



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

Contents

1	Reference and Administration Details	3
1.1	My Discombobulated Brain 1189039	3
1.2	Charity's Address	3
1.3	Names of the Trustees Who Manage the Charity	3
1.4	Names of Advisors & Senior Members of Staff	3
1.5	Bank	3
2	Structure, Governance & Management	3
2.1	Type of Governing Document	3
2.2	Charitable Objects	3
2.3	Trustee Selection Methods	4
3	Activities	4
3.1	Statutory Declaration	4
4	Achievements & Performance	4
4.1	Outputs and Outcomes for the Charity's Beneficiaries	4
4.2	How the Public Have Benefitted.	5
4.3	Contributing to Activities Run by Other Organisations	5
4.4	Trustee Development	5
5	Financial Review	5
5.1	Details of Any Funds Materially in Deficit	5
5.2	Policy on Reserves	5
5.3	Principal Sources of Funding and Outgoings	6
5.4	Remuneration of Trustees	6
5.5	Financial Status	6
5.6	Statutory Statements on Liabilities	6
6	Statement of Financial Activity	7
6.1	Independent Examiner's Report on the Accounts	7
6.2	Receipts & Payments Accounts for the Financial Period Ended 31 December 2020	8
6.3	Notes to the Accounts	10

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

website: 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
A1 - Receipts					
Income from Events & Fundraising	1014.00			1014.00	7591.00
Income from Grants	21000.00			21000.00	
<i>Subtotal</i>	22014.00	0.00	0.00	22014.00	7591.00

A3 -					
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>	10735.00			10735.00	6936.00

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

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	
Total Funds carried forward	17076.00			17076.00	655

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.