

# MY DISCOMBOBULATED BRAIN

England & Wales · Charity number 1189039

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-04-14

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

## Contact

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**Address** 30 Woodruff Way  
Thornhill  
Cardiff  
CF14 9FP

**Phone** 07816256756

**Email** [info@mydiscombobulatedbrain.com](mailto:info@mydiscombobulatedbrain.com)

**Website** <https://mydiscombobulatedbrain.com/>

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH THROUGH THE GATHERING AND SHARING OF INFORMATION; THE RUNNING OF DROP-IN SESSIONS AND PARTNERING WITH LIKE-MINDED CHARITIES AND INDIVIDUALS; PROMOTING SERVICES OFFERED BY LOCAL AND NATIONAL ORGANISATIONS BY RAISING AWARENESS VIA SOCIAL MEDIA PLATFORMS TO ENSURE THAT VULNERABLE AND AFFECTED INDIVIDUALS CAN ACCESS SERVICES DURING TIMES OF MENTAL DISTRESS; PROVIDING TRAINING AND EDUCATIONAL LITERATURE AND WORKSHOPS TO INCREASE AWARENESS AND VISIBILITY SURROUNDING MENTAL HEALTH PROBLEMS AND PROVIDING SUITABLE MATERIALS, SUPPORT NETWORKS AND GUIDANCE.

**Activities:** - running of drop-in sessions and partnering with like-minded charities, businesses, schools, sports clubs and individuals- promoting services offered by local and national organisations by raising awareness via social media platforms;- providing training and educational literature and workshops;

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-12-31	£4,212	£3,080	-	-
2024-12-31	£870	£5,857	-	-
2023-12-31	£13,398	£12,113	-	-
2022-12-31	£2,422	£13,597	-	-
2021-12-31	£22,014	£10,735	-	-

## Trustees

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Name	Role	Appointed
Charlotte Elizabeth Ross		2023-11-23
John Paul Lyons		2025-10-22
Mary Ann McDonagh		2024-03-26
Shaun Andrew Shaw		2024-03-26

**MY DISCOMBOBULATED BRAIN**

England & Wales - Charity number 1189039

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# Accounts

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# My Discombobulated Brain

Registered Charity, No: 1189039

## Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2025

### Trustees

Charlotte Ross

Joanne Norton

John Paul Lyons

Mary McDonagh

Shaun Shaw



**Trustees' Annual Report  
& Statement of Financial Activity  
for the Period Ended 31 December 2025**

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# Trustees Annual Report & Statement of Financial Activity for the Period Ended 31 December 2025

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## 1 Reference and Administration Details

### 1.1 My Discombobulated Brain 1189039

The charity is a Charitable Incorporated Organisation, registration no: 1189039, registered with the Charity Commission on 14 April 2020.

The charity is registered with HM Revenue & Customs.

### 1.2 Charity's Address

30 Woodruff Way, Thornhill, CARDIFF, CF14 9FP

e-mail: [info@mydiscombobulatedbrain.com](mailto:info@mydiscombobulatedbrain.com)

website: [mydiscombobulatedbrain.com](http://mydiscombobulatedbrain.com)

### 1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>	<i>Resigned</i>
Joanne Norton	Chair	23 April 2021	
Mary McDonagh	Treasurer	26 March 2024	
Rogan Allport		14 April 2020	28 May 2025
Charlotte Ross		22 November 2023	
Shaun Shaw		26 March 2024	
John Paul Lyons		22 October 2025	

### 1.4 Names of Advisors & Senior Members of Staff

Laura Jane Dernie, Founder and CEO

### 1.5 Bank

NatWest Bank, Caerphilly Branch, 19 Cardiff Road, Caerphilly, CF83 1WF

## 2 Structure, Governance & Management

### 2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations.

### 2.2 Charitable Objects

As defined in My Discombobulated Brain's Constitution (Governing Document):

*The charity's objects ("objects") are:*

*For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and*

*workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.*

## **2.3 Trustee Selection Methods**

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing trustees due consideration is given to ensuring that the trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

# **3 Activities**

## **3.1 Statutory Declaration**

The Trustees of My Discombobulated Brain confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

# **4 Achievements & Performance**

## **4.1 Outputs and Outcomes for the Charity's Beneficiaries**

For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.

Laura Jane Dernie was prompted to set up the charity following her personal experience watching someone she loved go through mental health issues and the stigma that goes alongside it.

The CEO is furthering the charitable purposes with the following projects:

- A Podcast which discusses mental health issues and interviews people on their approach to mental wellness
- Focussed talks to schools and business to raise mental health awareness and combat stigma of this disability.
- A geo-location App for diversification into other sectors and organisations.
- Official Wellbeing Partner with Found Festival and working with other festivals and events including Pride in Roath and Theatre Café to provide attendees with mental health support.
- Partnerships with New Wave Wrestling to make the events and the sport accessible for all and highlight the charity's purpose.
- Working with high profile ambassadors who support the charity's work and mission.

These are currently delivered by the charity's founder with the support of the trustees, using their own links and networks. As the charity scales up, further volunteer opportunities will be investigated as well as, eventually, employing individuals, in particular the CEO.

## 4.2 How the Public Have Benefitted

All the activities noted above are for the public benefit with regards to the preservation and protection of good mental health, in line with the Charity's Objects.

## 4.3 Contributing to Activities Run by Other Organisations

The Charity did not contribute to activities run by other organisations during the period.

## 4.4 Trustee Development

Trustees are encouraged to participate in development opportunities as and when appropriate.

# 5 Financial Review

## 5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

## 5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time new and innovative projects on a pilot basis to ascertain the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

## 5.3 Principal Sources of Funding and Outgoings

Principal sources of Funding include Grants, training support and Charitable Donations.

Principal Outgoings during the period included:

- IT & Website Costs;
- Office Space & Storage costs;
- Insurance;
- Advertising & Design Costs;
- Video Conferencing;
- Fundraising Platform Costs;
- Project costs

## 5.4 Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses, necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity, are reimbursed at cost.

## 5.5 Financial Status

Though modest, My Discombobulated Brain's current resources from unrestricted donations and grants are sufficient to meet its outgoings for at least the next year.

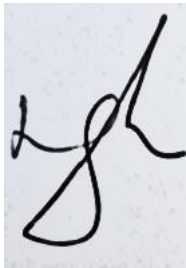
All the indications are that this will remain the case for the foreseeable future.

## 5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement;
- ✓ The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO;

Approved by the Trustees and signed on their behalf,



Name and Position: M McDonagh Trustee

Date: 04X/02/2026

## 6 Statement of Financial Activity

### 6.1 Receipts & Payments Accounts & Independent Examiner's Report on the Accounts

As the Charity's gross income is less than £25,000 for the period, and as the charity is not incorporated under the Companies Act, there is no requirement for independent examination of the Accounts.

## 6.2 Receipts & Payments Accounts for the Period Ended 31 December 2025

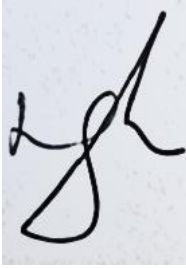
<b>Receipts and payments</b>					
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	<b>Total funds</b>	<b>Last year</b>
	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>
<b>Receipts</b>					
Grants	-	-	-	-	-
Training	4,000	-	-	4,000	750
Fundraising	212	-	-	212	120
<b>Sub total</b>	<b>4,212</b>	<b>-</b>	<b>-</b>	<b>4,212</b>	<b>870</b>
<b>Asset and investment sales</b>					
NIL	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,212</b>	<b>-</b>	<b>-</b>	<b>4,212</b>	<b>870</b>
<b>Payments</b>					
Project Management	-	-	-	-	-
Office Rental	112	-	-	112	112
Training	250	-	-	250	250
Insurance	283	-	-	283	283
IT & Website	577	-	-	577	577
Printing and Stationary	37	-	-	37	-
Other costs	47	-	-	47	47
Event costs	824	-	-	824	824
Advertising and Design	950	-	-	950	950
<b>Sub total</b>	<b>3,080</b>	<b>-</b>	<b>-</b>	<b>3,080</b>	<b>5,857</b>
<b>Asset and investment purchases</b>					
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>3,080</b>	<b>-</b>	<b>-</b>	<b>3,080</b>	<b>5,857</b>
<b>Net of receipts/(payments)</b>	<b>1,132</b>	<b>-</b>	<b>-</b>	<b>1,132</b>	<b>- 4,987</b>
Transfers between funds	-	-	-	-	-
Cash funds last year end	2,199	-	-	2,199	7,186
<b>Cash funds this year end</b>	<b>3,331</b>	<b>-</b>	<b>-</b>	<b>3,331</b>	<b>2,199</b>

<b>Statement of assets and liabilities at the end of the period</b>					
<b>Categories</b>	<b>Details</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
		<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>	
<b>Cash funds</b>	Bank Account	3,331	-	-	
		-	-	-	
		-	-	-	
	<b>Total cash funds</b>	<b>3,331</b>	<b>-</b>	<b>-</b>	
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
		<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>	
<b>Other monetary assets</b>	NIL	-	-	-	
		<b>Fund to which asset belongs</b>	<b>Cost</b>	<b>Current value</b>	
<b>Investment assets</b>	NIL	-	-	-	
		<b>Fund to which asset belongs</b>	<b>Cost</b>	<b>Current value</b>	
<b>Assets retained for the charity's own use</b>	NIL	-	-	-	
		<b>Fund to which liability relates</b>	<b>Amount due</b>	<b>When due (optional)</b>	
<b>Liabilities</b>	NIL	-	-	-	

### 6.3 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees.

A handwritten signature in black ink, appearing to be 'M McDonagh', written on a light-colored background.

Name and Position: Mary McDonagh Trustee

Date: 04/02/2026

### 6.4 Notes to the Accounts

- a) Accounting Policies  
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses  
Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.  
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees  
No trustee receives any payments for the services they provide to the charity.  
In the current financial year the charity employed no staff or external contractors.
- d) Fixed Assets  
The charity has not purchased or disposed of any fixed assets in the financial year.
- e) Creditors & Debtors  
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statements are reported as outstanding creditors or debtors, respectively.
- f) Rounding Discrepancies  
All amounts are recorded to the penny, but in these accounts are shown as rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

**MY DISCOMBOBULATED BRAIN**

England & Wales - Charity number 1189039

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# Accounts

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# My Discombobulated Brain

Registered Charity, No: 1189039

## Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2024

### Trustees

Rogan Allport

Charlotte Ross

Joanne Norton

Mary McDonagh

Shaun Shaw



**Trustees' Annual Report  
& Statement of Financial Activity  
for the Period Ended 31 December 2024**

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## 1 Reference and Administration Details

### 1.1 My Discombobulated Brain 1189039

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e-mail: [info@mydiscombobulatedbrain.com](mailto:info@mydiscombobulatedbrain.com)

website: [mydiscombobulatedbrain.com](http://mydiscombobulatedbrain.com)

### 1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>	<i>Resigned</i>
Joanne Norton	Chair	23 April 2021	
David Williams		14 April 2020	20 January 2022
Mary McDonagh	Treasurer	26 March 2024	
David Ainsworth		14 April 2020	01 June 2021
Rogan Allport		14 April 2020	
Hannah Stracy		14 April 2020	26 June 2020
Matthew Gallivan		14 April 2020	21 January 2021
Charlotte Hopkins		20 October 2020	20 October 2023
Charlotte Ross		22 November 2023	
Tom Hall		23 April 2021	23 April 2024
Shaun Shaw		26 March 2024	

### 1.4 Names of Advisors & Senior Members of Staff

Laura Jane Dernie, Founder and CEO

### 1.5 Bank

NatWest Bank, Caerphilly Branch, 19 Cardiff Road, Caerphilly, CF83 1WF

## 2 Structure, Governance & Management

### 2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations.

### 2.2 Charitable Objects

As defined in My Discombobulated Brain's Constitution (Governing Document):

*The charity's objects ("objects") are:*

*For the public benefit, the preservation and protection of good mental health through the gathering*

*and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.*

## **2.3 Trustee Selection Methods**

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing trustees due consideration is given to ensuring that the trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

# **3 Activities**

## **3.1 Statutory Declaration**

The Trustees of My Discombobulated Brain confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

# **4 Achievements & Performance**

## **4.1 Outputs and Outcomes for the Charity's Beneficiaries**

For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.

Laura Jane Dernie was prompted to set up the charity following her personal experience watching someone she loved go through mental health issues and the stigma that goes alongside it.

The CEO is furthering the charitable purposes with the following projects:

- A Podcast which discusses mental health issues and interviews people on their approach to mental wellness
- Lesson plans/lesson packs that are ready to be distributed to schools to help educate school children on critical aspects of mental health and awareness, discussing Mental Health, Stigma and related issues, in line with the national curriculum.
- A geo-location App for diversification into other sectors and organisations.
- Partnerships with organisations such as Newport County AFC to share the charity's purpose and offer support sessions.
- Working with Festivals providing wellbeing for festival goers as well as mental health support
- Working with businesses to provide Mental Health First Aid, Mental Health Awareness Training and supporting HR teams with these changes.

These are currently delivered by the charity's founder with the support of the trustees, using their own links and networks. As the charity scales up, further volunteer opportunities will be investigated as well as, eventually, employing individuals, in particular the CEO.

#### **4.2 How the Public Have Benefitted**

All the activities noted above are for the public benefit with regards to the preservation and protection of good mental health, in line with the Charity's Objects.

#### **4.3 Contributing to Activities Run by Other Organisations**

The Charity did not contribute to activities run by other organisations during the period.

#### **4.4 Trustee Development**

Trustees are encouraged to participate in development opportunities as and when appropriate.

### **5 Financial Review**

#### **5.1 Details of Any Funds Materially in Deficit**

The Charity has no funds which are materially in deficit.

#### **5.2 Policy on Reserves**

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time new and innovative projects on a pilot basis to ascertain the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

#### **5.3 Principal Sources of Funding and Outgoings**

Principal sources of Funding include Grants, training support and Charitable Donations.

Principal Outgoings during the period included:

- IT & Website Costs;
- Office Space & Storage costs;
- Insurance;
- Advertising & Design Costs;
- Video Conferencing;
- Fundraising Platform Costs;
- Project costs

#### **5.4 Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses, necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity, are reimbursed at cost.

## 5.5 Financial Status

Though modest, My Discombobulated Brain's current resources from unrestricted donations and grants are sufficient to meet its outgoings for at least the next year.

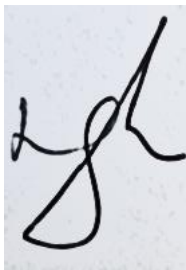
All the indications are that this will remain the case for the foreseeable future.

## 5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement;
- ✓ The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO;

Approved by the Trustees and signed on their behalf,



Name and Position: M McDonagh Trustee

Date: 15/05/2025

## 6 Statement of Financial Activity

### 6.1 Receipts & Payments Accounts Independent Examiner's Report on the Accounts

As the Charity's gross income is less than £25,000 for the period, and as the charity is not incorporated under the Companies Act, there is no requirement for independent examination of the Accounts.

## 6.2 Receipts & Payments Accounts for the Financial Period Ended 31 December 2024

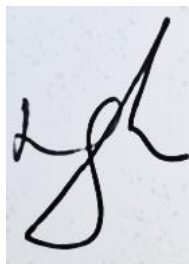
<b>Receipts and payments</b>					
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	<b>Total funds</b>	<b>Last year</b>
	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>
<b>Receipts</b>					
Grants	-	-	-	-	13,112
Training	750	-	-	750	-
Fundraising	120	-	-	120	286
<b>Sub total</b>	<b>870</b>	<b>-</b>	<b>-</b>	<b>870</b>	<b>13,398</b>
<b>Asset and investment sales</b>					
NIL	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>870</b>	<b>-</b>	<b>-</b>	<b>870</b>	<b>13,398</b>
<b>Payments</b>					
Project Management	1,236	-	-	1,236	7,599
Office Rental	1,473	-	-	1,473	1,057
Training	425	-	-	425	58
Insurance	270	-	-	270	270
IT & Website	679	-	-	679	1,252
Printing and Stationary	167	-	-	-	-
Other costs	141	-	-	141	911
Event costs	788	-	-	788	-
Advertising	678	-	-	678	966
<b>Sub total</b>	<b>5,857</b>	<b>-</b>	<b>-</b>	<b>5,857</b>	<b>12,113</b>
<b>Asset and investment purchases</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>5,857</b>	<b>-</b>	<b>-</b>	<b>5,857</b>	<b>12,113</b>
<b>Net of receipts/(payments)</b>	<b>- 4,987</b>	<b>-</b>	<b>-</b>	<b>- 4,987</b>	<b>1,285</b>
Transfers between funds	-	-	-	-	-
Cash funds last year end	7,186	-	-	7,186	5,901
<b>Cash funds this year end</b>	<b>2,199</b>	<b>-</b>	<b>-</b>	<b>2,199</b>	<b>7,186</b>

<b>Statement of assets and liabilities at the end of the period</b>				
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>Cash funds</b>	Bank Account	2,199	-	2,199
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>2,199</b>	<b>-</b>	<b>2,199</b>
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>Other monetary assets</b>	NIL	-	-	-
		Fund to which asset belongs	Cost	Current value
<b>Investment assets</b>	NIL		-	-
		Fund to which asset belongs	Cost	Current value
<b>Assets retained for the charity's own use</b>	NIL		-	-
		Fund to which liability relates	Amount due	When due
<b>Liabilities</b>	NIL		-	

### 6.3 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees.



Name and Position: Mary McDonagh Trustee

Date: 15/05/2025

### 6.4 Notes to the Accounts

- a) Accounting Policies  
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses  
Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.  
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees  
No trustee receives any payments for the services they provide to the charity.  
In the current financial year the charity employed no staff or external contractors.

- d) Fixed Assets  
The charity has not purchased or disposed of any fixed assets in the financial year.
- e) Creditors & Debtors  
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statements are reported as outstanding creditors or debtors, respectively.
- f) Rounding Discrepancies  
All amounts are recorded to the penny, but in these accounts are shown as rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

**MY DISCOMBOBULATED BRAIN**

England & Wales - Charity number 1189039

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# Accounts

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# My Discombobulated Brain

Registered Charity, No: 1189039

## Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2023

### Trustees

Rogan Allport

Charlotte Hopkins

Joanne Norton

Mary McDonagh

Shaun Shaw



# Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2023

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# Trustees Annual Report & Statement of Financial Activity for the Period Ended 31 December 2023

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## 1 Reference and Administration Details

### 1.1 My Discombobulated Brain 1189039

The charity is a Charitable Incorporated Organisation, registration no: 1189039, registered with the Charity Commission on 14 April 2020.

The charity is registered with HM Revenue & Customs.

### 1.2 Charity's Address

Welsh ICE, Ty Merlin, Caerphilly Business Park, Van Road, Caerphilly, CF83 3GS

e-mail: [info@mydiscombobulatedbrain.com](mailto:info@mydiscombobulatedbrain.com)

website: [mydiscombobulatedbrain.com](http://mydiscombobulatedbrain.com)

### 1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>	<i>Resigned</i>
Joanne Norton	Chair	23 April 2021	
David Williams		14 April 2020	20 January 2022
Mary McDonagh	Treasurer	26 March 2024	
David Ainsworth		14 April 2020	01 June 2021
Rogan Allport		14 April 2020	
Hannah Stracy		14 April 2020	26 June 2020
Matthew Gallivan		14 April 2020	21 January 2021
Charlotte Hopkins		20 October 2020	20 October 2023
Charlotte Ross		22 November 2023	
Tom Hall		23 April 2021	
Shaun Shaw		26 March 2024	

### 1.4 Names of Advisors & Senior Members of Staff

Laura Jane Dernie, Founder and CEO

### 1.5 Bank

NatWest Bank, Caerphilly Branch, 19 Cardiff Road, Caerphilly, CF83 1WF

## 2 Structure, Governance & Management

### 2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations.

### 2.2 Charitable Objects

As defined in My Discombobulated Brain's Constitution (Governing Document):

*The charity's objects ("objects") are:*

*For the public benefit, the preservation and protection of good mental health through the gathering*

*and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.*

## **2.3 Trustee Selection Methods**

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing trustees due consideration is given to ensuring that the trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

# **3 Activities**

## **3.1 Statutory Declaration**

The Trustees of My Discombobulated Brain confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

# **4 Achievements & Performance**

## **4.1 Outputs and Outcomes for the Charity's Beneficiaries**

For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.

Laura Jane Dernie was prompted to set up the charity following her personal experience watching someone she loved go through mental health issues and the stigma that goes alongside it.

The CEO is furthering the charitable purposes with the following projects:

- A Podcast which discusses mental health issues and interviews people on their approach to mental wellness
- Lesson plans/lesson packs that are ready to be distributed to schools to help educate school children on critical aspects of mental health and awareness, discussing Mental Health, Stigma and related issues, in line with the national curriculum.
- A geo-location App for diversification into other sectors and organisations.
- Partnerships with organisations such as Newport County AFC to share the charity's purpose and offer support sessions.
- Working with Festivals providing wellbeing for festival goers as well as mental health support
- Working with businesses to provide Mental Health First Aid, Mental Health Awareness Training and supporting HR teams with these changes.

These are currently delivered by the charity's founder with the support of the trustees, using their own links and networks. As the charity scales up, further volunteer opportunities will be investigated as well as, eventually, employing individuals, in particular the CEO.

#### **4.2 How the Public Have Benefitted**

All the activities noted above are for the public benefit with regards to the preservation and protection of good mental health, in line with the Charity's Objects.

#### **4.3 Contributing to Activities Run by Other Organisations**

The Charity did not contribute to activities run by other organisations during the period.

#### **4.4 Trustee Development**

Trustees are encouraged to participate in development opportunities as and when appropriate.

### **5 Financial Review**

#### **5.1 Details of Any Funds Materially in Deficit**

The Charity has no funds which are materially in deficit.

#### **5.2 Policy on Reserves**

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time new and innovative projects on a pilot basis to ascertain the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

#### **5.3 Principal Sources of Funding and Outgoings**

Principal sources of Funding include Grants and Charitable Donations.

Principal Outgoings during the period included:

- Payment to a third-party advisor to assist with the Charity's registration process;
- IT & Website Costs;
- Office Space & Storage costs;
- Insurance;
- Training;
- Advertising;
- Video Conferencing;
- Fundraising Platform Costs;
- Mobile Phone Costs.
- Project costs

#### **5.4 Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses, necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity, are reimbursed at cost.

## 5.5 Financial Status

Though modest, My Discombobulated Brain's current resources from unrestricted donations and grants are more than sufficient to meet its outgoings for at least the next year.

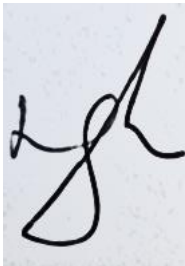
All the indications are that this will remain the case for the foreseeable future.

## 5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement;
- ✓ The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO;

Approved by the Trustees and signed on their behalf,



Name and Position: M McDonagh Trustee

Date: 10/10/2024

## 6 Statement of Financial Activity

### 6.1 Independent Examiner's Report on the Accounts

As the Charity's gross income is less than £25,000 for the period, and as the charity is not incorporated under the Companies Act, there is no requirement for independent examination of the Accounts.

## 6.2 Receipts & Payments Accounts for the Financial Period Ended 31 December 2023

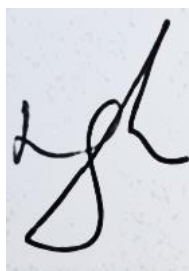
<b>Receipts and payments</b>					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	2022
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>Receipts</b>					
Grants	13,112	-	-	13,112	2,000
Fundraising	286	-	-	286	422
<b>Sub total</b>	<b>13,398</b>	<b>-</b>	<b>-</b>	<b>13,398</b>	<b>2,422</b>
<b>Asset and investment sales</b>					
NIL	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>13,398</b>	<b>-</b>	<b>-</b>	<b>13,398</b>	<b>2,422</b>
<b>Payments</b>					
Project Management	7,599	-	-	7,599	10,321
Website	43	-	-	43	58
Office Rental	1,057	-	-	1,057	198
Training	58	-	-	58	-
Conference Costs	109	-	-	109	173
Insurance	270	-	-	270	270
IT	1,100	-	-	1,100	60
Printing and Stationary					1,384
Professional Fees	35	-	-	35	143
Other	876			876	387
Merchandise					68
Advertising	966	-	-	966	535
<b>Sub total</b>	<b>12,113</b>	<b>-</b>	<b>-</b>	<b>12,113</b>	<b>13,597</b>
<b>Asset and investment purchases</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>12,113</b>	<b>-</b>	<b>-</b>	<b>12,113</b>	<b>13,597</b>
<b>Net of receipts/(payments)</b>	<b>1,285</b>	<b>-</b>	<b>-</b>	<b>1,285</b>	<b>- 11,175</b>
Transfers between funds	-	-	-	-	-
Cash funds last year end	5,901	-	-	5,901	17,076
<b>Cash funds this year end</b>	<b>7,186</b>	<b>-</b>	<b>-</b>	<b>7,186</b>	<b>5,901</b>

Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Cash funds	Bank Account	7,081	-	
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>7,081</b>	<b>-</b>	<b>-</b>
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			
Other monetary assets	NIL	-	-	-
	Details	Fund to which asset belongs	Cost	Current value
Investment assets	NIL		-	-
	Details	Fund to which asset belongs	Cost	Current value
Assets retained for the charity's own use	NIL		-	-
	Details	Fund to which liability relates	Amount due	When due (optional)
Liabilities	NIL		-	

### 6.3 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees.



Name and Position: Mary McDonagh Trustee

Date: 10/10/2024

### 6.4 Notes to the Accounts

a) Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

b) Reimbursement of Out-of-Pocket Expenses

Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.

No Trustees received any reimbursement of out-of-pocket expenses in the financial year.

- c) Salaries & Professional Fees  
No trustee receives any payments for the services they provide to the charity.  
In the current financial year the charity employed no staff or external contractors.
- d) Fixed Assets  
The charity has not purchased or disposed of any fixed assets in the financial year.
- e) Creditors & Debtors  
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statements are reported as outstanding creditors or debtors, respectively.
- f) Rounding Discrepancies  
All amounts are recorded to the penny, but in these accounts are shown as rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

**MY DISCOMBOBULATED BRAIN**

England & Wales - Charity number 1189039

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# Accounts

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# My Discombobulated Brain

Registered Charity, No: 1189039

## Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2022

### Trustees

Rogan Allport  
Charlotte Hopkins

Tom Hall

Joanne Norton



# Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2022

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# Trustees Annual Report & Statement of Financial Activity for the Period Ended 31 December 2020

---

## 1 Reference and Administration Details

### 1.1 My Discombobulated Brain 1189039

The charity is a Charitable Incorporated Organisation, registration no: 1189039, registered with the Charity Commission on 14 April 2020.

The charity is registered with HM Revenue & Customs.

### 1.2 Charity's Address

Welsh ICE, A12 Britannia House, Caerphilly Business Park, Caerphilly, CF83 3GG

e-mail: [info@mydiscombobulatedbrain.com](mailto:info@mydiscombobulatedbrain.com)

website: [mydiscombobulatedbrain.com](http://mydiscombobulatedbrain.com)

### 1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>	<i>Resigned</i>
David Williams	Chair	14 April 2020	20 January 2022
David Ainsworth	Treasurer	14 April 2020	01 June 2021
Rogan Allport		14 April 2020	
Hannah Stracy		14 April 2020	26 June 2020
Matthew Gallivan		14 April 2020	21 January 2021
Charlotte Hopkins		20 October 2020	
Tom Hall		23 April 2021	
Joanne Norton		23 April 2021	

### 1.4 Names of Advisors & Senior Members of Staff

Laura Jane Dernie, Founder and CEO

### 1.5 Bank

Barclays Bank, Business Direct Support Central, Octagon House, Gadbrook Park, Northwich, Cheshire, CW9 7RB

## 2 Structure, Governance & Management

### 2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations.

### 2.2 Charitable Objects

As defined in My Discombobulated Brain's Constitution (Governing Document):

*The charity's objects ("objects") are:*

*For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access*

*services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.*

## 2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

## 3 Activities

### 3.1 Statutory Declaration

The Trustees of My Discombobulated Brain confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

## 4 Achievements & Performance

### 4.1 Outputs and Outcomes for the Charity's Beneficiaries

For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.

Laura Jane Dernie set up the charity following the experience of what it was like to watch someone you love, and personally, go through mental health issues including the stigma that goes alongside it.

***The CEO is furthering the charitable purposes with the following projects:***

- ***Developing a Podcast which will discuss mental health issues and interview people with regards to their approach to mental wellness***
- ***Developing lesson plans/lesson packs that will be sold to schools to help educate school children on critical aspects of mental health and awareness, discussing Mental Health, Stigma and everything in between, in line with the national curriculum.***
- ***Continuing to finalise a video documentary for release.***
- ***Further development of the geo-location App for diversification into other sectors and organisations.***
- ***Partnerships working with organisations such as Newport County AFC to share our purpose and offer support sessions.***

These are currently delivered by the charity's founder with the support of the trustees, using their own links and networks. As the charity scales up, further volunteer opportunities will be investigated as well as, eventually, employing individuals, in particular the CEO.

## 4.2 How the Public Have Benefitted

All the activities noted above are for the public benefit with regards to the preservation and protection of good mental health, inline with the Charity's Objects.

## 4.3 Contributing to Activities Run by Other Organisations

The Charity did not contribute to activities run by other organisations during the period.

## 4.4 Trustee Development

Trustees are encouraged to participate in development opportunities as and when appropriate.

# 5 Financial Review

## 5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

## 5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

## 5.3 Principal Sources of Funding and Outgoings

Principal sources of Funding include Grants and Charitable Donations.

Principal Outgoings during the period included:

- Payment to a third-party advisor to assist with the Charity's registration process;
- IT & Website Costs;
- Office Space & Storage costs;
- Insurance;
- Training;
- Advertising;
- Video Conferencing;
- Fundraising Platform Costs;
- Mobile Phone Costs.
- Project costs

## 5.4 Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses, necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity, are reimbursed at cost.

## 5.5 Financial Status

Though modest, My Discombobulated Brain's current resources from unrestricted donations and grants are more than sufficient to meet its outgoings for at least the next year.

All the indications are that this will remain the case for the foreseeable future.

## 5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement;
- ✓ The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO;

Approved by the Trustees and signed on their behalf,

Name and Position: J Norton Trustee

Date: 19/09/2023

# 6 Statement of Financial Activity

## 6.1 Independent Examiner's Report on the Accounts

As the Charity's gross income is less than £25,000 for the period, and as the charity is not incorporated under the Companies Act, there is no requirement for independent examination of the Accounts.

## 6.2 Receipts & Payments Accounts for the Financial Period Ended 31 December 2022

### 6.2.1 Receipts & Payments for the period from 1st January 2022 to 31 December 2022

	2022 Unrestricted Funds to the nearest £	2022 Restricted funds to the nearest £	2022 Endowment Funds to the nearest £	2022 Total Funds to the nearest £
<b>A1 - Receipts</b>				
Income from Events & Fundraising	422.00			422.00
Income from Grants	2000.00			2000.00
<i>Subtotal</i>	<b>2422.00</b>	<b>0.00</b>	<b>0.00</b>	<b>2422.00</b>

<b>A2 - Asset and Investment Sales</b>				
<i>Subtotal</i>				

<b>Total Receipts</b>	<b>2422.00</b>	<b>0.00</b>	<b>0.00</b>	<b>2422.00</b>
-----------------------	----------------	-------------	-------------	----------------

<b>A3 - Payments</b>				
Filming				
Project Management	10321.00			10321.00
Graphic Design				
Website	58.00			58.00
Office Rental	198.00			198.00
Training				
Conferencing Costs	173.00			173.00
Stationary	43.00			43.00
Insurances	270.00			270.00
IT	60.00			60.00
Fundraising Platform Fees				
Professional Fees	143.00			143.00
Printing	1341.00			1341.00
Merchandise	68.00			68.00
Storage				
Advertising	535.00			535.00
Mobile Phone				
Other	387.00			387.00
<i>Subtotal</i>	<b>13597.00</b>			<b>13597.00</b>

A4 - Asset and Investment purchases				
Subtotal				
<b>Total Payments</b>	<b>13597.00</b>			<b>13597.00</b>

<b>Net of Receipts/(payments)</b>	<b>-11175.00</b>			<b>-11175.00</b>
A5 - Transfer between funds				

A6 - Cash Funds last year end	17076.00			17076.00
Cash Funds this year end	5901.00			5901.00

### 6.2.2 Summary of Receipts & Payments Accounts

	Unrestricted Funds to the nearest £	Restricted funds to the nearest £	Endowment Funds to the nearest £	Unrestricted Funds to the nearest £
Actual Funds brought forward	17076.00			17076.00
Movement after transfers	-11175.00			-11175.00
<b>Total Funds carried forward</b>	<b>5901.00</b>			<b>5901.00</b>

### 6.2.3 Statement of Assets and Liabilities

	Unrestricted Funds to the nearest £	Restricted funds to the nearest £	Endowment Funds to the nearest £
B1 - Cash Funds	5901		
B2 - Other monetary assets			
B3 - Investment Assets			
B4 - Assets retained for charities own use			
B5 - Liabilities			

### 6.2.4 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees.

Name and Position: Joanne Norton Trustee

Date: 19/09/2023

### **6.3 Notes to the Accounts**

- a) Accounting Policies  
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses  
Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.  
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees  
No trustee receives any payments for the services they provide to the charity.  
In the current financial year the charity employed no staff or external contractors.
- d) Fixed Assets  
The charity has not purchased or disposed of any fixed assets in the current financial year.
- e) Creditors & Debtors  
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statements are reported as outstanding creditors or debtors, respectively.
- f) Rounding Discrepancies  
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

**MY DISCOMBOBULATED BRAIN**

England & Wales - Charity number 1189039

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# Accounts

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# My Discombobulated Brain

Registered Charity, No: 1189039

## Trustees' Annual Report & Statement of Financial Activity

for the Period Ended 31 December 2021

### Trustees

David Williams  
David Ainsworth  
Rogan Allport  
Charlotte Hopkins

Tom Hall

Joanne Norton



# Trustees' Annual Report & Statement of Financial Activity for the Period Ended 31 December 2021

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# Trustees Annual Report & Statement of Financial Activity for the Period Ended 31 December 2020

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## 1 Reference and Administration Details

### 1.1 My Discombobulated Brain 1189039

The charity is a Charitable Incorporated Organisation, registration no: 1189039, registered with the Charity Commission on 14 April 2020.

The charity is registered with HM Revenue & Customs.

### 1.2 Charity's Address

Welsh ICE, A12 Britannia House, Caerphilly Business Park, Caerphilly, CF83 3GG

e-mail: [info@mydiscombobulatedbrain.com](mailto:info@mydiscombobulatedbrain.com)

website: [mydiscombobulatedbrain.com](http://mydiscombobulatedbrain.com)

### 1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>	<i>Resigned</i>
David Williams	Chair	14 April 2020	20th January 2022
David Ainsworth	Treasurer	14 April 2020	1st June 2021
Rogan Allport		14 April 2020	
Hannah Stracy		14 April 2020	26 June 2020
Matthew Gallivan		14 April 2020	21 January 2021
Charlotte Hopkins		20 October 2020	
Tom Hall		23 April 2021	
Joanne Norton		23 April 2021	

### 1.4 Names of Advisors & Senior Members of Staff

Laura Jane Dernie, Founder and CEO

### 1.5 Bank

Barclays Bank, Business Direct Support Central, Octagon House, Gadbrook Park, Northwich, Cheshire, CW9 7RB

## 2 Structure, Governance & Management

### 2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations.

### 2.2 Charitable Objects

As defined in My Discombobulated Brain's Constitution (Governing Document):

*The charity's objects ("objects") are:*

*For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access*

*services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.*

## 2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

## 3 Activities

### 3.1 Statutory Declaration

The Trustees of My Discombobulated Brain confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

## 4 Achievements & Performance

### 4.1 Outputs and Outcomes for the Charity's Beneficiaries

For the public benefit, the preservation and protection of good mental health through the gathering and sharing of information; the running of drop-in sessions and partnering with like-minded charities and individuals; promoting services offered by local and national organisations by raising awareness via social media platforms to ensure that vulnerable and affected individuals can access services during times of mental distress; providing training and educational literature and workshops to increase awareness and visibility surrounding mental health problems and providing suitable materials, support networks and guidance.

Laura Jane Dernie set up the charity following the experience of what it was like to watch someone you love, and personally, go through mental health issues including the stigma that goes alongside it.

***The CEO is furthering the charitable purposes with the following projects:***

- ***Developing a Podcast which will discuss mental health issues and interview people with regards to their approach to mental wellness, especially in the current pandemic;***
- ***With recent grant assistance developing lesson plans/lesson packs that will be sold to schools to help educate school children on critical aspects of mental health and awareness, in line with the national curriculum.***
- ***Continuing to finalise a video documentary for release.***
- ***Mental Health Drop In sessions that previously were held in Public Houses are currently being held on Zoom***
- ***Online partnerships with Newport County AFC***
- ***Online school lessons with schools all around the country discussing Mental Health, Stigma and everything in between.***

These are currently delivered by the charity's founder and Rogan Allport, Trustee, using their own links and networks. As the charity scales up, further volunteer opportunities will be investigated as well as, eventually, employing individuals, in particular the CEO.

## **4.2 How the Public Have Benefitted**

All the activities noted above are for the public benefit with regards to the preservation and protection of good mental health, inline with the Charity's Objects.

## **4.3 Contributing to Activities Run by Other Organisations**

The Charity did not contribute to activities run by other organisations during the period.

## **4.4 Trustee Development**

Trustees are encouraged to participate in development opportunities as and when appropriate.

# **5 Financial Review**

## **5.1 Details of Any Funds Materially in Deficit**

The Charity has no funds which are materially in deficit.

## **5.2 Policy on Reserves**

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

## **5.3 Principal Sources of Funding and Outgoings**

Principal sources of Funding include Grants and Charitable Donations.

Principal Outgoings during the period included:

- Payment to a third-party advisor to assist with the Charity's registration process;
- IT & Website Costs;
- Office Space & Storage costs;
- Insurance;
- Training;
- Advertising;
- Video Conferencing;
- Fundraising Platform Costs;
- Mobile Phone Costs.

## **5.4 Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses, necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity, are reimbursed at cost.

## 5.5 Financial Status

Though modest, My Discombobulated Brain's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least the next year.

All the indications are that this will remain the case for the foreseeable future.

## 5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement;
- ✓ The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO;

Approved by the Trustees and signed on their behalf,

Name and Position: Joanne Norton, Trustee

Date: 24th October 2022

## 6 Statement of Financial Activity

### 6.1 Independent Examiner's Report on the Accounts

As the Charity's gross income is less than £25,000 for the period, and as the charity is not incorporated under the Companies Act, there is no requirement for independent examination of the Accounts.

### 6.2 Receipts & Payments Accounts for Financial Period Ended 31 December 2021

#### 6.2.1 Receipts & Payments for the period from 1st January 2021 to 31 December 2021

	2021 Unrestricted Funds to the nearest £	2021 Restricted funds to the nearest £	2021 Endowment Funds to the nearest £	2021 Total Funds to the nearest £	All periods prior to registration
<b>A1 - Receipts</b>					
Income from Events & Fundraising	1014.00			1014.00	7591.00
Income from Grants	21000.00			21000.00	
<i>Subtotal</i>	<b>22014.00</b>	<b>0.00</b>	<b>0.00</b>	<b>22014.00</b>	<b>7591.00</b>

<b>A3 -</b>					
Filming	3542.00			3542.00	
Project	4720.00			4720.00	
Graphic Design	800.00			800.00	
Website					
Office Rental	270.00			270.00	
Training	592.00			592.00	
Conferencing	173.00			173.00	
Insurances	268.00			268.00	
IT	-			-	
Fundraising Platform Fees	6.00			6.00	
Professional	40.00			40.00	
Printing					
Merchandise	316.00			316.00	
Storage	-			-	
Advertising	-			-	
Mobile Phone	8.00			8.00	
Other					
<i>Subtotal</i>	<b>10735.00</b>			<b>10735.00</b>	<b>6936.00</b>

<b>A4 - Asset and Investment</b>					
<i>Subtotal</i>					
<b>Total</b>	<b>10735.00</b>			<b>10735.00</b>	<b>6936.00</b>
<i>Net of Receipts/(payments)</i>	<b>11279.00</b>			<b>11279.00</b>	<b>655</b>
<b>A5 - Transfer between</b>					
<b>A6 - Cash Funds last</b>	<b>5797.00</b>			<b>5797.00</b>	
<i>Cash Funds this year end</i>	<b>17076.00</b>			<b>17076.00</b>	<b>655</b>

## 6.2.2 Summary of Receipts & Payments Accounts

	Unrestricted Funds to the nearest £	Restricted funds to the nearest £	Endowment Funds to the nearest £	Unrestricted Funds to the nearest £	All periods prior to registration
Actual Funds brought forward	5797.00			5797.00	655
Movement after transfers	11279.00			11279.00	
<b>Total Funds carried forward</b>	<b>17076.00</b>			<b>17076.00</b>	<b>655</b>

## 6.2.3 Statement of Assets and Liabilities

	Unrestricted Funds to the nearest £	Restricted funds to the nearest £	Endowment Funds to the nearest £
B1 - Cash Funds	17076		
B2 - Other monetary assets			
B3 - Investment Assets			
B4 - Assets retained for charities own use			
B5 - Liabilities			

## 6.2.4 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees.

Name and Position: Joanne Norton, Trustee

Date: 24th October 2022

## 6.3 Notes to the Accounts

- a) Accounting Policies  
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses  
Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.  
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees  
No trustee receives any payments for the services they provide to the charity.  
In the current financial year the charity employed no staff or external contractors.
- d) Fixed Assets  
The charity has not purchased or disposed of any fixed assets in the current financial year.
- e) Creditors & Debtors  
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statements are reported as outstanding creditors or debtors, respectively.
- f) Rounding Discrepancies  
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.