

A photograph of three children playing outdoors with bubbles. The child in the foreground is a young girl with dark curly hair, smiling and reaching out towards the camera. Behind her are two other children, a boy and a girl, also smiling. The background is filled with green foliage and sunlight filtering through the trees. A large, semi-transparent yellow circle is overlaid on the bottom half of the image, containing the text.

stormbreak CIO Annual Report

**1st April 2024 -
31st March 2025**



stormbreak®

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Stormbreak® CIO. A Charitable Incorporated Organisation registered in England and Wales.
Charity registration number 1182771

Annual Report and Unaudited Financial Statements For The Year Ended 31 March 2025.
Stormbreak CIO, Evolve, Evolve, 3 Winchester Place, North St, Poole, Dorset, BH15 1NX

Legal and Administrative Information

Patron:

Mr P Sinton-Hewitt

Trustees:

Mr N Cluley (Chair)

Mr S Bolton (Trustee appointed 1st April 2025)

Ms E Nagen (Trustee appointed 1st April 2025)

Mr A Thurairaj (Trustee appointed 1st April 2025)

Mr K Spindler (Trustee appointed 1st April 2025)

Mr V Alexander (Retired as Trustee 1st April 2025)

Mr P Sinton-Hewitt (Retired as Trustee 1st April 2025)

Dr S Price

Dr K Healy

Mr A Morton

Mr K Walker

Charity Number: 1182771

Company Number: CE017040

Registered Office:

Evolve,
3 Winchester Place,
North St,
Poole,
BH15 1NX

Independent Examiner:

Olayinka Tomori ACA DChA.
Longmeade Consult Ltd,
The Old Rectory,
Springhead Road,
Northfleet,
Kent,
DA11 8HN

Banker:

Virgin Money,
154 - 158 Kensington High Street,
London,
W8 7RL

Trustees' Report

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The Trustees present their report with the financial statements of the Charity for the year ended 31 March 2025. The Trustees have adopted the provisions of 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) (second edition effective 1 January 2019).

Objectives and activities

The objects of stormbreak CIO are:

- i) To advance education by the provision of programmes and services for the physical and mental health of children and young people.
- ii) To advance education in the provision of programmes and services for the physical and mental health of children and young people by the undertaking of research and publication of the useful results thereof.

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

Stormbreak's activities in relation to the objects include:

- Development and delivery of stormbreak mentally healthy movement programmes for trusted adults supporting children in education, health and social care
- Development of new resources and materials to support trusted adults and the children that surround them to improve their mental and physical wellbeing
- Development of partnerships with existing and new local, regional and national partners and stakeholders to promote, shape and improve children's emotional, mental and physical health
- Research to gather evidence and insight into the impact of stormbreak programmes on professional practise and children's health and wellbeing

The Trustees have paid due regard to guidance issued on Public Benefit by the Charity Commission in deciding what activities the charity should undertake.

Setting the scene



As we've worked throughout 2024 and into 2025 it remains very clear to us at stormbreak that the challenges and struggles that children, and the adults that surround them, face remain. In fact, despite stormbreak schools and other partners delivering over 1.5 million stormbreak engagements with nearly 65,000 children, we have barely scratched the surface of rising needs.

The stormbreak team have an unwavering commitment to support trusted adults in health, education and social care to find ways to use mentally healthy movement to powerfully help the children they live with, work with and care for. Yet, we are still seeing referral numbers within NHS services rise, more children waiting longer for specialist help, and higher numbers of children in mainstream education with SEND and neurodiverse needs at greater risk of emotional wellbeing challenges. At the same time, it's also rapidly becoming a difficult landscape for charities seeking to support children, families, schools and systems to continue to develop and deliver work effectively. Funding is tight, funders are stretched and pipelines shrinking, and despite positive rhetoric towards prevention funding is increasingly challenging in education, health and social care, at the same time families are feeling the pinch of rising cost of living.

Stormbreak are relentless in trying to meet the needs of children and families and have, in the past year strived to be committed, effective, and impactful in delivery as well as adopting a broader, agile and flexible approach to our work. When doing stormbreak in education settings we have seen improvements in children's mental health and emotional wellbeing, readiness for learning, behaviour and attendance whilst also seeing the emergence of positive impactful outcomes for children who are starting to struggle more, including, reductions in anxiety, improved emotional regulation, improved wellbeing and a reduction in symptoms that are associated with ADHD. Whilst these findings are promising, it remains the case that numbers are rising, needs are growing, especially in children and young people in mainstream primary education who are starting to show signs of neurodivergent challenges, awaiting or recently received diagnosis. Stormbreak remain committed to supporting the trusted adults surrounding these children in doing so continuing to strive to empower healthy, happy children.

Dr Martin Yelling, September 2025

Our milestones

All time stormbreak reach, as at April 2025

Total number of
stormbreaks completed:

1,534,425



Happy, healthy humans

When the storm rages we teach children to create light, calm and change through movement.



Mentally healthy movement

Embedding mentally healthy movement for every child, everyday.

Total number of
children supported:

63,709



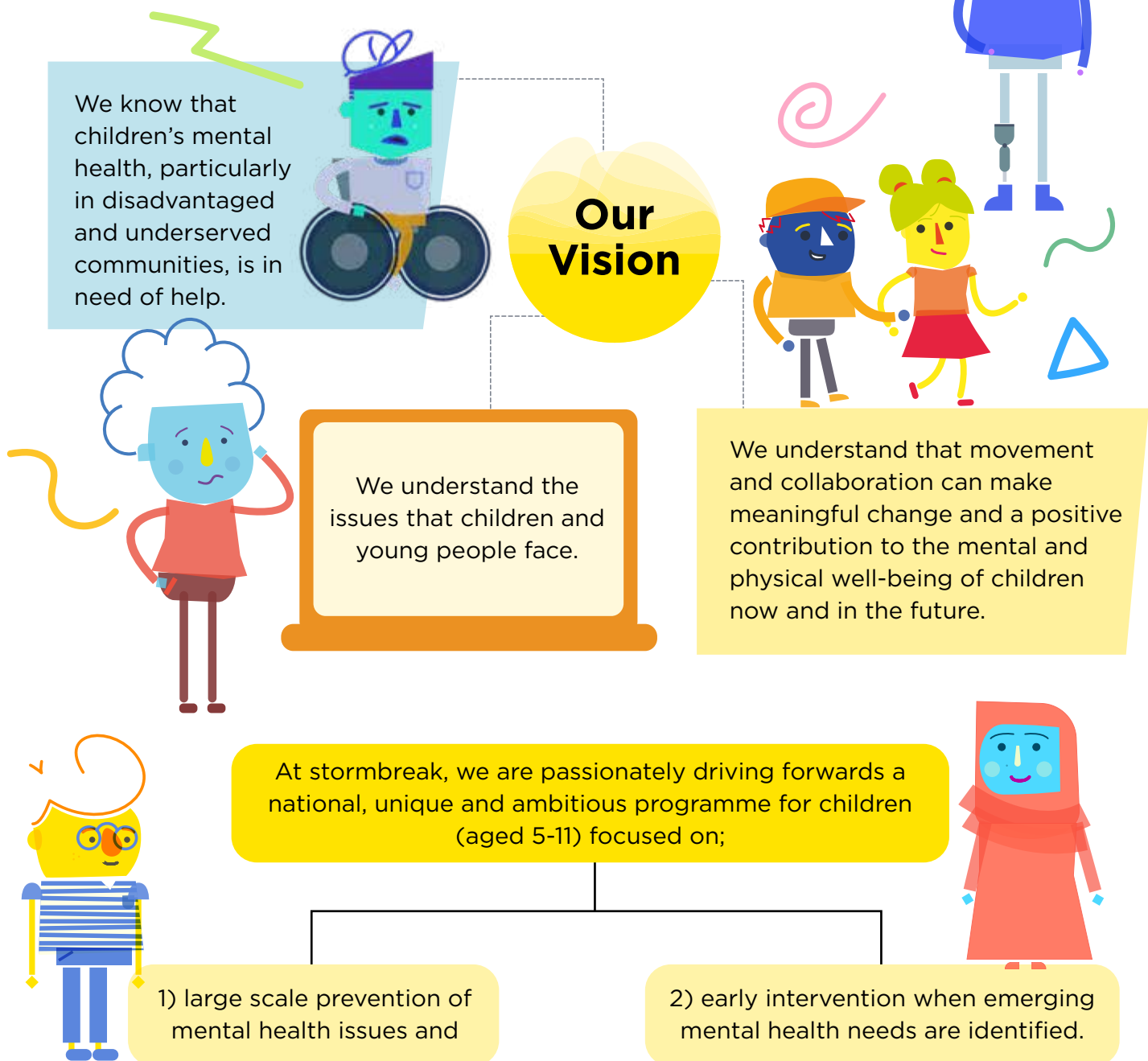
Lifelong healthy habits

Equipping children with sustainable skills and coping strategies to thrive throughout life.

Our strategy 2025-2029

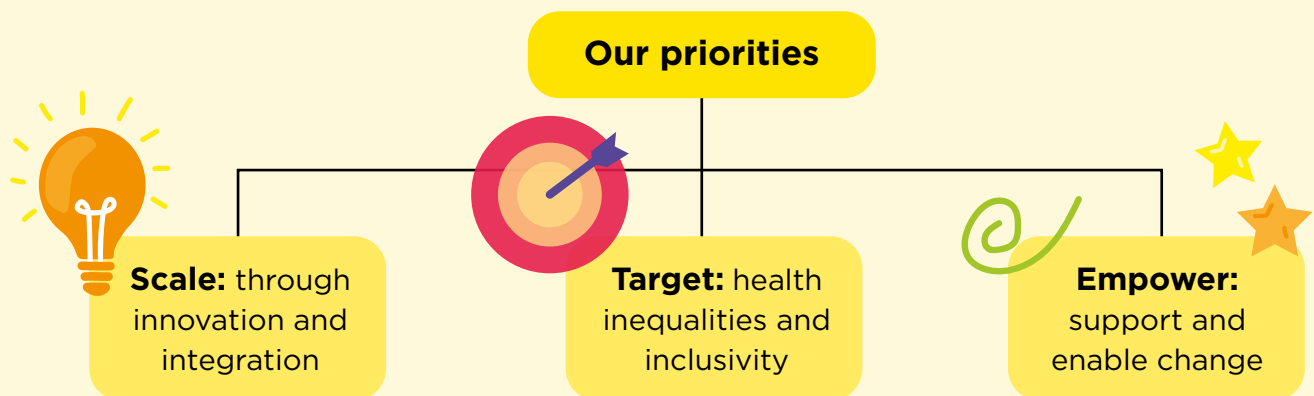
Our Vision

Happier, healthier children through mentally healthy movement.



Our Mission

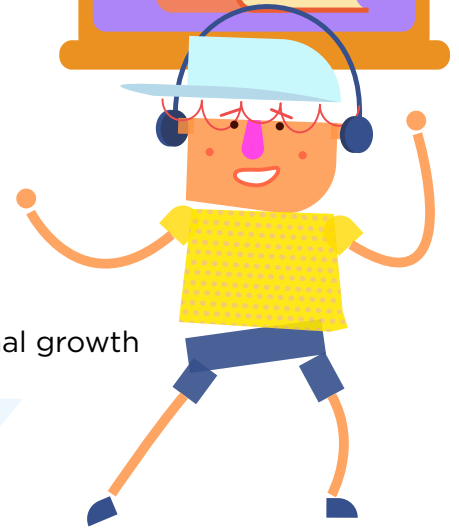
To create positive mental and physical wellbeing for all children, especially those who need us more and those who need us the most.



1. Scale: through innovation and integration - with a focus on prevention and early intervention

How we will do this...

- we will grow our digital and delivered preventative and early intervention programmes
- we will work as part of an integrated system with partners in education, health and social care
- we will continue to innovate to meet the existing and emerging mental and physical wellbeing needs of children
- we will collect and analyse data, measure and report outcomes, provide insight and demonstrate impact
- we will continue to focus on stable and sustainable organisational growth



Our Priorities

2. Target: health inequalities and inclusivity - develop and extend our programmes with, by, and for underserved communities

- We will focus on children, professionals and parents who are more in need of help when they need it
- We will reach more underserved communities and children who experience barriers and challenges to accessing support through mentally healthy movement
- We will prioritise children in care, children that care, those living in poverty and deprivation, children facing racial and other inequalities, children with special educational needs and disabilities, and children and families with emerging emotional, mental and physical health needs and those who are at increased risk of poor mental and physical wellbeing
- We will enhance and increase availability, representation, relevance, and reach
- We will listen to and amplify the voice of children and the importance of positive mental health and movement

3. Empower: support and enable change - through those who live with, work with, care for and support children

- We will enable and equip parents, carers, and practitioners working in education, health and social care, improving their knowledge, confidence and skills to support children's mental and physical wellbeing
- We will prioritise supporting trusted adults in marginalised, disadvantaged and underserved communities where there is greatest need
- We will collaborate, co-design, co-create, and co-deliver. We will learn from those who know
- We will ensure that children and young people have meaningful involvement
- We will work together in partnership being authentic, inclusive, transparent, and trustworthy

Our Programmes

Mentally healthy movement every day for every child

The stormbreak approach is to raise awareness of how movement can be used to support and shape mental health, to give trusted adults the support they need to give children the tools and strategies to recognise, validate, change and regulate emotion and help them to make meaningful, impactful and sustainable change through creating a climate in which they can flourish.



movement improves children's wellbeing and provides vital opportunities for them to develop emotional and physical life skills

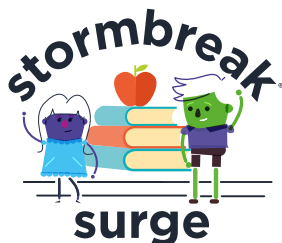
children are happier and healthier when they move more

stormbreak believes that:



children and their trusted adults are happier and healthier when they interact together through movement

We offer three key programmes Surge, Shine and Together and all our of programmes incorporate **'stormbreaks.'** A stormbreak is a short, psychologically informed movement-based activity developed and delivered by our experts in education and children's mental health. They are simple, fun and easy to understand and deliver. They are also accessible and inclusive, to ensure every child can participate.



Our preventative mentally healthy movement programme for primary schools.



Our digital referral early intervention programme offering step by step guided support pathways for specific issues/ challenges when emotional wellbeing difficulties emerging.



Our programme to tackle disadvantage by working with children in care, foster and adoption families, children in poverty and other underserved niche groups of children.

Stormbreak Surge

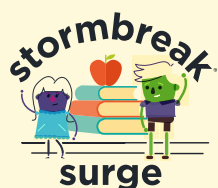
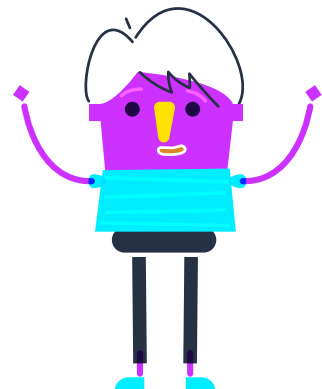
mentally healthy movement for primary schools

Our sustainable and impactful whole-school approach to embedding mentally healthy movement every day for every child.

We train trusted adults in schools to embed the stormbreak approach. Stormbreak Surge offers a professional development programme for primary schools, supporting children's mental, physical, and emotional well-being. Surge is a whole-school prevention approach, empowering staff to implement Stormbreak sustainably for all children.

Our approach enables schools to focus on a gradual, consistent practice that we know helps develop a sustainable and inclusive strategy, where small changes make a big difference.

Surge is now CPD accredited training through the CPD Certification Service. This means that the Surge meets certain standards and quality benchmarks for professional learning.

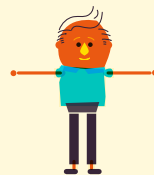


Our all time stormbreak Surge reach

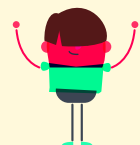
Surge reach in primary schools across England:



329
Schools



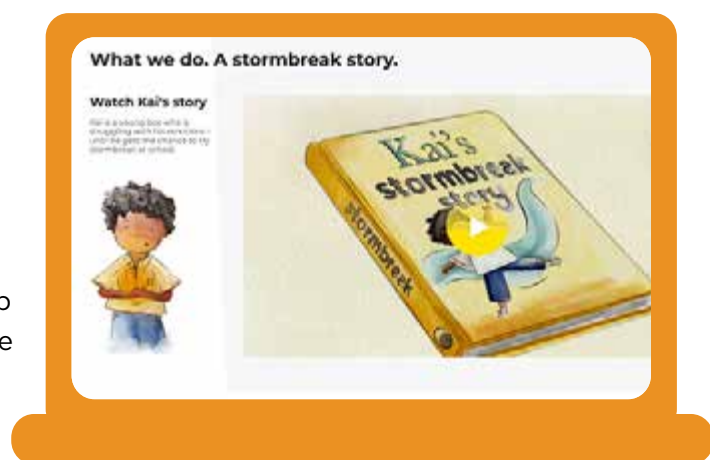
1,350
School staff



61,231
Children

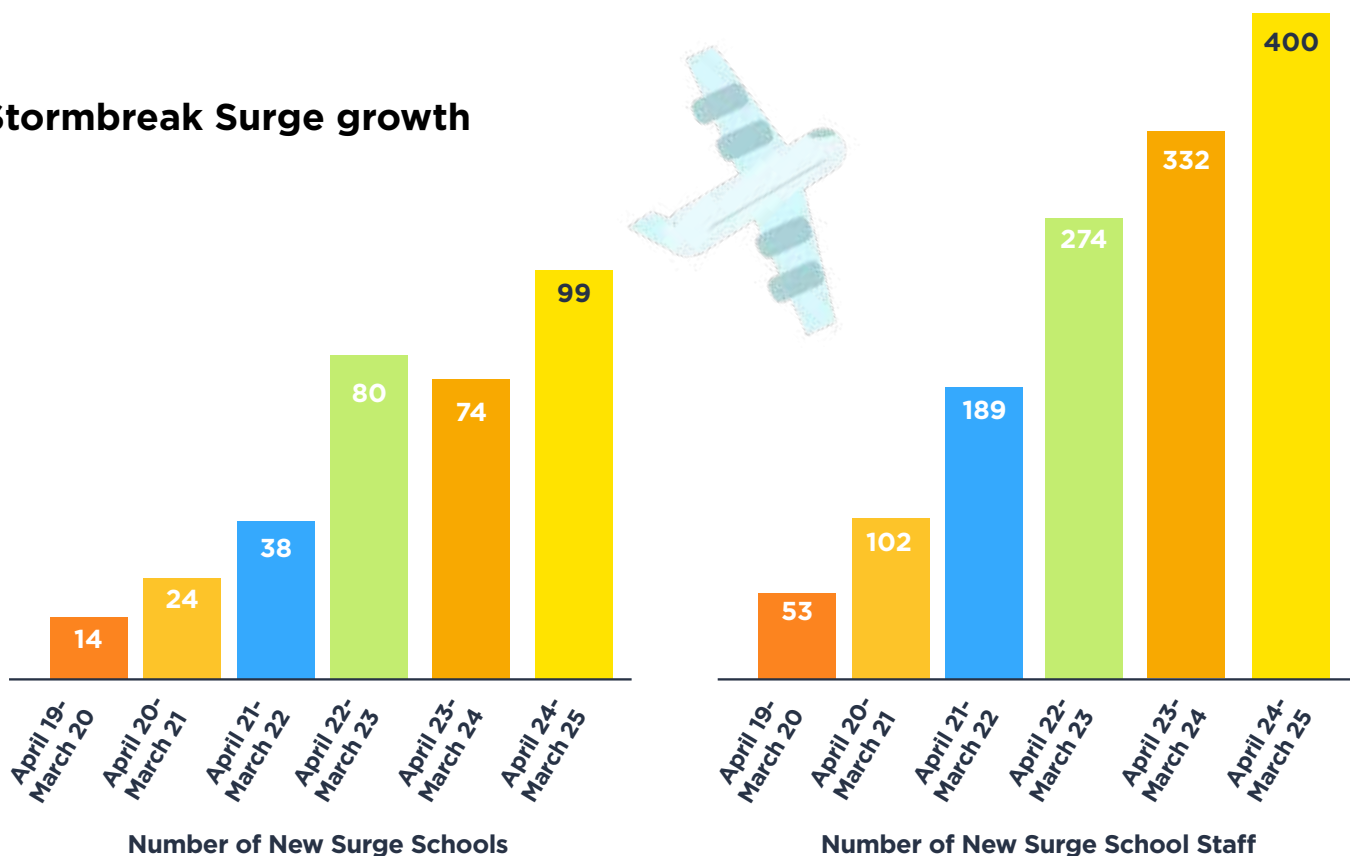
Kai's story

At stormbreak we've always been passionate about helping trusted adults, like teachers, parents, carers and support workers find ways to support the mental and physical health of children they live with, work with, care for and love. Over the years we've seen first hand the powerful stories of children and how stormbreak has shaped their lives. We wanted to try and capture that in a clear and compelling way to help people understand what we do. Together with creative agency Hamell we produced Kai's story. It's drawn from real life evidence and insight and from things children, families, teachers and carers have told us.



[Watch Kai's Story >](#)

Stormbreak Surge growth



The stormbreaks schools delivered to meet the needs of children were:



Our stormbreak primary schools map

- School that has participated in our Surge programme
- School registered with stormbreak to use our resources

[Read Our Surge 2024 Insight Report >](#)



Stormbreak Surge Insight

⚡ Independent research* has found that the stormbreak Surge programme can lead to an increase in. ●

1. Children's mental health and wellbeing

2. Children's readiness for learning

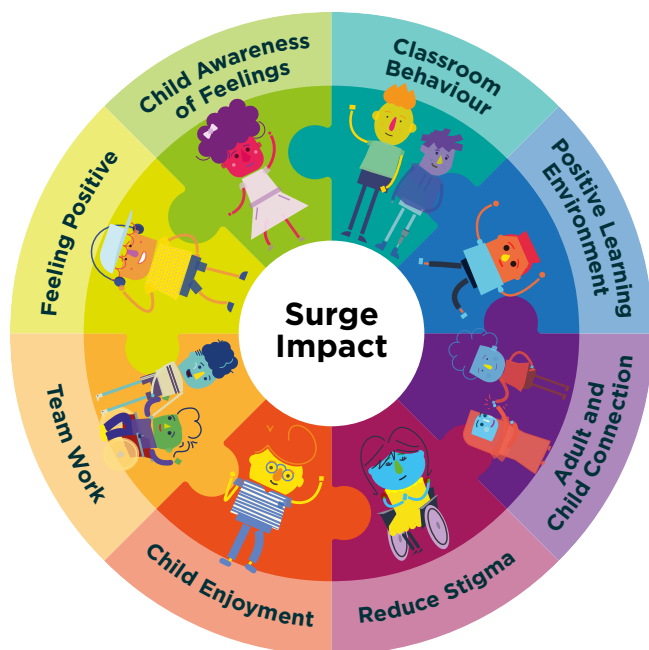
3. Easier to manage classrooms

4. Connections between staff & children

5. Children's positivity about the school day

6. Children's coping strategies

*Research by Bournemouth University



90% of Surge participants* agree participation in stormbreak helps to create a positive learning environment

63% of Surge participants* agree that classrooms are easier to manage when children are taking part in stormbreak regularly

91% of Surge participants* agree that stormbreak supports the connection between children and staff leading stormbreaks

*2024 cohort data

Education Professional Voices

Children are having a lot of fun and really enjoy participating in the stormbreak challenges. Taking part in stormbreaks has definitely improved the confidence of the pupils in my class.
School Teacher, Bedfordshire

After stormbreaks, children appear to be uplifted, smiling, joining in, working on their own or with others who they do not usually interact with. Children are all willing to have a go at things now and then able to discuss how it makes them feel. Our little ones are very good at saying remember your stormbreak breathing, for example!
School Teacher, Bournemouth

Stormbreak supports children's mental health and wellbeing



Hope & optimism
84%
of children are happy
and positive



Self-care
82%
of children are more aware
of their feelings and can
identify their emotions

Self-care
81%
of children can
discuss their feelings
with others



Resilience
89%
of children find it easier
to manage emotionally
and socially
challenging days



Relationships
91%
of children's
connections with
staff are stronger



Self-worth
96%
of children feel good
about themselves when
moving in mentally
healthy ways

Supporting the mental health
concept insight above
92% of 14,921
children's responses told us that
taking part in stormbreaks made
them feel really happy



Teachers in primary schools across the UK have provided important evidence to demonstrate their perspectives that stormbreak:

**supports
children's
wellbeing**

**fosters
positive
relationships**



**facilitates effective
child-teacher relationships,
especially when a child has
a challenging day**

94%

of children said they
were enthusiastic to
do more stormbreaks

84%

of children were
more positive and
happy about their day
after taking part in
stormbreak

91%

of staff said that
stormbreak had supported
the relational connection
between children and
teaching staff

87%

of staff said
conversations with
children about feelings
and their wellbeing was
easier since starting
stormbreak

82%

of staff said children
were more aware and
could identify their own
emotions after they had
started stormbreak

59%

of children seemed more
sociable and got along
well with each other, after
they had taken part in
stormbreaks together



Stormbreak Shine

supporting children's mental and physical health



In the last 3 years the likelihood of children having a mental health problem has **increased by 50%**

One in five children aged 5 -16
(an average of six children in every classroom) are now likely to have mental health problems.

42% of children say they now worry about their mental health

Stormbreak has developed the 'Shine' Early Intervention Programme to support Primary Schools to help children who are showing early emerging signs of mental and emotional health challenges.

The stormbreak Shine pathways, for example, for early emerging anxiety, building resilience, positive relationships, being understood, and for neurodivergence focusing on ADHD and autism, provide staff with evidence-based, therapeutic approaches and strategies to support children's wellbeing.

Tell me more about stormbreak Shine >

Stormbreak Shine pathways can be completed by a teacher/practitioner with a child or group of children or they can be shared with parents/carers to complete with a child while monitoring their progress, therefore increasing capacity to support more children.

Independent research* has found that stormbreak Shine pathways can lead to...

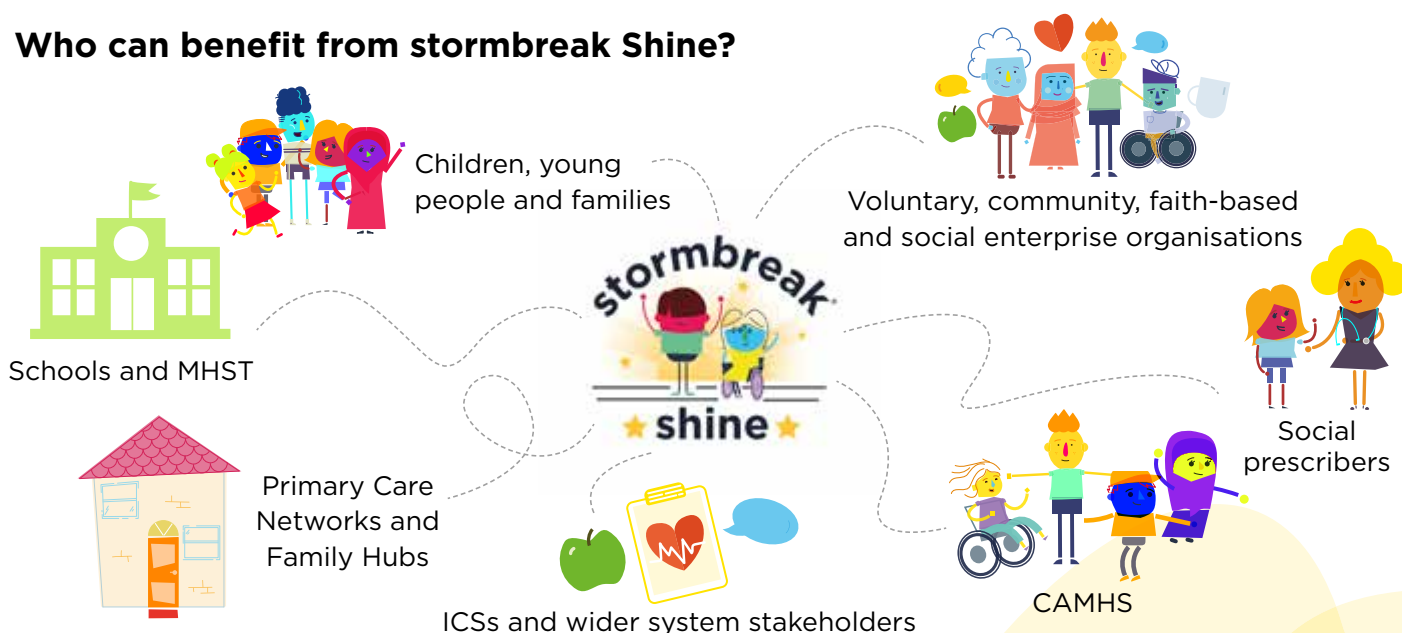
1. A reduction in children's general anxiety and emotional problems.

2. An increase in children's wellbeing (70%).

3. A positive impact on both trusted adults and children.

*Bournemouth University, 2024

Who can benefit from stormbreak Shine?



stormbreak Shine support pathways

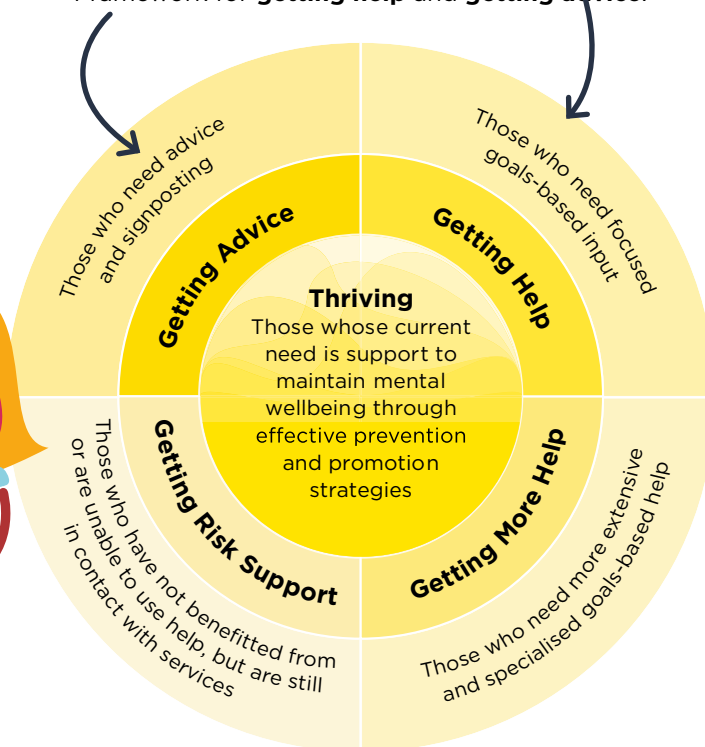
- **Be Calm;** Supporting early emerging anxiety
- **Be Connected;** Building positive relationships
- **Be Focussed;** Supporting attention needs
- **Be Strengthened;** Developing helpful coping skills
- **Be Enough;** Improving self-worth
- **Be Present;** Promoting self-care
- **Be Resilient;** Building better resilience
- **Be Hopeful;** Developing optimism
- **Be Understood;** For children who experience differences in common with autism



Example Pathway Assignment Menu

How stormbreak Shine works

Stormbreak Shine sits within the NHS iThrive Framework for **getting help** and **getting advice**.



Our work with stormbreak Shine this year

There have been significant developments in both Shine pathways and supporting Shine implementation in primary schools, throughout this last year. The Shine pathway, Be Understood was released during the winter of 2024. There are now 9 Shine pathways in total, that support children with emerging emotional difficulties.

Over the last 12 months insight into how Shine is used in schools has grown. We have led projects in Norfolk, Dorset, Merton and Hampshire where schools were introduced to the Shine pathways, digital platform, as well as meaningful mental health content. The level of support from the stormbreak team varied from project to project, with implementation support delivered throughout. This variance has enabled us to understand the training and support needs which promote engagement with Shine allowing us to reflect on different place-based needs and develop and refine the Shine Support Programme.

Throughout the year we have continued to deliver stormbreak projects in London Borough of Merton, Hampshire, Dorset and Bedfordshire supporting children who are beginning to show signs of emotional challenge and struggle. During this period we have noticed an increase in the number of children, particularly in mainstream primary education, who have required some early intervention support and help. Our stormbreak Shine pathways are designed to provide adults around these children with strategies, tools and activities to complete together to hold children steady, help them find ways to settle their emotions and feelings and mitigate the need for further more specialist support.

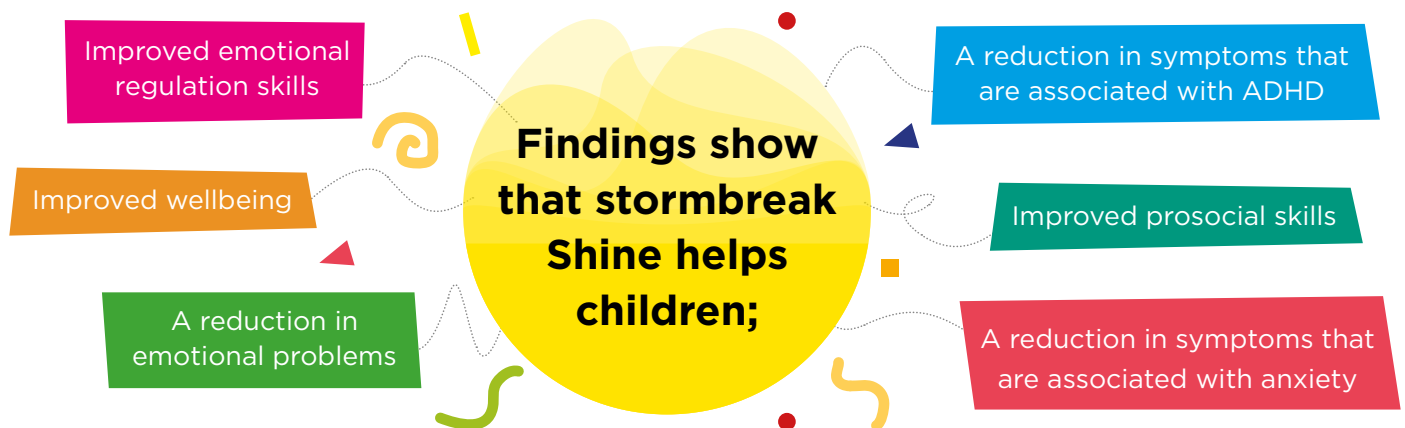
Stormbreak Shine Insight

A pathway mobilises mentally healthy movement and activities to help children recognise their emotions, respond to their feelings, and develop self-regulation strategies, that can support their socio-emotional development.

With continued engagement and implementation of stormbreak Shine we have been able to build our research and insight into the benefits of trusted adults and children taking part in Shine.



Insight gathered (using industry standard valid survey tools) across stormbreak Shine pathway participation in this period demonstrated statistically significant differences in children's socio-emotional outcomes between the start and end of their engagement in the Shine pathways:



(n=174 children).

74%

Trusted adult professionals said that the children they worked with were able to identify and talk through problems they experienced in day to day life.

70%

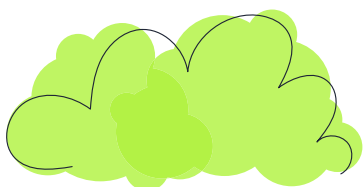
Trusted adult professionals said that the children they worked with had developed coping strategies that they could use when they needed to manage their emotions.

63%

Trusted adult professionals said that the children they worked with were able to actually solve the emotional issues they experienced.

Practitioner feedback

"Really easy, effective tool to use. No need for expensive training for staff!"



"The children who took part have been less anxious since the group and have had less friendship difficulties."



"Children who have worked through pathways have developed their skills, confidence and parents have been positive about impact."



Stormbreak Together



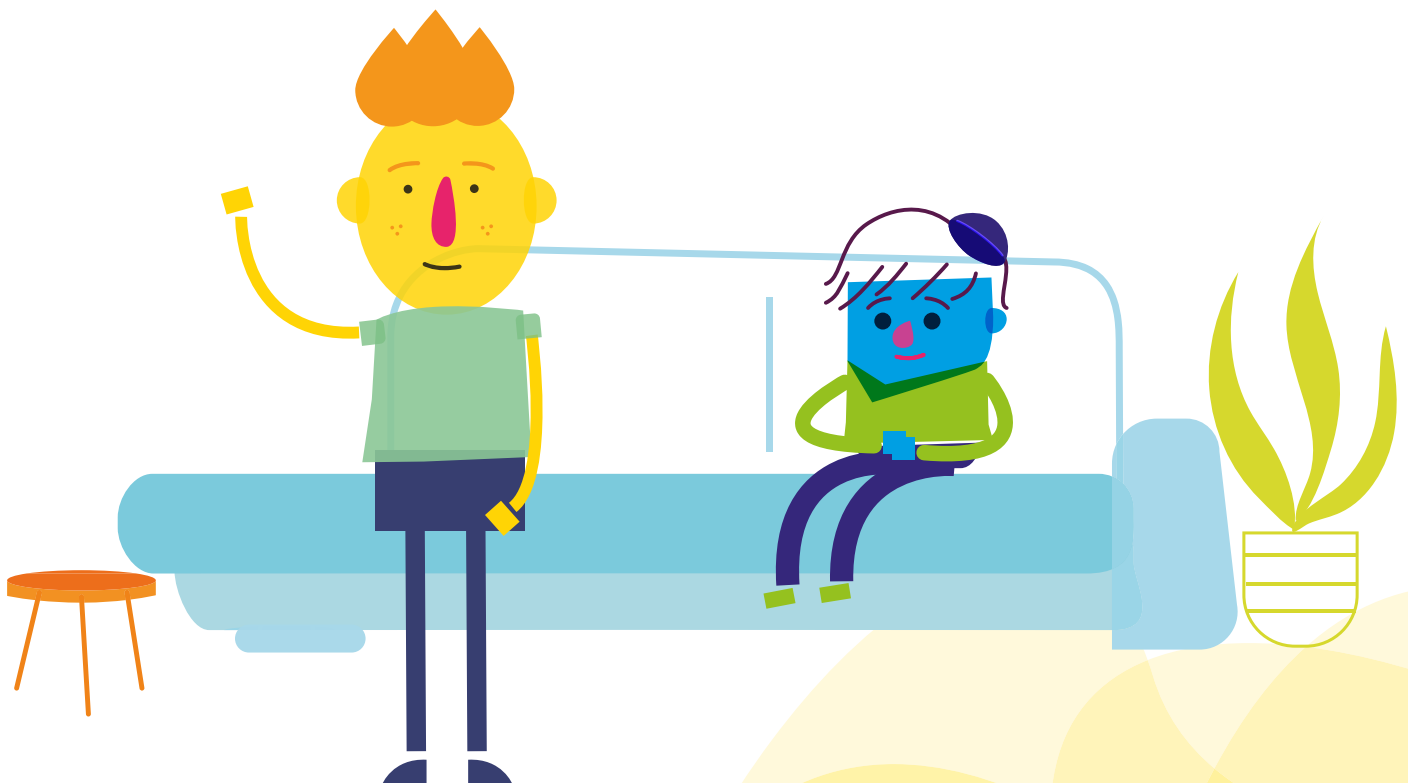
Stormbreak Together is our programme for families, parents/carers, trusted adults and organisations that provide support for children in the community.

It aims to provide parents and carers with support and strategies to help them and their children, develop their confidence to use movement to support their children's physical and mental wellbeing and cultivate happy, safe, valued environments for children to thrive.

Many of the children that come into foster care present with very complex needs, have experienced trauma, childhood adversity and multiple losses. Support and intervention for this can be limited or significantly delayed due to placement stability and limited resources available. Children and foster care families need support and strategies to help them and the children they care for articulate and regulate their feelings.

During this period the stormbreak Together programme utilised the funding from two charitable foundations to deliver the programme in three locations.

In Berkshire we supported a total of 65 beneficiaries (carers, foster children and birth children) in partnership with Brighter Futures for Children (the fostering agency for Reading County Council) funded by the Peter Harrison Foundation. In partnership with Dorset County Council, the team supported 32 beneficiaries, and worked with Pathway Care (an independent fostering agency in Devon) to support an additional 26 beneficiaries, funded by the Henry Smith Charity. The stormbreak Together programme has now been delivered in 15 counties across England.



stormbreak Together delivery model



- Working with supervising social workers to identify families needing support
- Taking a case-work specific approach, tailoring support to meet individual needs

Identifying Foster Carers (3 groups of 10)

- 6 sessions with families
- 2 in-person mentor sessions
- 2 sessions with supervising social workers
- 2 in-person sessions including children and young people to introduce stormbreaks
- Development and provision of online resources, videos etc

Face to face delivery over 12 weeks

- Online stormbreak Together journal engagement for families
- Stormbreak facilitated open dialogue around key mental health experiences, issues and problem solving
- Helping foster carers think and plan when to do stormbreaks to have the greatest impact

Guided Journaling

- Placement stability
- Reports from carers about their developing relationship with their children
- Young people's views around the effectiveness of stormbreaks

Evaluation

Sustainable Digital Engagement

- Embedding the Shine Pathway for Foster Families

The programme offers a series of pathways that focus on each of the mental health concepts and parent carers are guided through them and guided reflection tasks through the stormbreak Together journal and then encouraged to try them with their children.

Stormbreak Together Insight

Impact to date has shown an improvement in socio-emotional skill development, improved family relationships and an increase in mental wellbeing and resilience of parents and children.

72%

- of carers felt Stormbreak
- has improved their relationship with their child.
 - has helped them to feel more resilient.
 - has supported their child's well-being.

71%

of carers reported that their children were happy when they took part in stormbreaks.

67%

- Carers reported that
- their children had become more aware of their feelings and could identify these.
 - their children were also experiencing improvements in their relationships with other children.
 - the children they fostered were able to show their resilience by positively adapting to stressful situations by the end of their engagement with the Together pathway.
 - their children have also felt more relaxed and optimistic after completing stormbreak activities and these are important components of wellbeing.

"I am so much more mindful about the emotional language I use and my (foster) daughter has followed me in the way she talks about her feelings and now trusts me to tell me when she is upset, sometimes before she reacts."

"After taking part in the stormbreak together pathway, my birth daughter has fully accepted our foster child within our family. This has helped the relationships we all have and has made our foster child feel loved and accepted."

100%

- of the carers who participated in the evaluation talked about increased confidence to manage positive relationships within the family and with their children.
- of the parents said they would recommend the stormbreak sessions and the Together pathway activities to other families in view of these benefits.
- of the carers who participated have said that they have built their social networks and are now confiding within these networks authentically about some of the challenges they face in their relationships.

"The discussion around resilience and emotional self-care has given me so much confidence, especially sharing how we cope and bounce back from stressful situations. My foster child has benefited from learning how I have been responding to events and adapting to the situations at school or within the family."



Children in care are much more likely to experience mental health problems than young people in the general population, leading to poorer outcomes in adulthood.

1 in 2 care experienced children currently meet the criteria for a mental health problem.

31% of young people in care in the UK have moved homes at least two times.

Treatment is sometimes not offered if a young person is not in a stable placement. But those with the greatest mental health needs often have the greatest placement instability.



Independent research* has found that stormbreak Together programme can lead to...

1. An increase in children's awareness of their feelings.

2. An increase in children's confidence to manage their own emotions.

3. An increase in children getting on well at home.

*Bournemouth University, 2024

"My child wanted to talk but didn't know how to express herself, with stormbreak she is free to move and talk"

Case study

One carer had been using the stormbreak activity 'monkey chatter' with her child. They enjoyed allocating different coloured pieces of paper to different emotions, placing them in the corners of the room then travelling in between each corner like monkeys, complete with swinging arms, bouncy movements and monkey noises! When they arrived at a coloured spot, they would stop, think of a time when they felt that emotion, close their eyes and take slow, deep breaths. After a few moments they would 'monkey' their way to the next colour and repeat. At the time, the activity was fun, playful and full of laughter. Together they learnt to intentionally focus on the breath when feeling an emotion, triggering the para-sympathetic nervous system to calm the breathing and heart rate. The child enjoyed seeing the carer acting in this playful way and together they talked about the different emotions and past experiences. This was all done at a time when the child was calm, regulated and feeling safe. The carer then reported that she had subsequently witnessed the child using the breathing technique at times when she was becoming disregulated, recognising her big feelings, responding with the breathing and thereby working towards a place of self-regulation.

Our Supporters

During the year 24/25 we received the following support for stormbreak:

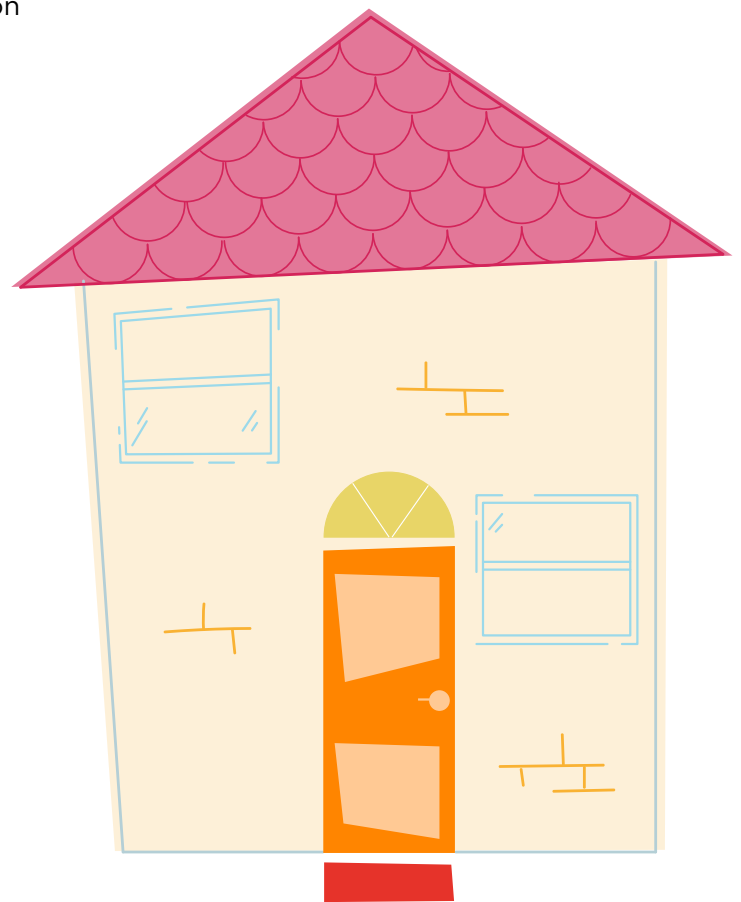
Gift in kind

- Volunteer workforce - estimated time 168 days
- Hamell for all their support in developing our 1 millionth stormbreak campaign

Financial

We would like to thank all those who have supported stormbreak throughout 24/25 including:-

- The Alice Ellen Cooper-Dean Charitable Foundation
- BBC Children in Need
- Cherries Community Fund (AFC Bournemouth)
- Dorset Council Chesil Local Alliance Group
- Focus Foundation
- Gateshead Council
- Hampshire County Council
- Henry Smith Charity
- The Kristina Martin Charitable Trust
- The London Community Foundation
- Maureen and Derek Morton Trust
- MJB Charitable Trust
- The Moondance Foundation
- Newby Trust
- The Oli Leigh Trust
- Peter Harrison Foundation
- The Rayne Foundation
- St James's Place Charitable Foundation
- SW London Integrated Care Board
- Talbot Village Trust
- Valentine Charitable Trust



Financial Review

Stormbreak reported total income of £408,974 during the year (23/24: £440,414), with the fall largely a result of donation income reducing to a more normal level following an exceptional year in 23/24.

Grant income amounted to £274,123 (23/24: £310,455). Whilst this was a £36,332 decrease compared to the previous year, 23/24 included £78,000 which had been received in 21/22 and deferred to 23/24. Stormbreak has now completed the transition from reliance predominantly on a significant single funder (BBC Children in Need) to a broader portfolio of grant funders (17 funders in 24/25, 12 in 23/24 and 5 in 22/23, including two new three-year grants secured in the year. Donation income fell from £60,022 to £10,628, primarily due to the non-recurrence of exceptional donation income in 23/24.

Contract income increased and amounted to £124,223 (23/24: £69,937).

Expenditure increased to £428,477 (23/24: £388,405) largely due to higher programme and delivery costs, with modest increased in fundraising and support costs.

Overall stormbreak recorded a deficit of £19,503, following a surplus of £52,009 in 23/24.

Total reserves fell to £289,367 (23/24: £308,870) with unrestricted reserves of £216,122 and restricted reserves of £73,245 at 31 March 2025 (23/24: £226,451 and £82,419 respectively), and free reserves of £211,315 after excluding fixed assets (23/24: £223,463).

Reserves Policy

It is the policy of the charity that free reserves should be maintained at a level equivalent to between three and six month's expenditure (equivalent to £125,000 - £250,000 based on the 25/26 budget). Whilst, at 5 months of expenditure, free reserves of £211,315 are close to the top of this range, this is prudent given the increasingly competitive and uncertain fundraising environment and tough commissioning landscape.

The Trustees consider that reserves at this level will ensure that, in the event of potential gaps in funding or 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. The Trustees 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.



Stormbreak: our future plans

In line with our 2024-2029 strategy, over the next year stormbreak will continue to focus on core objectives of scaling our current programmes, through innovation and integration - with a focus on prevention and early intervention. We will specifically continue to target this work within primary education, in health care and in social care. We will also continue to target health inequalities and inclusivity especially where children experience disadvantage and marginalisation.

Our future plans also are built on our strategy and experiences and with this in mind our future work will be increasingly focussed on the ways in which stormbreak can, through a place based approach, be more impactful for the communities we seek to support. A vital part of this will be to continue to engage in a wider and deeper way with the voices and experiences of children and young people.

Informed by our previous work, to help professionals and children see progress and changes, we will develop ways to better feedback to individuals, groups and organisations about their engagement in stormbreak and its impact on trusted adults and children's well-being.

In a tough financial environment, we remain focussed on improving our strategic income generation. This is especially important for both project / programme focussed delivery but also for operational / unrestricted funding.



Structure, governance and management

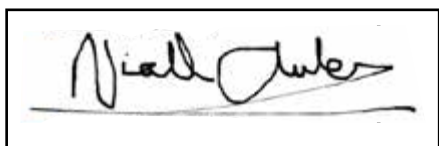
Stormbreak CIO is a Charitable Incorporated Organisation, registered with the UK Charity Commission with charity number 1182771 on 3 April 2019. Stormbreak is a Foundation CIO, meaning that its members are the same as its Trustees. Stormbreak's governing document is based on the Foundation model constitution published by the Charity Commission. It was last amended on 14 April 2020. There must be a minimum number of 3 Trustees and a maximum of 12 at any one time. New Trustees are appointed for a term of 3 years by resolution at a meeting of the Trustees, and can re-appointed for a maximum of 2 further terms. In appointing Trustees, regard must be had to the skills, knowledge and experience needed for the effective administration of stormbreak. New Trustees are provided with an induction process including the provision of a copy of stormbreak's governing document and its latest Annual Report and Accounts.

The Trustees, who served during the year and up to the date of signature of the financial statements were:

Mr N Cluley (Chair)	Mr P Sinton-Hewitt (Retired as Trustee 1st April 2025)
Mr S Bolton (Trustee appointed 1st April 2025)	Dr S Price
Ms E Nagen (Trustee appointed 1st April 2025)	Dr K Healy
Mr A Thurairaj (Trustee appointed 1st April 2025)	Mr A Morton
Mr K Spindler (Trustee appointed 1st April 2025)	Mr K Walker
Mr V Alexander (Retired as Trustee 1st April 2025)	

Stormbreak recognises that a diverse, skilled and committed Board of Trustees is essential for the effective governance and management of the Charity. As the Charity's operations develop and expand, the trustees will monitor the skills represented on the Board and consider recruiting additional expertise as required. All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses claimed from the Charity are set out in the notes to these financial statements. None of the trustees has any beneficial interest in the charity. All of the trustees are members of the charity.

The Trustees' report was approved by the Board of Trustees.



Mr N Cluley
Chair of Trustees
Dated: October 20th 2025



Core Operations Team

Dr Martin Yelling - Chief Executive Officer
Anji Andrews - Coach and Community Manager
Kate Bone - Director of Coaching and Development
Beth Bradbury - Programme Support Officer
Dr Victoria Randall - Teaching and Learning Director
Victoria Stamp - Director of Emotional and Mental Wellbeing
Darryl Walsh - Director of Education
Judy Willits - Co-founder and Strategic Operations
Sophia Woollard - Programme Manager
Claire Hannah Russell - Research and Impact Officer



Trustees' responsibilities statement

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charity (Accounts and Reports) Regulations and with the Constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner's Report to the Trustees of stormbreak CIO

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

Respective Responsibilities of Trustees and Examiners

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. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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 Charities Act, and
- to state whether particular matters have come to my attention

Basis of Independent Examiner's Statement

My examination was carried out in accordance with 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 presented 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

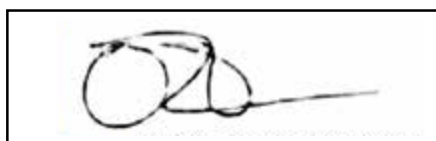
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I 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 accounts to be reached.

Olayinka Tomori ACA DChA
Longmeade Consult Ltd

Dated: October 20th 2025



The Old Rectory
Springhead Road
Northfleet
DA11 8HN

STORMBREAK CIO

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

INCOME AND EXPENDITURE		Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
	Notes				
<u>Income and endowments from:</u>					
Donations and legacies	2	56,968	227,783	284,751	370,477
Charitable activities	3	124,223	-	124,223	69,937
Total Income		<u>181,191</u>	<u>227,783</u>	<u>408,974</u>	<u>440,414</u>
<u>Expenditure on:</u>	4				
Raising funds		37,696	23,378	61,074	54,573
Charitable activities		153,824	213,579	367,403	333,832
Total Expenditure		<u>191,520</u>	<u>236,957</u>	<u>428,477</u>	<u>388,405</u>
Net movement in funds		(10,329)	(9,174)	(19,503)	52,009
Total funds brought forward		<u>226,451</u>	<u>82,419</u>	<u>308,870</u>	<u>256,861</u>
Total funds carried forward		<u><u>216,122</u></u>	<u><u>73,245</u></u>	<u><u>289,367</u></u>	<u><u>308,870</u></u>

The comparative Statement of Financial Activities for the year ended 31 March 2024 is included in Note 13.

All recognised gains and losses are included in the Statement of Financial Activities.

All the charity's activities are classified as continuing.

The accompanying notes form an integral part of these financial statements.

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025	2024
		£	£
Fixed Assets			
Tangible assets	7	4,807	5,288
Current Assets			
Debtors	8	9,369	29,734
Cash at bank and in hand		283,072	286,009
		292,441	315,743
Creditors: amounts falling due within one year	9	(7,881)	(12,161)
Net Current Assets		284,560	303,582
Total Assets less Current Liabilities		289,367	308,870
Funds:			
Restricted funds	11	73,245	82,419
Unrestricted funds		216,122	226,451
TOTAL FUNDS		289,367	308,870

The financial statements were approved by the board and authorised for issue on 20th October 2025 and signed on its behalf by:



Mr N Cluley
Chair of Trustees

The accompanying notes form an integral part of these financial statements.

STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2025

	31 March 2025 £	31 March 2024 £
Cash provided by operating activities	(1,288)	(49,068)
Investing activities		
Purchase of tangible fixed assets	(1,649)	(2,179)
Net cash used in investing activities	(1,649)	(2,179)
(Decrease)/increase in cash and cash equivalents in the year	(2,937)	(51,247)
Cash and cash equivalents at the beginning of the year	286,009	337,256
Total cash and cash equivalents at year end	283,072	286,009

Analysis of Cash and Cash Equivalents	2025 £	2024 £
Cash at bank and in hand	283,072	286,009

Analysis of changes in net funds	At 1 April 2024 £	Cash flows £	Other non-cash changes £	At 31 March 2025 £
Cash	286,009	(2,937)	-	283,072

Reconciliation of net movement in funds to net cash inflow from Operating Activities

	2025 £	2024 £
Net movement in funds	(19,503)	52,009
Depreciation	2,130	3,355
Decrease in debtors	20,365	(23,980)
(Decrease)/increase in creditors	(4,280)	2,548
(Decrease) in deferred income	-	(83,000)
Net cash provided by/(used in) operating activities	(1,288)	(49,068)

1. ACCOUNTING POLICIES

1.1. Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (second edition effective 1 January 2019)', the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The Trustees consider there are no material uncertainties about the Charity's ability to continue as a going concern. The Trustees have made this assessment in respect of a period of one year from the date of approval of these accounts. The financial statements have therefore been prepared on a going concern basis.

1.2. Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity. Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Designated funds are unrestricted funds which have been earmarked for a particular purpose, within the objects of the charity by the Trustees.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.3. 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.

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.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received, and the amount can be measured reliably and is not deferred.

1.4. Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are those support costs incurred to meet the statutory and constitutional requirements of the charity.

STORMBREAK CIO

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES (continued)

1.5. Pension schemes

The charity operates a defined Contribution Pension Scheme for its employees. The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

1.6. 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:

Computers - 25% Straight line

1.7. Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.8. Donated office costs

Office space donated is measured at fair value, it is recognised as income with a corresponding cost.

2. DONATIONS AND LEGACIES

	Unrestricted	Restricted	2025	2024
	£	£	£	£
Donations and gifts	10,628	-	10,628	60,022
Grants received	46,340	227,783	274,123	310,455
	<u>56,968</u>	<u>227,783</u>	<u>284,751</u>	<u>370,477</u>

Prior year - 2024	Unrestricted	Restricted	2024
	£	£	£
Donations and gifts	60,022	-	60,022
Grants received	109,900	200,555	310,455
	<u>169,922</u>	<u>200,555</u>	<u>370,477</u>

Details of the movement in restricted funds are shown in note 11.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	2025	2024
	Funds	Funds	£	£
	£	£		
Services provided under contract	124,223	-	124,223	69,937
	<u>124,223</u>	<u>-</u>	<u>124,223</u>	<u>69,937</u>

In 2024, total income from Services provided under contract were £69,937, all of which was unrestricted.

4. EXPENDITURE

	Staff costs	Delivery-related costs	Freelance & consultancy costs	Office & admin costs	Other costs	Governance costs	2025	2024
	£	£	£	£	£	£	£	£
Raising funds								
Fundraising - general	16,980	-	37,762	-	147	-	54,889	51,630
Support costs	-	-	-	2,539	2,981	665	6,185	2,943
	<u>16,980</u>	<u>-</u>	<u>37,762</u>	<u>2,539</u>	<u>3,128</u>	<u>665</u>	<u>61,074</u>	<u>54,573</u>
Charitable activities:								
Programmes & activities	213,437	99,393	17,875	1,649	-	-	332,354	301,527
Support costs	-	-	-	14,389	16,895	3,765	35,049	32,305
	<u>213,437</u>	<u>99,393</u>	<u>17,875</u>	<u>16,038</u>	<u>16,895</u>	<u>3,765</u>	<u>367,403</u>	<u>333,832</u>
Total	<u>230,417</u>	<u>99,393</u>	<u>55,637</u>	<u>18,577</u>	<u>20,023</u>	<u>4,430</u>	<u>428,477</u>	<u>388,405</u>

Net income/(expenditure) is stated after charging:

Independent Examiner's fees (excluding VAT)	1,100	2,500
Independent Examiner – for other services (excluding VAT)	700	1,000
Depreciation	<u>2,130</u>	<u>3,355</u>

Prior year - 2024	Staff costs	Delivery-related costs	Freelance & consultancy costs	Office & admin costs	Other costs	Governance costs	2024
	£	£	£	£	£	£	£
Raising funds							
Fundraising - general	14,952	-	34,675	-	2,003	-	51,630
Support costs	-	-	-	2,061	882	-	2,943
	<u>14,952</u>	<u>-</u>	<u>34,675</u>	<u>2,061</u>	<u>2,885</u>	<u>-</u>	<u>54,573</u>
Charitable activities:							
Programmes & activities	203,496	62,583	16,444	5,572	13,432	-	301,527
Support costs	-	-	-	11,676	5,001	15,628	32,305
	<u>203,496</u>	<u>62,583</u>	<u>16,444</u>	<u>17,248</u>	<u>18,433</u>	<u>15,628</u>	<u>333,832</u>
Total	<u>218,448</u>	<u>62,583</u>	<u>51,119</u>	<u>19,309</u>	<u>21,318</u>	<u>15,628</u>	<u>388,405</u>

5. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	209,752	199,387
Social security costs	16,101	13,656
Pension costs	4,564	5,405
	<u>230,417</u>	<u>218,448</u>

5. STAFF COSTS (continued)

No employee received emoluments of more than £60,000 in the year (2024: Nil)

Key management personnel received total employee benefits of £169,053 in the year (2024: £160,199).

The average monthly employee headcount during the year was as follows:

	2025 Number	2024 Number
Total	6	6

6. TRUSTEES

None of the Trustees (or any persons connected with them) received any reimbursement of expenses, remuneration or benefits from the charity during the year (2024: nil).

7. TANGIBLE FIXED ASSETS

	Computers £	Total £
Cost		
At 1 April 2024	13,422	13,422
Additions	1,649	1,649
At 31 March 2025	15,071	15,071
Depreciation		
At 1 April 2024	8,134	8,134
Charge for the year	2,130	2,130
At 31 March 2025	10,264	10,264
Net book value		
At 31 March 2025	4,807	4,807
At 31 March 2024	5,288	5,288

8. DEBTORS

	2025 £	2024 £
Trade debtors	6,524	29,284
Other debtors	-	102
Prepayments and accrued income	2,845	348
	9,369	29,734

9. CREDITORS: amounts falling due within one year

	2025 £	2024 £
Taxes and social security costs	-	4,541
Trade creditors	4,637	3,350
Other creditors and accruals	3,244	4,270
	7,881	12,161

10. PENSIONS AND OTHER POST-RETIREMENT BENEFIT COMMITMENTS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension costs charge represents contributions payable by the charity to the fund and amounted to £4,564 (2024: £5,405). Contributions payable at the year-end was £0 (2024: £0).

11. RESTRICTED FUNDS

	At 1 April 2024 £	Income £	Expenditure £	Transfers and gains £	At 31 March 2025 £
BBC Children in Need	27,099	-	(27,099)	-	-
Peter Harrison Foundation	20,000	-	(20,000)	-	-
The Maureen and Derek Morton Fund	10,000	-	(10,000)	-	-
MJB Charitable Trust	10,000	-	(10,000)	-	-
Talbot Village Trust	6,042	-	(6,042)	-	-
The Oli Leigh Trust	6,000	-	(6,000)	-	-
Gateshead Council	3,278	-	(3,278)	-	-
Henry Smith Foundation	-	60,000	(52,494)	-	7,506
BBC Children in Need	-	33,333	(11,900)	-	21,433
Active Berkshire	-	24,950	(24,950)	-	-
The Moondance Foundation	-	24,000	(23,250)	-	750
The Rayne Foundation	-	20,000	(5,184)	-	14,816
Dorset Council Chesil Local Alliance Group	-	18,000	(15,009)	-	2,991
Focus Foundation	-	10,000	(5,685)	-	4,315
London Community Foundation	-	10,000	(10,000)	-	-
St James's Place Charitable Foundation	-	10,000	(896)	-	9,104
SW London Integrated Care Board	-	10,000	(4,054)	-	5,946
The Alice Ellen Cooper-Dean Charitable Foundation	-	5,000	-	-	5,000
Cherries Community Fund (AFC Bournemouth)	-	2,500	(1,116)	-	1,384
	<u>82,419</u>	<u>227,783</u>	<u>236,957</u>	<u>-</u>	<u>73,245</u>

STORMBREAK CIO

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2025

Restricted funds received during the year were for the following purposes:

Fund	2025	Purpose
Henry Smith Foundation	60,000	Together Programme - looked after children
BBC Children in Need	33,333	Staffing costs, research and evaluation, ongoing development of the digital platform
Active Berkshire	24,950	Stormbreak Families Together Programme
The Moondance Foundation	24,000	Surge programme (Wales)
The Rayne Foundation	20,000	Together Programme - looked after children
Dorset Council Chesil Local Alliance Group	18,000	Surge and Shine early intervention programme
Focus Foundation	10,000	Surge Programme
London Community Foundation	10,000	Shine early intervention programme
St James's Place Charitable Foundation	10,000	Together Programme - looked after children
SW London Integrated Care Board	10,000	Shine early intervention programme
The Alice Ellen Cooper-Dean Charitable Foundation	5,000	SEND project
Cherries Community Fund (AFC Bournemouth)	2,500	Development and production of football moves
	<u>227,783</u>	

Comparative Information for the preceding period - Year Ended 31 March 2024

	At 1 April 2023 £	Income £	Expenditure £	Transfers and gains £	At 31 March 2024 £
BBC Children in Need	48,703	100,000	(121,604)	-	27,099
The Valentine Trust	15,000	-	(15,000)	-	-
The Funding Network	13,473	-	(13,473)	-	-
Active Berkshire	3,361	-	(3,361)	-	-
Gateshead Council	-	20,000	(16,722)	-	3,278
Peter Harrison Foundation	-	20,000	-	-	20,000
Talbot Village Trust	-	15,000	(8,958)	-	6,042
The Maureen and Derek Morton Fund	-	10,000	-	-	10,000
MJB Charitable Trust	-	10,000	-	-	10,000
Bournemouth, Christchurch and Poole Council	-	9,555	(9,555)	-	-
The Oli Leigh Trust	-	6,000	-	-	6,000
The Alice Ellen Cooper-Dean Charitable Foundation	-	5,000	(5,000)	-	-
Merton Public Health	-	5,000	(5,000)	-	-
	<u>80,537</u>	<u>200,555</u>	<u>(198,673)</u>	<u>-</u>	<u>82,419</u>

Restricted funds received during the preceding year were for the following purposes:

Fund	2024	Purpose
BBC Children in Need	100,000	Staffing costs, resource development and design, build and maintenance of the digital platform
Gateshead Council	20,000	Surge Programme
Peter Harrison Foundation	20,000	Together Programme - looked after children
Talbot Village Trust	15,000	Together Programme - looked after children
The Maureen and Derek Morton Trust	10,000	Fundraising consultant
MJB Charitable Trust	10,000	Surge Programme (Hampshire)
Bournemouth, Christchurch and Poole Council	9,555	Together Programme - looked after children
The Oli Leigh Trust	6,000	Surge Programme
The Alice Ellen Cooper-Dean Charitable Foundation	5,000	Together Programme - looked after children
Merton Public Health	5,000	Shine Programme
	<u>200,555</u>	

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

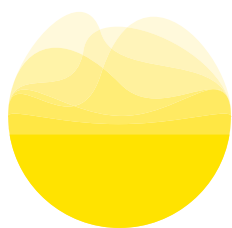
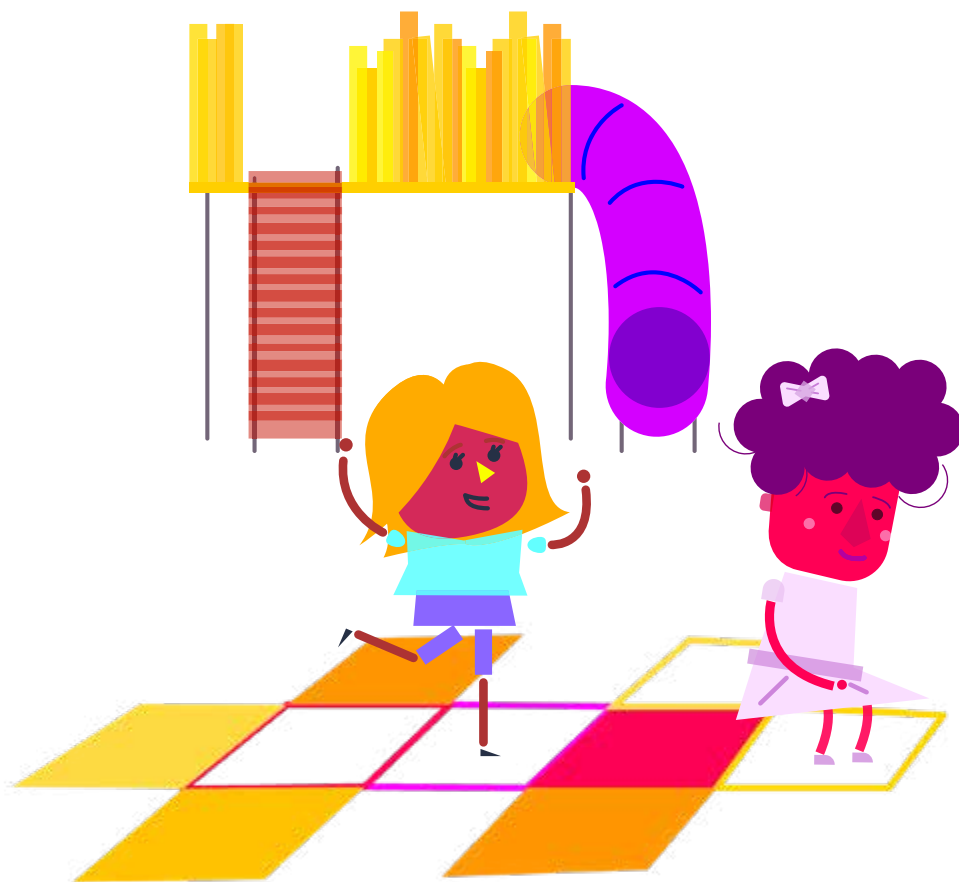
	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2025 as represented by:			
Tangible fixed assets	4,807	-	4,807
Current assets/(liabilities)	211,315	73,245	284,560
	<u>216,122</u>	<u>73,245</u>	<u>289,367</u>

Prior year - 2024

	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2024 as represented by:			
Tangible fixed assets	5,288	-	5,288
Current assets/(liabilities)	221,163	82,419	303,582
	<u>226,451</u>	<u>82,419</u>	<u>308,870</u>

13. COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES (2024)

INCOME AND EXPENDITURE	Unrestricted funds £	Restricted funds £	Total 2024 £
<u>Income and endowments from:</u>			
Donations and legacies	169,922	200,555	370,477
Charitable activities	69,937	-	69,937
Total Income	<u>239,859</u>	<u>200,555</u>	<u>440,414</u>
<u>Expenditure on:</u>			
Raising funds	36,810	17,763	54,573
Charitable activities	152,922	180,910	333,832
Total Expenditure	<u>189,732</u>	<u>198,673</u>	<u>388,405</u>
Net movement in funds	50,127	1,882	52,009
Total funds brought forward	<u>176,324</u>	<u>80,537</u>	<u>256,861</u>
Total funds carried forward	<u><u>226,451</u></u>	<u><u>82,419</u></u>	<u><u>308,870</u></u>



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hello@stormbreak.org.uk

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Stormbreak CIO, Evolve, 3 Winchester Place, North St, Poole, Dorset, BH15 1NX