



YOUNG MINDS MATTER

ANNUAL REPORT
AND STATEMENT OF ACCOUNTS

FOR THE YEAR ENDED 31ST AUGUST
2022

CHARITY REGISTRATION NUMBER
1187987

YOUNG MINDS MATTER
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FOR THE YEAR ENDED 31ST AUGUST 2022

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LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER 1187987

START OF FINANCIAL YEAR 1 September 2021

END OF FINANCIAL YEAR 31 August 2022

TRUSTEES AT 31 AUGUST 2022

Susan Carol Roberts (Chair) Appointed 9 August 2019

Dr. John Jackson Appointed 17 September 2020 (resigned 3rd April 2023)

Harriet Stevens Appointed 23 November 2020

Natalie Dowsett Appointed 06 September 2021

The existing trustees appoint any new trustees following the provisions laid out in the CIO's governing instrument.

GOVERNING INSTRUMENT CIO - Foundation

REGISTRATION DATE 17th February 2020

OBJECTS

To act as a resource for young people by providing advice and assistance and organizing programmes of educational and other activities as a means of: (A) advancing in life and helping young people by developing their skills, capacities, and capabilities to enable them to participate in society as independent, mature, and responsible individuals; (B) advancing education, particularly social and emotional learning.

REGISTERED ADDRESS 1 Bryon Road
Stratford-upon-Avon
CV37 7JP

PRIMARY BANKERS Natwest Bank Plc
Leicester Customer Service Centre
Bede House, 11 Western Boulevard
Leicester
LE2 7EJ

YOUNG MINDS MATTER
TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST AUGUST 2022

TRUSTEES REPORT

The Trustees of Young Minds Matter present their annual report and financial statements for the year ended 31st August 2022 under the Charities Act 2011 and the Companies Act 2006. The Trustees are satisfied to the best of their knowledge that these statements comply with the current statutory requirements and are in accordance with the Charity Commissions Statement of Recommended Practice SORP 2015.

BACKGROUND

Young Minds Matter began in 2017 by way of a charity concert, with the aim of not only showcasing the musical talents of 70 talented young people, but also to raise awareness of mental health in young people and to bring to the audience some inspirational speakers. Spurred on by the £37,100 raised at this concert as well as incredibly positive feedback, another successful concert was held in 2019.

Following the 2019 concert Young Minds Matter became a registered charity. Our mentoring service was originally launched in 2019, with experienced mentors at local secondary schools. Young Minds Matter offer free 1:1 mentoring which helps young people to develop resilience and build self-esteem and confidence as well as offering guidance in a non-judgemental manner.

OBJECTIVES AND ACTIVITIES

The objectives of Young Minds Matter are as follows:

1. To act as a free resource for schools by offering young people guidance and support in the form of 1:1 mentoring in schools as a means of helping young people to develop life skills and capabilities to enable them to fulfil their potential.
2. To raise awareness and funds for young people's mental health by utilizing music and the arts in fundraising concerts, showcasing young talent and engaging and encouraging young people in our activities in order to build confidence and self-worth and further develop their skills and experience.
3. To widen our support network for young people to additional schools and other associated educational establishments.

The objectives are reviewed each year to ensure that they continue to reflect our aims.

ACHIEVEMENTS AND PERFORMANCE

1. Through our 1:1 mentoring service, young people are gaining and/or restoring their self-esteem and confidence and as a result are less anxious or angry and are more motivated and focused. This benefits the families and school staff who are then relieved of pressures, setbacks in academic and social development, and anxieties they have been experiencing before mentoring. Such is the quality of the service that we provide that we now have waiting lists of students in all our schools as well as a waiting list of new schools.
2. We stage fundraising concerts showcasing young talent and raising awareness of mental health in young people. As a result, Young Minds Matter is driving further funds into improving young people's mental health as well as helping to remove the stigma.
3. Through our activities in schools engaging and enthusing young people (for example with our Young Ambassadors initiative) we are helping to create and build resilience, independence, confidence and motivation to inspire creativity, a sense of responsibility and purpose and ultimately achievement for all young people.

During this year:

- Expanded our 1:1 mentoring scheme in local schools.
- Sourced and built relationships with other schools in the county in order to further our mentoring offering.
- Secured funding through grants, trusts and foundations.
- Initiated our own fundraising events, including four teenagers swimming the channel on behalf of Young Minds Matter, raising £15,000. This channel swim team has now been shortlisted as finalists in the fundraiser category for the BBC Make a Difference Awards.
- In addition, 10 young people ran the London Landmarks Half Marathon on behalf of Young Minds Matter and raised just under £10,000.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

YMM is a Charitable Incorporated Organisation CIO governed by a Constitution created in November 2019.

Organisational Structure

Day to day control and management of the administration of the Charity Trust is through the Trustees and volunteers. The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

- to exercise his or her powers and perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith would be most likely to further the purposes of the CIO.
- to exercise in the performance of those functions such care and skill as is reasonable in the circumstances, having regard in particular to any special knowledge or experience that he or she has.

The selection criteria for Trustees are based on expertise and need, whereby the mix of skills and expertise (including legal and financial) on the Board are to be sufficient for the size and scope of the charity. Expertise is to be bought in as necessary to deal with emerging issues.

Statement of Responsibilities

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Internal Controls

As part of their continuing responsibility the Trustees have endeavoured to ensure that reasonable internal control procedures are in place as appropriate for the development of the Charity. They include:

- Approval of Policies and other governance documentation relating to the new charity
- Annual budgets approved by the Trustees and reviewed on a regular basis
- Management information reports issued on a regular basis including income and expenses and monitoring of reserves

Risk management

A formal risk management process to assess business risks has been established in 2020/21, to allow periodic review of the risk register and associated action log.

Use of Volunteers

Volunteers are an important resource in Young Minds Matter. Excluding trustees who give their time freely, we have volunteers who manage tasks including administration, website and graphic design and social media. We also have silent fundraisers who support our fund-raising events and also some of our Mentors in schools give their time voluntarily.

All our trustees give their time voluntarily. All those volunteers working with projects involving children or other vulnerable groups are DBS Enhanced Service checked.

Trustees' meetings

The Trustees meet monthly to discuss business throughout the period and to forward plan strategy and activities.

Financial Review

Income and Expenditure

Income

The Charity's principal stream of income is contributions from donations, grants and sponsorship supplemented by one-off gifts from individuals, organisations and Gift Aid, along with our own fundraising efforts.

Our aim is that our regular income will further increase and will allow us to expand our service and also strengthen our support staff.

Expenditure

Due to our increased income we have been able to recruit a part-time administrative assistant.

Reserves Policy

The Trustees have reviewed the reserves of the charity. The policy is to hold enough funds to

meet six months operating costs of the Charity and of our mentoring in schools' programmes.

Investment Policy

The charity currently has no long-term investments. Our cash reserves are held in our bank account.

Financial Report

The financial statements for the period ended 31st August 2022 comply with statutory requirements and the requirements of the charity's governing instruments and include any other additional information required by law. They are presented in the format required for charity accounts in accordance with the Statement of Recommended Practice "Accounting by Charities" (SORP 2005). The charity is not a connected charity within the meaning defined in the Statement of Recommended Practice (SORP 2005).

Responsibilities of Trustees

Charity law requires the Board of 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 its incoming resources and resources expended for the period. In preparing those financial statements, the Board of Trustees should follow best practice and are required to:

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent
- comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on an going concern basis unless it is inappropriate to presume that charity will continue in operation

The Board of Trustees is responsible for maintaining 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 1993. 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 and to provide reasonable assurance that:

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for

publication is reliable

- the charity complies with relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees: 29-06-23

Signed on their behalf by Trustee

A handwritten signature in black ink, appearing to be 'SC Roberts', written over a horizontal line.

Printed Name: Susan Carol Roberts (Chair)

STATEMENT OF RECEIPTS AND PAYMENTS

FOR THE YEAR ENDED 31ST AUGUST 2022

	Notes	Unrestricted funds £	Restricted Funds £	Total Sep 21-Aug 22 £	Previous accounting year £
RECEIPTS					
Donations and Legacies	3a	28,694		28,694	9,474
Charitable Activities	3b				176
TOTAL RECIEPTS		28,694		28,694	9,650
Cost of Fundraising	4	8,610		8,610	
Costs of Charitable Activities	5	15,854		15,854	18,793
TOTAL PAYMENTS		24,464		24,464	18,793
NET INCOMING/(OUTGOING)		4,230		4,230	(9,143)
TRANSFERS BETWEEN FUNDS					
RECONCILATION OF FUNDS:					
Balances Brought Forward		9,061		9,061	
BALANCES CARRIED FORWARD		13,291		13,291	9,061

STATEMENT OF ASSETS AND LIABILITIES
AS AT 31 AUGUST 2022

	Unrestricted funds £	Restricted Funds £	Total Sep 21-Aug 22 £	Previous accounting year £
Cash Funds:				
Current Accounts	13,290		13,290	9,061
NET ASSETS	13,290		13,290	9,061
Represented by:				
General Funds	13,290		13,290	
Restricted Funds				
LIABILITIES	0		0	0

TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 2011. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities which are set out on the pages above.

Approved by the Trustees on 29-06-23

Signed on their behalf by Trustee



Printed Name: Susan Carol Roberts (Chair)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST 2022

1. BASIS OF ACCOUNTING

The accounts have been prepared under the "Receipts and Payments" basis as prescribed by the Charity Commissioners, and they meet the appropriate legal requirements.

The CIO 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 an ongoing concern basis. The trustees consider that there are no material uncertainties about the CIO's ability to continue as an ongoing concern.

Fund Accounting

Funds held by the CIO are either:

1. Unrestricted Funds

These are funds which can be used in accordance with the CIO's objectives, at the discretion of the trustees.

2. Designated funds

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

3. Restricted Funds

These are funds that can only be used for particular restricted purposes within the objects of the CIO.

Incoming Resources

All income is included in the accounts when actually received by the CIO.

Resources Expended

Resources expended are recognised when paid by the CIO.

2. TANGIBLE FIXED ASSETS

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

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST 2022

3. RECEIPTS

	Unrestricted funds £	Restricted Funds £	Total Sep 21-Aug 22 £	Previous accounting year £
a) Donations and Legacies				
Donations	14,947		14,947	9,474
Grants	5,000		5,000	
Sponsor	4,000		4,000	
b) Incoming from Charitable Activities				
Other Income				176

4. PAYMENTS

	Unrestricted funds £	Restricted Funds £	Total Sep 21-Aug 22 £	Previous accounting year £
Costs of Charitable Activities				
Charity Restructure				10,180
DBS Checks	230		230	
Events	8,610		8,610	1,000
Insurance	544		544	684
IT Equipment / Software				748
Licenses & Subscriptions	889		889	35
Other	1,585		1,585	2,284
Staff Costs:				
Wages & Salaries	11,815			3,120
PAYE/NI Contributions				
Pension Contributions				
Other Staff Costs	280		280	742
Legal & Professional Fees	510		510	
TOTAL PAYMENTS	24,464		24,464	18,793
NOTE: The charity was restructured during the 2020-21 financial year and the assets were split between two charities, Young Minds Matter and ARKS UK. Young Minds Matter retained £7,616 of the combined assets as at September 2020. This is reflected within the financial statements within this report.				

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST 2022

5. STAFF COSTS AND NUMBERS

	Total Sep 21-Aug 22 £	Total Sep 20-Aug 21 £
Costs of Charitable Activities		
Gross Wages & Salaries	11,815	3,120
Employer's National Insurance Costs Employer's Pension Contributions	0	0
	11,815	3,120

The charity operates a PAYE scheme to pay all employed members of staff and no employees received emoluments in excess of £60,000.

6. 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.

7. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the 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.

8. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the size and the level of financial commitments held. The Trustees aim to ensure the charity 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.

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST 2022

9. PUBLIC BENEFIT

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity 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 charity should undertake.