

YOU OKAY, DOC?

England & Wales · Charity number 1184832

Details

Other names YOU OKAY, DOC

Status Registered

Legal form CIO

Registered 2019-08-09

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

Contact

Address 87
The Belvedere
Homerton Street
Cambridge
CB2 0NU

Phone 07771879851

Email info@youokaydoc.org.uk

Website www.youokaydoc.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:TO RELIEVE THE NEED OF MEDICAL PRACTITIONERS AND OTHERS IN THE MEDICAL PROFESSION WHO ARE SUFFERING OR WHO HAVE SUFFERED MENTAL HEALTH PROBLEMS OR OTHER DISTRESS FOR THE BENEFIT OF THE PUBLIC INCLUDING BUT NOT BY WAY OF LIMITATION THROUGH THE RAISING OF AWARENESS BY THE DISSEMINATION OF INFORMATION ABOUT MENTAL HEALTH ISSUES WITHIN THE MEDICAL PROFESSION AND TO HELP SUFFERERS TO OBTAIN TREATMENT AND SUPPORT IN SUCH WAYS AND IN SUCH PLACES AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.

Activities: Community Activation via our healthcare ambassador network; Service Provision via 24/7 confidential text line, virtual coaching led workshops & therapist led peer support groups; Evidence-based educational resources (Podcasts), campaigns and mental health tool kits.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£85,377	£60,215	-	-
2024-03-31	£75,879	£62,277	-	-
2023-03-31	£12,825	£35,303	-	-
2022-03-31	£73,997	£52,520	-	-
2021-03-31	£43,167	£39,627	-	-

Trustees

Name	Role	Appointed
Aalia Walker		2023-04-20
Bjorn Ovar		2023-04-20
Darren Lunz		2023-04-20
Dr Jeremy Sizer		2023-04-20
Dr Jonathan Michael McGregor Mutch		2022-07-25
Iain Shoolbred		2023-04-20
Layla Ettinghausen		2023-04-20
Louisa Pau		2023-04-20
Lucinda Kopala		2020-05-15
MATTHEW BETTS		2023-04-20
Natasha Binnie		2023-04-20

YOU OKAY, DOC?

England & Wales - Charity number 1184832

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1184832

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

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(Charitable Incorporated Organisation)

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(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER 1184832

DATE OF REGISTRATION 9th August 2019

START OF FINANCIAL YEAR 1st April 2024

END OF FINANCIAL YEAR 31st March 2025

TRUSTEES AT 31ST MARCH 2025

Lucinda Kopala
Dr Meenal Galal
Dr Jonathan Mutch
Dr Jeremy Sizer
Dr Layla Ettinghausen
Dr Natasha Binnie
Matthew Betts
Louisa Pau
Iain Shoolbred
Nicholas Stevens
Aalia Walker
Darren Lunz
Bjorn Ovar Johansson

LEGAL STATUS Charitable Incorporated Organisation

GOVERNING INSTRUMENT CIO - Foundation Registered 9th August 2019

OBJECTS

To relieve the need of medical practitioners and other in the medical profession who are suffering or who have suffered mental health problems or other distress for the benefit of the public including but not by way of limitation through the raising of awareness by dissemination of information about mental health issues within the medical profession and to help sufferers to obtain treatment and support in such ways and in such places as the Trustees may from time to time think fit.

CORRESPONDENCE ADDRESS 87 The Belvedere
Homerton Street
Cambridge
CB2 0NU

PRIMARY BANKERS Barclays Bank Plc
1 Churchill Place
London
E14 5HP

INDEPENDENT EXAMINERS Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2025**

Summary of the Main Activities

You Okay, Doc? (YOD) and You Okay, Nurse? (YON) were founded in loving memory of Dr Liz Sizer. The charity continued to support doctors, nurses and other healthcare workers during the period. Our mission is to change the perceptions of mental health for those working in the medical sector and to develop bespoke mental health support for healthcare professionals.

The charity provides its support via its three main pillars, being (1) Community activation and advocacy (2) Educational resources and (3) Services provision.

The Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Contribution Made by Volunteers

The charity is immensely grateful to the support provided by its volunteers – without which the charity could not help doctors, nurses and other healthcare professionals.

The YOD Ambassadors continued to help spread awareness about the mental health and wellbeing issues faced by healthcare professionals – and promoted YOD in their communities / hospitals / practices including the services and support offered. They provided helpful insight and advice for healthcare workers' mental health which was used within the charity's social media to support and guide other healthcare professionals. They attended mental health events on behalf of You Okay, Doc?

The charity's patron board continued to provide invaluable support to its beneficiaries. During the period YOD patron Tom Mitchell took part in the Yorkshire Peaks fundraiser. YOD Patron Manley Hopkinson hosted The Liz Sizer Gala. YOD Patron Mr Aman Coonar wrote a blog on The Liz Sizer Gala which he attended with his network.

Volunteers and ambassadors for the charity helped deliver The Liz Sizer Gala and the Hike in July campaigns, raising critical funds and awareness for the charity's cause.

The Trustee Board, comprising a diverse skillset from across medical leadership, entrepreneurship, marketing, PR and accountancy, continued to provide their skills, expertise and passion to support the charity's cause and growth.

Summary of the Main Achievements

Community Activation

The charity hosted its annual charity Gala, The Liz Sizer Gala, bringing together the YOD and YON community to celebrate their achievements in healthcare workers' mental health as well as critical awareness raising.

YOD hosted two community building, fundraising hikes – being the Yorkshire 3 Peaks in August 2024 and the Mount Toubkal hike in Morocco in March 2025.

The charity continued its ambassador programme, made up of doctors, nurses and medical students who help raise awareness and grow the YOD community.

YOD continued its educational partnerships and collaborations, including Pastest, NHS Practitioner Health and Unique Expeditions – both providing invaluable support to support doctors' and nurses' mental health.

The charity, via its ambassadors and trustees, was represented at important events attended by healthcare workers.

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**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2025**

Educational Resources

YOD produced regular educational resources via its social media. This included self check-ins, women's rights, imposter syndrome, stress awareness and tips, physical health tips, suicide awareness, night shift tips, eating disorders and dealing with retraction of specialty offers.

YOD produced blogs regarding stress management and burnout.

Services Provision

The charity continued its partnership with Shout to provide 24-hour text support to its beneficiaries.

YOD provided a virtual support group hosted by an accredited psychotherapist called 'The Huddle', exclusively for doctors.

YOD hosted coaching workshops to deal with stress and burnout.

Trustees Responsibilities


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

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document 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, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. 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.

Approved by the Trustees on 16.07.2025

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	11,546	-	11,546	3,865
Activities for Generating Funds	3b	73,696	-	73,696	71,942
Investment Income	3c	-	-	-	-
Other Incoming Resources	3d	135	-	135	72
TOTAL INCOMING RESOURCES		85,377	-	85,377	75,879
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	59,255	-	59,255	60,180
Governance Costs	4b	960	-	960	2,097
TOTAL RESOURCES EXPENDED		60,215	-	60,215	62,277
NET INCOMING (OUTGOING) RESOURCES		25,162	-	25,162	13,601
Funds Brought Forward		16,140	-	16,140	2,539
TOTAL FUNDS CARRIED FORWARD		41,302	-	41,302	16,140

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 8 to 13 form part of these financial statements.

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**BALANCE SHEET
AS AT 31ST MARCH 2025**

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	43,162	-	43,162	17,740
Total Current Assets		43,162	-	43,162	17,740
Creditors: Amounts falling due within one year	9	1,860	-	1,860	1,600
NET CURRENT ASSETS		41,302	-	41,302	16,140
TOTAL ASSETS less current liabilities		41,302	-	41,302	16,140
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		41,302	-	41,302	16,140
Funds of the Charity					
General Funds		41,302	-	41,302	16,140
Restricted Funds	5	-	-	-	-
Total Funds		41,302	-	41,302	16,140

Approved by the Trustees on 16.07.2025

Signed on their behalf by Trustee Lucinda Annabel Kopala

Printed Name: *Lucinda Annabel Kopala*

YOU OKAY, DOC?
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

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**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2025**

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2025 : None

31st March 2024 : None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2025

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Donations, Grants & Legacies				
Gift Aid Tax	-	-	-	865
Gifts & Donations	11,546	-	11,546	3,000
	11,546	-	11,546	3,865
b) Activities for Generating Funds				
Fundraising Event	73,696	-	73,696	71,942
	73,696	-	73,696	71,942
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Other Incoming Resources				
Sundry Income	135	-	135	72
	135	-	135	72

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2025

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Cost of Charitable Activities				
Activities & Events	18,990	-	18,990	15,362
Bank Charges	16	-	16	16
Consultancy Fees	28,384	-	28,384	31,661
Office Costs	5,025	-	5,025	3,678
Shout Text Services	6,840	-	6,840	7,980
Sundry Expenses	-	-	-	1,123
Therapist Costs	-	-	-	360
	59,255	-	59,255	60,180
b) Governance Costs				
Independent Examiners Fees	960	-	960	900
Legal & Professional Fees	-	-	-	1,197
	960	-	960	2,097

YOU OKAY, DOC?
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**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2025**

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial year.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Cash at Bank & in Hand	43,162	-	43,162	17,740
	43,162	-	43,162	17,740

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Independent Examiners Fees	960	-	960	900
Sundry Creditors	900	-	900	700
	1,860	-	1,860	1,600

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	41,302	-	41,302	16,140
Long Term Liabilities	-	-	-	-
	41,302	-	41,302	16,140

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial year.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of You Okay, Doc? on the accounts for the year ended 31st March 2025 set out on pages 6 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ



Date: 16th July 2025

YOU OKAY, DOC?

England & Wales - Charity number 1184832

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024**

YOU OKAY, DOC?

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CHARITY REGISTRATION No: 1184832

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LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1184832
DATE OF REGISTRATION	9th August 2019
START OF FINANCIAL YEAR	1st April 2023
END OF FINANCIAL YEAR	31st March 2024
TRUSTEES AT 31ST MARCH 2024	Lucinda Kopala Dr Meenal Galal Dr Jonathan Mutch Dr Jeremy Sizer (Appointed 20th April 2023) Dr Layla Ettinghausen (Appointed 20th April 2023) Dr Natasha Binnie (Appointed 20th April 2023) Matthew Betts (Appointed 20th April 2023) Louisa Pau (Appointed 20th April 2023) Iain Shoolbred (Appointed 20th April 2023) Nicholas Stevens (Appointed 20th April 2023) Aalia Walker (Appointed 20th April 2023) Darren Lunz (Appointed 20th April 2023) Bjorn Ovar (Appointed 20th April 2023)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 9th August 2019
OBJECTS	To relieve the need of medical practitioners and other in the medical profession who are suffering or who have suffered mental health problems or other distress for the benefit of the public including but not by way of limitation through the raising of awareness by dissemination of information about mental health issues within the medical profession and to help sufferers to obtain treatment and support in such ways and in such places as the Trustees may from time to time think fit.
CORRESPONDENCE ADDRESS	87 The Belvedere Homerton Street Cambridge CB2 0NU
PRIMARY BANKERS	Barclays Bank Plc 1 Churchill Place London E14 5HP
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

Summary of the Main Activities

You Okay, Doc? (YOD) and You Okay, Nurse? (YON) were founded in loving memory of Dr Liz Sizer. The charity continued to support doctors, nurses and other healthcare workers during the period. Our mission is to change the perceptions of mental health for those working in the medical sector and to develop bespoke mental health support for healthcare professionals.

The charity provides its support via its three main pillars, being (1) Community activation and advocacy (2) Educational resources and (3) Services provision.

A new trustee board, comprising a diverse skillset from across medical leadership, entrepreneurship, marketing, PR and accountancy, were on-boarded during the period with several meetings held to devise and implement YOD's growth strategy.

Contribution Made by Volunteers

The charity is immensely grateful to the support provided by its volunteers – without which the charity could not help doctors, nurses and other healthcare professionals.

The YOD Ambassadors continued to help spread awareness about the mental health and wellbeing issues faced by healthcare professionals – and promoted YOD in their communities / hospitals / practices including the services and support offered. They also executed awareness and education initiatives such as The Student Dose podcast for medical students and provided helpful insight and advice for healthcare workers' mental health which was used within the charity's social media to support and guide other healthcare professionals.

The charity's patron board continued to provide invaluable support to its beneficiaries. During the period YOD patron Tom Mitchell (silver medallist Olympian and former GB Rugby 7s captain) hosted a new season of The YOD Pod podcast, hosting fellow YOD Patron Julia Samuel MBE amongst other similarly distinguished guests.

Volunteers and ambassadors for the charity helped launch the charity's first Gala in loving memory of Dr Liz Sizer (The Liz Sizer Gala) and the Hike in July campaign, raising critical funds and awareness for the charity's cause.

Community Activation

The charity continued its ambassador programme, made up of doctors, nurses and medical students who help raise awareness and grow the YOD community.

The charity, via its ambassadors and trustees, was represented at important events attended by healthcare workers.

YOD continued its educational partnerships and collaborations, including Pastest and Unique Expeditions – both providing invaluable support to support doctors' and nurses' mental health.

The charity hosted its first charity Gala, The Liz Sizer Gala, bringing together the YOD and YON community to celebrate their achievements in healthcare workers' mental health as well as critical awareness raising.

Educational Resources

YOD released new episodes of its podcasts 'The YOD Pod' and 'The Student Dose', discussing key topics relevant to healthcare workers' mental health. This included Season 5 of The YOD Pod hosted by YOD Patron Tom Mitchell including YOD Patron Julia Samuel MBE, Greg O'Shea, Giles Yeo, Dr Sula Windgassen, YOD CEO and Co-Founder, Dr Dan Gearon and YOD co-founder / psychotherapist, Chris Cherry.

YOD hosted various IG lives and webinars, as well as offering advice and guidance through social media, on issues such as anxiety, burnout, depression, starting as a new doctor, suicide awareness, managing failure, tackling sexism, being a parent and a doctor and managing the doctor strikes.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2024

YOD launched its new website, creating a platform for its community to access its flagship Huddle sessions and 24/7 text support line, YOD webinars and blogs, donation platform, the YOD Shop as well as a directory of support services.

Services Provision

The charity continued to provide its weekly virtual support group hosted by an accredited psychotherapist called 'The Huddle', exclusively for doctors. We were proud to deliver a tailored Huddle programme funded by the British Medical Association.

The charity continued its partnership with Shout to provide 24 hour text support to its beneficiaries.

YOD trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Summary of the Main Achievements

During the period, YOD and YON provided critical mental health and wellbeing support to healthcare workers.

Through its webinars, podcasts, IG lives, presentations, attendance at events and social media advice, YOD and YON equipped healthcare workers with tailored mental health skills for a medical career as well as raising awareness about key mental health and wellbeing issues in the profession. The charity invited leaders in other high-pressure professions, such as Olympic sports, to host educational resources for healthcare workers such as The YODPod in order to take learnings from best practice in those industries.

Through its Huddle programme, YOD and YON have provided direct access for doctors and nurses to an accredited psychotherapist and peer support via others joining the Huddle programme.

Through its Shout text support service, YOD provided doctors and nurses with access to support including during unsociable hours which is important for NHS workers working both night and day shifts.

Through its ambassador programme and social media presence, YOD and YON grew its supportive and safe community for doctors and nurses to feel safe to open up about mental health struggles and access bespoke support and guidance.

Through its awareness raising events, such as The Liz Sizer Gala and the Hike in July campaign, YOD and YON helped break down stigma associated with healthcare workers' mental health whilst raising critical funds for the charity.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2024**

Trustees Responsibilities

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

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document 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, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. 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.

Approved by the Trustees on 03.09.2024

Signed on their behalf by Trustee 

Printed Name: **Lucinda Annabel Kopala**

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	3,865	-	3,865	11,252
Activities for Generating Funds	3b	71,942	-	71,942	-
Investment Income	3c	-	-	-	-
Other Incoming Resources	3d	72	-	72	1,573
TOTAL INCOMING RESOURCES		75,879	-	75,879	12,825
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	60,180	-	60,180	34,603
Governance Costs	4b	2,097	-	2,097	700
TOTAL RESOURCES EXPENDED		62,277	-	62,277	35,303
NET INCOMING (OUTGOING) RESOURCES		13,601	-	13,601	(22,478)
Funds Brought Forward		2,539	-	2,539	25,017
TOTAL FUNDS CARRIED FORWARD		16,140	-	16,140	2,539

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

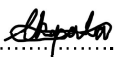
The notes on pages 8 to 13 form part of these financial statements.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**BALANCE SHEET
AS AT 31ST MARCH 2024**

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-24 £	Total 31-Mar-23 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	17,740	-	17,740	3,839
Total Current Assets		17,740	-	17,740	3,839
Creditors: Amounts falling due within one year	9	1,600	-	1,600	1,300
NET CURRENT ASSETS		16,140	-	16,140	2,539
TOTAL ASSETS less current liabilities		16,140	-	16,140	2,539
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		16,140	-	16,140	2,539
Funds of the Charity					
General Funds		16,140	-	16,140	2,539
Restricted Funds	5	-	-	-	-
Total Funds		16,140	-	16,140	2,539

Approved by the Trustees on 03.09.2024

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2024**

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
----------------------------------	------------------------------

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2024 : None

31st March 2023 : None

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2024

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
a) Donations, Grants & Legacies				
Gift Aid Tax	865	-	865	-
Gifts & Donations	3,000	-	3,000	11,252
	3,865	-	3,865	11,252
b) Activities for Generating Funds				
Fundraising Event	71,942	-	71,942	-
	71,942	-	71,942	-
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Other Incoming Resources				
Sundry Income	72	-	72	1,573
	72	-	72	1,573

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2024

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
a) Cost of Charitable Activities					
Activities & Events		15,362	-	15,362	1,664
Bank Charges		16	-	16	198
Consultancy Fees		31,661	-	31,661	27,778
Office Costs		3,678	-	3,678	1,481
Shout Text Services		7,980	-	7,980	1,140
Sundry Expenses		1,123	-	1,123	-
Therapist Costs		360	-	360	2,343
		60,180	-	60,180	34,603
b) Governance Costs					
Independent Examiners Fees	9	900	-	900	700
Legal & Professional Fees		1,197	-	1,197	-
		2,097	-	2,097	700

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2024**

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial year.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-24 £	Total 31-Mar-23 £
Cash at Bank & in Hand	17,740	-	17,740	3,839
	17,740	-	17,740	3,839

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-24 £	Total 31-Mar-23 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-24 £	Total 31-Mar-23 £
Independent Examiners Fees	900	-	900	700
Sundry Creditors	700	-	700	600
	1,600	-	1,600	1,300

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-24 £	Total 31-Mar-23 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	16,140	-	16,140	2,539
Long Term Liabilities	-	-	-	-
	16,140	-	16,140	2,539

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2024

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial year.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of You Okay, Doc? on the accounts for the year ended 31st March 2024 set out on pages 7 to 14.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ


Date: 5th September 2024

YOU OKAY, DOC?

England & Wales - Charity number 1184832

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023**

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1184832

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

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Page 3	Legal and Administrative Information
Pages 4 to 5	Trustees' Report
Page 6	Statement of Financial Activities
Page 7	Balance Sheet
Pages 8 to 13	Notes to the Financial Statements
Page 14	Independent Examiner's Report

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1184832
DATE OF REGISTRATION	9th August 2019
START OF FINANCIAL YEAR	1st April 2022
END OF FINANCIAL YEAR	31st March 2023
TRUSTEES AT 31ST MARCH 2023	Lucinda Kopala Dr Meenal Galal Dr Jonathan Mutch (Appointed 25th July 2022) Robert Cherry (Resigned 8th October 2022) Dr Mark Seaman (Resigned 26th July 2022)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 9th August 2019

OBJECTS

To relieve the need of medical practitioners and other in the medical profession who are suffering or who have suffered mental health problems or other distress for the benefit of the public including but not by way of limitation through the raising of awareness by dissemination of information about mental health issues within the medical profession and to help sufferers to obtain treatment and support in such ways and in such places as the Trustees may from time to time think fit.

CORRESPONDENCE ADDRESS	87 The Belvedere Homerton Street Cambridge CB2 0NU
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PRIMARY BANKERS	Barclays Bank Plc 1 Churchill Place London E14 5HP
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INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS
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YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2023**

Summary of the Main Activities

You Okay, Doc? (YOD) and You Okay, Nurse? (YON) continued to support doctors, nurses and other healthcare workers during the period.

The charity provides its support via its three main pillars, being (1) Community activation and advocacy (2) Educational resources and (3) Services provision.

Community Activation

The charity continued its ambassador programme, made up of doctors, nurses and medical students who help raise awareness and grow the YOD community.

The charity, via its ambassadors and trustees, was represented at important events attended by healthcare workers. The charity sponsored the British Society of Lifestyle Medicine Conference in London, with our founder presenting alongside the Dr Lorna Breen Foundation and Kate Beed. The charity co-hosted a stand and presented at The British Association of Critical Care Nursing conference in Belfast upon kind invitation by Dräger.

You Okay, Doc? continued its educational partnerships and collaborations with First Responders First (an initiative of Thrive Global, Harvard T.H.Chan School of Public Health and the CAA Foundation), Dräger and the British Association of Critical Care Nursing.

The charity became part of the Cambridge University Judge Business School Accelerator Programme.

Educational Resources

YOD released new episodes of its podcast 'The YOD Pod', discussing key topics relevant to healthcare workers' mental health with inspirational guests.

YOD introduced its new podcast 'The Student Dose' podcast, produced by and for medical students.

YOD hosted various IG lives and webinars, as well as offering advice and guidance through social media, on issues such as loneliness, imposter syndrome, striking, suicide prevention, bullying, exam stress / anxiety and finances.

Services Provision

The charity continued to provide its weekly virtual support group hosted by an accredited psychotherapist called 'The Huddle', exclusively for doctors.

The charity continued its partnership with Shout to provide 24 hour text support to its beneficiaries.

You Okay, Doc? trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Contribution Made by Volunteers

The charity ambassadors continued to help spread awareness about the mental health and wellbeing issues faced by healthcare professionals – and promoted You Okay, Doc? in their communities / hospitals / practices including the services and support offered.

The ambassadors executed brilliant initiatives such as The Student Dose podcast.

The Ambassadors provided helpful insight and advice for healthcare workers' mental health which was used within the charity's social media to support and guide other healthcare professionals.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2023**

Summary of the Main Achievements

During the period, You Okay, Doc? (YOD) and You Okay, Nurse? (YON) provided critical mental health and wellbeing support to doctors and nurses.

Through its webinars, podcasts, IG lives, presentations, attendance at events and social media advice, YOD and YON equipped doctors and nurses with tailored mental health skills for a medical career as well as raising awareness about key mental health and wellbeing issues in the profession.

Through its Huddle programme, YOD and YON have provided direct access for doctors and nurses to an accredited psychotherapist and peer support via others joining the Huddle programme.

Through its Shout text support service, YOD provided doctors and nurses with access to support including during unsociable hours which is important for NHS workers working both night and day shifts.

Through its ambassador community, YOD and YON grew its supportive and safe community for doctors and nurses to feel safe to open up about mental health struggles and access bespoke support and guidance.


Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 31 January 2024

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	11,252	-	11,252	55,276
Activities for Generating Funds	3b	-	-	-	17,221
Investment Income	3c	-	-	-	-
Other Incoming Resources	3d	1,573	-	1,573	1,500
TOTAL INCOMING RESOURCES		12,825	-	12,825	73,997
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	34,603	-	34,603	51,260
Governance Costs	4b	700	-	700	1,260
TOTAL RESOURCES EXPENDED		35,303	-	35,303	52,520
NET INCOMING (OUTGOING) RESOURCES		(22,478)	-	(22,478)	21,477
Funds Brought Forward		25,017	-	25,017	3,540
TOTAL FUNDS CARRIED FORWARD		2,539	-	2,539	25,017

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.


The notes on pages 8 to 13 form part of these financial statements.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**BALANCE SHEET
AS AT 31ST MARCH 2023**

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-23 £	Total 31-Mar-22 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	3,839	-	3,839	25,617
Total Current Assets		3,839	-	3,839	25,617
Creditors: Amounts falling due within one year	9	1,300	-	1,300	600
NET CURRENT ASSETS		2,539	-	2,539	25,017
TOTAL ASSETS less current liabilities		2,539	-	2,539	25,017
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		2,539	-	2,539	25,017
Funds of the Charity					
General Funds		2,539	-	2,539	25,017
Restricted Funds	5	-	-	-	-
Total Funds		2,539	-	2,539	25,017

Approved by the Trustees on 31 January 2024

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2023**

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
----------------------------------	------------------------------

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2023 : None

31st March 2022 : None

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2023

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
a) Donations, Grants & Legacies				
Gifts & Donations	11,252	-	11,252	55,276
	11,252	-	11,252	55,276
b) Activities for Generating Funds				
Fundraising Event	-	-	-	17,221
	-	-	-	17,221
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Other Incoming Resources				
Sundry Income	1,573	-	1,573	1,500
	1,573	-	1,573	1,500

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2023

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
a) Cost of Charitable Activities				
Activities & Events	1,664	-	1,664	2,059
Bank Charges	198	-	198	198
Consultancy Fees	27,778	-	27,778	37,631
Gifts & Donations	-	-	-	86
Insurance Costs	-	-	-	820
Office Costs	1,481	-	1,481	901
Shout Text Services	1,140	-	1,140	5,340
Therapist Costs	2,343	-	2,343	4,225
	34,603	-	34,603	51,260
b) Governance Costs				
Independent Examiners Fees	700	-	700	600
Legal & Professional Fees	-	-	-	660
	700	-	700	1,260

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2023

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial year.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-23 £	Total 31-Mar-22 £
Cash at Bank & in Hand	3,839	-	3,839	25,617
	3,839	-	3,839	25,617

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-23 £	Total 31-Mar-22 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-23 £	Total 31-Mar-22 £
Independent Examiners Fees	700	-	700	600
Sundry Creditors	600	-	600	-
	1,300	-	1,300	600

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-23 £	Total 31-Mar-22 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	2,539	-	2,539	25,017
Long Term Liabilities	-	-	-	-
	2,539	-	2,539	25,017

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial year.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of You Okay, Doc? on the accounts for the year ended 31st March 2023 set out on pages 6 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS



Date: 31st January 2024

YOU OKAY, DOC?

England & Wales - Charity number 1184832

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1184832

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

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YOU OKAY, DOC?

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1184832
DATE OF REGISTRATION	9th August 2019
START OF FINANCIAL YEAR	1st April 2021
END OF FINANCIAL YEAR	31st March 2022
TRUSTEES AT 31ST MARCH 2022	Robert Cherry Lucinda Kopala Dr Meenal Galal Dr Mark Seaman Dr Daniel Gearon (Resigned 1st October 2021)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 9th August 2019

OBJECTS

To relieve the need of medical practitioners and other in the medical profession who are suffering or who have suffered mental health problems or other distress for the benefit of the public including but not by way of limitation through the raising of awareness by dissemination of information about mental health issues within the medical profession and to help sufferers to obtain treatment and support in such ways and in such places as the Trustees may from time to time think fit.

CORRESPONDENCE ADDRESS	87 The Belvedere Homerton Street Cambridge CB2 0NU
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PRIMARY BANKERS	Barclays Bank Plc 1 Churchill Place London E14 5HP
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INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS
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YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2022**

Summary of the Main Activities

You Okay, Doc? (YOD) and You Okay, Nurse? (YON) deliver on their charitable objectives through 3 main areas of work – community activation, educational resources and the provision of services.

YOD continued to provide its weekly virtual support group hosted by an accredited psychotherapist called 'The Huddle', exclusively for doctors. YOD also separately provided bespoke 'The Huddle' programmes to certain NHS hospitals.

YON was launched in December 2021 and from January 2022, YON offered a separate Huddle exclusively for nurses.

YOD and YON continued to offer advice and guidance through social media.

YOD grew its existing ambassador groups including community leads and medical students, made up of doctors who help spread awareness and grow the YOD community. YON appointed a chief nurse ambassador.

YOD and YON separately hosted various educational webinars, IG Lives and mini conferences on topics such as stress awareness, flexible working for healthcare workers and maintaining relationships.

YOD continued hosting its 'The YOD Pod' podcast series with influential guests including Prof. Nick Glozier and former WHO Mental Health Director Prof. Shekhar Saxena and YON created special podcast episodes for nurses.

YOD/YON continued its partnership with Shout to provide 24 hour text support to its beneficiaries.

YOD/YON continued educational partnerships and collaborations, including with First Responders First (an initiative of Thrive Global, Harvard T.H.Chan School of Public Health and the CAA Foundation), Dräger, the British Association of Critical Care Nursing and certain NHS hospitals.

You Okay, Doc? trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Summary of the Main Achievements

During the period, You Okay, Doc? (YOD) and You Okay, Nurse? (YON) provided critical mental health and wellbeing support to doctors and nurses.

Through its webinars, podcasts, IG lives and social media advice, YOD and YON equipped doctors and nurses with tailored mental health skills for a medical career as well as raising awareness about key mental health and wellbeing issues in the profession.

Through its Huddle programme, YOD and YON have provided direct access for doctors and nurses to an accredited psychotherapist and peer support via others joining the Huddle programme.

Through its Shout text support service, YOD provided doctors and nurses with access to support including during unsociable hours which is important for NHS workers working both night and day shifts.

Through its ambassador community, YOD and YON grew its supportive and safe community for doctors and nurses to feel safe to open up about mental health struggles and access bespoke support and guidance.

You Okay, Nurse? (YON) was also launched during the period with the aim and vision of providing bespoke mental health and wellbeing support to nurses.

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued) FOR THE YEAR ENDED 31ST MARCH 2022


Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 31 January 2023

Signed on their behalf by Trustee 

Printed Name: **Lucinda Annabel Kopala**

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2022

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	55,276	-	55,276	43,167
Activities for Generating Funds	3b	17,221	-	17,221	-
Investment Income	3c	-	-	-	-
Other Incoming Resources	3d	1,500	-	1,500	-
TOTAL INCOMING RESOURCES		73,997	-	73,997	43,167
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	51,260	-	51,260	39,127
Governance Costs	4b	1,260	-	1,260	500
TOTAL RESOURCES EXPENDED		52,520	-	52,520	39,627
NET INCOMING (OUTGOING) RESOURCES		21,477	-	21,477	3,540
Funds Brought Forward		3,540	-	3,540	-
TOTAL FUNDS CARRIED FORWARD		25,017	-	25,017	3,540

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.


The notes on pages 8 to 13 form part of these financial statements.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**BALANCE SHEET
AS AT 31ST MARCH 2022**

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-22 £	Total 31-Mar-21 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	25,617	-	25,617	7,056
Total Current Assets		25,617	-	25,617	7,056
Creditors: Amounts falling due within one year	9	600	-	600	3,516
NET CURRENT ASSETS		25,017	-	25,017	3,540
TOTAL ASSETS less current liabilities		25,017	-	25,017	3,540
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		25,017	-	25,017	3,540
Funds of the Charity					
General Funds		25,017	-	25,017	3,540
Restricted Funds	5	-	-	-	-
Total Funds		25,017	-	25,017	3,540

Approved by the Trustees on 31 January 2023

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
----------------------------------	------------------------------

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2022 : None

31st March 2021 : None

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Donations, Grants & Legacies				
Gifts & Donations	55,276	-	55,276	43,167
	55,276	-	55,276	43,167
b) Activities for Generating Funds				
Fundraising Event	17,221	-	17,221	-
	17,221	-	17,221	-
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Other Incoming Resources				
Sundry Income	1,500	-	1,500	-
	1,500	-	1,500	-

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £	
a) Cost of Charitable Activities					
Activities & Events	2,059	-	2,059	-	
Bank Charges	198	-	198	186	
Consultancy Fees	37,631	-	37,631	37,741	
Gifts & Donations	86	-	86	1,200	
Insurance Costs	820	-	820	-	
Office Costs	901	-	901	-	
Shout Text Services	5,340	-	5,340	-	
Therapist Costs	4,225	-	4,225	-	
	51,260	-	51,260	39,127	
b) Governance Costs					
Independent Examiners Fees	9	600	-	600	500
Legal & Professional Fees		660	-	660	-
	1,260	-	1,260	500	

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-22 £	Total 31-Mar-21 £
Cash at Bank & in Hand	25,617	-	25,617	7,056
	25,617	-	25,617	7,056

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-22 £	Total 31-Mar-21 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-22 £	Total 31-Mar-21 £
Independent Examiners Fees	600	-	600	500
Sundry Creditors	-	-	-	3,016
	600	-	600	3,516

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-22 £	Total 31-Mar-21 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	25,017	-	25,017	3,540
Long Term Liabilities	-	-	-	-
	25,017	-	25,017	3,540

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2022

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial year, Dr Daniel Gearon received £11,750 in consultancy fees for services provided in furtherance of the Charity's objectives. These services were provided and paid for after Dr Daniel Gearon resigned as Trustee during the period on 1 October 2021.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of You Okay, Doc? on the accounts for the year ended 31st March 2022 set out on pages 6 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS



Date: 31st January 2023

YOU OKAY, DOC?

England & Wales - Charity number 1184832

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2021**

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1184832

Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

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YOU OKAY, DOC?

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER 1184832

DATE OF REGISTRATION 9th August 2019

START OF FINANCIAL YEAR 1st April 2020

END OF FINANCIAL YEAR 31st March 2021

TRUSTEES AT 31ST MARCH 2021 Robert Cherry
Dr Daniel Gearon
Dr Meenal Galal (Appointed 15th May 2020)
Lucinda Kopala (Appointed 15th May 2020)
Derek Dennard (Deceased February 2021)

LEGAL STATUS Charitable Incorporated Organisation

GOVERNING INSTRUMENT CIO - Foundation Registered 9th August 2019

OBJECTS

To relieve the need of medical practitioners and other in the medical profession who are suffering or who have suffered mental health problems or other distress for the benefit of the public including but not by way of limitation through the raising of awareness by dissemination of information about mental health issues within the medical profession and to help sufferers to obtain treatment and support in such ways and in such places as the Trustees may from time to time think fit.

CORRESPONDENCE ADDRESS Flat 90
Marque House
143 Hills Road
Cambridge
CB2 8RA

PRIMARY BANKERS Barclays Bank Plc
1 Churchill Place
London
E14 5HP

INDEPENDENT EXAMINERS Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2021

Summary of the Main Activities

You Okay, Doc? continued to offer advice and guidance through social media and weekly online group psychotherapy service hosted by a qualified psychotherapist (Chris Cherry) for doctors.

You Okay, Doc? grew ambassador groups across hospitals, made up of doctors to help spread the word of the guidance offered by You Okay, Doc? to doctors.

You Okay, Doc? also established a webinar series in partnership with First Responders First (an initiative out of Thrive Global) and Draeger.

You Okay, Doc? has also launched a podcast series which sees interviews with high profile individuals on their approaches to mental health.

You Okay, Doc? trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Summary of the Main Achievements

You Okay, Doc? were able to provide support and community to doctors during the COVID-19 pandemic, through our social media information and advice, and also provide expert provision through the weekly group psychotherapy sessions.

The Microsteps Webinar Series reached a significant number of participants with overwhelmingly positive feedback.

The YOD Pod, You Okay, Doc?'s podcast, has had significant and increasing number of downloads since it launched, providing tools and resources for medics and beyond in managing their stress, anxiety, and mental wellbeing.

YOD has also partnered with Mental Health Innovations who provide the Shout service to whitelabel the service and offer it to our users.

Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 8 September 2021

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala, Trustee of You Okay, Doc?

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2021

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2019/20 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	43,167	-	43,167	-
TOTAL INCOMING RESOURCES		43,167	-	43,167	-
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	39,127	-	39,127	-
Governance Costs	4b	500	-	500	-
TOTAL RESOURCES EXPENDED		39,627	-	39,627	-
NET INCOMING (OUTGOING) RESOURCES		3,540	-	3,540	-
Funds Brought Forward		-	-	-	-
TOTAL FUNDS CARRIED FORWARD		3,540	-	3,540	-

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 7 to 11 form part of these financial statements.

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

BALANCE SHEET AS AT 31ST MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-21 £	Total 31-Mar-20 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	7,056	-	7,056	-
Total Current Assets		7,056	-	7,056	-
Creditors: Amounts falling due within one year	9	3,516	-	3,516	-
NET CURRENT ASSETS		3,540	-	3,540	-
TOTAL ASSETS less current liabilities		3,540	-	3,540	-
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		3,540	-	3,540	-
Funds of the Charity					
General Funds		3,540	-	3,540	-
Restricted Funds	5	-	-	-	-
Total Funds		3,540	-	3,540	-

Approved by the Trustees on ... 8 September 2021

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala, Trustee of You Okay, Doc?

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2021**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2021**

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2021 : None

31st March 2020 : None

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2021

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2019/20 £
a) Donations, Grants & Legacies				
Gifts & Donations	43,167	-	43,167	-
	43,167	-	43,167	-

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2019/20 £
a) Cost of Charitable Activities				
Bank Charges	186	-	186	-
Consultancy Fees	37,741	-	37,741	-
Speakers Costs	1,200	-	1,200	-
	39,127	-	39,127	-

b) Governance Costs

Independent Examiners Fees	9	500	-	500	-
		500	-	500	-

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2021

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-21 £	Total 31-Mar-20 £
Cash at Bank & in Hand	7,056	-	7,056	-
	7,056	-	7,056	-

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-21 £	Total 31-Mar-20 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-21 £	Total 31-Mar-20 £
Sundry Creditors	3,016	-	3,016	-
Independent Examiners Fees	500	-	500	-
	3,516	-	3,516	-

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2021**

11. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

12. TRUSTEES AND OTHER RELATED PARTIES

The Charity incurred Consultancy Costs totalling £12,856 relating to pre-registered activity for which Trustee Mr Daniel Gearon had paid and settled in full. During the financial year Trustee Mr Daniel received £9,840 in reimbursed expenses for the Consultancy Costs incurred by the Charity during the pre-registered activity in furthering the Charity's objects. An additional amount of £3,016 is currently outstanding to Trustee Mr Daniel Gearon and this amount appears as a liability as at 31st March 2021.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

13. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

YOU OKAY, DOC?
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of You Okay, Doc? on the accounts for the year ended 31st March 2021 set out on pages 5 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

W.M Hall LLB
Castle View Accounting Ltd
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Unit 16, Tarrant Street
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West Sussex
BN18 9JF



Date: 10th September 2021