

## **Annual Report and Financial Statements For:**

# **Mike's Mates**

Financial period from 31/03/2024 to  
31/03/2025

**Registration number:** 1183899

**Charity name:** MIKE'S MATES CHARITY

**Governing document:**

CIO - FOUNDATION Registered 14 Jun 2019

January 2026

**Mike's Mates Limited**

(A company limited by guarantee)

**Annual Report and Financial Statements  
For the Year Ended 31 March 2025****Contents:**

1. Legal and Administrative
2. Information Report of the Management Committee
3. Statement of Financial Activities
4. Balance Sheet

**Mike's Mates Limited**  
**Report of the Management Committee for the year ended 31 March 2025**

The Management Committee presents its directors' report and audited financial statements for the year ended 31 March 2025.

**Reference and Administrative Information**

Charity Name: Mike's Mates Charity Limited

Charity registration number: 1183899

Registered Office and operational address: 199 Greenwich High Road, London, SE10 8NB

**Management Committee:**

Amanda Scott, Chair  
Gemma Couppis, Co-Chair  
Spyros Couppis, Treasurer  
Richard Scott  
Brad McCaw

**Secretary**

Gemma Couppis

**Bankers** – HSBC, 28 Borough High Street, Southwark, London SE1 1YB. Bank Identifier Code: HBUKGB4107T

## Letter from the Chair

It has been five years since we established Mike's Mates Charity on 14 June 2019. We have been delighted by the positive impact that we've had on improving access to mental health support across the UK public. Individuals are accessing mental health support through our fresh new website and technology information hub that was relaunched on 6 February 2020 with new research and content being added each year. We have been invited to attend and present on Mike's Mates over the past five years in a variety of venues and in partnership with a variety of organisations.

Since inception, we have represented Mike's Mates at the House of Parliament, St James Palace, Willis Towers Watson, and the National Women's Business Awards. We have partnered with Implemental, 8x8, Sanctus, and Jigsaw Cloud to share the mental health journey and purpose. We have discussed suicide and created campaigns around awareness across the UK and have hosted conversations in New York and New Jersey, USA.

The pandemic has led to several challenging years for all, and the opportunity to connect with the broader UK community shifted to a virtual environment. And as a trustee team, we balanced running the charity with the changes and challenges of life and day jobs.

Our speaking engagements and representation were previously strong, however both our speaking engagements and social media needs further focus in future years.

## Our Aims and objectives

### Purposes and Aims:

Our charity's purposes as set out in the objects contained in the company's memorandum of association are for the public benefit,

- to relieve the needs of people experiencing or at risk of experiencing poor mental health, their families and carers, across the UK
- by utilising technology to facilitate smarter connections to organisations, charities and individuals that provide on-the-ground practical help for those in need of support and relevant services.

### Ensuring our work delivers our aims:

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

### The focus of our work:

Our main objectives for the year continued to be the promotion of mental health services available to the broader public across the UK. The strategies we used to meet these objectives included:

- Providing the Mike's Mates technology hub that is available to the public and easy to use to address the potential problems to knowing what mental health services are available
- Focussing upon improving speed and efficiency to locate useful mental health programmes and help overcome barriers to finding help, not only for the individual but also their family and friends and the wider community of the UK.
- Working towards collating more information on resources available across the UK and incorporating that into the website.
- Working in partnership with other charities and organisations to create awareness of the Mike's Mates information hub and mental health services available to those in need or in crisis.
- Utilising social media such as Facebook and LinkedIn to create awareness of topical content related to mental health, as well as the Mike's Mates information hub and mental health services available to those in need or in crisis.

### **How our activities deliver public benefit**

Our main activities and who we try to help are described below. All our charitable activities focus on the promotion of mental health services available to the broader public across the UK.

### Who used and benefited from our services?

Our focus is to provide a technology hub that collates a wide range of mental health services that are available to the broader UK public. The website is our main charitable focus and tool that enables individuals to see what mental health services are available to them across the entire UK geography, and across a wide range of mental health services.

1 in 4 people will experience a mental health problem of some kind each year in England. 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England. 1 in 5 adults has considered taking their own life at some point. [References: [mentalhealth.co.uk](http://mentalhealth.co.uk) and [mind.co.uk](http://mind.co.uk)]

Equal access to mental health services is an important issue for us. Our work focuses on ensuring that the UK focus on mental health goes beyond simply awareness, into how individuals can access real help on the ground when in crisis.

As a result, we have designed the information hub to allow individuals to receive mental health services in a variety of ways:

- Helpline
- Face to Face / Virtual 1:1 meetings
- Group Therapy

A variety of key mental health support for all ages have been provided:

- Children & Young Adults
- Adults
- Older Adults (Elderly)

Additionally, a variety of key mental health support specialisms have been highlighted as well:

- Rehab (Drugs & Alcohol)
- Friends and Family Support
- Legal
- Religions
- LGBTQI+
- Veterans
- Men
- Women / Maternity
- Awareness Charities

These areas of specialism continue to broaden as further research and organisations appear. Areas for future development and focus are listed above.

Further information about who benefits directly from our services is explained in the analysis of performance and achievements below. The impact of our work goes far beyond those that utilise the information hub on the Mike's Mates website. We have hosted and participated in a variety of panels, speaking engagements, awareness events, and festivals. And our social media platform has created a community of individuals who are seeking mental health services.

## Financial Review

The charity, with the aid of sound financial management and generated a very positive financial outcome for the period with a net decrease in funds of just over £1,737.21 Resulting in a balance of £1,667.03.

## Principle Funding Sources

The principal funding sources for the charity are currently by way of donations from the Trustees, charitable events and individual donors. As a result of smart financial management and the personal time commitment from the trustees in

running the organisations, there has been limited need for financial capital beyond individual donations.

#### Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. A review of investment policies is planned on an annual basis.

#### Reserves Policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested held by the charity should be between 3 and 6 months of the expenditure. Budgeted expenditure for 2025/26 is £1,600 and therefore the target is £1600 in general funds. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding.

#### Plans for Future Periods

The charity plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. There are very few budgeted demands upon the charity and primarily consist of ongoing insurance, website, research, and social media.

### **Structure, Governance and Management**

#### Governing Document

The organisation is a charitable company limited by guarantee, registered as a charity on 14 June 2019. It is governed under its Constitution of a Charitable Incorporated Organisation (CIO). The company was established the Mike's Mates CIO Constitution under the Charity Commission and Charities Act 2011. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

#### Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management

Committee. All member of the Management Committee give their time voluntarily and received no benefits from the charity.

Due to the nature of mental health much of the charity's work focuses on a wide and diverse population. Therefore, the Management Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body.

### Trustees Induction and Training

All trustees have been provided with The Charity Trustee's Handbook and comply to the Essential Trustee as provided by the Charity Commission. It was established during the first Trustee meeting that all trustees met their obligations, and this will be reviewed on an annual basis.

### Risk Management

The Management Committee has conducted a review of the major risks to which the charity is exposed. A risk register has been established and is updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

### Organisational Structure

Mike's Mates has a Management Committee of up to 8 members who meet quarterly and are responsible for the strategic direction and policy of the charity. At present the Committee has six members from a variety of professional backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

ROLE	OWNER	MAIN RESPONSIBILITY
Chair	Amanda Scott	<ul style="list-style-type: none"> <li>Overall strategy &amp; activity</li> <li>Regular Trustee &amp; Management meetings</li> </ul>
Company Secretary	Gemma Chambers	<ul style="list-style-type: none"> <li>Notes at meeting</li> <li>Follow up on actions monthly</li> </ul>
Finance & Fundraising	Spyros Couppis (accounts)	<ul style="list-style-type: none"> <li>Manage accounts – HSBC, Justgiving, budget, P&amp;L, risk register</li> <li>Pay internships</li> <li>Fundraising</li> </ul>
Team &	Amanda Scott	<ul style="list-style-type: none"> <li>Organise interviews / selection</li> </ul>



Internship		<ul style="list-style-type: none"> <li>• Hiring / documents</li> <li>• Ongoing meetings</li> </ul>
Community Impact	Spyros Couppis (Charity Liaison)	<ul style="list-style-type: none"> <li>• Align individuals to social media slots / month</li> <li>• Look for speaking engagements &amp; event hosting</li> <li>• Align individuals to liaise with charities for visiting, quotes</li> </ul>
Website	Rotating	<ul style="list-style-type: none"> <li>• Provide reports on website usage on a monthly basis (Rick)</li> <li>• Gather feedback on website (Spyros)</li> <li>• Lead on the redesign (Gemma/Spyros)</li> <li>• Wordpress programming and enter content onto the website</li> <li>• Ensure user experience</li> <li>• Research charities and content for the website</li> </ul>
Social Media	Rotating	<ul style="list-style-type: none"> <li>• Identify social media lead (Rick)</li> <li>• 2-3 posts per week</li> <li>• Design a strategy, templates, brand</li> <li>• Write 2-3 blogs</li> </ul>

## Responsibilities of the Management Committee

The Charity Commission requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the management committee should follow best practice and:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the charity will continue on that basis.

The Management Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985. The Management Committee is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## Governing Document

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3. In accordance with company law, as the company's directors, we certify that:

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- so far as we are aware, there is no relevant audit information of which the company's auditors are unaware; and
- as trustees of the charity we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Approval:

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005) and in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small entities.

Approved by the Management Committee on 3 January 2026 and signed on its behalf by:



**Mrs Amanda Scott (Director)**

**Mike's Mates Limited**  
**Statement of Financial Activities (including Income & Expenditure Account) for the**  
**year ended 31 March 2025**

**Financial Summary**

**Summary of charitable activities for the period of 31/3/24 to 31/3/25**

**Donations & Incoming resources**

Opening Balance	<b>£3,404.34</b>
Charitable donation	£0

**Total incoming resources**

<b>£0</b>
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**Charitable activities**

Website Development & management	£0
Social media content	£0

**Governance costs**

Administration expenses	£1,737.21
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**Total expenses**

<b>£1,737.21</b>
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Surplus/ Deficit for the period

<b>£1,667.03</b>
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Surplus/ Deficit Brought forward

0

Surplus/ Deficit Brought forward

<b>£1,667.03</b>
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**Balance per bank as at 31/03/25**

<b>£1,667.03</b>
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For the period from 1-Jun-19 to

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

Cash book:

Mike's Mates

For the period from

31-Mar-24

to

31-Mar-25

Not required

Receipt #	Date	Income in GBP.	in Charitable	Expenditure Administration	VAT GBP	Description	Balance
Opening Balance		£3,404.24					£3,404.24
	15-Apr-23			£192.00		James Burrows	£3,212.24
	25-Apr-24			£5.00		HSBC Business account charge	£3,207.24
	29-Apr-24			£83.99		DD-Insurance	£3,123.25
	25-May-24			£5.00		HSBC Business account charge	£3,118.25
	28-May-24			£83.99		DD-Insurance	£3,034.26
	24-Jun-24			£220.55		GoDaddy reimbursement	£2,813.71
	25-Jun-24			£5.00		HSBC Business account charge	£2,808.71
	27-Jun-24			£83.99		DD-Insurance	£2,724.72
	25-Jul-24			£5.00		HSBC Business account charge	£2,719.72
	29-Jul-24			£83.99		DD-Insurance	£2,635.73
	25-Aug-24			£5.00		HSBC Business account charge	£2,630.73
	27-Aug-24			£83.99		DD-Insurance	£2,546.74
	25-Sep-24			£5.00		HSBC Business account charge	£2,541.74
	27-Sep-24			£84.73		HSBC Business account charge	£2,457.01
	25-Oct-24			£5.00		DD-Insurance	£2,452.01
	28-Oct-24			£84.68		HSBC Business account charge	£2,367.33
	25-Nov-24			£5.00		DD-Insurance	£2,362.33
	27-Nov-24			£84.68		HSBC Business account charge	£2,277.65
	25-Dec-24			£5.00		DD-Insurance	£2,272.65
	27-Dec-24			£84.68		HSBC Business account charge	£2,187.97
	15-Jan-25			£68.22		Tech renewal reimbursement	£2,119.75
	25-Jan-25			£5.00		HSBC Business account charge	£2,114.75
	27-Jan-25			£84.68		DD-Insurance	£2,030.07
	9-Feb-25			£57.68		Tech renewal reimbursement	£1,972.39
	25-Feb-25			£5.00		HSBC Business account charge	£1,967.39
	27-Feb-25			£84.68		DD-Insurance	£1,882.71
	17-Mar-25			£126.00		James Burrows maintenance	£1,756.71
	25-Mar-25			£5.00		HSBC Business account charge	£1,751.71
	27-Mar-25			£84.68		DD-Insurance	£1,667.03
							£1,667.03
							£1,667.03
							£1,667.03
							£1,667.03
Totals		£3,404.24	£0.00	£ 1,737.21			£1,667.03

# Mike's Mates

Summary of charitable activities for the period of 31

## Donations & Incoming resources

Opening Balance

Implemental - opening funds transfer

8x8 donations to charity

PayPal test transfer

## Total incoming resources

## Charitable activities

Website Development & management	£0.00
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## Governance costs

Administration expenses	£1,737.21
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## Total expenses

£1,737.21
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Surplus/ Deficit for the period

Surplus/ Deficit Brought forward

Surplus/ Deficit Brought forward



1/3/24 to 31/3/25

<b>£3,404.24</b>
£0.00
£0.00
£0.00
<b>£3,404.24</b>

<b>£1,667.03</b>
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0

<b>£1,667.03</b>
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For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]

For the period from \_\_\_\_\_ to \_\_\_\_\_

[illegible]