

Charity registration number 1192348

Company registration number CE023849 (England and Wales)

BTG MIND MATTERS CIO

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

BTG MIND MATTERS CIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Victoria Brewster	
	Karen Halton	
	Carl Gola	(Appointed 7 April 2023)
	Megan Fenney	(Appointed 7 April 2023)
	C E M Dunham	(Appointed 1 May 2024)
Charity number	1192348	
Company number	CE023849	
Principal address	Unit 5b	
	Thomas Street	
	Congleton	
	Cheshire	
	England	
	CW12 1QU	
Registered office	Unit 5b	
	Thomas Street	
	Congleton	
	Cheshire	
	England	
	CW12 1QU	
Independent examiner	Marie Shenton - FCCA	
	Hammond McNulty LLP	
	Bank House	
	Market Square	
	Congleton	
	Cheshire	
	CW12 1ET	

BTG MIND MATTERS CIO

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BTG MIND MATTERS CIO

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees present their annual report and financial statements for the year ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Constitution, the Companies Act 2006 and "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 2019).

Objectives and activities

To improve the mental and physical health of residents in Cheshire East. Specifically we aim to help those suffering with conditions such as depression, anxiety and physical conditions that commonly co exist and exacerbate symptoms such as obesity and other chronic illness.

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

BTG MIND MATTERS CIO

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 DECEMBER 2023*

Achievements and performance

Significant activities and achievements against objectives

New Trustees:

We extend a warm welcome to our newest trustees, Megan Fenney and Carl Gola, whose expertise and dedication will undoubtedly enhance our organisations' mission. Meg has extensive knowledge of human resources and Carl has multiple connections to business's throughout the North West.

Paid Positions:

This year, we have taken a significant step by providing paid consultancy agreements to V Willis and H Martin. Their contributions are invaluable, ensuring the sustainability and growth of our initiatives. We intend to continue offering paid services contracts moving forwards and will review the split of paid vs voluntary service provision regularly moving forwards.

Diversifying Income Streams:

We have successfully diversified our income streams, ensuring the financial stability of our organisation. This diversification strategy is pivotal in expanding our reach and impact. We are grateful to receive grants from Share gift and the national lottery.

We utilise fundraising events hosted by the general public and our physical therapy providers whilst also promoting the pay it forward program to local business's.

Pay It Forward Movement:

Our commitment to the "Pay It Forward" movement continues to inspire positive change within our community. Through acts of kindness, we foster a spirit of generosity and empathy. Business can provide funding towards a respite program for their employees or if it's not used it's paid forward to another member of the local community that needs support.

Program Price Adjustments:

To sustain the quality of our counselling and physical therapy services, there has been a slight increase in program prices, amounting to £750. This adjustment allows us to maintain the excellence of our services during a rising cost of living.

Charity of the Year Awards:

We are honoured to have been recognised with the Charity of the Year awards. This recognition highlights our dedication to creating meaningful and lasting impact in the lives of those we serve.

Network Growth:

Our network has expanded to include 16 physical therapy providers. This growth not only strengthens our collaborations but also enhances the quality and accessibility of our services.

Impactful Support:

We have provided crucial support to nearly 200 applicants, empowering them to overcome challenges and achieve their goals. This milestone underscores the real-world impact of our organisation. Our mission is to reach 1000 people in need.

We are grateful for the unwavering support of our trustees, staff, volunteers and donors. Together, we continue to make a difference in the lives of those in need.

Financial review

The year 2023 proved to be challenging in terms of finances, as rising costs of living and an ever-changing economic landscape demanded adaptability and resilience. Despite these challenges, we persevered in our mission to provide support to those in need. Our financial situation was characterised by a commitment to maintaining the quality of our services. We diligently manage our resources to ensure the sustainability of our programs while facing increased costs. We are proud to report that our commitment to financial responsibility has allowed us to maintain our operations effectively.

BTG MIND MATTERS CIO

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Reserves policy

To ensure we can continue to provide essential services in the face of economic uncertainty, we have established a robust reserves policy. We aim to maintain a minimum monthly income of £5,000 to cover our committed costs, which include staff salaries, program maintenance, and operational expenses. This financial cushion allows us to weather short-term financial challenges and maintain our services even in the face of unforeseen disruptions.

Our reserve funds are equivalent to two months of operating expenses (currently three), which provides a substantial safety net. This ensures that, in the event of unforeseen circumstances or economic downturns, we have the capacity to continue our operations without sacrificing the quality of our services. This financial stability positions us to fulfil our mission to reach 1000 people in need and make a lasting impact in the lives of those we serve.

Structure, governance and management

The charity is a Charitable Incorporated Organisation which is governed by its Constitution dated 14 August 2020.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Victoria Willis	(Resigned 1 August 2023)
Dr Victoria Brewster	
Karen Halton	
Carl Gola	(Appointed 7 April 2023)
Megan Fenney	(Appointed 7 April 2023)
C E M Dunham	(Appointed 1 May 2024)

Recruitment and appointment of trustees

Apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the trustees. In selecting individuals for appointment the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and have no personal responsibility for settling its debts and liabilities in the event of a winding up.

The trustees' report was approved by the Board of Trustees.

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Karen Halton
Trustee

Date:

BTG MIND MATTERS CIO

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BTG MIND MATTERS CIO

I report to the Trustees on my examination of the financial statements of BTG Mind Matters CIO (the charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the Trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Marie Shenton - FCCA

Hammond McNulty LLP
Bank House
Market Square
Congleton
Cheshire
CW12 1ET

Dated:

BTG MIND MATTERS CIO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £
	Notes				
Income and endowments from:					
Donations and legacies	2	53,455	24,800	78,255	24,233
Investments	3	1	-	1	-
Other income	4	4,800	-	4,800	3,200
Total income		58,256	24,800	83,056	27,433
Expenditure on:					
Raising funds	5	1,731	-	1,731	5,695
Charitable activities	6	31,146	10,000	41,146	34,874
Other expenditure	10	226	-	226	301
Total expenditure		33,103	10,000	43,103	40,870
Net income/(expenditure) and movement in funds		25,153	14,800	39,953	(13,437)
Reconciliation of funds:					
Fund balances at 1 January 2023		696	-	696	14,133
Fund balances at 31 December 2023		25,849	14,800	40,649	696

BTG MIND MATTERS CIO

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Cash at bank and in hand		48,720		11,147	
Creditors: amounts falling due within one year	12	<u>(3,629)</u>		<u>(2,967)</u>	
Net current assets			45,091		8,180
Creditors: amounts falling due after more than one year	13		<u>(4,442)</u>		<u>(7,484)</u>
Net assets			<u>40,649</u>		<u>696</u>
The funds of the charity					
Restricted income funds	14		14,800		-
Unrestricted funds	15		<u>25,849</u>		<u>696</u>
			<u>40,649</u>		<u>696</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on

.....
Karen Halton
Trustee

Company registration number CE023849 (England and Wales)

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

BTG Mind Matters CIO is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 5b, Thomas Street, Congleton, Cheshire, CW12 1QU, England.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	45,955	-	45,955	16,000	-	16,000
Grants	7,500	24,800	32,300	8,233	-	8,233
	<u>53,455</u>	<u>24,800</u>	<u>78,255</u>	<u>24,233</u>	<u>-</u>	<u>24,233</u>
Grants						
The Georgia Leigh Ogden Foundation	6,000	-	6,000	1,200	-	1,200
Co-Op	1,000	-	1,000	1,508	-	1,508
Charities Trust	-	-	-	25	-	25
Horizon Care	-	-	-	5,000	-	5,000
Eyebright Ltd	-	-	-	500	-	500
Bently Motors Limited	500	-	500	-	-	-
National Lottery	-	24,800	24,800	-	-	-
	<u>7,500</u>	<u>24,800</u>	<u>32,300</u>	<u>8,233</u>	<u>-</u>	<u>8,233</u>

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

3 Income from investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	1	-

4 Other income

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Rent Received	4,800	3,200

5 Expenditure on raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising costs		
Advertising	1,731	695
Other fundraising costs	-	5,000
	1,731	5,695

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

6 Expenditure on charitable activities

	Total 2023 £	Total 2022 £
Direct costs		
Consulting - Physical Therapy	11,982	19,339
Consulting - Talking Therapy	7,134	6,100
Consultancy	11,520	-
Rent	7,200	5,401
Light & Heat	962	692
Repairs & Renewals	533	990
Travelling expenses	55	221
Computer costs	280	647
Sundry expenses	137	35
Subscriptions	143	-
	<u>39,946</u>	<u>33,425</u>
Share of support and governance costs (see note 7)		
Governance	1,200	1,449
	<u>41,146</u>	<u>34,874</u>
Analysis by fund		
Unrestricted funds	31,146	34,874
Restricted funds	10,000	-
	<u>41,146</u>	<u>34,874</u>

7 Support costs allocated to activities

	2023 £	2022 £
Accountancy	1,200	900
Secretarial costs	-	549
	<u>1,200</u>	<u>1,449</u>
Analysed between:		
Charitable activities	<u>1,200</u>	<u>1,449</u>

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Trustees	-	5
Volunteers	-	2
	<u> </u>	<u> </u>
Total	-	7
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

10 Other expenditure

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Financing costs	226	301
	<u> </u>	<u> </u>

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Bank loans		3,029	2,967
Accruals and deferred income		600	-
		<u> </u>	<u> </u>
		3,629	2,967
		<u> </u>	<u> </u>

13 Creditors: amounts falling due after more than one year

	Notes	2023 £	2022 £
Bank loans		4,442	7,484
		<u> </u>	<u> </u>

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2023 £	Incoming resources £	Resources expended £	At 31 December 2023 £
National Lottery	-	24,800	(10,000)	14,800

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2023 £	Incoming resources £	Resources expended £	At 31 December 2023 £
General funds	696	58,256	(33,103)	25,849

Previous year:	At 1 January 2022 £	Incoming resources £	Resources expended £	At 31 December 2022 £
General funds	14,133	27,433	(40,870)	696

16 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:			
Current assets/(liabilities)	30,291	14,800	45,091
Long term liabilities	(4,442)	-	(4,442)
	25,849	14,800	40,649

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

16 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
At 31 December 2022:			
Current assets/(liabilities)	8,180	-	8,180
Long term liabilities	(7,484)	-	(7,484)
	<u>696</u>	<u>-</u>	<u>696</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).