricted funds	8,259	13,008
Restricted funds	17,730	-
	25,989	13,008

For the year ended 18 June 2020

Unrestricted funds	13,008
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Grants received

The Wixamtree Trust	2,730	-
Cala Homes	-	2,500
Harpur Trust	15,000	-
St Johns Hospital Trust	3,000	-
Gale Family	3,000	-
Other	500	-
	24,230	2,500

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2021

5 Raising funds

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
<u>Fundraising and publicity</u>		
Advertising	436	398
	<u>436</u>	<u>398</u>

6 Charitable activities

	2021	2020
	£	£
Workshop costs	4,299	5,531
Office expenses	17,395	124
Website costs	444	288
Training	5,850	-
Insurance costs	713	679
Consultancy	3,194	-
General costs	933	544
Travel costs	78	214
Governance costs	960	600
	<u>33,866</u>	<u>7,980</u>
Analysis by fund		
Unrestricted funds	16,136	7,980
Restricted funds	17,730	-
	<u>33,866</u>	<u>7,980</u>
For the year ended 18 June 2020		
Unrestricted funds	<u>7,980</u>	

Governance costs comprise independent examiner's fees of £960 (2020 - £600).

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MAKING ME

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 18 JUNE 2021

8 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals and deferred income	720	600

9 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 19 June 2020	Incoming resources	Resources expended	Balance at 18 June 2021
	£	£	£	£	£
Harpur Trust	-	-	15,000	(15,000)	-
Wixamtree Trust	-	-	2,730	(2,730)	-
	-	-	17,730	(17,730)	-

The Harpur Trust grant is for the funding of a school engagement manager and school relationship manager.

The Wixamtree Trust grant is for funding towards the Emotional Literacy Programme to appoint an operations manager and a school support manager.

10 Related party transactions

There were no disclosable related party transactions during the period.