

OVERCOME

England & Wales · Charity number 1191308

Details

Status Registered

Legal form CIO

Registered 2020-09-15

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

Contact

Address Elmcrest
Orchard Road
Arnside
Carnforth
LA5 0DP

Phone 07340384792

Email enquires@overcome.org.uk

Website overcome.org.uk

Activities

Objects: 1. FOR THE PUBLIC BENEFIT THE ADVANCEMENT OF EDUCATION BY PRODUCING AN ALGORITHM WHICH SCHEDULES LEARNING ACCORDING TO PRINCIPLES DERIVED FROM EDUCATIONAL NEUROSCIENCE.2. FOR THE PUBLIC BENEFIT THE PROTECTION OF MENTAL HEALTH BY PROVIDING STEP BY STEP INSTRUCTIONS ON HOW TO MOST EFFICIENTLY COMBAT DEPRESSION AND ANXIETY.

Activities: Overcome helps improve digital mental health services, and broadens access to people who otherwise wouldn't be able to afford them.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£42,352	£59,505	-	-
2023-08-31	£49,634	£15,237	-	-
2022-08-31	£14,117	£14,380	-	-
2021-08-31	£9,000	£500	-	-

Trustees

Name	Role	Appointed
John Salter	Chair	2020-09-15
Jake Brindley		2020-09-15

OVERCOME

England & Wales - Charity number 1191308

Accounts



Trustees' Annual Report for the period

From 01/09/2023 Period start date To 31/08/2024 Period end date

Charity name: Overcome

Charity registration number: 1191308

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To cost-effectively treat mental illnesses with the help of science and technology
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	Further developed a telelay-counselling program
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
	Para 1.38	

Contribution made by volunteers		
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Developed a tele-counselling program</p> <p>This program directly helps people with low risk mental health issues and acts as a starting point for a service that could go on to very cost effectively treat most mental illnesses.</p> <p>Relative to last year, we successfully supported twice as many people.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's

financial position at the end of the period Statement explaining the	Para 1.21	Yes
policy for holding reserves stating why they are held Amount of reserves held	Para 1.22	To use for charity work
Reasons for holding zero reserves	Para 1.22	GBP24,510
Details of fund materially in deficit	Para 1.22	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.24	We have no debts.
Additional information (optional)	Para 1.23	We are not concerned.

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Donation by the members and other charities
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		

Structure, Governance and Management

Description of charity's trusts:		We have no trusts CIO - FOUNDATION Registered 15 Sept 2020
Type of governing document (trust deed, royal charter)	Para 1.25	CIO
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
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	Please refer to constitution

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Other name	OVERCOME
the charity uses	Registered	
charity number	Charity's	1191308
principal address		ELMCREST ORCHARDROAD ARNSIDE CARNFORTH LA5 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	John Salter	Chairperson		
2	Jake Brindley	Treasurer		
3				
4				
5				
6				
7				
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18				
19				
20				

Fundsheldascustodiantrustees 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

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Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

John Salter

Jake Brindley

Full name(s)

John Salter

Jake Brindley

Position (eg Secretary,
Chair, etc)

Chairperson

Treasure

Date

27/06/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name OVERCOME	No (if any) 1191308
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Sep-23	To	Period end date 31-Aug-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General Donations		-	-	-	1,375
Restricted Donation	-	42,352	-	42,352	49,446
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total (Gross income for AR)	-	42,352	-	42,352	50,821
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	42,352	-	42,352	50,821
A3 Payments					
Charitable Expenses		59,505	-	59,505	10,699
General Expenses	-	-	-	-	220
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	-	59,505	-	59,505	10,919
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	59,505	-	59,505	10,919
Net of receipts/(payments)	-	17,153	-	17,153	39,902
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,916	38,747	-	41,663	1,761
Cash funds this year end	2,916	21,594	-	24,510	41,663

Section 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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	2,916	21,594	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Jhon Salter	27/06/2025



Section A

Independent Examiner's Report

Report to the trustees/
members of

OVERCOME

On accounts for the year
ended

31 August -2024

Charity no
(if any)

1191308

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2024**.

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:

Z. Munawar

Date:

27/06/2025

Name:

Mr. Zeeshan Munawar

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

ACCA

Address:

232-236 Green Street

London, E7 8LE

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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.

Not Applicable

OVERCOME

England & Wales - Charity number 1191308

Accounts



Trustees' Annual Report for the period

From **01/09/2022** Period start date To **31/08/2023** Period end date

Charity name: Overcome

Charity registration number: 1191308

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To cost-effectively treat mental illnesses with the help of science and technology
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	<ul style="list-style-type: none">• <10 systematic reviews on digital and layperson guided mental health interventions Developed a tele-counselling program
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><10 systematic reviews on digital and layperson guided mental health interventions</p> <ul style="list-style-type: none"> • Thus far, this work has produced no benefit to our beneficiaries as they are yet to be published • Upon publication, they will help researchers, policymakers and care providers save time and have their practice reflect the evidence <p>Developed a tele-counselling program</p> <p>This program directly helps people with low risk mental health issues and acts as a starting point for a service that could go on to very cost effectively treat most mental illnesses.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	Successfully run the campaign and received the Grant by other Charity
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Yes
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	To use for charity work
Amount of reserves held	Para 1.22	GBP41,663
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	We have no debts.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We are not concerned.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Donation by the members and other charities
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		

Structure, Governance and Management

Description of charity's trusts:		We have no trusts
Type of governing document (trust deed, royal charter)	Para 1.25	CIO - FOUNDATION Registered 15 Sept 2020
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	Please refer to constitution

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	OVERCOME
Other name the charity uses	
Registered charity number	1191308
Charity's principal address	ELMCREST ORCHARD ROAD ARNSIDE CARNFORTH LA5 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jhon Salter	Chairperson		
2	Jake Brindley	Treasure		
3				
4				
5				
6				
7				
8				
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20				

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

David Fitzgerald Roberts

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>John Salter</i>	<i>Jake Brindley</i>
Full name(s)	John Salter	Jake Brinderly
Position (eg Secretary, Chair, etc)	Chairperson	Treasure

Date



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name OVERCOME	No (if any) 1191308
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Sep-22	To	Period end date 31-Aug-23
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Section A 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 £
A1 Receipts					
General Donations	1,375	-	-	1,375	-
Restricted Donation	-	49,446	-	49,446	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,375	49,446	-	50,821	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,375	49,446	-	50,821	-
A3 Payments					
Charitable Expenses	-	10,699	-	10,699	-
General Expenses	220	-	-	220	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	220	10,699	-	10,919	-
A4 Asset and investment purchases,					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	220	10,699	-	10,919	-
Net of receipts/(payments)	1,155	38,747	-	39,902	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,761	-	-	1,761	-
Cash funds this year end	2,916	38,747	-	41,663	-

Section 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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	2,916	38,747	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>John Salter</i>	Jhon Salter	07/08/2024
	<i>Jake Brindley</i>	Jake Brindley	07/08/2024



Section A

Independent Examiner's Report

Report to the trustees/
members of

OVERCOME

On accounts for the year
ended

31 August -2023

Charity no
(if any)

1191308

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2023**.

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:

Z. Munawar

Date:

07/08/2024

Name:

Mr. Zeeshan Munawar

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

ACCA

Address:

232-236 Green Street

London, E7 8LE

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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.

Not Applicable

OVERCOME

England & Wales - Charity number 1191308

Accounts



Trustees' Annual Report

for the period

From (start date) to (end date)

Section A Reference and administration details

Charity name

Other names the charity is known by

Registered charity number (if any)

Charity's principal address

 Postcode

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	John Salter			
2	Jake Brindley			
3				
4				
5				
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20				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year

Section A**Reference and administration details (continued)**

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

Section B**Structure, governance and management**

Description of the charity's trusts

Type of governing document
(eg trust deed, constitution)

UNCHANGED

How the charity is constituted
(eg trust, association, company)

UNCHANGED

Trustee selection methods
(eg appointed by, elected by)

UNCHANGED

Additional governance issues (optional information)

You **may choose** to include additional
information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
 - relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

UNCHANGED

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

UNCHANGED

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Literature and systematic reviews on global / digital mental health topics

Additional details of objectives and activities (optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Won trust of most of UK's top 10 universities;
they now allow us to accept placement students

20+ literature reviews
8 systematic reviews

Section E**Financial review**

Brief statement of the charity's policy on reserves

UNCHANGED

Details of any funds materially in deficit

NONE

Further financial review details (optional information)

You **may choose** to include additional information, where relevant, about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F**Other optional information****Section G****Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)

John Salter

Jake Brindley

Full name(s)

John Salter

Jake Brindley

Position (eg Secretary, Chair, etc)

Chairperson

Treasurer

Date

1 9 0 6 2 3

OVERCOME

England & Wales - Charity number 1191308

Accounts

Overcome Accounts 15/09/2020 - 31/08/2021

During this time period, we received one donation of 9000 pounds, and reimbursed one trustee for £500s worth of training and related expenditure. We started the year with £3705 and ended with £12,205. We have no liabilities, assets or investments upon which to report.

NOTES: The trustees have concluded that the accounts above present a true and fair view

Trustee 1: John Salter

Signature: *John Salter*

Date: 31/08/2021

Trustee 2: Jake Brindley

Signature: *Jake Brindley*

Date: 31/08/2021

Overcome Accounts 15/09/2020 - 31/08/2021

During this time period, we received one donation of 9000 pounds, and reimbursed one trustee for £500s worth of training and related expenditure. We started the year with £3705 and ended with £12,205. We have no liabilities, assets or investments upon which to report.

NOTES: The trustees have concluded that the accounts above present a true and fair view

Trustee 1: John Salter

Signature: *John Salter*

Date: 31/08/2021

Trustee 2: Jake Brindley

Signature: *Jake Brindley*

Date: 31/08/2021