

Charity registration number 1182312 (England and Wales)

Company registration number 11757792

**THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S
MENTAL HEALTH**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2025

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees And Directors	Dr P Bearcroft Mrs A E Templeton Mr N T Hickinson Professor T Minshall (Chair) Ms L Davies
Secretary	Mrs A E Templeton
Charity number	1182312
Company number	11757792
Registered office	First Floor Victory House, Vision Park Chivers Way, Histon Cambridge CB24 9ZR
Independent examiner	Ms J Boatfield FCA, DChA Ensors Accountants LLP Victory House Vision Park Chivers Way, Histon Cambridge CB24 9ZR

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

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THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 JANUARY 2025

The members of the board of trustees and directors present their report and financial statements for the year ended 31 January 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 2 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The Trustees have referred to the Charity Commission's general guidance on Public Benefit when reviewing our aims and objectives and in planning the charity's future activities and believe that the activities of the charity clearly demonstrate a direct public benefit.

The charity's purpose is to protect and promote the health of young people through the reduction of the incidence and severity of mental health illness, and to reduce the number of young people taking their own lives. The purpose is to be achieved by activities to improve the translation of research into innovations that are used in practice and by raising the understanding of such developments.

Public benefit

The trustees and directors have paid due regard to guidance on public benefit issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Background

The charity is a unique organisation which has been set up to protect and promote the mental health of young people. Depression generally, and in young people in particular, is a significant and growing problem. For example:

- Depression accounts for the largest share of the world's burden of disease measured by years lost to disability, and it has significant personal, economic and social consequences.
- For the majority of people with depression, the condition develops before the age of 24. Depression occurs in about 2.1% of 5–19-year-olds and has risen sharply in the last decade.
- Up to 80% of affected adolescents do not receive appropriate care and 50–75% experience a relapse, even after successful treatment

A new approach is needed because:

1. Despite significant research into the social, psychological and biological factors associated with depression over the last 20 years, this understanding hasn't been 'joined up' to enable identification of the pathways by which the condition develops, or opportunities for innovations.
2. There are many opportunities for innovation across prevention, early detection, diagnosis of conditions and causes, development of personalised plans for management and treatment of depression. This diversity of the opportunities presents challenges in terms of both prioritisation and the range of expertise needed to develop, validate and implement them.
3. Depression cannot be addressed through healthcare alone. It is a society-wide issue and requires understanding and action by individuals and families; organisations engaging with young people, such as schools, colleges, employers and prisons; the health and social care system; the food industry, and organisations developing and delivering solutions to address needs across the care stages; policymakers and regulators; the media and social media.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

Summary of achievements in FY24/25

The charity continues to build on the foundations from the report published in 2023 as '*Changing Minds, Changing Lives*' which provided a foundation for the work conducted in FY23/24. The key building blocks described in '*Changing Minds, Changing Lives*' were:

- a. A model of vulnerability factors and mechanisms for the development of depression in young people over the life course that has helped identify key opportunities for innovation.
- b. Validated unmet needs and projects to address them that can enable the prevention, early detection, diagnosis, management and treatment of depression in young people.
- c. Recommendations for how people and organisations across society can work more effectively to prevent and intervene early to address depression.
- d. Areas for further research needed to underpin impactful innovations in the future.

Key accomplishments in FY24/25 include:

1. **Citation of papers resulting from YPMH-funded projects** - Research papers arising from two projects funded by YPMH have been well cited as follows:

- a. *Biological, psychological, and social determinants of depression: A Review of Recent Literature*, which was published in Brain Sciences in December 2021, has been cited over 400 times (up from 145 times a year ago) according to Google Scholar.
- b. *Gone Too Soon: Priorities for action to prevent premature mortality associated with mental illness and mental distress*, published in The Lancet Psychiatry in June 2023, has been cited over 80 times (up from 30 times a year ago) according to Google Scholar.

The papers and their citations have helped build understanding of the multidisciplinary nature of mental health conditions; they have also informed YPMH's understanding and strategies.

2. **Examples of collaborative working** - Building on the unmet needs and projects described in *Changing Minds, Changing Lives*:

- a. YPMH established a collaboration with a multi-school academy trust in the East of England. The collaboration includes:
 - i. Delivering collaborative workshops for Trust and School leaders to identify, evaluate, prioritise and select projects for prevention and early detection of mental ill health, and the support of pupils in mental distress.
 - ii. Providing information for staff, parents and pupils to support a range of desired outcomes with respect to mental health.
 - iii. Working with the Trust's catering supplier to inform the supplier on what 'mentally healthful food' is, with the aim of mitigating food- and nutrition-related risks to pupils' and staff members' mental wellbeing

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

Summary of achievements in FY24/25 continued

b. Examples of projects that YPMH is collaborating on also include:

i. Online psychosocial intervention to reduce mental health service waiting lists

YPMH is collaborating in a 3-year pilot project led by the Cambridge University Department of Psychiatry to test the application of an online version of a validated face-to-face psychosocial intervention for depression in young people up to 18 years old. If successful, the online intervention could be used as the first intervention for young people on the mental health service's waiting list. YPMH's role is to help ensure the usability of the online tool by the groups involved in applying it. These include referral agencies, clinical and other users, service managers, as well as the young patients. YPMH's input aims to inform the operating procedures and additional functionality that is required to ensure effective use.

ii. Food and nutrition to reduce depression

An acceptability study in the North East of England aims to test how well a dietary intervention is accepted by users and gain an early indication of its effect on mood. Expanding on a positive trial conducted by Deakin University and collaborators with adults in Australia, YPMH is working with partners to develop a dietary intervention to support young people with depression in the UK. We have recognised the need to not only inform young people what a mentally healthful diet is, but also to teach them to plan, buy (or otherwise access) and prepare mentally healthful food. Working in collaboration with partners already delivering community food and cooking education, YPMH is co-designing with young people the programme of food and cooking education, and how best to test its effectiveness.

Projects

Implementation of digital mental health technologies

YPMH and collaborators have been awarded an NIHR grant to pilot the implementation methodology of the Understand : Innovate : Implement approach to accelerate and de-risk the implementation of digital mental health technologies in schools and adolescent healthcare settings.

The digital mental health technologies being piloted are:

- The Artemis-A adaptive reasoning tool to detect pupil mental distress early in schools.
- A digital Brief Psychosocial Intervention offering therapeutic support to adolescents on NHS CYPMHS waiting lists. This project builds on the ongoing project outlined above.

Each project will apply the implementation methodology to:

1. Define the problem and solution needs.
2. Design the implementation, including a logic model, operating model vision, and realisation roadmap.
3. In collaboration with the school, the project aims to develop, deploy and refine the operating model, including user journeys and processes.

Findings from this project will inform improvements to the implementation methodology, to support its wider adoption.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

Projects continued

Food, nutrition and mental health

YPMH is working with collaborators to:

- Join up research-based understanding of the role of food and nutrition in mental health to better understand cause and effect.
- Build understanding and agreement on the foods and nutrition needed to support mental wellbeing across the life course, and the foods and nutrients that may present risks.
- Generate and explore opportunities for interventions in a range of settings, such as schools, employers, prisons, public health and primary care.

Plans for future periods

The charity's priorities continue to be to:

1. Provide accessible, scientifically robust information and education for people and organisations seeking to prevent and reduce mental health conditions, especially depression in young people.
2. With collaborators, develop, test and refine approaches to accelerate the translation of research into innovations that are used widely in practice to prevent, detect early, diagnose, manage and treat mental health conditions.

The key approaches are to:

- ***Understand***, in a systematic way:
 - The risk factors and mechanisms that can lead to mental health conditions.
 - The stages, from prevention to treatment, where innovations can have impact.
- ***Innovate***
 - Identify, prioritise, develop and validate user-acceptable, evidence-based innovations. A key priority is to ensure that issues affecting the adoptability of innovations by all users involved in their implementation and operation are identified and addressed, so that risks associated with implementation at scale are mitigated.
 - Build portfolios of innovations that enable effective prevention-treatment:
 - Across the care stages, from prevention to personalised treatment.
 - For key groups, e.g. organisations engaging with individuals, such as educational institutions, employers, prisons; health and social care, such as public health, and primary, secondary and tertiary care.
- ***Implement***

Get innovations widely used across society using structured methods for individual, organisation and policy change. For:

 - Individuals and families: the methods aim to enable behaviour change to mitigate individual vulnerabilities by developing and sustaining motivation; enabling people to have opportunities to mitigate their vulnerabilities; and building their capability to do so.
 - Organisations: the methods aim to address the change lifecycle, from definition of the problem and how it is to be addressed, to design, deployment, operation and refinement of the solution.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

Plans for future periods continued

3. Facilitate projects across the mental ecosystem to innovate and implement interventions that are widely used to improve the prevention, early detection, diagnosis and the personalised management and treatment of depression and other mental health conditions in young people. In addition to the specific benefits that these innovations deliver, the projects will help inform, improve and validate:
 - The Understand : Innovate : Implement approach described above, its component parts, and their configuration.
 - Issues influencing implementation of innovations across a range of groups, particularly individuals, their families and carers; organisations engaging with young people; health and social care organisations; and solution providers from public, private and third sector organisations.
4. In the medium to longer term, facilitate development of policies and regulations to help prevent and reduce mental health conditions such as depression in young people.

Financial review

During the year the charity had income of £89,942 (2024 - £123,757), of which £127,641 (2024 - £116,864) was expended on charitable activities. Unrestricted funds at the year-end amounted to £84,964 (2024 - £89,565).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to at least six month's expenditure. The trustees and directors considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Reserves at the period end amounted to £83,494 (2024 - £86,148) which exceeds this target. As the charity establishes itself and increases its activities it is expected that further expenditure will be incurred.

Structure, governance and management

The charity is a company limited by guarantee, incorporated on 9 January 2019 and registered as a charity on 4 March 2019. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

The charity is governed by a board of trustees, who meet at least three times a year to discuss the charity's strategy, including the charity's activities, funding, risk management, policies and performance. The members of the board of trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr P Bearcroft
Mrs A E Templeton
Mr N T Hickinson
Professor T Minshall (Chair)
Ms L Davies

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

Recruitment and appointment of trustees

Subsequent to the appointment of the four initial trustees, trustees are recruited and appointed using the following process:

- A requirement for a trustee with particular expertise is identified.
- A Role Profile is developed, together with a description of the competences and experience sought.
- The Role Profile is circulated as widely as necessary to identify one or more potentially appointable candidates.
- A shortlist of candidates is selected, interviewed by the trustees, the preferred candidate selected, and due diligence undertaken on the candidate.
- The preferred candidate is notified of the trustees' decision and, by mutual agreement, appointed subject to a Fit and Proper Person's Declaration.

The trustees and directors have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. A risk management register has been adopted, which is reviewed by the trustees at least annually.

None of the trustees and directors have any beneficial interest in the company. All of the trustees and directors are members of the company and guarantee to contribute £1 in the event of a winding up.

Organisational structure

The day to day operations of the charity are handled by its Founder, Mr Peter Templeton. There are presently two employees, who, along with a small number of volunteers are overseen by Mr Templeton, as is work by third party suppliers. Mr Templeton reports to the Board of Trustees.

Conclusion and Thank You

The trustees would like to thank the many individuals who have supported the charity's work since its inception, including the remarkable individuals who have organised individual fundraising events on behalf of the charity.

All of the charity's donors have been critical to the formation and development of the charity, helping it successfully to reach milestones and to contribute to the translation of research into innovations for the betterment of young people's mental health.

The trustees' report was approved by the Board of Trustees And Directors.

Professor T Minshall (Chair)
Trustee

30 July 2025

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES AND DIRECTORS OF THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

I report to the trustees and directors on my examination of the financial statements of The William Templeton Foundation for Young People's Mental Health (the charity) for the year ended 31 January 2025.

Responsibilities and basis of report

As the trustees and directors of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Ms J Boatfield FCA, DChA
Ensors Accountants LLP

Victory House
Vision Park
Chivers Way, Histon
Cambridge
CB24 9ZR

Dated: 20 August 2025

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JANUARY 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and legacies	3	40,816	48,018	88,834	25,678	95,691	121,369
Other trading activities	4	1,108	-	1,108	2,388	-	2,388
Total income		<u>41,924</u>	<u>48,018</u>	<u>89,942</u>	<u>28,066</u>	<u>95,691</u>	<u>123,757</u>
Expenditure on:							
Raising funds	5	132	-	132	1,248	12,500	13,748
Charitable activities	6	46,393	81,116	127,509	18,079	85,037	103,116
Total expenditure		<u>46,525</u>	<u>81,116</u>	<u>127,641</u>	<u>19,327</u>	<u>97,537</u>	<u>116,864</u>
Net income/(expenditure) and movement in funds		(4,601)	(33,098)	(37,699)	8,739	(1,846)	6,893
Reconciliation of funds:							
Fund balances at 1 February 2024		<u>89,565</u>	<u>90,632</u>	<u>180,197</u>	<u>80,826</u>	<u>92,478</u>	<u>173,304</u>
Fund balances at 31 January 2025		<u>84,964</u>	<u>57,534</u>	<u>142,498</u>	<u>89,565</u>	<u>90,632</u>	<u>180,197</u>

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

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

BALANCE SHEET

AS AT 31 JANUARY 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	11		1,470		3,417
Current assets					
Debtors	12	8,098		316	
Cash at bank and in hand		137,015		180,615	
		145,113		180,931	
Creditors: amounts falling due within one year	13	(4,085)		(4,151)	
Net current assets			141,028		176,780
Total assets less current liabilities			142,498		180,197
The funds of the charity					
Restricted income funds	15	57,534		90,632	
Unrestricted funds	16	84,964		89,565	
		142,498		180,197	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 January 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees and directors on 30 July 2025

Professor T Minshall (Chair)
Trustee

Company registration number 11757792 (England and Wales)

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

BALANCE SHEET (CONTINUED)

AS AT 31 JANUARY 2025

1 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees and directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

2 Accounting policies

Charity information

The William Templeton Foundation for Young People's Mental Health is a private company limited by guarantee incorporated in England and Wales. The registered office is First Floor, Victory House, Vision Park, Chivers Way, Histon, Cambridge, CB24 9ZR.

2.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

2.2 Going concern

At the time of approving the financial statements, the trustees and directors have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees and directors continue to adopt the going concern basis of accounting in preparing the financial statements.

There are no material uncertainties about the entity's ability to continue.

2.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees and directors in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

2.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2025

2 Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

2.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

IT Equipment	Straight line depreciation over 3 years
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

2.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

2.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

2.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2025

2 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2.11 Contribution of unpaid general volunteers

The charity is supported by a number of general volunteers. In particular, volunteers are involved in carrying out the day-to-day running of the charity and in fund raising. In accordance with the Charities SORP, income is not recognised in relation to the services provided by general volunteers.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2025

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	40,816	48,018	88,834	25,678	95,691	121,369

4 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Services provided	1,108	-
Fundraising events	-	2,388
Other trading activities	1,108	2,388

5 Expenditure on raising funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fundraising and publicity						
Staging fundraising events	-	-	-	1,242	-	1,242
Fundraising agents	-	-	-	-	12,100	12,100
Other fundraising costs	132	-	132	6	400	406
	132	-	132	1,248	12,500	13,748

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

6 Charitable activities

	Project funding 2025 £	Project funding 2024 £
Staff costs	94,145	66,931
Depreciation and impairment	1,880	1,880
Recruitment costs	468	1,460
Rent	4,577	3,600
Training	1,262	198
Website and promotion	6,885	1,200
Project costs	8,960	18,440
	<u>118,177</u>	<u>93,709</u>
Share of support costs (see note 9)	5,516	6,323
Share of governance costs (see note 9)	3,816	3,084
	<u>127,509</u>	<u>103,116</u>
Analysis by fund		
Unrestricted funds	46,393	18,079
Restricted funds	81,116	85,037
	<u>127,509</u>	<u>103,116</u>

7 Trustees And Directors

No trustees were reimbursed for expenses either in this or the prior period.

8 Employees

	2025 Number	2024 Number
Total	<u>2</u>	<u>2</u>
Employment costs	2025 £	2024 £
Wages and salaries	86,238	57,501
Other pension costs	7,907	9,430
	<u>94,145</u>	<u>66,931</u>

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2025

8 Employees

(Continued)

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

9 Support costs

	Support costs £	Governance costs £	2025 £	Support costs £	Governance costs £	2024 £
Computer costs	798	-	798	1,305	-	1,305
Travelling expenses	911	-	911	1,558	-	1,558
Subscriptions	216	-	216	216	-	216
Printing, postage and stationery	586	-	586	1,140	-	1,140
Rent	2,192	-	2,192	1,245	-	1,245
Insurance	672	-	672	606	-	606
Depreciation	67	-	67	200	-	200
Sundry	74	-	74	53	-	53
Independent examiner's fees	-	2,100	2,100	-	1,980	1,980
Legal and professional	-	1,716	1,716	-	1,104	1,104
	<u>5,516</u>	<u>3,816</u>	<u>9,332</u>	<u>6,323</u>	<u>3,084</u>	<u>9,407</u>
Analysed between						
Charitable activities	<u>5,516</u>	<u>3,816</u>	<u>9,332</u>	<u>6,323</u>	<u>3,084</u>	<u>9,407</u>

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2025

11 Tangible fixed assets

	IT Equipment £
Cost	
At 1 February 2024	6,240
At 31 January 2025	6,240
Depreciation and impairment	
At 1 February 2024	2,823
Depreciation charged in the year	1,947
At 31 January 2025	4,770
Carrying amount	
At 31 January 2025	1,470
At 31 January 2024	3,417

12 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Prepayments and accrued income	8,098	316

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Other creditors	1,127	2,093
Accruals and deferred income	2,958	2,058
	4,085	4,151

14 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	7,907	9,430

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2025

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 February 2024 £	Incoming resources £	Resources expended £	At 31 January 2025 £
Waterloo Foundation Grant 1	9,682	-	(6,544)	3,138
Waterloo Foundation Grant 2	1,129	-	(564)	565
Waterloo Foundation Grant 3	71,083	42,650	(65,270)	48,463
Goldman Sachs Gives	8,738	-	(8,738)	-
NIHR Cambridge Project	-	5,368	-	5,368
	<u>90,632</u>	<u>48,018</u>	<u>(81,116)</u>	<u>57,534</u>

Previous year:

	At 1 February 2023 £	Incoming resources £	Resources expended £	At 31 January 2024 £
Waterloo Foundation Grant 1	23,978	-	(14,296)	9,682
Waterloo Foundation Grant 2	68,500	-	(67,371)	1,129
Waterloo Foundation Grant 3	-	71,083	-	71,083
Fundraising Donation	-	12,500	(12,500)	-
Goldman Sachs Gives	-	12,108	(3,370)	8,738
	<u>92,478</u>	<u>95,691</u>	<u>(97,537)</u>	<u>90,632</u>

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 February 2024 £	Incoming resources £	Resources expended £	At 31 January 2025 £
General funds	89,565	41,924	(46,525)	84,964
	<u>89,565</u>	<u>41,924</u>	<u>(46,525)</u>	<u>84,964</u>

Previous year:	At 1 February 2023 £	Incoming resources £	Resources expended £	At 31 January 2024 £
General funds	80,826	28,066	(19,327)	89,565
	<u>80,826</u>	<u>28,066</u>	<u>(19,327)</u>	<u>89,565</u>

THE WILLIAM TEMPLETON FOUNDATION FOR YOUNG PEOPLE'S MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2025

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 January 2025:			
Tangible assets	769	701	1,470
Current assets/(liabilities)	84,195	56,833	141,028
	<u>84,964</u>	<u>57,534</u>	<u>142,498</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 January 2024:			
Tangible assets	1,606	1,811	3,417
Current assets/(liabilities)	87,959	88,821	176,780
	<u>89,565</u>	<u>90,632</u>	<u>180,197</u>

18 Related party transactions

There were no further disclosable related party transactions during the year, other than as disclosed in note 7.