



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

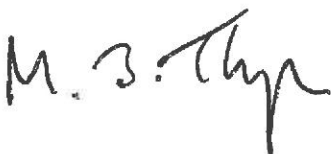
In connection with my examination, no matter has come to my attention:

(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>	<u>-</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

		2023		2022	
	Note	£	£	£	£
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			4,745		14,194
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	(9,558)	(9,558)
Total comprehensive income	(9,558)	(9,558)
At 30 June 2023	4,636	4,636
	Profit and loss account £	Total £
At 1 July 2021	5,556	5,556
Surplus for the year	8,638	8,638
Total comprehensive income	8,638	8,638
At 30 June 2022	14,194	14,194

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
	<u>1,709</u>	<u>2,484</u>

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
		<u>7,763</u>	<u>8,587</u>

8 Loans and borrowings

	2023	2022
	£	£
Current loans and borrowings		
Director current account	<u>5,524</u>	<u>6,301</u>

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2023	2022
	£	£
Remuneration	<u>12,570</u>	<u>12,570</u>

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.