

BEDER  
(CIO)

Report and Financial Statements  
Year Ended 31 March 2024

Registered Charity Number : 1187475  
CIO : CE020383

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**Beder  
(CIO)  
Trustees' Report for the year ended 31 March 2024**

## **Trustees Report**

The Trustees are pleased to present their report together with the financial statements of the charity and its subsidiary company for the year ended 31 March 2024.

The financial statements comply with the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

### **Reference and administrative details**

Registered Charity No: 1187475  
CIO No: CE020383  
Registered in England and Wales  
Registered Address : 2 Amity Grove, Flat 2, London, SW20 0LJ

### **Trustees**

The trustees who served during the year and since the year end date are:

Yahya Mirjan  
Fiona Angel  
Nicholas Couchman  
Abdul Razzak Mirjan  
Farah Mirjan

### **Independent Examiner**

Miranda Ludden  
56 Newlands Park  
London  
SE26 5NE

### **Bankers**

Metro Bank  
Southampton Row  
London  
WC1B, 5HA

## **Beder**

## **(CIO)**

## **Trustees' Report for the year ended 31 March 2024 (cont'd)**

### **Beder Mirjan Limited (Company number : 11958311)**

Beder Mirjan Limited is a wholly-owned subsidiary of Beder (CIO). The subsidiary was dissolved during the year and all activities now take place in the charity.

## **Structure, Governance and Management**

### **Governing Document**

Beder was formed and registered as a Charitable Incorporated Organisation in January 2020 and is governed by its constitution dated 20<sup>th</sup> January 2020 and updated on 14<sup>th</sup> January 2021. It was established with a mission to prevent suicide and preserve and protect the mental health of young people and adults in particular through partnering and supporting mental health and suicide prevention charities in the UK. It also works to provide opportunities to increase awareness of mental health issues with young people and adults in the UK through joint initiatives.

### **Organisation**

The charity is administered by a board of trustees, who meet quarterly.

### **Appointment of Trustees**

Any proposed trustee appointments are put forward by a member of the board of trustees for consideration during a trustee meeting. Each proposed trustee is approved or declined by the majority of the board of trustees. Upon the board of trustees approving a trustee appointment then the appointee is offered the appointment as a trustee of Beder.

### **Trustee Induction and Training**

We encourage trustees to independently undertake any mental health and suicide prevention training such as the Mental Health First Aid training courses.

### **Objectives and Activities**

Beder was set up as a legacy to 18 year old Beder Mirjan, who sadly passed away after taking his own life in April 2017.

The main aim of Beder is to softly raise awareness around the topics of mental health and suicide prevention. Beder wants to overcome the fear and stigma surrounding these important societal issues to help ensure those suffering with their mental health realise that they are not alone and there is always support surrounding them so that taking their own life is not the only option.

Beder organises a range of in-person events and initiatives to help raise awareness around mental health and suicide prevention in addition to their service of providing free access to therapy via Beder Therapy Vouchers.

We feel Beder, as a charity, is certainly growing in the right direction as the Beder community continues to expand and provide a platform for us all to play our part in raising awareness around these important societal issues.

### **Significant activities – 1 APRIL 2023 to 31 MARCH 2024**

#### **The Beder Cup, AFC Wimbledon – Monday 8 May 2023**

We organized The Beder Cup which was a 5 a-side football tournament at Plough Lane, AFC Wimbledon.

**Beder**

**(CIO)**

**Trustees' Report for the year ended 31 March 2024 (cont'd)**

It was a great success bringing 16 teams and more than 150 people together at AFC Wimbledon's stadium, Plough Lane, whilst raising over £1,000 for Beder.

**The BigGive, Kind2Mind – May 2023**

Beder launched a fundraising campaign with The Big Give with the aim of raising £5,000 between 15 – 22 May 2024 and, if this target was achieved, it would be doubled by The Big Give. We were able to raise £13,305 which equates to Beder offering over 165 therapy sessions.

**Beder FC v Fulham Foundation XI at Craven Cottage – May 2023**

Beder FC reached new heights as we played a special charity football match against Fulham FC Foundation at Craven Cottage. We had a full Beder FC squad and ex-Fulham player, Kevin Betsy, playing for us.

**Beder FC v Team Harvey – 20 August 2023**

Beder FC started its new season in style with some Premier League legends and football's finest content creators representing Beder FC as we won 5-4 in a thrilling match against Team Harvey at Meadowbank Stadium in Dorking.

The Beder FC squad included the likes of Wayne Routledge, Chris Eagles, Marvin Sordell, Matthew Briggs, Simon Church, A Star Barber, Mayowa Quadri and Zayn Farooqui.

**Beder x QPR**

Beder was honoured to be chosen as the match day charity for QPR v Blackburn ahead of World Mental Health Day as it continues to build our relationship with the club who remain incredibly supportive.

**New Ambassador: Ali Al Hamadi**

Ali Al-Hamadi is a professional footballer who played for AFC Wimbledon when he came on board as an ambassador and the Iraqi national team but he has since moved to Ipswich Town and plays in the Premier League.

Ali truly cares about raising awareness around mental health and suicide prevention having lost people close to him so intends to use his platform to inspire others whilst showing it's ok to talk about the importance of looking after your mental health.

He has a very engaged social following and videos which we filmed with him have hit 457k, 208k and 168k views which is incredible for Beder's visibility.

**Concert for Mental Health – 8 February 2024**

Beder hosted a special concert with Zak Abel, Billy Lockett, Sonny Tennet and Ethan Hodges in London as it saw over 600 people come together, through the power of music, for an unforgettable evening raising over £8,000. Beder's objectives are to challenge the stigma surrounding mental health and suicide prevention, stimulate a dialogue to softly raise awareness and provide a platform for us all to play our part in normalising the conversation around these important societal issues.

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**Beder**

**(CIO)**

**Trustees' Report for the year ended 31 March 2024 (cont'd)**

Beder looks to keep leading the way collaboratively, build meaningful and authentic relationships with our partners and supporters whilst creating greater accessibility to information and opportunities to promote self-care and manage our mental health.

Beder strives for its work to have genuine, long term and sustainable impact. We believe that initiating conversations and creating safe spaces where a range of perspectives and experiences can be heard is key to this.

Beder prioritises taking a soft-touch approach to raising awareness, with empathy at the forefront of everything we do. We want to help make talking about what is on your mind less daunting and overwhelming.

**Statement of Public benefit**

The objectives of the charity and the activities undertaken to meet those objectives are for the public benefit. The Trustees have given due regard to the guidance published by the Charity Commission on public benefit.

**Financial Review**

The charity and trading subsidiary company together produced a surplus for the year of £10,276 (2023: £16,434). All funds of the charity are unrestricted.

**Investment Powers**

Under the Memorandum and Articles of Association, the charity has the power to make any investment which the trustees see fit.

The trustees are looking to build reserves within the charity to provide a stable financial base to support future activities and so the charity funds are kept in an instant access cash account.

**Reserves Policy**


Charity Commission guidance requires trustees to consider the need for a charity to maintain reserves. Free reserves are defined by the Charity Commission as funds which are neither restricted nor designated and which are not tied up in fixed assets necessary for operations.

At 31 March 2024, the group free reserves were £98,884 (2023 : £88,608).

At this stage of development of the charity the trustees are looking to build the charity's reserves in order to ensure that the important work of the charity is sustainable and have therefore not yet developed a reserves policy.

On behalf of the Board

DocuSigned by:

  
A940F594132A45B...

**Razzak Mirjan**

**Trustee**

Date: 29th January 2025

# Independent Examiners Report to the Trustees of Beder

On accounts for the year ended

31 March 2024

Charity no

1187475

Set out on pages

8 to 12

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2024**.

**Responsibilities and basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the which gives me cause to believe that in, any material respect:

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 29/01/2025

Name: Miranda Ludden

**Relevant professional qualification(s) or body (if any):**

CIMA

Address:

56 Newlands Park

London, SE26 5NE

## Beder (CIO)

### Statement of Financial Activities For the year ended 31 March 2024

	Notes	Total Unrestricted Funds 2024	Total Unrestricted Funds 2023
		£	£
<b>Income and Endowments from:</b>			
Donations and Legacies	2	55,288	82,492
Charitable Activities	3	7,633	8,092
Other Trading Activities	4	16,457	11,831
<b>Total</b>		<b>79,378</b>	<b>102,415</b>
<b>Expenditure on:</b>			
Raising Funds	5	12,862	893
Charitable Activities	6	56,240	85,158
<b>Total</b>		<b>69,102</b>	<b>110,418</b>
<b>Net income / (expenditure)</b>		<b>10,276</b>	<b>16,434</b>
<b>Net movement in Funds</b>		<b>10,276</b>	<b>16,434</b>
<b>Reconciliation of funds:</b>			
Total funds brought forward		88,608	72,174
<b>Total funds carried forward</b>		<b>98,884</b>	<b>88,608</b>

All gains and losses recognised in the year are included in the statement of financial activities above.

All incoming and expenditure derive from continuing activities.

The notes form part of the financial statements.

Beder  
(CIO)

Balance Sheet at 31 March 2024

	Notes	2024 £	2023 £
<b>Fixed assets</b>			
Investment in subsidiary company	10	-	1
Total Fixed Assets		-	1
<b>Current assets</b>			
Debtors	11	341	2,533
Cash at bank and in hand		99,478	93,896
Total Current Assets		99,819	96,429
<b>Creditors: amounts falling due within one year</b>	12	(935)	(7,822)
<b>Net current assets</b>		98,884	88,607
<b>Total net assets</b>		98,884	88,608
The funds of the charity			
Unrestricted funds		98,884	88,608
		98,884	88,608

The financial statements were approved by the Board, authorised for issue and signed on their behalf by

Razzak Mirjan  
Trustee

DocuSigned by:  
*Razzak Mirjan*  
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Date : 29/1/2025

Beder (CIO)  
Registered Charity Number : 1187475  
CIO : CE020383

**Beder  
(CIO)**

## **Notes to the Financial Statements**

For the year ended 31 March 2024

### **1 Accounting policies**

#### **Basis of Preparation and assessment of going concern**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Financial Statements have been prepared under the historical cost convention.

The Charity constitutes a public benefit entity as defined by FRS 102.

The presentation currency of the financial statements is £ sterling and the amounts are rounded to the nearest £.

#### **Income**

Income is recognised in the period in which the charitable group is entitled to receipt and the amount can be measured with reasonable certainty. Income is deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the Income is to be expended in a future period.

Where applicable income is stated after trade discounts and net of VAT.

Grants from the government and other agencies have been included as Income from Charitable Activities in furtherance of the charity's objects where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use.

#### **Expenditure**

All expenditure is provided in the financial statements on an accruals basis where appropriate and material. Expenditure is allocated directly to the activities to which it relates where possible. The group allocates its management and administration costs to activities on a basis consistent with the use of resources.

#### **Debtors**

Short term debtors are measured at transaction price, less any impairment losses.

#### **Creditors**

Short term creditors are measured at transaction price.

**Beder****(CIO)****Notes forming part of the financial statements for the year ended 31<sup>st</sup> Mar 2024 (cont'd)****Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for a particular restricted purpose.

**Judgements, Estimates and Assumptions.**

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for revenues and expenses during the period. The nature of estimation means the actual outcomes could differ from those estimates. There are no judgments that have a significant effect on the amounts recognised in the financial statements.

**2 Income from Donations and Legacies**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Donations	52,288	82,492
<b>Total</b>	<b>52,288</b>	<b>82,492</b>

**3 Income from Charitable Activities**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Book Income	912	7,567
Beder FC income	6,720	525
<b>Total</b>	<b>7,633</b>	<b>8,092</b>

**4 Income from other Trading Activities**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Merchandise Sales	6,246	9,273
Concert Ticket Income	10,211	2,559
	<b>16,457</b>	<b>11,831</b>

**5 Costs of Raising Funds**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Cost of Goods Sold	3,075	-
Wix & Stripe fees	436	823
Fundraising Events Costs	9,350	-
<b>Total</b>	<b>12,862</b>	<b>823</b>

**6 Charitable expenditure**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Digital Engagement	6,650	31,862
Cookbook costs	1,384	30,462
Football Costs	9,055	20,207
Grants to Organisations	9,205	553
Support Costs (note 7)	6,506	2,074
<b>Total</b>	<b>56,240</b>	<b>85,158</b>

**Beder  
(CIO)****Notes forming part of the financial statements for the year ended 31<sup>st</sup> Mar 2024 (cont'd)****7 Support costs**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Accountancy	-	67
Bank Fees	83	280
Postage, Freight & Courier	1,575	150
General Expenses	1,349	1,023
Insurance	165	-
IT Software and Consumables	2,234	54
Governance costs – Independent examination	300	300
Governance costs – Other	8	-
Travel	603	200
<b>Total</b>	<b>6,506</b>	<b>2,074</b>

**8 Staff costs**

There were no employees during 2024 or 2023

**9 Net income for the year**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Net income is stated after charging:		
Independent Examiner's Fee	300	300

**10 Investments**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Beder Mirjan Limited	-	1

**11 Debtors**

	<b>Charity 2024</b>	<b>Charity 2023</b>
	<b>£</b>	<b>£</b>
Due within 1 year		
Prepayments	-	1,466
Taxes & social security	341	1,067
	<b>341</b>	<b>2,533</b>

**12 Creditors: amounts falling due within one year**

	<b>Charity 2024</b>	<b>Charity 2023</b>
	<b>£</b>	<b>£</b>
Trade creditors	65	3,641
Due to subsidiary takings	-	3,630
Accruals & deferred income	850	550
Other creditors	20	1
	<b>935</b>	<b>7,822</b>

**13 Controlling Party**

The company is controlled by the board of trustees.

**14 Related Party Transactions**

There were no related party transactions in the year 31 March 2024 (2023: Nil)