

Charity registration number 1179964

BEYOND SHAME, BEYOND STIGMA
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023



Sobell Rhodes LLP
The Kinetic Centre
Theobald Street
Elstree
Borehamwood
Hertfordshire
WD6 4PJ

BEYOND SHAME, BEYOND STIGMA

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Jeremy Connick (Chair) Dr Erin Turner Julia Clarfield Jeremy Lyons	(Appointed 31 January 2024) (Appointed 18 June 2024)
Charity number	1179964	
Principal address	Kinetic Business Centre Theobald Street Elstree Hertfordshire United Kingdom WD6 4PJ	
Independent examiner	Sobell Rhodes LLP The Kinetic Centre Theobald Street Elstree Borehamwood Hertfordshire United Kingdom WD6 4PJ	

BEYOND SHAME, BEYOND STIGMA

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BEYOND SHAME, BEYOND STIGMA

TRUSTEES REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The trustees present their annual report and financial statements for the year ended 30 September 2023 for Beyond Shame Beyond Stigma (known as Beyond).

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

Charitable Objectives:

To promote and protect the mental health and wellbeing of young people, their families and educators across the United Kingdom (and worldwide) and such other charitable purposes as the trustees shall in their discretion think fit.

Significant Activities in 2022/23:

- Delivered access to mental health lesson plans, workshops and live content to over 1000 educational settings during Now and Beyond (Beyond's national free mental health festival for the education sector)
- Facilitated access to personalised mental health support in 28 educational settings for their most vulnerable students. Interventions include iHeart's Ignite™ Innate Resilience and Wellbeing programme, independent talking therapy practitioners, peer support trainers for students and staff training programmes as well as many others
- Supported 2 mental health initiatives working with vulnerable young people outside of mainstream education. One initiative was the delivery of a pilot mental health workshop into Alternate Provisions. The other was to support young people in Lincoln who are unemployed, out of education or under the care system, who found that their poor mental health was a key barrier to them progressing to reach their goals.
- In 2023, the average support value was just over £4,000. We aim to double this going forward to ensure our provisions have a greater impact.
- Beyond piloted a new programme that provided access for a primary school to a counsellor one day a week throughout the academic year working individually with students as well as delivering school assemblies and parent workshops.
- The schools in 2022/23 were located in England, Scotland and Wales and ranged from mainstream Primary and Secondary to Further Education Colleges and SEND schools.

Public

Benefit

Statement:

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The activities undertaken provide a clear public benefit by advancing education and fostering community development.

BEYOND SHAME, BEYOND STIGMA

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Achievements and performance

Key Achievements:

- Curated a range of forward thinking mental health resources and created free access for 1000+ educational settings
- Provided personalised mental health interventions in 25 settings including in Birmingham, Edinburgh, Plymouth, London, Merseyside and Newcastle. Interventions included school counselling, mental health first aid training, yoga therapy and trauma informed teacher training.
- Co-created youth led campaign Hear Me Speak (a campaign founded by Antonio Ferreira that aims to improve mental health training for police officers)
- Selected by The Royal Foundation as one of fifteen UK charities to nominate young people from their youth advisory boards (the Beyond Youth Board) to attend an event hosted by the Prince and Princess of Wales exploring emotional wellbeing of young people
- Secured £60,000 worth of pro bono strategic communication support leading to a narrative redevelopment that has strengthened and better focussed Beyond's messaging.
- Were able to secure restricted funding that was ring fenced to salaries and freelance consultants. This has led to increased capacity and growth.

Impact and Outcomes:

- Improved mental health outcomes for young people - 93% noticed an improvement in their emotional wellbeing for the pupils who received 1:1 support
- Improved knowledge outcomes for educators - 100% said their teachers are better informed about how to support children in crisis
- Increased access for the education sector to mental health resources through Now and Beyond
- Improved charity narrative and website refresh which led to more successful funding applications and marketing strength
- Continued to empower Beyond's Youth Board to create impactful campaigns and share their experiences to help other young people

Challenges and Responses:

- Addressed financial planning issues by investing in online accounting package
- Improved impact measurement by designing evaluation tools ready for the start of 23/24 academic year

Financial review

Financial Performance:

- Total income for the year: £281,162
- Total expenditure for the year: £245,243
- Net movement in funds: £35,919

Principal Funding Sources:

- Grants: £84,250
- Corporate Partners: £64,528
- Community Events: £102,002

Reserves Policy: The trustees have established a reserves policy to maintain a level of unrestricted funds equivalent to nine months of operational expenditure, approximately £67,000. This ensures that the charity can continue its overheads in the event of unforeseen financial difficulties.

BEYOND SHAME, BEYOND STIGMA

TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

Plans for future periods

Strategic Objectives for 2024:

- Secure sector partner to help expand Now and Beyond's reach
- Strengthen fundraising efforts across all revenue streams

Future Developments:

- Invest in Youth Board manager
- Recruit two new trustees
- Secure two large corporate partnerships
- Expand Now and Beyond globally

During the financial year to September 2024, the charity has moved away from a financial model that pays for the provision of bespoke services via the educational setting, to a financial model where the charity procures and sub-contracts the bespoke service provision into the school. The charity believe this will enhance clarity of its operations whilst still ensuring young people receive the most effective mental health support for them.

Structure, governance and management

Governing

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is governed by its constitution dated 18 Sep 2018.

Document:

Appointment

of

Trustees:

Trustees are appointed by the existing board of trustees following an open recruitment process. Each trustee serves a three-year term, which may be renewed.

Trustee Induction and Training:

New trustees are given an overview of strategic goals for the charity and existing charitable activities.

Organisational

Structure:

The board of trustees, which meets quarterly, administers the charity. The day-to-day operations are managed by the Chief Executive Officer, supported by a team of staff and volunteers.

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

Jeremy Connick (Chair)

Dr Erin Turner

Julia Clarfield

Michael Benjamin

Jeremy Lyons

Jonny Benjamin MBE

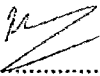
(Appointed 31 January 2024)

(Resigned 12 February 2024)

(Appointed 18 June 2024)

(Resigned 19 January 2024)

The trustees report was approved by the Board of Trustees.


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Jeremy Connick (Chair)
Trustee

25 July 2024

BEYOND SHAME, BEYOND STIGMA

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 30 SEPTEMBER 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.

BEYOND SHAME, BEYOND STIGMA

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BEYOND SHAME, BEYOND STIGMA

I report to the trustees on my examination of the financial statements of Beyond Shame, Beyond Stigma (the charity) for the year ended 30 September 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

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 company as required by section 386 of the 2006 Act; or
- 2 the accounts do not accord with those records; or
- 3 the accounts 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.

Adam Shelley FCCA
Sobell Rhodes LLP



The Kinetic Centre
Theobald Street
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Borehamwood
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WD6 4PJ
United Kingdom

Dated: 26 July 2024

BEYOND SHAME, BEYOND STIGMA

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	2	217,491	63,181	280,672	128,739	150,336	279,075
Investments	3	490	-	490	-	-	-
Total income		<u>217,981</u>	<u>63,181</u>	<u>281,162</u>	<u>128,739</u>	<u>150,336</u>	<u>279,075</u>
Charitable activities	4	118,954	126,289	245,243	95,846	60,400	156,246
Net income/(expenditure)		<u>99,027</u>	<u>(63,108)</u>	<u>35,919</u>	<u>32,893</u>	<u>89,936</u>	<u>122,829</u>
Transfers between funds		-	-	-	(6,984)	6,984	-
Net movement in funds		<u>99,027</u>	<u>(63,108)</u>	<u>35,919</u>	<u>25,909</u>	<u>96,920</u>	<u>122,829</u>
Reconciliation of funds:							
Fund balances at 1 October 2022		81,651	105,200	186,851	55,742	8,280	64,022
Fund balances at 30 September 2023		<u>180,678</u>	<u>42,092</u>	<u>222,770</u>	<u>81,651</u>	<u>105,200</u>	<u>186,851</u>

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

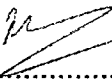
BEYOND SHAME, BEYOND STIGMA

BALANCE SHEET

AS AT 30 SEPTEMBER 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	8	18,564		-	
Cash at bank and in hand		209,852		189,011	
		<u>228,416</u>		<u>189,011</u>	
Creditors: amounts falling due within one year	9	5,646		2,160	
		<u>5,646</u>		<u>2,160</u>	
Net current assets			222,770		186,851
			<u>222,770</u>		<u>186,851</u>
The funds of the charity					
Restricted income funds	10		42,092		105,200
Unrestricted funds			180,678		81,651
			<u>222,770</u>		<u>186,851</u>
			<u>222,770</u>		<u>186,851</u>

The financial statements were approved by the trustees on 25 July 2024


.....
Jeremy Connick (Chair)
Trustee

BEYOND SHAME, BEYOND STIGMA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

Charity information

Beyond is a youth mental health charity tackling the growing mental health crisis affecting young people in the UK. We use our expertise and resources to help those working with young people access barrier-free mental health education and the most effective mental health support.

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 £1.

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 has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Where income has related expenditure (as with fundraising or contract income), the income and related expenditure are reported gross in the Statement of Financial Activities.

Donations, grants and gifts are recognised when receivable. In the event that a donation is subject to fulfilling performance conditions before the charity is entitled to the funds, the income is deferred and not recognised until it is probable that those conditions will be fulfilled in the reporting period. Income from Gift Aid tax claims is recognised for any donations with relevant Gift Aid certificates recognised in income for the year. Any amounts of Gift Aid not received by the year-end are accounted for in income and accrued income in debtors.

BEYOND SHAME, BEYOND STIGMA

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis under the following headings.

Expenditure on charitable activities includes the costs of providing specialist support and educational resources to promote and protect the mental health and wellbeing of young people, their families and educators and other activities undertaken to further the purposes of the charity and their associated support costs.

Support costs comprise those costs which are incurred directly in support of expenditure on the objects of the charity and include governance cost, finance, and office costs. Governance costs are those costs incurred in connection with the compliance with constitutional and statutory requirements of the charity. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

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.

BEYOND SHAME, BEYOND STIGMA

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

(Continued)

1.8 Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. There were no outstanding contributions at the year-end. The costs of the defined contribution scheme are included with the associated staff costs and allocated therefore to raising funds, charitable activities, support and governance costs and charged to the unrestricted funds of the charity.

2 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	217,491	63,181	280,672	128,739	150,336	279,075

3 Income from investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	490	-

4 Expenditure on charitable activities

	Charitable expenditure s 2023 £	Charitable expenditure s 2022 £
Direct costs		
Fundraising events and campaigns	52,652	50,346
Grants payable	118,794	63,100
Share of support and governance costs (see note 5)		
Support	68,817	40,328
Governance	4,980	2,472
	245,243	156,246
Analysis by fund		
Unrestricted funds	118,954	95,846
Restricted funds	126,289	60,400
	245,243	156,246

BEYOND SHAME, BEYOND STIGMA

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

5 Support costs allocated to activities

	2023 £	2022 £
Staff costs	58,259	5,208
Insurance	634	667
Sundries	1,028	1,255
Fees paid	4,975	27,410
Website costs	2,630	4,466
Subscriptions	1,291	1,228
Bank charges	-	4
Governance costs	4,980	2,472
	<u>73,797</u>	<u>42,710</u>
Analysed between:		
Charitable expenditures	<u>73,797</u>	<u>42,710</u>

6 Trustees

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

7 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	<u>2</u>	<u>2</u>
Employment costs	2023 £	2022 £
Wages and salaries	57,013	5,000
Other pension costs	1,246	208
	<u>58,259</u>	<u>5,208</u>

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

8 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Other debtors	<u>18,564</u>	<u>-</u>

BEYOND SHAME, BEYOND STIGMA

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

9 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	1,146	-
Accruals and deferred income	4,500	2,160
	<u>5,646</u>	<u>2,160</u>

10 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 1 October 2022 £	Incoming resources £	Resources expended £	Transfers £	At 30 September 2023 £
Restricted funds	<u>105,200</u>	<u>63,181</u>	<u>(126,289)</u>	<u>-</u>	<u>42,092</u>

School Programme - funding provisions into 15 schools across the UK from a variety of sources including individual fundraisers who raised money by climbing Kilimanjaro.

Now and Beyond - funding for the youth mental health festival in FYE23

Development funding – funding from a generous Foundation, aimed at helping the charity grow and contributing to our core costs

A small amount was donated generously by a Corporate in the year to 30 September 2022, that was carried over into the year ended 30 September 2023. The money was to help pay for mental health support for one of our youngest youth board members.

Previous year:	At 1 October 2021 £	Incoming resources £	Resources expended £	Transfers £	At 30 September 2022 £
Restricted funds	<u>8,280</u>	<u>150,336</u>	<u>(60,400)</u>	<u>6,984</u>	<u>105,200</u>

School Programme - funding provisions into 8 schools across the UK from various corporate donors and a Charitable Trust.

Now and Beyond - funding for the charity's youth mental health festival in FYE23

Development funding – funding from a generous Foundation, aimed at helping the charity grow and contributing to our core costs

BEYOND SHAME, BEYOND STIGMA

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

11 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.

	At 1 October 2022	Incoming resources	Resources expended	Transfers	At 30 September 2023
	£	£	£	£	£
General funds	81,651	217,981	(118,954)	-	180,678
	<u>81,651</u>	<u>217,981</u>	<u>(118,954)</u>	<u>-</u>	<u>180,678</u>
Previous year:	At 1 October 2021	Incoming resources	Resources expended	Transfers	At 30 September 2022
	£	£	£	£	£
General funds	55,742	128,739	(95,846)	(6,984)	81,651
	<u>55,742</u>	<u>128,739</u>	<u>(95,846)</u>	<u>(6,984)</u>	<u>81,651</u>

12 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 30 September 2023 are represented by:			
Current assets/(liabilities)	180,678	42,092	222,770
	<u>180,678</u>	<u>42,092</u>	<u>222,770</u>
	<u>180,678</u>	<u>42,092</u>	<u>222,770</u>
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 30 September 2022 are represented by:			
Current assets/(liabilities)	81,651	105,200	186,851
	<u>81,651</u>	<u>105,200</u>	<u>186,851</u>
	<u>81,651</u>	<u>105,200</u>	<u>186,851</u>

