



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

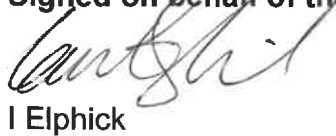
Funds in deficit – None

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 over the printed name.

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

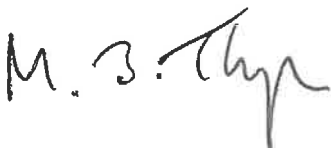
In connection with my examination, no matter has come to my attention:

(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
Bedmonton
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
30/04/2026 at 7:51:44 AM UTC

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

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 2025

	Profit and loss account £	Total £
At 1 July 2024	9,339	9,339
Surplus for the year	<u>43</u>	<u>43</u>
Total comprehensive income	<u>43</u>	<u>43</u>
At 30 June 2025	<u>9,382</u>	<u>9,382</u>
	Profit and loss account £	Total £
At 1 July 2023	4,636	4,636
Surplus for the year	<u>4,703</u>	<u>4,703</u>
Total comprehensive income	<u>4,703</u>	<u>4,703</u>
At 30 June 2024	<u>9,339</u>	<u>9,339</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 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	<u>108</u>	<u>143</u>

5 Tangible assets

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

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	-
	<u>11,570</u>	<u>14,230</u>

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
		<u>7,122</u>	<u>21,685</u>

8 Loans and borrowings

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

9 Related party transactions

Directors' remuneration

The directors' remuneration for the year was as follows:

	2025 £	2024 £
Remuneration	-	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.