



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

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

website: 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.

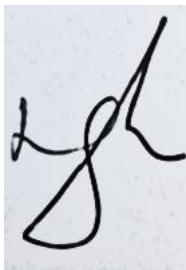
All the indications are that this will remain the case for the foreseeable future.

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

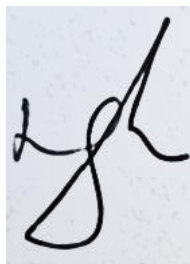
| Receipts and payments | | | | | |
|---------------------------------------|--------------------|------------------|------------------|------------------|------------------|
| | Unrestricted funds | Restricted funds | Endowment funds | Total funds | Last year |
| | to the nearest £ | to the nearest £ | to the nearest £ | to the nearest £ | to the nearest £ |
| Receipts | | | | | |
| Grants | - | - | - | - | 13,112 |
| Training | 750 | | | 750 | - |
| Fundraising | 120 | - | - | 120 | 286 |
| Sub total | 870 | - | - | 870 | 13,398 |
| Asset and investment sales | | | | | |
| NIL | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 870 | - | - | 870 | 13,398 |
| Payments | | | | | |
| 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 |
| Sub total | 5,857 | - | - | 5,857 | 12,113 |
| Asset and investment purchases | | | | | |
| | - | - | - | - | |
| Sub total | - | - | - | - | - |
| Total payments | 5,857 | - | - | 5,857 | 12,113 |
| Net of receipts/(payments) | - 4,987 | - | - | - 4,987 | 1,285 |
| Transfers between funds | - | - | - | - | - |
| Cash funds last year end | 7,186 | - | - | 7,186 | 5,901 |
| Cash funds this year end | 2,199 | - | - | 2,199 | 7,186 |

| 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 | 2,199 | - | 2,199 |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 2,199 | - | 2,199 |
| | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| Other monetary assets | NIL | - | - | - |
| | | | | |
| | | Fund to which asset belongs | Cost | Current value |
| Investment assets | NIL | | - | - |
| | | | | |
| | | Fund to which asset belongs | Cost | Current value |
| Assets retained for the charity's own use | NIL | | - | - |
| | | | | |
| | | Fund to which liability relates | Amount due | When due |
| 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: 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.