

REWRITE YOUR STORY LTD

England & Wales · Charity number 1181494

Details

Status Registered

Legal form Charitable company

Company number [10800173](#)

Registered 2019-01-09

Register [View on the Charity Commission register](#)

Contact

Address Maidstone Community Support Centre
39-48 Marsham Street
Maidstone
ME14 1HH

Phone 08455274809

Email connect@rewriteyourstory.org.uk

Website www.rewriteyourstory.org.uk

Activities

Objects: TO PRESERVE AND PROTECT THE GOOD MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE WHO ARE SUFFERING WITH EATING DISORDERS IN THE SOUTH EAST, IN PARTICULAR BUT NOT EXCLUSIVELY BY:- THE PROVISION OF TARGETED SUPPORT AND SERVICES TO CHILDREN AND YOUNG PEOPLE TO AID RECOVERY AND BUILD RESILIENCE· PEER SUPPORT GROUPS FOR PARENTS AND CARERS TO ENABLE UNDERSTANDING OF THE KEY THEMES OF EATING DISORDERS, BUILD RESILIENCE AND LESSON THE ADVERSE IMPACT EATING DISORDERS HAVE ON FAMILIES · DEVELOPING AND PROVIDING AWARENESS TRAINING FOR SCHOOLS, PROFESSIONALS AND FAMILIES AROUND EATING DISORDERS AND OTHER MENTAL HEALTH ISSUES

Activities: The charity provides targeted support and services to children and young people to aid recovery and build mental health and resilience who suffer from eating disorders in the South East of the UK.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes
- **Who:** Children/young People

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£36,339	£36,316	-	-
2024-06-30	£62,271	£43,364	-	-
2023-06-30	£54,877	£64,326	-	-
2022-06-30	£79,197	£70,559	-	-
2021-06-30	£71,134	£82,450	-	-
2020-06-30	£59,915	£48,864	-	-

Trustees

Name	Role	Appointed
Alan Robert Heyes	Chair	2017-06-02
IAN RICHARD ELPHICK		2016-06-01
Rubie Jaye Cousins		2018-03-20

REWRITE YOUR STORY LTD

England & Wales - Charity number 1181494

Accounts



Helping people rewrite mental health

Trustees Annual Report for the year ended 30 June 2025

for Rewrite Your Story Limited – Charity number 1181494

Trustees

A Heyes
I Elphick
R Cousins

Structure, governance and management

Type of governing document – Company articles and memorandum

How the charity is constituted – Limited company

Trustee selection methods – Trustees are peer reviewed each year

Objectives, activities and public benefit

Objectives of the charity:

- To preserve and protect the good mental health of children and young people who are suffering with eating disorders (and other mental health issues) in the Southeast and Southwest, but not exclusively
- The provision of targeted support and services to children and young people to aid recovery and build resilience
- Peer support groups for parents and carers to enable understanding of key themes, build resilience, and lessen the adverse impact on families
- Developing and providing awareness training for schools, professionals, and families around these disorders and wider mental health issues

The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance.

Achievements and Performance (2025)

A Year of Challenge, Resilience, and Impact

The year ending 30 June 2025 has been one of both challenge and meaningful progress for Rewrite Your Story.

Like many organisations operating within the mental health and charitable sectors, we have experienced a difficult funding landscape, with increased competition for grants, delays in funding decisions, and a shift towards short-term and restricted funding streams. Despite this, our focus has remained clear: to continue delivering accessible, high-quality mental health support to children, young people, and their families.

Throughout this period, we have prioritised sustaining frontline services, ensuring that those most in need have continued access to support. While income has reduced compared to the previous year, careful financial management has enabled us to maintain stability, achieving a small surplus and preserving modest reserves.

More importantly, we have continued to deliver real and lasting impact.

Responding to Growing Need

Demand for mental health support has remained consistently high, with increasing complexity in the needs of the young people and families we work with. We continue to see rising levels of:

- Anxiety and emotional distress
- Trauma and adverse experiences
- Eating-related difficulties
- Challenges associated with neurodiversity, including ADHD and autism

For many families, access to timely support remains difficult. Long waiting times within statutory services, alongside financial barriers to private provision, mean that early intervention is often out of reach.

Rewrite Your Story has sought to bridge this gap.

We have continued to provide early intervention, therapeutic support, and guidance to children and young people, helping them to build resilience, improve emotional regulation, and remain engaged in education and relationships. Alongside this, we have worked closely with parents and carers, recognising that lasting change is most effective when families are supported as part of the process.

Key Highlights:

1. Targeted Support Services

We continued to deliver one-to-one and group interventions for children and young people experiencing emotional distress, anxiety, and disordered eating. These services have supported young people in building resilience, improving emotional regulation, and reducing isolation.

2. Family Support, Psychoeducation and Advocacy

Our work has increasingly focused on supporting families as part of a wider system.

We have provided:

- Psychoeducational advice and guidance
- Practical tools to support children's emotional wellbeing
- Support around understanding neurodiversity and mental health

In addition, we have supported families through advocacy, helping them to navigate statutory services such as CAMHS and education systems. This has included:

- Supporting referrals and access to services
- Helping families understand pathways and eligibility
- Advocating for appropriate and timely support

This work has been particularly important for families who feel overwhelmed or unable to access support independently.

3. Community Engagement, Inclusion and Accessibility

A central focus of our work has been ensuring that support is accessible to children and families from a wide range of backgrounds.

We recognise that barriers to mental health support are not evenly distributed. Young people from disadvantaged communities, as well as those from multicultural backgrounds, may face additional challenges such as financial hardship, stigma, and limited access to appropriate services.

In response, we have:

- Offered low-cost and subsidised support where possible

- Delivered services within schools and community settings
- Worked with organisations supporting diverse populations
- Adapted our approach to be inclusive and culturally aware

This reflects our core belief:

Access to mental health support should not depend on background or circumstance.

4. Ambassadors Programme

One of the most significant developments this year has been the continued growth of our **Mental Health and Neurodiversity Ambassadors Programme**, delivered in partnership with schools and colleges including MidKent College and Invicta Grammar School.

This initiative places young people at the centre of change.

Through structured training and ongoing support, students are empowered to become mental health ambassadors within their own communities. They lead conversations, challenge stigma, and create safe and inclusive environments for their peers.

Over the past year, ambassadors have:

- Delivered peer-led workshops and awareness campaigns
- Created digital content and student-led initiatives
- Supported fellow students in recognising and responding to mental health challenges
- Promoted understanding and acceptance of neurodiversity

Importantly, the programme has enabled engagement with young people from a wide range of socioeconomic and cultural backgrounds, including those who may not traditionally access mental health support.

As the programme has developed, we have seen increased confidence, leadership, and peer support, alongside a broader cultural shift within schools towards openness and understanding.

When young people are supported and empowered, they become a powerful force for positive change.

5. Partnerships and Professional Training

We have continued to strengthen partnerships with:

- Schools and colleges
- Healthcare professionals and primary care teams
- Community organisations

Through workshops, assemblies, and training, we have supported earlier identification of need, improved awareness, and clearer pathways into support.

6. Outcomes and Impact

Despite financial pressures, the outcomes we have achieved remain strong and meaningful.

Young people and families we have supported report:

- Improved emotional wellbeing and resilience
- Increased engagement in education and daily life
- Reduced isolation and stronger peer relationships
- Improved communication within families
- Greater understanding and acceptance of neurodiversity

Importantly, many of those supported may not otherwise have accessed help due to financial, cultural, or systemic barriers.

Our early intervention and family-focused approach continues to:

- Prevent escalation to crisis services
 - Support equality of access
 - Reduce pressure on overstretched statutory services
-

Looking Ahead

Looking Forward to 2025–2026

While the funding environment remains uncertain, the need for accessible mental health support continues to grow.

Rewrite Your Story will continue to build on its work by:

- Expanding the Ambassadors Programme across additional schools and regions
- Continuing to develop family support and advocacy services
- Strengthening funding streams through ongoing funding bids
- Developing joint partnerships with other organisations
- Increasing accessibility through flexible and digital delivery

In addition, we are exploring new areas of work, including support for **men's mental health**, particularly within high-risk sectors such as the construction industry, where there is an increased risk of suicide.

Our Gratitude

We would like to thank our funders, partners, donors, and volunteers for their continued support.

Their contribution enables us to continue delivering vital services and making a meaningful difference in the lives of children, young people, and families.

For more information, please visit:

www.rewriteyourstory.org.uk

Financial Review

The financial year has been a challenging one, with reduced income reflecting wider pressures within the charitable sector.

Despite this, the charity has maintained a small surplus and stable reserves through careful financial management and prioritisation of frontline services.

Policy on reserves – To utilise reserves to maintain and improve services

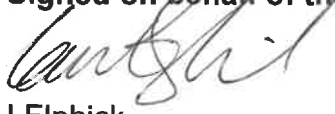
Funds in deficit – None

The Trustees are satisfied that the charity remains financially stable and responsibly managed.

Declaration

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

A handwritten signature in black ink, appearing to read 'I Elphick', written in a cursive style.

I Elphick

Date: 30 April 2026

Independent examiner's report to the trustees of Rewrite Your Story Limited, Charity number 1181494

I report on the accounts of the Charity for the year ended 30 June 2025, which are attached.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
 - to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act;
- and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts prepared with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

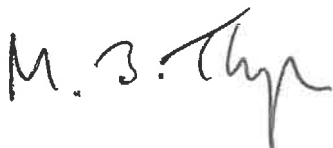
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Michael Thompson
Summernights
Bedmorton
Wormshill
Sittingbourne
ME9 0EH

Date: 30/4/2026 .

Rewrite Your Story Limited

Annual Report and Unaudited Financial Statements

for the Year Ended 30 June 2025



Rewrite Your Story Limited

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Rewrite Your Story Limited

Company Information

Directors	Mr A R Heyes Mr I Elphick Ms R J Cousins
Registered office	The Corner House 2 High Street Aylesford Kent ME20 7BG
Accountants	Thompson Elphick Chartered Certified Accountants The Corner House 2 High Street Aylesford Kent ME20 7BG

Rewrite Your Story Limited

Directors' Report for the Year Ended 30 June 2025

The directors present their report and the financial statements for the year ended 30 June 2025.

Directors of the company

The directors who held office during the year were as follows:

Mr A R Heyes

Mr I Elphick

Ms R J Cousins

Principal activity

The principal activity of the company is that of providing therapy services on a charitable basis.

Small companies provision statement

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

SIGNED SECURELY
30/04/2026
30/04/2026 at 7:51:44 AM UTC

Approved by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
30/04/2026 at 7:51:44 AM UTC
.....

Mr A R Heyes
Director

**Chartered Certified Accountants' Report to the Board of Directors on the Preparation of
the Unaudited Statutory Accounts of
Rewrite Your Story Limited
for the Year Ended 30 June 2025**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Rewrite Your Story Limited for the year ended 30 June 2025 as set out on pages 4 to 11 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/gb/en/discover/public-value/rulebook.html>.

This report is made solely to the Board of Directors of Rewrite Your Story Limited, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Rewrite Your Story Limited and state those matters that we have agreed to state to the Board of Directors of Rewrite Your Story Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/gb/en/technical-activities/technical-resources-search/2009/october/factsheet-163-audit-exempt-companies.html>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Rewrite Your Story Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Rewrite Your Story Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Rewrite Your Story Limited. You consider that Rewrite Your Story Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Rewrite Your Story Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.



Thompson Elphick
Chartered Certified Accountants
The Corner House
2 High Street
Aylesford
Kent
ME20 7BG

Date:..... 30/04/2026

Rewrite Your Story Limited

Profit and Loss Account for the Year Ended 30 June 2025

	Note	2025 £	2024 £
Turnover		36,339	48,041
Cost of sales		<u>21,584</u>	<u>17,992</u>
Gross surplus		14,755	30,049
Administrative expenses		<u>14,732</u>	<u>25,373</u>
Surplus before tax	4	23	4,676
Taxation		<u>20</u>	<u>27</u>
Surplus for the financial year		<u><u>43</u></u>	<u><u>4,703</u></u>

The above results were derived from continuing operations.

The company has no recognised gains or losses for the year other than the results above.

Rewrite Your Story Limited

**(Registration number: 10800173)
Balance Sheet as at 30 June 2025**

	Note	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	5		324		432
Current assets					
Debtors	6	11,570		14,230	
Cash at bank and in hand		<u>4,672</u>		<u>16,444</u>	
		16,242		30,674	
Creditors: Amounts falling due within one year	7	<u>7,122</u>		<u>21,685</u>	
Net current assets			<u>9,120</u>		<u>8,989</u>
Total assets less current liabilities			9,444		9,421
Provisions for liabilities			<u>62</u>		<u>82</u>
Net assets			<u>9,382</u>		<u>9,339</u>
Capital and reserves					
Profit and loss account		<u>9,382</u>		<u>9,339</u>	
Total equity			<u>9,382</u>		<u>9,339</u>

For the financial year ending 30 June 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

(Registration number: 10800173)

Balance Sheet as at 30 June 2025

SIGNED SECURELY
30/04/2026

Approved and authorised by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
30/04/2026 at 7:51:44 AM UTC
.....

Mr A R Heyes

Director

Rewrite Your Story Limited

Statement of Changes in Equity for the Year Ended 30 June 2025

	Profit and loss account	Total
	£	£
At 1 July 2024	9,339	9,339
Surplus for the year	43	43
Total comprehensive income	43	43
At 30 June 2025	9,382	9,382
	Profit and loss account	Total
	£	£
At 1 July 2023	4,636	4,636
Surplus for the year	4,703	4,703
Total comprehensive income	4,703	4,703
At 30 June 2024	9,339	9,339

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2025

1 General information

The company is a company limited by guarantee incorporated in England and Wales.

The address of its registered office is:

The Corner House
2 High Street
Aylesford
Kent
ME20 7BG
England

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Judgements

The company may be required to make estimates and assumptions concerning the future. These estimates and judgements are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The resulting accounting estimates will, by definition, seldom equal the related actual results. The principal areas where judgement was exercised are as follows:

- i) Recoverability of trade debtors: the directors annually assess whether a bad debt provision is required for any bad or doubtful debtor balances.
- ii) Tangible fixed assets: the directors annually assess both the residual value of these assets and the expected useful life of such assets based on experience.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2025

Tax

The tax expense for the period comprises deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

Deferred tax is recognised in respect of all timing differences between taxable profits and profits reported in the financial statements.

Unrelieved tax losses and other deferred tax assets are recognised when it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference.

Tangible assets

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Computer equipment	25% on reducing balance

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2025

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the profit and loss account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2024 - 3).

4 Profit before tax

Arrived at after charging/(crediting)

	2025 £	2024 £
Depreciation expense	108	143

5 Tangible assets

	Furniture, fittings and equipment £	Total £
Cost or valuation		
At 1 July 2024	1,265	1,265
At 30 June 2025	1,265	1,265
Depreciation		
At 1 July 2024	833	833
Charge for the year	108	108
At 30 June 2025	941	941
Carrying amount		
At 30 June 2025	324	324
At 30 June 2024	432	432

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2025

6 Debtors

	2025 £	2024 £
Trade debtors	-	14,230
Other debtors	11,570	-
	11,570	14,230

7 Creditors

	Note	2025 £	2024 £
Due within one year			
Bank loans and overdrafts	8	5,502	5,479
Trade creditors		-	498
Other creditors		-	14,230
Accruals		1,620	1,478
		7,122	21,685

8 Loans and borrowings

	2025 £	2024 £
Current loans and borrowings		
Director current account	5,502	5,479
	5,502	5,479

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2025 £	2024 £
Remuneration	-	7,333
	-	7,333

Rewrite Your Story Limited

Detailed Profit and Loss Account for the Year Ended 30 June 2025

	2025		2024	
	£	£	£	£
Turnover		36,339		48,041
Cost of sales				
Purchases	1,012		206	
Subcontract cost	<u>20,572</u>		<u>17,786</u>	
		<u>21,584</u>		<u>17,992</u>
Gross profit		14,755		30,049
Administrative expenses				
Directors remuneration	-		7,333	
Directors NIC	-		280	
Rent and rates	8,314		8,213	
Telephone	599		647	
Computer costs	879		1,156	
Printing, postage and stationery	6		-	
Subscriptions	452		-	
Advertising	2,563		5,100	
Accountancy	1,620		1,478	
Legal and professional fees	144		946	
Bank charges	47		77	
Depreciation of office equipment	<u>108</u>		<u>143</u>	
		<u>14,732</u>		<u>25,373</u>
Net Surplus		<u>23</u>		<u>4,676</u>

This page does not form part of the statutory financial statements.

REWRITE YOUR STORY LTD

England & Wales - Charity number 1181494

Accounts



Helping people rewrite mental health

Trustees Annual Report for the year ended 30 June 2024 for Rewrite Your Story Limited –
Charity number 1181494

Trustees

A Heyes
I Elphick
R Cousins

Structure, governance and management

Type of governing document – Company articles and memorandum
How the charity is constituted – Limited company
Trustee selection methods – Trustees are peer reviewed each year

Objectives, activities and public benefit

Objectives of the charity:

- To preserve and protect the good mental health of children and young people who are suffering with eating disorders (and other mental health issues) in the Southeast, and Southwest in particular but not exclusively by:
- The provision of targeted Support and services to children and young people to aid recovery and build resilience
- Peer support groups for parents and carers to enable understanding of the key themes of eating and other disorders, build resilience and lessen the adverse impact these disorders have on families
- Developing and providing awareness training for schools, professionals and families around these disorders and other mental health issues

Achievements and Performance (2024)

In 2024, Rewrite Your Story continued to expand its reach and deepen its impact across Kent, Dorset, and beyond, providing essential support for the mental health and well-being of children, young people, and families. We remained focused on addressing anxiety, self-harm, eating disorders, and neurodiversity, while introducing innovative and inclusive approaches to early intervention and recovery.

Despite continued challenges in the funding landscape, we made significant progress through collaboration, creative programming, and the generosity of our supporters.

Key Highlights:

1. Targeted Support Services

We continued to deliver tailored one-to-one and group interventions for children and teenagers experiencing body image issues, anxiety, and disordered eating. These services have directly supported over 84 young people, helping them to build resilience, develop healthier coping strategies, and feel less alone in their recovery journey.

2. Community Engagement and Awareness

We delivered a series of school workshops and assemblies across Kent and Dorset, focusing on emotional well-being, self-esteem, and peer support. These sessions saw strong engagement from students, teachers, and families, playing a crucial role in reducing stigma and promoting open conversations about mental health.

3. Ambassadors Project

We successfully introduced our *Ambassadors Project*, empowering young people with lived experience to become peer advocates. This initiative has flourished through partnerships with **MidKent College** and **Invicta Grammar School**, where student ambassadors have co-led awareness campaigns, contributed to service design, and created safe peer-to-peer support spaces. This model has become a cornerstone of our youth-led strategy.

4. Expansion of LEGO® Therapy

Thanks to funding from **Ventis**, we started our LEGO® Therapy programme. Designed for children aged 5–9, these structured sessions foster social communication, teamwork, and motor skills. With trained practitioners Julie and Rachel leading delivery roll out

5. Workshops for Parents and Carers

We delivered practical, expert-led workshops for families, equipping them with tools to identify early signs of distress and provide compassionate support at

home. Topics included understanding eating disorders, managing anxiety in children, and supporting neurodivergent young people. The overwhelmingly positive feedback reinforced the value of family education in long-term recovery.

6. Partnerships and Professional Training

We strengthened collaborations with schools, colleges, and healthcare providers, offering training to professionals working on the front lines. Our work with CAMHS, primary care teams, and school staff has helped promote early identification, cross-sector collaboration, and consistent pathways to support.

7. Innovation and Digital Access

As part of our strategic development, we began scoping an online support platform and app to provide young people and families with 24/7 access to mental health tools, resources, and counselling options. This work will continue into 2025 as we prioritise accessibility and digital inclusion in our service mod

Looking Ahead

Looking Forward to 2024–2025: Ambassadors Project and LEGO® Therapy Expansion

As we enter the new financial year, Rewrite Your Story is excited to continue growing our **Ambassadors Project**, which empowers young people with lived experience of mental health challenges to become peer leaders and advocates in their schools and communities. We plan to build on the success of this initiative, with further development across Kent and Dorset. Our partnerships with **MidKent College** and **Invicta Grammar School** will deepen, enabling us to co-create more youth-led campaigns, workshops, and peer support networks.

We would like to thank our funders for their ongoing support **Ventis, Yorkshire Building Society, Cobtree Charity Trust, Colyer-Fergusson Charitable Trust**, and the **Kent Community Foundation**.

Our Gratitude

We thank our donors, volunteers, and community partners for their unwavering support. Without you, our work would not be possible. We look forward to continuing our journey together, making a lasting impact on the lives of young people.

For detailed stories and to see how you can contribute to our cause, please visit our website: RewriteYourStory.org.uk

Financial review

Policy on reserves – To utilise the reserves to maintain and improve the services and facilities for the good of all children and young people with mental health issues

Funds in deficit – None

Declaration

The Trustees declare that they have approved the trustees' report above.

A handwritten signature in black ink, appearing to read 'I Elphick', written in a cursive style.

Signed on behalf of the charity's trustees.

I Elphick

8th May 2025

Independent examiner's report to the trustees of Rewrite Your Story Limited, Charity number 1181494

I report on the accounts of the Charity for the year ended 30 June 2024, which are attached.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts prepared with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



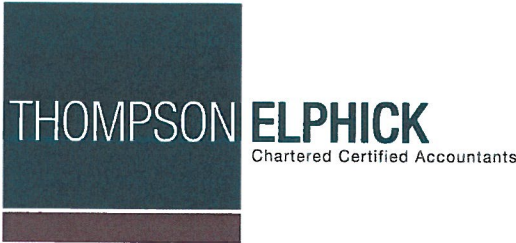
.....
Michael Thompson FCCA
The Corner House
2 High Street
Aylesford
ME20 7BG

Date: 28/3/25

Rewrite Your Story Limited

Annual Report and Unaudited Financial Statements

for the Year Ended 30 June 2024



Rewrite Your Story Limited

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Rewrite Your Story Limited

Company Information

Directors	Mr A R Heyes Mr IR Elphick Ms R J Cousins
Registered office	The Corner House 2 High Street Aylesford Kent ME20 7BG
Accountants	Thompson Elphick Limited Chartered Certified Accountants The Corner House 2 High Street Aylesford Kent ME20 7BG

Rewrite Your Story Limited

Directors' Report for the Year Ended 30 June 2024

The directors present their report and the financial statements for the year ended 30 June 2024.

Directors of the company

The directors who held office during the year were as follows:

Mr A R Heyes

Mr IR Elphick

Ms R J Cousins

Principal activity

The principal activity of the company is that of providing therapy services on a charitable basis.

Small companies provision statement

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

SIGNED SECURELY
19/03/2025

19/03/2025 at 6:23:14 PM UTC

Approved by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
19/03/2025 at 6:23:14 PM UTC

.....
Mr A R Heyes
Director

**Chartered Certified Accountants' Report to the Board of Directors on the Preparation of
the Unaudited Statutory Accounts of
Rewrite Your Story Limited
for the Year Ended 30 June 2024**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Rewrite Your Story Limited for the year ended 30 June 2024 as set out on pages 4 to 11 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/gb/en/discover/public-value/rulebook.html>.

This report is made solely to the Board of Directors of Rewrite Your Story Limited, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Rewrite Your Story Limited and state those matters that we have agreed to state to the Board of Directors of Rewrite Your Story Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/gb/en/technical-activities/technical-resources-search/2009/october/factsheet-163-audit-exempt-companies.html>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Rewrite Your Story Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Rewrite Your Story Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Rewrite Your Story Limited. You consider that Rewrite Your Story Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Rewrite Your Story Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.



Thompson Elphick Limited
Chartered Certified Accountants
The Corner House
2 High Street
Aylesford
Kent
ME20 7BG

Date: 20/3/2025

Rewrite Your Story Limited

Profit and Loss Account for the Year Ended 30 June 2024

	Note	2024 £	2023 £
Turnover		62,271	54,877
Cost of sales		<u>17,991</u>	<u>34,172</u>
Gross surplus		44,280	20,705
Administrative expenses		<u>25,373</u>	<u>30,154</u>
Surplus/(deficit) before tax	4	18,907	(9,449)
Taxation		<u>27</u>	<u>(109)</u>
Surplus/(deficit) for the financial year		<u><u>18,934</u></u>	<u><u>(9,558)</u></u>

The above results were derived from continuing operations.

The company has no recognised gains or losses for the year other than the results above.

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

**(Registration number: 10800173)
Balance Sheet as at 30 June 2024**

	Note	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	5		432		575
Current assets					
Debtors	6	14,230		1,709	
Cash at bank and in hand		<u>16,444</u>		<u>10,224</u>	
		30,674		11,933	
Creditors: Amounts falling due within one year	7	<u>7,454</u>		<u>7,763</u>	
Net current assets			<u>23,220</u>		<u>4,170</u>
Total assets less current liabilities			23,652		4,745
Provisions for liabilities			<u>82</u>		<u>109</u>
Net assets			<u>23,570</u>		<u>4,636</u>
Capital and reserves					
Profit and loss account		<u>23,570</u>		<u>4,636</u>	
Total equity			<u>23,570</u>		<u>4,636</u>

For the financial year ending 30 June 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

(Registration number: 10800173)

Balance Sheet as at 30 June 2024

SIGNED SECURELY
19/03/2025
19/03/2025 at 6:23:14 PM UTC

Approved and authorised by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
19/03/2025 at 6:23:14 PM UTC

.....

Mr A R Heyes

Director

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Statement of Changes in Equity for the Year Ended 30 June 2024

	Profit and loss account	Total
	£	£
At 1 July 2023	4,636	4,636
Surplus for the year	<u>18,934</u>	<u>18,934</u>
Total comprehensive income	<u>18,934</u>	<u>18,934</u>
At 30 June 2024	<u>23,570</u>	<u>23,570</u>
	Profit and loss account	Total
	£	£
At 1 July 2022	14,194	14,194
Deficit for the year	<u>(9,558)</u>	<u>(9,558)</u>
Total comprehensive income	<u>(9,558)</u>	<u>(9,558)</u>
At 30 June 2023	<u>4,636</u>	<u>4,636</u>

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2024

1 General information

The company is a company limited by guarantee incorporated in England and Wales.

The address of its registered office is:

The Corner House
2 High Street
Aylesford
Kent
ME20 7BG
England

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Judgements

The company may be required to make estimates and assumptions concerning the future. These estimates and judgements are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The resulting accounting estimates will, by definition, seldom equal the related actual results. The principal areas where judgement was exercised are as follows:

- i) Recoverability of trade debtors: the directors annually assess whether a bad debt provision is required for any bad or doubtful debtor balances.
- ii) Tangible fixed assets: the directors annually assess both the residual value of these assets and the expected useful life of such assets based on experience.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2024

Tax

The tax expense for the period comprises deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

Deferred tax is recognised in respect of all timing differences between taxable profits and profits reported in the financial statements.

Unrelieved tax losses and other deferred tax assets are recognised when it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference.

Tangible assets

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Computer equipment	25% on reducing balance

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2024

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the profit and loss account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2023 - 3).

4 Profit/loss before tax

Arrived at after charging/(crediting)

	2024	2023
	£	£
Depreciation expense	<u>143</u>	<u>191</u>

5 Tangible assets

	Furniture, fittings and equipment £	Total £
Cost or valuation		
At 1 July 2023	<u>1,265</u>	<u>1,265</u>
At 30 June 2024	<u>1,265</u>	<u>1,265</u>
Depreciation		
At 1 July 2023	690	690
Charge for the year	<u>143</u>	<u>143</u>
At 30 June 2024	<u>833</u>	<u>833</u>
Carrying amount		
At 30 June 2024	<u>432</u>	<u>432</u>
At 30 June 2023	<u>575</u>	<u>575</u>

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2024

6 Debtors

	2024	2023
	£	£
Trade debtors	14,230	104
Other debtors	-	1,500
PAYE and NIC	-	105
	<u>14,230</u>	<u>1,709</u>

7 Creditors

Creditors: amounts falling due within one year

	Note	2024	2023
		£	£
Due within one year			
Bank loans and overdrafts	8	5,478	5,524
Trade creditors		498	919
Accruals		1,478	1,320
		<u>7,454</u>	<u>7,763</u>

8 Loans and borrowings

	2024	2023
	£	£
Current loans and borrowings		
Director current account	<u>5,478</u>	<u>5,524</u>

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2024	2023
	£	£
Remuneration	<u>7,333</u>	<u>12,570</u>

Rewrite Your Story Limited

Detailed Profit and Loss Account for the Year Ended 30 June 2024

	2024		2023	
	£	£	£	£
Turnover		62,271		54,877
Cost of sales				
Purchases	205		801	
Subcontract cost	<u>17,786</u>		<u>33,371</u>	
		<u>17,991</u>		<u>34,172</u>
Gross profit		44,280		20,705
Administrative expenses				
Directors remuneration	7,333		12,570	
Directors NIC	280		494	
Rent and rates	8,213		6,819	
Telephone	647		811	
Computer costs	1,156		1,100	
Charitable donations	-		52	
Advertising	5,100		5,843	
Accountancy	1,478		1,320	
Legal and professional fees	946		945	
Bank charges	77		9	
Depreciation of office equipment	<u>143</u>		<u>191</u>	
		<u>25,373</u>		<u>30,154</u>
Net Surplus/(deficit)		<u><u>18,907</u></u>		<u><u>(9,449)</u></u>

This page does not form part of the statutory financial statements.

REWRITE YOUR STORY LTD

England & Wales - Charity number 1181494

Accounts



Helping people rewrite mental health

Trustees Annual Report for the year ended 30 June 2023 for Rewrite Your Story Limited – Charity number 1181494

Trustees

A Heyes
I Elphick
R Cousins

Structure, governance and management

Type of governing document – Company articles and memorandum
How the charity is constituted – Limited company
Trustee selection methods – Trustees are peer reviewed each year

Objectives, activities and public benefit

Objectives of the charity:

- To preserve and protect the good mental health of children and young people who are suffering with eating disorders (and other mental health issues) in the Southeast, and Southwest in particular but not exclusively by:
- The provision of targeted Support and services to children and young people to aid recovery and build resilience
- Peer support groups for parents and carers to enable understanding of the key themes of eating and other disorders, build resilience and lessen the adverse impact these disorders have on families
- Developing and providing awareness training for schools, professionals and families around these disorders and other mental health issues

Achievements and performance

This year we have been tirelessly working to support the mental health and well-being of children and young people, with a special focus on tackling anxiety self-harm and eating disorders and working with neurodiversity. This year has been one of significant achievement, as we've expanded our reach and deepened our impact. The funding environment has been challenging but we continue to look at innovation.

Key Highlights:

1. **Expanded Support Services:** We launched new initiatives in Kent, providing targeted support for teenagers struggling with body image issues. This initiative has already benefited over 60 young individuals, helping them to build resilience and healthier coping mechanisms.
2. **Community Engagement:** Our school workshops and assemblies saw good participation, with Students, teachers and community members joining to raise awareness and support for our causes. These events not only brought our community closer but also helped to destigmatise mental health challenges.
3. **Partnerships and Collaborations:** We strengthened our collaboration with local schools' colleges and healthcare providers to ensure that young people have access to timely and effective support. Our training programs and targeted support for teachers and healthcare professionals have been instrumental in early detection and intervention.
4. **Community Workshop Success:** Our interactive workshops have been a cornerstone of community engagement this year. One standout session, led by experts in adolescent health, educated parents on recognizing early signs of eating disorders. Feedback from these workshops has been overwhelmingly positive, emphasizing the need for ongoing education and support.

Stories of Impact and Hope

Sarah's Story: At just 14, Sarah faced severe challenges with anorexia. Through our intervention, she received the necessary therapy and support, gradually beginning her recovery journey. Today, Sarah advocates for mental health awareness among her peers, sharing her story to inspire others.

Amber's Feedback: I really appreciate the tips and techniques you have taught me, it really has changed the way I view things and really has helped me to see outside of the black cloud that was taking me over and for that I am extremely thankful, it feels like it has been an extremely long time since I have been able to do things that I enjoy and you have helped me to achieve finding enjoyment in things again, thank you so much for taking the time to help me and for showing me ways of seeing things differently and helping me to rationalise my thoughts

Anna's Mums Feedback: Anna's therapy sessions seem to have had a lasting positive effect which is a huge relief as I'm sure you can imagine. She was in a dark space and was feeling completely unable to manage her interactions with her peers which along with some horrendous online experiences had traumatised her to the point where she couldn't sleep and was quite despairing.

Anna's Dads Feedback: Thank you so much for your professional and compassionate input. Right now, my 13-year-old daughter is re-discovering the confidence that somehow got knocked out of her in the pressure cooker social world that our teenagers now live in.

Jen's feedback: Hi, just wanted to say, thank you so much for yesterday, I slept in until now 8.30 first time in six years, feel a weight has been lifted off my shoulders, did the group last night, went well and spoke about what I had learnt yesterday,

Looking Ahead

As we move into a new year, Rewrite Your Story is committed to expanding our services further. We aim to launch a new online support platform and possibly an app that will provide accessible resources and counselling for young people and their families. This digital expansion will ensure that no child or young person feels alone in their struggles.

Our Gratitude

We thank our donors, volunteers, and community partners for their unwavering support. Without you, our work would not be possible. We look forward to continuing our journey together, making a lasting impact on the lives of young people.

For more detailed stories and to see how you can contribute to our cause, please visit our website: RewriteYourStory.org.uk

Financial review

Policy on reserves – To utilise the reserves to maintain and improve the services and facilities for the good of all children and young people with mental health issues

Funds in deficit – None

Declaration

The Trustees declare that they have approved the trustees' report above.

A handwritten signature in black ink, appearing to read 'I Elphick', written in a cursive style.

Signed on behalf of the charity's trustees.

I Elphick

30th April 2024

Independent examiner's report to the trustees of Rewrite Your Story Limited, Charity number 1181494

I report on the accounts of the Charity for the year ended 30 June 2023, which are attached.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts prepared with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

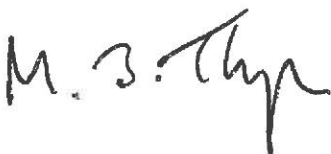
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Michael Thompson FCCA
The Corner House
2 High Street
Aylesford
ME20 7BG

Date: 8th March 2024

Rewrite Your Story Limited

Annual Report and Unaudited Financial Statements

for the Year Ended 30 June 2023



Rewrite Your Story Limited

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Rewrite Your Story Limited

Company Information

Directors	Mr AR Heyes Mr IR Elphick Ms R J Cousins
Registered office	The Corner House 2 High Street Aylesford Kent ME20 7BG
Accountants	Thompson Elphick Limited Chartered Certified Accountants The Corner House 2 High Street Aylesford Kent ME20 7BG

Rewrite Your Story Limited

Directors' Report for the Year Ended 30 June 2023

The directors present their report and the financial statements for the year ended 30 June 2023.

Directors of the company

The directors who held office during the year were as follows:

Mr AR Heyes

Mr IR Elphick

Ms R J Cousins

Principal activity

The principal activity of the company is that of providing therapy services on a charitable basis.

Small companies provision statement

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

08/03/2024

08/03/2024 at 9:51:48 AM UTC

Approved by the Board on and signed on its behalf by:

SIGNED SECURELY

Alan Heyes

08/03/2024 at 9:51:48 AM UTC

.....
Mr AR Heyes

Director

**Chartered Certified Accountants' Report to the Board of Directors on the Preparation of
the Unaudited Statutory Accounts of
Rewrite Your Story Limited
for the Year Ended 30 June 2023**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Rewrite Your Story Limited for the year ended 30 June 2023 as set out on pages 4 to 11 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/gb/en/discover/public-value/rulebook.html>.

This report is made solely to the Board of Directors of Rewrite Your Story Limited, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Rewrite Your Story Limited and state those matters that we have agreed to state to the Board of Directors of Rewrite Your Story Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/gb/en/technical-activities/technical-resources-search/2009/october/factsheet-163-audit-exempt-companies.html>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Rewrite Your Story Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Rewrite Your Story Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of Rewrite Your Story Limited. You consider that Rewrite Your Story Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Rewrite Your Story Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.



Thompson Elphick Limited
Chartered Certified Accountants
The Corner House
2 High Street
Aylesford
Kent
ME20 7BG

Date:.....8/3/24.....

Rewrite Your Story Limited

Profit and Loss Account for the Year Ended 30 June 2023

	Note	2023 £	2022 £
Turnover		54,877	79,197
Cost of sales		<u>34,172</u>	<u>41,309</u>
Gross surplus		20,705	37,888
Administrative expenses		<u>30,154</u>	<u>29,250</u>
(Deficit)/surplus before tax	4	(9,449)	8,638
Taxation		<u>(109)</u>	-
(Deficit)/surplus for the financial year		<u>(9,558)</u>	<u>8,638</u>

The above results were derived from continuing operations.

The company has no recognised gains or losses for the year other than the results above.

Rewrite Your Story Limited
(Registration number: 10800173)
Balance Sheet as at 30 June 2023

	Note	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	5		575		766
Current assets					
Debtors	6	1,709		2,484	
Cash at bank and in hand		<u>10,224</u>		<u>19,531</u>	
		11,933		22,015	
Creditors: Amounts falling due within one year	7	<u>7,763</u>		<u>8,587</u>	
Net current assets			<u>4,170</u>		<u>13,428</u>
Total assets less current liabilities			<u>4,745</u>		<u>14,194</u>
Provisions for liabilities			<u>109</u>		<u>-</u>
Net assets			<u>4,636</u>		<u>14,194</u>
Capital and reserves					
Profit and loss account		<u>4,636</u>		<u>14,194</u>	
Total equity			<u>4,636</u>		<u>14,194</u>

For the financial year ending 30 June 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Rewrite Your Story Limited

(Registration number: 10800173)

Balance Sheet as at 30 June 2023

SIGNED SECURELY
08/03/2024
08/03/2024 at 9:51:48 AM UTC

Approved and authorised by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
08/03/2024 at 9:51:48 AM UTC
.....

Mr AR Heyes

Director

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Statement of Changes in Equity for the Year Ended 30 June 2023

	Profit and loss account £	Total £
At 1 July 2022	14,194	14,194
Deficit for the year	<u>(9,558)</u>	<u>(9,558)</u>
Total comprehensive income	<u>(9,558)</u>	<u>(9,558)</u>
At 30 June 2023	<u>4,636</u>	<u>4,636</u>
	Profit and loss account £	Total £
At 1 July 2021	5,556	5,556
Surplus for the year	<u>8,638</u>	<u>8,638</u>
Total comprehensive income	<u>8,638</u>	<u>8,638</u>
At 30 June 2022	<u>14,194</u>	<u>14,194</u>

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2023

1 General Information

The company is a company limited by guarantee incorporated in England and Wales.

The address of its registered office is:

The Corner House

2 High Street

Aylesford

Kent

ME20 7BG

England

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Judgements

The company may be required to make estimates and assumptions concerning the future. These estimates and judgements are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The resulting accounting estimates will, by definition, seldom equal the related actual results. The principal areas where judgement was exercised are as follows:

- i) Recoverability of trade debtors: the directors annually assess whether a bad debt provision is required for any bad or doubtful debtor balances.
- ii) Tangible fixed assets: the directors annually assess both the residual value of these assets and the expected useful life of such assets based on experience.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2023

Tax

The tax expense for the period comprises deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

Deferred tax is recognised in respect of all timing differences between taxable profits and profits reported in the financial statements.

Unrelieved tax losses and other deferred tax assets are recognised when it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference.

Tangible assets

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Computer equipment	25% on reducing balance

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2023

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the profit and loss account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2022 - 3).

4 Loss/profit before tax

Arrived at after charging/(crediting)

	2023	2022
	£	£
Depreciation expense	<u>191</u>	<u>255</u>

5 Tangible assets

	Furniture, fittings and equipment £	Total £
Cost or valuation		
At 1 July 2022	<u>1,265</u>	<u>1,265</u>
At 30 June 2023	<u>1,265</u>	<u>1,265</u>
Depreciation		
At 1 July 2022	499	499
Charge for the year	<u>191</u>	<u>191</u>
At 30 June 2023	<u>690</u>	<u>690</u>
Carrying amount		
At 30 June 2023	<u>575</u>	<u>575</u>
At 30 June 2022	<u>766</u>	<u>766</u>

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2023

6 Debtors

	2023	2022
	£	£
Trade debtors	104	386
Other debtors	1,500	1,500
PAYE and NIC	105	598
	1,709	2,484

7 Creditors

Creditors: amounts falling due within one year

	Note	2023	2022
		£	£
Due within one year			
Bank loans and overdrafts	8	5,524	6,301
Trade creditors		919	960
Accruals		1,320	1,326
		7,763	8,587

8 Loans and borrowings

	2023	2022
	£	£
Current loans and borrowings		
Director current account	5,524	6,301

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2023	2022
	£	£
Remuneration	12,570	12,570

Rewrite Your Story Limited

Detailed Profit and Loss Account for the Year Ended 30 June 2023

	2023		2022	
	£	£	£	£
Turnover		54,877		79,197
Cost of sales				
Purchases	801		10,118	
Subcontract cost	<u>33,371</u>		<u>31,191</u>	
		<u>34,172</u>		<u>41,309</u>
Gross profit		20,705		37,888
Administrative expenses				
Directors remuneration	12,570		12,570	
Directors NIC	494		517	
Staff training	-		85	
Rent and rates	6,819		8,166	
Telephone	811		540	
Computer costs	1,100		983	
Subscriptions	-		414	
Charitable donations	52		270	
Travel and subsistence	-		3,150	
Advertising	5,843		274	
Accountancy	1,320		1,326	
Legal and professional fees	945		670	
Bank charges	9		30	
Depreciation of office equipment	<u>191</u>		<u>255</u>	
		<u>30,154</u>		<u>29,250</u>
Net (Deficit)/surplus		<u>(9,449)</u>		<u>8,638</u>

This page does not form part of the statutory financial statements.

REWRITE YOUR STORY LTD

England & Wales - Charity number 1181494

Accounts



Helping people rewrite mental health

Trustees Annual Report for the year ended 30 June 2022 for Rewrite Your Story Limited – Charity number 1181494

Trustees

A Heyes
I Elphick
R Cousins

Structure, governance and management

Type of governing document – Company articles and memorandum
How the charity is constituted – Limited company
Trustee selection methods – Trustees are peer reviewed each year

Objectives and activities

Objectives of the charity:

- To preserve and protect the good mental health of children and young people who are suffering with eating disorders (and other mental health issues) in the South East, in particular but not exclusively by:
- The provision of targeted Support and services to children and young people to aid recovery and build resilience
- Peer support groups for parents and carers to enable understanding of the key themes of eating and other disorders, build resilience and lessen the adverse impact these disorders have on families
- Developing and providing awareness training for schools, professionals and families around these disorders and other mental health issues

Achievements and performance

Continuing to provide these services throughout the latest period and beyond especially during the recent lockdowns due to the Coronavirus pandemic.

Expanding services to cover a wider range of issues and age ranges.

Financial review

Policy on reserves – To utilise the reserves to maintain and improve the services and facilities for the good of all children and young people with mental health issues

Funds in deficit – None

Declaration

The Trustees declare that they have approved the trustees' report above.

A handwritten signature in black ink, appearing to read 'I Elphick', written in a cursive style.

Signed on behalf of the charity's trustees.
I Elphick
10th May 2023

Independent examiner's report to the trustees of Rewrite Your Story Limited, Charity number 1181494

I report on the accounts of the Charity for the year ended 30 June 2022, which are attached.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
 - to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act;
- and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts prepared with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Michael Thompson FCCA
The Corner House
2 High Street
Aylesford
ME20 7BG

Date: 31st March 2023

Rewrite Your Story Limited

Annual Report and Unaudited Financial Statements

for the Year Ended 30 June 2022



Rewrite Your Story Limited

Contents

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Directors' Report	2
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Detailed Profit and Loss Account	12

Rewrite Your Story Limited

Company Information

Directors	Mr AR Heyes Mr IR Elphick Ms R J Cousins
Registered office	The Corner House 2 High Street Aylesford Kent ME20 7BG
Accountants	Thompson Elphick Limited Chartered Certified Accountants The Corner House 2 High Street Aylesford Kent ME20 7BG

Rewrite Your Story Limited

Directors' Report for the Year Ended 30 June 2022

The directors present their report and the financial statements for the year ended 30 June 2022.

Directors of the company

The directors who held office during the year were as follows:

Mr AR Heyes

Mr IR Elphick

Ms R J Cousins

Principal activity

The principal activity of the company is that of providing therapy services on a charitable basis.

Small companies provision statement

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

SIGNED SECURELY
30/03/2023
30/03/2023 at 8:58:39 AM UTC

Approved by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
30/03/2023 at 8:58:39 AM UTC

.....
Mr AR Heyes
Director

**Chartered Certified Accountants' Report to the Board of Directors on the Preparation of
the Unaudited Statutory Accounts of
Rewrite Your Story Limited
for the Year Ended 30 June 2022**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Rewrite Your Story Limited for the year ended 30 June 2022 as set out on pages 4 to 11 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/gb/en/discover/public-value/rulebook.html>.

This report is made solely to the Board of Directors of Rewrite Your Story Limited, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Rewrite Your Story Limited and state those matters that we have agreed to state to the Board of Directors of Rewrite Your Story Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/gb/en/technical-activities/technical-resources-search/2009/october/factsheet-163-audit-exempt-companies.html>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Rewrite Your Story Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Rewrite Your Story Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Rewrite Your Story Limited. You consider that Rewrite Your Story Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Rewrite Your Story Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.



Thompson Elphick Limited
Chartered Certified Accountants
The Corner House
2 High Street
Aylesford
Kent
ME20 7BG

Date: 30/3/2023

Rewrite Your Story Limited

Profit and Loss Account for the Year Ended 30 June 2022

	Note	2022 £	2021 £
Turnover		79,197	63,998
Cost of sales		<u>41,309</u>	<u>56,001</u>
Gross surplus		37,888	7,997
Administrative expenses		29,250	26,449
Other operating income		<u>-</u>	<u>7,136</u>
Surplus/(deficit) for the financial year		<u><u>8,638</u></u>	<u><u>(11,316)</u></u>

The above results were derived from continuing operations.

The company has no recognised gains or losses for the year other than the results above.

Rewrite Your Story Limited
(Registration number: 10800173)
Balance Sheet as at 30 June 2022

	Note	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	5		766		435
Current assets					
Debtors	6	2,484		1,524	
Cash at bank and in hand		<u>19,531</u>		<u>10,710</u>	
		22,015		12,234	
Creditors: Amounts falling due within one year	7	<u>8,587</u>		<u>7,113</u>	
Net current assets			<u>13,428</u>		<u>5,121</u>
Net assets			<u><u>14,194</u></u>		<u><u>5,556</u></u>
Capital and reserves					
Profit and loss account		<u>14,194</u>		<u>5,556</u>	
Total equity			<u><u>14,194</u></u>		<u><u>5,556</u></u>

For the financial year ending 30 June 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Rewrite Your Story Limited

**(Registration number: 10800173)
Balance Sheet as at 30 June 2022**

Approved and authorised by the Board on  and signed on its behalf by:



.....

Mr AR Heyes
Director

Rewrite Your Story Limited

Statement of Changes in Equity for the Year Ended 30 June 2022

	Profit and loss account	Total
	£	£
At 1 July 2021	5,556	5,556
Surplus for the year	<u>8,638</u>	<u>8,638</u>
Total comprehensive income	<u>8,638</u>	<u>8,638</u>
At 30 June 2022	<u>14,194</u>	<u>14,194</u>
	Profit and loss account	Total
	£	£
At 1 July 2020	16,872	16,872
Deficit for the year	<u>(11,316)</u>	<u>(11,316)</u>
Total comprehensive income	<u>(11,316)</u>	<u>(11,316)</u>
At 30 June 2021	<u>5,556</u>	<u>5,556</u>

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2022

1 General information

The company is a company limited by guarantee incorporated in England and Wales.

The address of its registered office is:

The Corner House

2 High Street

Aylesford

Kent

ME20 7BG

England

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Judgements

The company may be required to make estimates and assumptions concerning the future. These estimates and judgements are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The resulting accounting estimates will, by definition, seldom equal the related actual results. The principal areas where judgement was exercised are as follows:

- i) Recoverability of trade debtors: the directors annually assess whether a bad debt provision is required for any bad or doubtful debtor balances.
- ii) Tangible fixed assets: the directors annually assess both the residual value of these assets and the expected useful life of such assets based on experience.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2022

Tangible assets

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Computer equipment	25% on reducing balance

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the profit and loss account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2022

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2021 - 3).

4 Profit/loss before tax

Arrived at after charging/(crediting)

	2022	2021
	£	£
Depreciation expense	<u>255</u>	<u>145</u>

5 Tangible assets

	Furniture, fittings and equipment	Total
	£	£
Cost or valuation		
At 1 July 2021	679	679
Additions	<u>586</u>	<u>586</u>
At 30 June 2022	<u>1,265</u>	<u>1,265</u>
Depreciation		
At 1 July 2021	244	244
Charge for the year	<u>255</u>	<u>255</u>
At 30 June 2022	<u>499</u>	<u>499</u>
Carrying amount		
At 30 June 2022	<u><u>766</u></u>	<u><u>766</u></u>
At 30 June 2021	<u><u>435</u></u>	<u><u>435</u></u>

6 Debtors

	2022	2021
	£	£
Trade debtors	386	24
Other debtors	1,500	1,500
PAYE and NIC	<u>598</u>	<u>-</u>
	<u><u>2,484</u></u>	<u><u>1,524</u></u>

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2022

7 Creditors

Creditors: amounts falling due within one year

	Note	2022 £	2021 £
Due within one year			
Bank loans and overdrafts	8	6,301	4,835
Trade creditors		960	1,018
Accruals		1,326	1,260
		<u>8,587</u>	<u>7,113</u>

8 Loans and borrowings

	2022 £	2021 £
Current loans and borrowings		
Director current account	<u>6,301</u>	<u>4,835</u>

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2022 £	2021 £
Remuneration	<u>12,570</u>	<u>12,518</u>

Rewrite Your Story Limited

Detailed Profit and Loss Account for the Year Ended 30 June 2022

	2022		2021	
	£	£	£	£
Turnover		79,197		63,998
Cost of sales				
Purchases	10,118		7,401	
Subcontract cost	<u>31,191</u>		<u>48,600</u>	
		<u>41,309</u>		<u>56,001</u>
Gross profit		37,888		7,997
Administrative expenses				
Directors remuneration	12,570		12,518	
Directors NIC	517		480	
Staff training	85		-	
Rent and rates	8,166		7,249	
Telephone	540		302	
Computer costs	983		663	
Printing, postage and stationery	-		49	
Subscriptions	414		252	
Charitable donations	270		438	
Sundry expenses	-		335	
Cleaning	-		46	
Travel and subsistence	3,150		1,323	
Advertising	274		560	
Accountancy	1,326		1,260	
Legal and professional fees	670		829	
Bank charges	30		-	
Depreciation of office equipment	<u>255</u>		<u>145</u>	
		29,250		26,449
Other operating income		<u>-</u>		<u>7,136</u>
Net Surplus/(deficit)		<u><u>8,638</u></u>		<u><u>(11,316)</u></u>

This page does not form part of the statutory financial statements.

REWRITE YOUR STORY LTD

England & Wales - Charity number 1181494

Accounts



Helping people rewrite mental health

Trustees Annual Report for the year ended 30 June 2021 for Rewrite Your Story Limited – Charity number 1181494

Trustees

A Heyes
I Elphick
R Cousins

Structure, governance and management

Type of governing document – Company articles and memorandum
How the charity is constituted – Limited company
Trustee selection methods – Trustees are peer reviewed each year

Objectives and activities

Objectives of the charity:

- To preserve and protect the good mental health of children and young people who are suffering with eating disorders (and other mental health issues) in the South East, in particular but not exclusively by:
- The provision of targeted Support and services to children and young people to aid recovery and build resilience
- Peer support groups for parents and carers to enable understanding of the key themes of eating and other disorders, build resilience and lessen the adverse impact these disorders have on families
- Developing and providing awareness training for schools, professionals and families around these disorders and other mental health issues

Achievements and performance

Continuing to provide these services throughout the latest period and beyond especially during the recent lockdowns due to the Coronavirus pandemic.

Expanding services to cover a wider range of issues and age ranges.

Financial review

Policy on reserves – To utilise the reserves to maintain and improve the services and facilities for the good of all children and young people with mental health issues

Funds in deficit – None

Declaration

The Trustees declare that they have approved the trustees' report above.

A handwritten signature in black ink, appearing to read 'I Elphick', written in a cursive style.

Signed on behalf of the charity's trustees.
I Elphick
4th April 2022

Independent examiner's report to the trustees of Rewrite Your Story Limited, Charity number 1181494

I report on the accounts of the Charity for the year ended 30 June 2021, which are attached.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
 - to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act;
- and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts prepared with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Michael Thompson FCCA
The Corner House
2 High Street
Aylesford
ME20 7BG

Date: 31st March 2022

Rewrite Your Story Limited

Annual Report and Unaudited Financial Statements

for the Year Ended 30 June 2021



Rewrite Your Story Limited

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Rewrite Your Story Limited

Company Information

Directors	Mr AR Heyes Mr IR Elphick Ms R J Cousins
Registered office	The Corner House 2 High Street Aylesford Kent ME20 7BG
Accountants	Thompson Elphick Limited Chartered Certified Accountants The Corner House 2 High Street Aylesford Kent ME20 7BG

Rewrite Your Story Limited

Directors' Report for the Year Ended 30 June 2021

The directors present their report and the financial statements for the year ended 30 June 2021.

Directors of the company

The directors who held office during the year were as follows:

Mr AR Heyes

Mr IR Elphick

Ms R J Cousins

Principal activity

The principal activity of the company is that of providing therapy services on a charitable basis.

Small companies provision statement

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
28/03/2022 at 8:18:27 AM UTC
.....

Mr AR Heyes
Director

**Chartered Certified Accountants' Report to the Board of Directors on the Preparation of
the Unaudited Statutory Accounts of
Rewrite Your Story Limited
for the Year Ended 30 June 2021**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Rewrite Your Story Limited for the year ended 30 June 2021 as set out on pages 4 to 11 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/gb/en/discover/public-value/rulebook.html>.

This report is made solely to the Board of Directors of Rewrite Your Story Limited, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Rewrite Your Story Limited and state those matters that we have agreed to state to the Board of Directors of Rewrite Your Story Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/gb/en/technical-activities/technical-resources-search/2009/october/factsheet-163-audit-exempt-companies.html>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Rewrite Your Story Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Rewrite Your Story Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of Rewrite Your Story Limited. You consider that Rewrite Your Story Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Rewrite Your Story Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

.....

Thompson Elphick Limited
Chartered Certified Accountants
The Corner House
2 High Street
Aylesford
Kent
ME20 7BG

Date:.....

Rewrite Your Story Limited

Profit and Loss Account for the Year Ended 30 June 2021

	Note	2021 £	2020 £
Turnover		63,998	59,915
Cost of sales		<u>56,001</u>	<u>35,340</u>
Gross surplus		7,997	24,575
Administrative expenses		26,449	13,229
Other operating income		<u>7,136</u>	<u>-</u>
(Deficit)/surplus for the financial year		<u><u>(11,316)</u></u>	<u><u>11,346</u></u>

The above results were derived from continuing operations.

The company has no recognised gains or losses for the year other than the results above.

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

(Registration number: 10800173)

Balance Sheet as at 30 June 2021

	Note	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	5		435		295
Current assets					
Debtors	6	1,524		10,385	
Cash at bank and in hand		<u>10,710</u>		<u>33,043</u>	
		12,234		43,428	
Creditors: Amounts falling due within one year	7	<u>7,113</u>		<u>26,851</u>	
Net current assets			<u>5,121</u>		<u>16,577</u>
Net assets			<u>5,556</u>		<u>16,872</u>
Capital and reserves					
Profit and loss account		<u>5,556</u>		<u>16,872</u>	
Total equity			<u>5,556</u>		<u>16,872</u>

For the financial year ending 30 June 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

(Registration number: 10800173)

Balance Sheet as at 30 June 2021

SIGNED SECURELY
28/03/2022
28/03/2022 at 8:18:27 AM UTC

Approved and authorised by the Board on and signed on its behalf by:

SIGNED SECURELY
Alan Heyes
28/03/2022 at 8:18:27 AM UTC

.....
Mr AR Heyes

Director

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Statement of Changes in Equity for the Year Ended 30 June 2021

	Profit and loss account £	Total £
At 1 July 2020	16,872	16,872
Deficit for the year	<u>(11,316)</u>	<u>(11,316)</u>
Total comprehensive income	<u>(11,316)</u>	<u>(11,316)</u>
At 30 June 2021	<u>5,556</u>	<u>5,556</u>
	Profit and loss account £	Total £
At 1 July 2019	5,526	5,526
Surplus for the year	<u>11,346</u>	<u>11,346</u>
Total comprehensive income	<u>11,346</u>	<u>11,346</u>
At 30 June 2020	<u>16,872</u>	<u>16,872</u>

The notes on pages 8 to 11 form an integral part of these financial statements.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2021

1 General information

The company is a company limited by guarantee incorporated in England and Wales.

The address of its registered office is:

The Corner House

2 High Street

Aylesford

Kent

ME20 7BG

England

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A - 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Judgements

The company may be required to make estimates and assumptions concerning the future. These estimates and judgements are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The resulting accounting estimates will, by definition, seldom equal the related actual results. The principal areas where judgement was exercised are as follows:

- i) Recoverability of trade debtors: the directors annually assess whether a bad debt provision is required for any bad or doubtful debtor balances.
- ii) Tangible fixed assets: the directors annually assess both the residual value of these assets and the expected useful life of such assets based on experience.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2021

Tangible assets

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Computer equipment	25% on reducing balance

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Profit and Loss Account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2021

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2020 - 3).

4 Loss/profit before tax

Arrived at after charging/(crediting)

	2021	2020
	£	£
Depreciation expense	145	99

5 Tangible assets

	Furniture, fittings and equipment	Total
	£	£
Cost or valuation		
At 1 July 2020	394	394
Additions	285	285
At 30 June 2021	679	679
Depreciation		
At 1 July 2020	99	99
Charge for the year	145	145
At 30 June 2021	244	244
Carrying amount		
At 30 June 2021	435	435
At 30 June 2020	295	295

6 Debtors

	2021	2020
	£	£
Trade debtors	24	10,385
Other debtors	1,500	-
	1,524	10,385

Rewrite Your Story Limited

Notes to the Financial Statements for the Year Ended 30 June 2021

7 Creditors

Creditors: amounts falling due within one year

	Note	2021 £	2020 £
Due within one year			
Bank loans and overdrafts	8	4,835	-
Trade creditors		1,018	541
Accrued income		-	25,365
Accruals		1,260	945
		<u>7,113</u>	<u>26,851</u>

8 Loans and borrowings

	2021 £	2020 £
Current loans and borrowings		
Director current account	<u>4,835</u>	<u>-</u>

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2021 £	2020 £
Remuneration	<u>12,518</u>	<u>-</u>

Rewrite Your Story Limited

Detailed Profit and Loss Account for the Year Ended 30 June 2021

	2021		2020	
	£	£	£	£
Turnover		63,998		59,915
Cost of sales				
Purchases	7,401		2,503	
Subcontract cost	<u>48,600</u>		<u>32,837</u>	
		<u>56,001</u>		<u>35,340</u>
		7,997		24,575
Administrative expenses				
Directors remuneration	12,518		-	
Directors NIC	480		-	
Rent and rates	7,249		6,735	
Telephone	302		463	
Computer costs	663		831	
Printing, postage and stationery	49		99	
Subscriptions	252		244	
Charitable donations	438		438	
Sundry expenses	335		84	
Cleaning	46		17	
Travel and subsistence	1,323		1,337	
Advertising	560		1,838	
Accountancy	1,260		945	
Legal and professional fees	829		89	
Bank charges	-		10	
Depreciation of office equipment	<u>145</u>		<u>99</u>	
		26,449		13,229
Other operating income		<u>7,136</u>		<u>-</u>
Net (Deficit)/surplus		<u><u>(11,316)</u></u>		<u><u>11,346</u></u>

This page does not form part of the statutory financial statements.