



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 model.

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.

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><u>23,570</u></u>	<u><u>23,570</u></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><u>4,636</u></u>	<u><u>4,636</u></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		<u>1,478</u>	<u>1,320</u>
		<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.