



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 21/09/2021 **Period start date** **To**
Period end date 20/09/2022

Charity name: Be Free Campaign

Charity registration number:

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF MENTAL HEALTH IN ENGLAND: A) PROVIDING PRACTICAL ADVICE, INFORMATION AND SUPPORT; B) ADVANCING THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO MENTAL HEALTH BY TRAINING COURSES AND EDUCATION.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	- Mental Health Education - Mental Health Training - Early Intervention Counselling - Public awareness campaigns - Community wellbeing programmes
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have no concerns with the charity's operations

Achievements and Performance

Summary of the main achievements of the charity, identifying the	SORP reference	Throughout 2022, our school workshops program continued to expand and grow, reaching over
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difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.		1,700 pupils and training 100 teachers. Ten children also received eight weeks of CBT thanks to the Be Free Campaign. We have continued to develop our relationships with local universities and colleges, including the University of Liverpool, Edge Hill University and the University of Chester. We've offered placement opportunities and volunteering for students who want to work either in the mental health sector or third sector in general. 2022 also saw high levels of expansion and sustainable income growth. The team worked to develop a flagship Mental Health First Responder Course which is directed towards corporate and hospitality workplaces to both train people to become ambassadors for mental health and also deliver on our sustainable income strategy. Our first workshops were delivered to the Department of Health and Social Care's Mental Health Policy Makers. Since then, we have been offered paid contracts with the DHSC and have been approached by other government departments. We are currently preparing to launch our courses in the workplace. We have continued our work in the community through Art for Mental Health exhibitions, Music for Mental Health gig nights and our new Community Impact initiative. From November 2022, we have been running community-focussed wellbeing workshops in local venues. We also began planning for our inaugural Liverpool Community Impact Awards. The ceremony will take place in March 2023 and will celebrate many of the people and community organisations that make Liverpool such an amazing city.
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		In 2022, our founder Shantanu Kundu met Boris Johnson during his premiership to discuss mental health as well as Shantanu's role as a baton bearer for the Commonwealth Games. Shantanu went on to meet Rishi Sunak to discuss the NHS and mental health in summer 2022. The Be Free Campaign has also had its latest publication accepted by Pegasus Publishing House and it is set to be released in 2023. We received funding from the National Lottery as well as from M&S and the Albert Hunt Trust. We also moved into a new office space at 54 St James which has become a great hub for all of our charity and volunteer activity. It's a space where we can work, connect and develop new ideas for the Be Free Campaign together. We have also recently launched a new strategic advisory board to provide advice on issues that need technical input and introduce us to connections and business development initiatives.
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the period, our charity's financial position looks positive. We had a total income of £26,877, which is the amount of money we received from various sources. During the period, we spent a total of £15,729 in payments, leaving us with an excess of £11,148. This excess suggests that we were able to manage our finances effectively and ensure that we had more money coming in than going out. Furthermore, when we add the excess of £11,148 to the
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		balance brought forward from the previous period of £956, the total balance of the two bank accounts added together comes to £12,113. This healthy cash balance indicates that we were able to maintain our financial stability and plan for the future effectively.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have currently opted in to hold reserves of 6-12 months running costs in order to accommodate for any changes that we saw following the COVID-19 pandemic.
Amount of reserves held	Para 1.22	11,148
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Application process in agreement with a trustee board vote

Reference and Administrative details

Charity name	Be Free Campaign
Other name the charity uses	
Registered charity number	1189704
Charity's principal address	158 Birmingham Road, Walsall WS12NJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates appointed	Name of person (or body) entitled to appoint trustee (if any)
1	Finn Thompson		29/10/2021	
2	Shantanu Kundu			
3	Arabinda Kundu			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Shantanu Kundu

Full name(s)

SHANTANU KUNDU

Position (eg
Secretary, Chair,
etc)

Chair

Date

01/05/2023

Charity Name

Be Free Campaign

No (if
any)

118970
4

Receipts and payments accounts

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CHARITY COMMISSION
FOR ENGLAND AND WALES

period from

Period start
date

21/09/2021

To

Period
end date
20/09/20
22

Section A Receipts and payments

Unrestric
ted funds

to the
nearest
£

Restric
ted
funds

to the
nearest
£

Endo
wmen
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funds

to the
nearest
£

Total
fund
s

to the
neares
t £

Last
year

to the
neares
t £

A1 Receipts

Donations	13,592	-	-	13,592	-
Income from Trading Activity	6,160	-	-	6,160	-
Other (Grant Funding)	7,125	-	-	7,125	-

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	26,877	-	-	26,877	-

A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	26,877	-	-	26,877	-

A3 Payments					
Office Rent + Venue Hire	6,883	-	-	6,883	-
Office Equipment/Hardware	502	-	-	502	-
Licenses and Permits	527	-	-	527	-
Miscellaneous	284	-	-	284	-
Staff Cost	6,491	-	-	6,491	-
Materials	1,220	-	-	1,220	-
Subcontractor Costs	1,440	-	-	1,440	-
Prior Year Adjustment	- 1,618	-	-	- 1,618	-
	-	-	-	-	-
Sub total	15,729	-	-	15,729	-

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	15,729	-	-	15,729	-

Net of receipts/ (payments)	11,148	-	-	11,148	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	965	-	-	965	-
Cash funds this year end	12,113	-	-	12,113	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unres tricted funds to nearest £	Rest ricte d fund s to neare st £	Endo wmen t funds to neares t £
B1 Cash funds	Current Account	6,450	-	-
	Deposit Account	5,663	-	-
		-	-	-
	Total cash funds	12,113	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unres tricted funds to nearest £	Rest ricte d fund s to neare st £	Endo wmen t funds to neares t £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belong s	Cost (option al)	Curren t value (option al)
B3 Investment assets			-	-
			-	-
			-	-

B4 Assets retained for the charity's own use

		-	-
		-	-
Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Shantanu Kundu	15/03/2023



Receipts and payments account

For the period from	Period start date 21/09/2021	To
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Donations	13,592	-	-
Income from Trading Activity	6,160	-	-
Other (Grant Funding)	7,125	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	26,877	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	26,877	-	-
A3 Payments			
Office Rent + Venue Hire	6,883	-	-
Office Equipment/Hardware	502	-	-
Licenses and Permits	527	-	-
Miscellaneous	284	-	-
Staff Cost	6,491	-	-
Materials	1,220	-	-
Subcontractor Costs	1,440	-	-
Prior Year Adjustment	- 1,618	-	-
	-	-	-
Sub total	15,729	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	15,729	-	-
Net of receipts/(payments)	11,148	-	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	965	-	-

<i>Cash funds this year end</i>	12,113	-	-
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	Current Account	6,450
	Deposit Account	5,663
		-
	Total cash funds	12,113
	(agree balances with receipts and payments account(s))	OK
B2 Other monetary assets		-
		-
		-
		-
		-
		-
B3 Investment assets		Fund to which asset belongs
B4 Assets retained for the charity's own use		Fund to which asset belongs
B5 Liabilities		Fund to which liability relates
CCXX R3 accounts (SS)	3	13/07/2023

Signed by one or two trustees on
behalf of all the trustees

Signature

Print N



Shantanu

o (if any) 189704
unts
Period end date 20/09/2022

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Total funds	Last year
to the nearest £	to the nearest £

13,592	-
6,160	-
7,125	-
-	-
-	-
-	-
-	-
-	-
-	-
26,877	-

-	-
-	-
-	-

26,877	-
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6,883	-
502	-
527	-
284	-
6,491	-
1,220	-
1,440	-
- 1,618	-
-	-
15,729	-

-	-
-	-
-	-

15,729	-
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11,148	-
-	-
965	-

12,113	-
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Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
OK	OK

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

Amount due (optional)	When due (optional)
-	
-	

-	
-	
-	

ame	Date of approval
Kundu	15/03/2023



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Be Free Campaign

On accounts for the year
ended

31st March 2023

Charity no
(if any)

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 20 / 09/ 2022.

Responsibilities and
basis of report

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

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

Independent
examiner's statement

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

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

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

Signed:

Katie Hall

Date:

28th June 2023

Name:

Katie Hall

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

N/A

Address:

Accounting Clinic at Liverpool John Moores University, Redmonds Building,
Brownlow Hill, Liverpool, L3 5UG

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.