

# THE CLEAR MINDS CHARITABLE TRUST

England & Wales · Charity number 1183667

## Details

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**Status** Registered

**Legal form** Trust

**Registered** 2019-05-31

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Suite J  
Castle House  
Park Road  
Banstead

**Phone** 02082886862

**Email** [admin@clear-minds.co.uk](mailto:admin@clear-minds.co.uk)

## Activities

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**Objects:** TO PRESERVE AND PROTECT GOOD MENTAL HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY IN LONDON AND THE SOUTH EAST, AND YORK AND THE SURROUNDING AREA, BY THE PROVISION OF COUNSELLING.

**Activities:** To preserve and protect good mental health in particular but not exclusively in London and the South East, and York and the surrounding area, by the provision of counselling.

## Classification

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- **How:** Provides Other Finance
- **What:** Disability
- **Who:** The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£15,654	£27,228	-	-
2024-05-31	£34,665	£22,626	-	-
2023-05-31	£16,274	£14,971	-	-
2022-05-31	£6,557	£14,304	-	-
2021-05-31	£6,792	£4,437	-	-

## Trustees

Name	Role	Appointed
<b>Barry Greening</b>	Chair	2018-08-18
GAYLE-ANNE DRURY MBACP		2018-08-10
Keith Westcott		2018-08-18

**THE CLEAR MINDS CHARITABLE TRUST**

England & Wales - Charity number 1183667

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# Accounts

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**THE CLEAR MINDS CHARITABLE TRUST**

**TRUSTEES' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MAY 2024**

**Charity No: 1183667**

# THE CLEAR MINDS CHARITABLE TRUST

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# THE CLEAR MINDS CHARITABLE TRUST

## LEGAL AND ADMINISTRATIVE INFORMATION

### Constitution

The Clear Minds Charitable Trust is a registered charity. The charity number is 1183667.

### Trustees

The board of the charity is its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees. The Trustees are elected at the Annual General meeting and they all serve three-year terms that can be renewed.

The trustees serving during the year and since the year end are as follows:

B J Greening - Chair  
G-A Drury  
K Westcott

### Registered Office

Suite J,  
Castle House,  
Park Road,  
Banstead,  
Surrey, SM7 3BT

### Reporting Accountants

Taylor Viney & Marlow Limited  
Chartered Accountants  
46-54 High Street  
Ingatstone  
Essex CM4 9DW

# THE CLEAR MINDS CHARITABLE TRUST

## TRUSTEE'S REPORT

The Trustees present their report and the audited financial statements of the charity for the year ended 31<sup>st</sup> May 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

Legal and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Statement of Recommended Practice – Accounting and Reporting by Charities (2019).

### Object of the Charity

The Charity's object and its principal activity is: -

To preserve and protect good mental health in particular but not exclusively in London and the South East, and York and the surrounding area, by the provision of counselling.

### Working name

The Clear Minds Charitable Trust

### Organisational Structure

The Charity is based in the UK with its office at Suite J, Castle House, Park Road, Banstead, Surrey, SM7 3BT.

The Charity's governing body is the Board of Trustees, which comprises at least two and not more than ten individuals, all of whom must be members. The Trustees meet regularly to manage its affairs, to oversee the work of the Charity, to consider future projects and are involved in strategic decisions for the organisation.

### Investment powers

Under the Charity's constitution, the Charity has powers, which may be exercised only in promoting the Objects of the Charity.

### Public benefit

The Charities Act 2011 requires all charities to meet the legal requirement that its aims are for the public benefit. The Charities Commission in its Charities and Public Benefit guidance states that there are two key principles to be met in order to show that an organisation's aims are for the public benefit: firstly, there must be an identifiable benefit or benefits and secondly, that the benefit must be to the public or a section of the public. The Trustees consider that they have complied with section 17 of the Charities Act 2011 and the guidance issued by the Charity Commissioners in respect of Public Benefit.

### Risk Management

The Trustees have carried out a detailed review of the Charity's activities highlighting the risks the Charity is exposed to and the steps taken to mitigate those risks. As part of this process the Trustees have reviewed the financial procedures in order to ensure that they still meet the needs of the Charity.

### Objectives and Activities

The Clear Minds Charitable Trust is a charity that provides therapy and counselling for people who require long term help and who haven't the financial means to pay for this assistance and who cannot obtain this help via the NHS.

### Vision and Mission

Our Vision for the future is to provide as many hours as possible to help as many people and assist them in dealing with traumas in their lives.

# THE CLEAR MINDS CHARITABLE TRUST

## Highlights of the Year

- We have raised in excess of £34,000 during the year, an increase of just over 113% on the prior year.

## Developments, Activities and Achievements this Year

During the year under review The Clear Minds Charitable Trust was able to provide support to 15 clients with a total of 342 hours of counselling which was paid directly to the counsellors.

### 2024 in numbers:

No. of individuals supported	15
No. of people attending special events	nil
Hours of counselling provided	342

## Volunteers

The Trustees are indebted to the professionalism and the expertise of our professional Trustees and administration staff and to all of them we express our sincere thanks.

## Professional Staff

There are no paid employees of the charity.

## External Communications

We have agreed to defer the marketing and awareness of the charity until such time as we have bedded in the correct and appropriate procedures.

## Partnerships

There are currently no Partners within or outside the UK.

## Safeguarding

Safeguarding is a priority for The Clear Minds Charitable Trust and we have taken every step possible to secure the personal details of our clients who we are helping. The only identification of clients held on file is a number and we have no knowledge or hold any information relating to these individuals.

## Fundraising

None specifically although we have sold certain Christmas items such as cards and badges etc.

## THE CLEAR MINDS CHARITABLE TRUST

### Reserves Policy

In line with the recommendations of the Charity Commission, the Trustees have formally adopted a reserves policy. This recognises that the income of the Charity does not arise evenly throughout the year, the Charity will review its reserves policy year on year depending on the success and future expenditure required to help with the continued growth of the Charity.

Based on the 2024 accounts, annual income totalled £34,665 and annual expenditure totalled £22,626. This resulted in an overall surplus for the year of £12,039.

### Risk Management

The major risks to which the Charity is exposed, as identified by the Trustees, are and will continue to be regularly reviewed, and systems have been and will be established, and where appropriate, professional advisors have been or will be appointed to mitigate those risks.

## THE CLEAR MINDS CHARITABLE TRUST

### Trustees' responsibilities in relation to the financial statements

The trustees of The Clear Minds Charitable Trust 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 2019;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK 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 adequate 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 and the provisions of the Trust Deed. 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.

### Approval

This Report was approved by the Trustees on 5<sup>th</sup> September 2024 and signed on its behalf by:



Mr B J Greening  
Chair of Trustees

## THE CLEAR MINDS CHARITABLE TRUST

### Independent Examiner's Report to the Trustees of The Clear Minds Charitable Trust

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31<sup>st</sup> May 2024 which are set out on pages 7 to 11.

#### Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no material 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 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 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 accounts to be reached.

Signed:



David Stevens

Date: 5<sup>th</sup> September 2024

Institute of Chartered Accountants in England and Wales

Taylor, Viney & Marlow Limited  
Chartered Accountants  
46-54 High Street  
Ingatestone  
Essex  
CM4 9DW

**THE CLEAR MINDS CHARITABLE TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MAY 2024**

	Notes	2024 Designated	2024 Unrestricted	2024 Total	2023 Designated	2023 Unrestricted	2023 Total
<b>Incoming resources</b>							
Donations	3	-	34,665	34,665	-	16,274	16,274
<b>Total incoming resources</b>		<u>-</u>	<u>34,665</u>	<u>34,665</u>	<u>-</u>	<u>16,274</u>	<u>16,274</u>
<b>Resources expended</b>							
<b>Charitable expenditure</b>							
		-	-	-	-	-	-
Accountancy		-	510	510	-	900	900
Management & Administration	4	-	22,116	22,116	-	14,071	14,071
<b>Total resources expended</b>		<u>-</u>	<u>22,626</u>	<u>22,626</u>	<u>-</u>	<u>14,971</u>	<u>14,971</u>
Funds brought forward		-	305	305	-	(998)	(998)
Net movement in funds		-	12,039	12,039	-	1,303	1,303
Transfer between funds		-	-	-	-	-	-
<b>Total funds carried forward</b>	6	<u>-</u>	<u>12,344</u>	<u>12,344</u>	<u>-</u>	<u>305</u>	<u>305</u>

The statement of financial activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

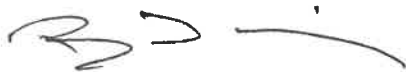
THE CLEAR MINDS CHARITABLE TRUST

BALANCE SHEET AS AT 31 MAY 2024

	Notes	£	2024 £	£	2023 £
<b>Current Assets</b>					
Debtors		-		-	
Cash and bank		13,244		1,205	
		<u>          </u>	13,244	<u>          </u>	1,205
<b>Creditors</b>					
Amounts falling due within one year	5	900		900	
		<u>          </u>	(900)	<u>          </u>	(900)
<b>Net current assets</b>			12,344		305
<b>Net assets</b>			<u>12,344</u>		<u>305</u>
			=====		=====
<b>Charity Funds</b>					
Unrestricted funds	6		12,344		305
Designated funds	6		-		-
<b>Charity Funds</b>	6		<u>12,344</u>		<u>305</u>
			=====		=====

In accordance with the engagement letter dated 12<sup>th</sup> May 2021, we approve the accounts set out on pages 7 to 11. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Taylor Viney & Marlow Limited with all information and explanations necessary for their compilation.

These financial statements were approved by the Trustees on 5<sup>th</sup> September 2024



Mr BJ Greening  
Trustee

Charity Registration No. 1183667

# THE CLEAR MINDS CHARITABLE TRUST

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2024

### 1. Accounting Policies

#### 1.1 General information and basis of preparation

The charity constitutes a public benefit entity. The financial statements have been prepared in accordance with 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.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following the 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) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

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 significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

#### 1.2 Income

- a) Income is recognised in the year to which it relates. Income is deferred only when the Trust has to fulfil conditions before becoming entitled to it or when the donor has specified that the income is to be expended in a future period.
- b) Voluntary income is received by way of donations and gifts and is included in the Statement of Financial Activities when receivable. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs.

#### 1.3 Fundraising costs

Fundraising expenditure comprises costs incurred in the staging of general fundraising events.

#### 1.4 Costs of managing and administering the Charity

Administration expenditure includes all expenditure not directly related to the charitable activity of fundraising ventures.

## THE CLEAR MINDS CHARITABLE TRUST

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2024

#### 1.5 Fund's accounting

Funds held by the Trust are:

Unrestricted general funds – these are funds that can be used in accordance with the charitable objects at the discretion of the Trustees.

Designated funds – the Trustees may at their discretion, set aside unrestricted funds for specific purposes. Refer to note 6.

2. Surplus / (Deficit) for the year	2024 £	2023 £
Surplus for the year is stated after charging: -	12,039	1,303
Depreciation of tangible assets	- =====	- =====
3. Donations, legacies and similar incoming resources		
Donations from individuals and trusts	34,665 =====	16,274 =====
4. Charitable expenditure		
Management and administration	22,116	14,071
Accountancy	510	900
	<u>22,626</u> =====	<u>14,971</u> =====
5. Creditors: amounts falling due within one year		
Accruals	900	900
	<u>900</u> =====	<u>900</u> =====

## THE CLEAR MINDS CHARITABLE TRUST

6. Funds	Unrestricted Funds £	Designated Funds £	Total Funds £
Brought forward at 1 June 2023	305	-	305
Surplus for the year	12,039	-	12,039
Transfer between funds	-	-	-
Total funds at 31 May 2024	<u>12,344</u>	<u>-</u>	<u>12,344</u>

### Designated funds

Designated funds represents' funds received specifically for aiding certain individuals who have been selected for this aid and help.

### 7. Employees

The average number of employees during the year was as follows: -

	2024	2023
Administration	-	-
	<u>====</u>	<u>====</u>

No trustees received any remuneration in the year.