

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDING 31ST
NOVEMBER 2022



Table of Contents

Legal & Administrative Information	2
Objectives & Activities	3
Projects.....	4
Creation of The Active Zone.....	4
Parent Group Support.....	5
After school club	6
Plans for future periods	7
Reserves Policy.....	7
Financial Review	8
Structure, Management & Governance.....	8

11

11



11

11



Trustees' Report

The trustees present their report with the financial statements of the charity for the year ended 31 November 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).



Legal & Administrative Information

Trustees

Lois Boysan (chair trustee)
Gemma Kenyon
Anna Conger
Ant Boysan

Registered Office

11 Mortimer Road
Clifton
Bristol
BS8 4EX

Independent Examiners

GS Verde Accountants
Maple House
5 The Maples
Cleeve
Bristol
BS49 4FS

Bankers

Co-operative Bank
Business Customer Services
PO Box 250
Skelmersdale
WN8 6WT

Charity number 1192112



Objectives & Activities

The Long Cross Resource Base is a school that educates primary school aged children with severe and complex learning difficulties, many of whom have a diagnosis of autism spectrum condition. The school is located in Long Cross, Lawrence Weston in Bristol, an area ranked in the top 5% of deprived areas in the UK according to the Index of Multiple Deprivation (IMD).

Incredible Me is a registered charity that was set up in November 2020 by parents of children who attend the Long Cross Resource Base. We are passionate about helping other parents negotiate the complex and ever-changing challenges of raising a child with additional needs. At the very least we want to ensure that these parents have easy access to a wide range of resources to help them and their children navigate their journey through childhood.

Incredible Me exists to facilitate raising funds so desperately needed by the team at Long Cross Resource Base. Any funds we can raise will go towards furthering our core objectives which include:

- 1) Offer information and family support
- 2) Create new/ improve existing play and leisure activities to assist these incredible children to learn about physical boundaries and provide a safe environment for them to release anxieties and challenge themselves.
- 3) Provide educational resources to promote essential emotional self-regulation.



Projects

Creation of The Active Zone

We wanted to build a bespoke all-weather playground- the Active Zone (made up of a Rebound Zone and a Motion Zone)- that truly supports the physical and mental health of these incredible children. Giving the children an early opportunity to learn how to be active with their disabilities and learn how to play outside in an ever-changing environment will be key to them developing the life skills to be healthy, independent and confident.



The playground was designed by the Lead of the Resource Base who has over twenty years of experience of working with children with severe learning difficulties with input also from an educational psychologist, parents of the children and the teaching staff. Using this range of experience and expertise, each piece of playground equipment was chosen for a specific reason and expected outcome.





To give you a flavour of the space:

- Within the sensory tunnel, as light hits the multi-coloured polycarbonate panels, rainbows transform the tunnel into a calming space for the children to self-regulate their emotions. The tunnel is wide enough for carers and wheelchair users, it is fully inclusive for those of all abilities.
- Pull up bars require lots of movement, posture adjustment and visual stabilisation.
- Stopping and starting and changing direction is encouraged and supported.
- The free-standing in-out shapes enable children to relieve tension. Presenting these incredible children with a safe area where they can participate in self-regulatory play enhances their understanding of how and when to calm themselves.
- Get Set, Go! Blocks are a brilliant obstacle resource for children, presenting alternative movement options including climbing, crawling, stepping, jumping and rolling.

Parent Group Support

Our Parent Group meets once a week during term time and is supported by the staff at the Resource Base. Our aim is for the parents of our children who have severe disabilities, have an extremely challenging job, to be informed and supported dealing with the challenges of the day to day. We offer advice and support in guiding them through the maze of accessibility to equipment grants, local authority SEND offers, Government claims and the completion of the documentation off of these require. Giving them the tools and the right support to help them is vital. We also aim to offer the financial resource to be able to offer them additional courses such as paediatric first aid and managing challenging behaviours.



After school club

We provided a fully inclusive dance classes and activities gives disabled children the chance to participate in activities that can combat stereotypes around what disabled children and their bodies can do. The program is delivered once a week for a one hour session after school, this runs throughout the academic year. The delivery has been supported by the staff of the Long Cross Resource Base to ensure each child can access the material on their own way. This has provided our parents/carers an invaluable offer of respite care and access to an after school club that children with such challenges are not able to attend. As carers are required to pick up their child from the club and this isn't able to be arranged through their regular local authority transportation, Incredible Me was able to offer funded taxi transportation so the club was as fully inclusive as it could be.



Plans for future periods

The Local Authority has plans in with the planning department to expand the school by two classrooms, as this was unexpected and unknown to Incredible Me we have halted all building work and planning on the outdoor areas until the building work has been completed. We did not want any work we have done to be destroyed or damaged by this construction. Once the work has been completed the remaining restricted balance will be utilised in continuing to develop The Active Zone. We have also ceased any further funding efforts for this project.

We will continue to fund the after-school provision together with Flamingo Chicks. With the introduction of 12 new families to the Resource Base this academic year we will await to see their needs in terms of transportation prior to seeking any further funding for this.

With the 12 new families we are expecting that Parent Group will expand and develop and we would look to provide the paediatric first aid and behaviour management support we have for previous years.



Reserves Policy

Incredible Me ended the year with £43,847 in reserves, £6,454 of which is unrestricted. Of this balance, £15,000 has been allocated for the final payment of The Active Zone project. The restricted funds for The Active Zone will be carried forward until the Local Authority building work has been completed on the expansion of the school. At the year end the charity had sufficient reserves to cover any administrative costs in the short term.



Financial Review

The results for the year are detailed on in our Financial Statements.

We generated income of £91,810 and incurred expenditure of £67,646. We still remain to have an outstanding balance with Pentagon Play of £15,000 which we are withholding until the playground has been completed to specification.

At the year end the charity had sufficient reserves to cover any administrative costs in the short term and to cover this outstanding balance.



Structure, Management & Governance

Incredible Me is a registered Charitable Incorporated Organisation ('CIO'), number 1192112, and is governed by its constitution. Its only voting members are the trustees who set the strategy of the organisation, while the executive manages the day to day. New appointments to the Board of Trustees are recruited for externally and anyone willing to act as a trustee, who would be eligible under the constitution, may be appointed by the trustees. Apart from the first charity trustees, new trustees are appointed for a three-year term and may serve for a maximum of three consecutive terms. New trustees are issued with a copy of: The Constitution, our latest Trustees' Annual Report and Statement of Accounts, Our Policies and are required to undertake Training on Safeguarding responsibilities for Trustees.



The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. Charity law requires the trustees to prepare financial statements for each financial year. Under that law they are required to prepare the financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland. Under charity law, the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the excess of expenditure over income for that year. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its activities.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the relevant legislation. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charity and to prevent and detect fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In addition, the trustees confirm that they are happy that the content of the annual review in pages 2 to 8 of this document meet the requirements of the Trustees' Annual Report under charity law. They also confirm that the financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Charities SORP (FRS 102).

This report was approved and authorized for issue by the Board of Trustees on 28th August 2023 and signed on its behalf by:



Lois Boysan
Chair Trustee



Independent Examiner's Report to the Trustees of Incredible Me

I report to the trustees on my examination of the accounts of Incredible Me Trust (the Trust) for the year ended 30 November 2023.

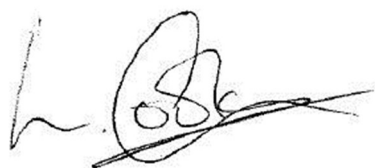
Responsibilities and basis of report

As the charity trustees of the Trust, 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. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. Accounting records were not kept in respect of the Trust as required by s.130 of the Act; or
2. The accounts do not accord with those records, or
3. the accounts do 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 to enable a proper understanding of the accounts to be reached.



Lucy Cook
GS Verde Accountants
Maple House
Cleeve
Bristol
BS49 4FS



Statement of Financial Activities (Incorporating an Income and Expenditure Account)
For the period ended 30 November 2022

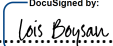
		Unrestricted funds	Restricted income funds	Total 2022	Total 2021
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies		16,897	74,495	91,392	26,457
Income from activities generating funds		418	-	418	48
Income from investments			-	-	-
Income from charitable activities			-	-	-
Other income		-	-	-	-
Total income and endowments	2	17,315	74,495	91,810	26,505
Expenditure on:					
Costs of generating voluntary income			445	3,192	1,053
Charitable activities		8,863	55,591	64,454	5,769
Other expenditure		-	-	-	-
Total expenditure	3	11,610	56,036	67,646	6,822
Net income/(expenditure) and net movement in funds for the year		5,705	18,459	24,164	19,683
Net income/(expenditure) before other recognised gains/(losses)		5,705	18,459	24,164	19,683
Other recognised gains/(losses)					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Gains and losses on investment assets		-	-	-	-
Net income/(expenditure) and movement in funds for the year		5,705	18,459	24,164	19,683
Total funds brought forward		749	18,934	19,683	-
Total funds carried forward		6,454	37,393	43,847	19,683

The Statement of Financial Activities includes all gains and losses recognised in the year. All the activities derive from continuing operations during the above periods.

Balance sheet as at 30 November 2022

	Notes	Unrestricted funds	Restricted income funds	December 2022	December 2021
Fixed assets					
Tangible investments	4	533	-	533	853
Intangible investments					
Total fixed assets		533	-	533	853
Current assets					
Debtors and prepayments	5				
Cash at bank and in hand		5,921	37,393	43,314	22,305
Total current assets		5,921	37,393	43,314	22,305
Liabilities					
Creditors: amounts falling due within one year	6	-	-	-	(3,475)
Net current assets/(liabilities)		5,921	37,393	43,314	18,830
Total assets less current liabilities		6,454	37,393	43,847	19,683
Creditors: amounts falling due after one year		-	-	-	-
Provisions for liabilities and charges		-	-	-	-
Net assets		6,454	37,393	43,847	19,683
Funds of the Charity					
Unrestricted funds		6,454	-	6,454	1,602
Restricted income funds	7	-	37,393	37,393	18,081
Endowment funds		-	-	-	-
Total funds		6,454	37,393	43,847	19,683

The financial statements were approved and authorised for issue by the Trustees on _____ and signed on their behalf by:

DocuSigned by:


 Lois Boysan
 Trustee

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Accounting Policies

This list of accounting policies has been applied by the charity.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: · the charity becomes entitled to the resources; · the trustees are virtually certain they will receive the resources; and · the monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments value at the year-	Investments quoted on a recognised stock exchange are valued at market end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

Analysis of incoming resources for year ended 30 November 2022

2 Analysis of income and endowments

		Period to 30 Nov 2022	Year to 30 Nov 2021
Donations and legacies	Restricted income	74,495	23,320
	Unrestricted income	16,897	3,137
		91,392	26,457
Other trading activities		-	-
Income from investments	Bank interest	418	48
Other income		-	-
Total income and endowments		91,810	26,505

Analysis of resources expended for year ended 30 November 2022

3 Analysis of resources expended

		Year to 30 Nov 2022	Year to 30 Nov 2021
Costs of generating voluntary income	Staff costs	-	-
	Support costs	3,192	1,053
		3,192	1,053
Charitable activities	Staff costs	-	-
	Support costs	64,454	5,769
	Direct project costs	-	-
		64,454	5,769
Governance costs	Independent examiner's fee	-	-
	Accounting advice & payroll services	-	-
	Trustees expenses	-	-
	Other expenses	-	-
		-	-
Total		67,646	6,822

Tangible fixed assets for year ended 30 November 2022

4 Tangible fixed assets

	Freehold land & building s (£)	Other land & buildings (£)	Plant, machinery and motor vehicles (£)	Fixtures, fittings and equipment (£)	Total (£)
COST					
At 1 December 2021	-	-	960	-	960
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
At 30 November 2022	-	-	960	-	960
DEPRECIATION					
At 1 December 2021	-	-	107	-	107
Charge for the year	-	-	320	-	320
Disposals	-	-	-	-	-
At 30 November 2022	-	-	427	-	427
NET BOOK VALUE					
At 30 November 2022	-	-	533	-	533
At 1 December 2021	-	-	853	-	853