

**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)

**CONTENTS**

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**

<b>CHARITY NUMBER</b>	1184832
<b>DATE OF REGISTRATION</b>	9th August 2019
<b>START OF FINANCIAL YEAR</b>	1st April 2022
<b>END OF FINANCIAL YEAR</b>	31st March 2023
<b>TRUSTEES AT 31ST MARCH 2023</b>	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)
<b>LEGAL STATUS</b>	Charitable Incorporated Organisation
<b>GOVERNING INSTRUMENT</b>	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.

<b>CORRESPONDENCE ADDRESS</b>	87 The Belvedere Homerton Street Cambridge CB2 0NU
-------------------------------	---

<b>PRIMARY BANKERS</b>	Barclays Bank Plc 1 Churchill Place London E14 5HP
------------------------	---

<b>INDEPENDENT EXAMINERS</b>	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS
------------------------------	--

**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**

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

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**

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

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 £
<b>a) Donations, Grants &amp; Legacies</b>				
Gifts & Donations	11,252	-	11,252	55,276
	<b>11,252</b>	<b>-</b>	<b>11,252</b>	<b>55,276</b>
<b>b) Activities for Generating Funds</b>				
Fundraising Event	-	-	-	17,221
	<b>-</b>	<b>-</b>	<b>-</b>	<b>17,221</b>
<b>c) Investment Income</b>				
Interest	-	-	-	-
	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>d) Other Incoming Resources</b>				
Sundry Income	1,573	-	1,573	1,500
	<b>1,573</b>	<b>-</b>	<b>1,573</b>	<b>1,500</b>

# 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 £
<b>a) Cost of Charitable Activities</b>					
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
		<b>34,603</b>	<b>-</b>	<b>34,603</b>	<b>51,260</b>
<b>b) Governance Costs</b>					
Independent Examiners Fees	9	700	-	700	600
Legal & Professional Fees		-	-	-	660
		<b>700</b>	<b>-</b>	<b>700</b>	<b>1,260</b>

**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
	<b>3,839</b>	<b>-</b>	<b>3,839</b>	<b>25,617</b>

**8. DEBTORS AND PREPAYMENTS**

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-23 £	Total 31-Mar-22 £
Sundry Debtors	-	-	-	-
	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

**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	-
	<b>1,300</b>	<b>-</b>	<b>1,300</b>	<b>600</b>

**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	-	-	-	-
	<b>2,539</b>	<b>-</b>	<b>2,539</b>	<b>25,017</b>

**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