

Charity registration number 1192348 (England and Wales)

Company registration number CE023849

BTG MIND MATTERS CIO

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

BTG MIND MATTERS CIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Victoria Brewster Karen Halton Carl Gola Megan Fenney C E M Dunham	(Appointed 1 May 2024)
Charity number (England and Wales)	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 2024

The Trustees present their annual report and financial statements for the year ended 31 December 2024.

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 illnesses.

We have continued to develop and offer our Respite Programme to those meeting our inclusion criteria - combined structured exercise and talking therapy.

Public benefit

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

Achievements and performance

Significant activities and achievements against objectives

Respite Programme

Over 70 individuals were supported through the Respite Programme during 2024.

This has comprised a mixture a fully Charity funded, fully self-funded and combination funded places (with voluntary self-funded contribution amounts determined by the client). This model has worked well, and we intend to continue offering opportunities for voluntary contributions towards combination funding moving forwards.

We have also collaborated with researchers at the Keele University and Lancaster University during 2024 to complete an evaluation of our fully anonymised data and provide recommendations for future opportunities to improve our services and achieve in even bigger impact. The evaluation report concluded that our services have demonstrated an improvement in mental health and wellbeing of our participants and recommended we move to use of standard mental health and wellbeing measures to allow comparisons to other services in future. We have already taken steps to action this recommendation and updated our pre and post service questionnaires accordingly.

Charity resourcing

We have continued to offer paid contracting opportunities this year, as well as expanding our volunteers network.

In particular, we now have a dedicated counsellor running the client journey management processes on a contract basis and performing the critical triaging activities as clients are referred/self-refer to the charity for support. This has been a significant positive step forwards and provides stability and continuity for the charity and the individuals we support.

We also welcomed a new Trustee this year, Charlotte Dunham joined as the Chair of Trustees in May 2024. All other existing Trustees have continued to support the charity throughout the year and we are grateful for their time and expertise.

We will continue to review our resourcing model and plan to further expand volunteering opportunities going forwards.

BTG MIND MATTERS CIO

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Financial review

The financial position for the charity during 2024 was challenging, with a net loss for the year. Grant funding has been more challenging to secure during 2024, with a number of grant applications proving unsuccessful. This, in combination with very high referral rates for beneficiaries of our services contributed to the difficult financial year. It was necessary to temporarily pause onboarding of new beneficiaries to our Respite Programme requiring financial sponsorship during 2024 (though self funded applicants were able to continue) to ensure committed expenses could be covered to our service providers. Applications for funded places have since been reopened and we are continuing to support new beneficiaries, whilst carefully monitoring cash flow through a refreshed monthly process for approving new beneficiaries.

Donations remained the main income sources for the charity during 2024. Additional focus will be placed on securing new revenue sources through corporate sponsorship and continuing to expand our fundraising activities in 2025.

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 service providers, 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:

Dr Victoria Brewster

Karen Halton

Carl Gola

Megan Fenney

C E M Dunham

(Appointed 1 May 2024)

Recruitment and appointment of trustees

Trustees are appointed as per the charity constitution.

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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C E M Dunham

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 2024.

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.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 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. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

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 Companies Act 2006.
- 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 Companies Act 2006 other than any requirement that the financial statements 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 financial statements 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

Date:

BTG MIND MATTERS CIO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income and endowments from:							
Donations and legacies	2	49,182	-	49,182	53,455	24,800	78,255
Investments	3	164	-	164	1	-	1
Other income	4	5,493	-	5,493	4,800	-	4,800
Total income		54,839	-	54,839	58,256	24,800	83,056
Expenditure on:							
Raising funds	5	1,836	-	1,836	1,731	-	1,731
Charitable activities	6	68,478	14,800	83,278	31,146	10,000	41,146
Other expenditure	10	158	-	158	226	-	226
Total expenditure		70,472	14,800	85,272	33,103	10,000	43,103
Net income/(expenditure) and movement in funds		(15,633)	(14,800)	(30,433)	25,153	14,800	39,953
Reconciliation of funds:							
Fund balances at 1 January 2024		25,849	14,800	40,649	696	-	696
Fund balances at 31 December 2024		10,216	-	10,216	25,849	14,800	40,649

BTG MIND MATTERS CIO

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Cash at bank and in hand		15,962		48,720	
Creditors: amounts falling due within one year	12	<u>(3,975)</u>		<u>(3,629)</u>	
Net current assets			11,987		45,091
Creditors: amounts falling due after more than one year	13		<u>(1,771)</u>		<u>(4,442)</u>
Net assets			<u>10,216</u>		<u>40,649</u>
The funds of the charity					
Restricted income funds	14		-		14,800
Unrestricted funds	15		<u>10,216</u>		<u>25,849</u>
			<u>10,216</u>		<u>40,649</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 2024.

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

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C E M Dunham
Trustee

Company registration number CE023849 (England and Wales)

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

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" 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)". 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. 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 2024

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 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	44,192	-	44,192	45,955	-	45,955
Grants	4,990	-	4,990	7,500	24,800	32,300
	<u>49,182</u>	<u>-</u>	<u>49,182</u>	<u>53,455</u>	<u>24,800</u>	<u>78,255</u>
Grants						
The Georgia Leigh Ogden Foundation	-	-	-	6,000	-	6,000
Co-Op	-	-	-	1,000	-	1,000
Charities Trust	500	-	500	-	-	-
Bently Motors Limited	490	-	490	500	-	500
National Lottery	-	-	-	-	24,800	24,800
Foyle Foundation	4,000	-	4,000	-	-	-
	<u>4,990</u>	<u>-</u>	<u>4,990</u>	<u>7,500</u>	<u>24,800</u>	<u>32,300</u>

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

3 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	164	1
	=====	=====

4 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Rent Received	5,493	4,800
	=====	=====

5 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Advertising	1,836	1,731
	=====	=====

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

6 Expenditure on charitable activities

	Total 2024 £	Total 2023 £
Direct costs		
Consulting - Physical Therapy	31,202	11,982
Consulting - Talking Therapy	20,245	7,134
Consultancy	21,690	11,520
Rent	7,200	7,200
Light & Heat	870	962
Repairs & Renewals	-	533
Travelling expenses	328	55
Computer costs	398	280
Sundry expenses	253	137
Subscriptions	144	143
	<u>82,330</u>	<u>39,946</u>
Share of support and governance costs (see note 7)		
Governance	948	1,200
	<u>83,278</u>	<u>41,146</u>
Analysis by fund		
Unrestricted funds	68,478	31,146
Restricted funds	14,800	10,000
	<u>83,278</u>	<u>41,146</u>

7 Support costs allocated to activities

	2024 £	2023 £
Accountancy	900	1,200
Bank charges	48	-
	<u>948</u>	<u>1,200</u>
Analysed between:		
Charitable activities	<u>948</u>	<u>1,200</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 2024

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	-	-

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

10 Other expenditure

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Financing costs	158	226

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	2024 £	2023 £
Bank loans		3,195	3,029
Accruals and deferred income		780	600
		<u>3,975</u>	<u>3,629</u>

13 Creditors: amounts falling due after more than one year

	Notes	2024 £	2023 £
Bank loans		<u>1,771</u>	<u>4,442</u>

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

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 2024 £	Incoming resources £	Resources expended £	At 31 December 2024 £
National Lottery	14,800	-	(14,800)	-
Previous year:	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 2024 £	Incoming resources £	Resources expended £	At 31 December 2024 £
General funds	25,849	54,839	(70,472)	10,216
Previous year:	At 1 January 2023 £	Incoming resources £	Resources expended £	At 31 December 2023 £
General funds	696	58,256	(33,103)	25,849

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Current assets/(liabilities)	11,987	-	11,987
Long term liabilities	(1,771)	-	(1,771)
	10,216	-	10,216

BTG MIND MATTERS CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

16 Analysis of net assets between funds

(Continued)

	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)
	<u>25,849</u>	<u>14,800</u>	<u>40,649</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).