



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From November 1st 2021 To October 31st 2022

Charity name: BEXCEPTIONAL FOUNDATION

Charity registration number: 1192745

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The object of the CIO is: To preserve and protect the mental health and wellbeing of and relieve the needs of women and people who identify as female who have experienced mental health problems due to sexual, emotional, physical or mental abuse.
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	The main activities to achieve the above purpose and objectives are the provision of: a) grants of financial assistance to access counselling; b) support, activities and opportunities designed to build confidence and raise self-esteem thereby empowering them to establish healthy relationships and live safer happier lives; c) a signposting service to support available from other relevant organisations. In this reporting period the main activities of the charity have been: point a (grants of financial assistance to access counselling) and point c (a signposting service to support available from other relevant organisations.). Point B is an activity that is scheduled for the next reporting period (2022-2023) and was unfortunately not safe to undertake during this reporting period due to the ongoing pandemic and changing UK government guidance on covid-19. The trustees acted in accordance with UK government guidance at all times and believed that to keep the beneficiaries and all others involved as safe as possible, it was best to postpone such activities till restrictions were lifted and guidance encouraged such activities again.
Statement confirming whether the trustees have had regard	Para 1.18	At the establishment of the charity (December 2020) the trustees all read and confirmed

to the guidance issued by the Charity Commission on public benefit		understanding of charity commission guidance on running and managing a charity and being a trustee. The guidance is drawn upon when needed, and was a key resource in designing the activities, purpose and delivery of the charity goals. This guidance was re-read, discussed and confirmed as understood between the trustees during this reporting period.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	The charity has a documented process that is followed for every request for funds for a beneficiary – ensuring that funds are properly allocated and managed. This is clearly communicated to our partner counsellors verbally and in writing, with a signature of understanding and agreement to follow the process obtained before any partner counsellor begins working with the charity. The trustees managing the grants and funds allocated are also all trained on the policy and process, and enact this on an ongoing basis. Where there are challenges (e.g. when funds are running low), there are ‘special circumstance’ clauses that come into place when agreed upon by all three trustees, and are again clearly communicated to all partner counsellors. Written confirmation of understanding is received. The grant making policy requires partner counsellors to submit a completed beneficiary request form, which details: • Basic – yet anonymous – information about the potential beneficiary • Their CORE score (a score used to assess the state of an individual’s mental health) • The presenting symptoms • The understood causes of the symptoms and CORE score and why they meet the criteria to be a beneficiary of the charity • The funding request and number of mental health counselling sessions being requested • Justification for funding request
Policy on social investment including program related investment	Para 1.38	NA

Contribution made by volunteers	Para 1.38	During this reporting period the charity had no volunteers, all voluntary time was undertaken by trustees. This time includes: • Managing the website and social media channels • Responding to requests for help from beneficiaries • Managing the partner counsellor team • Agreeing and allocating funds to approved beneficiaries • Regular trustee meetings and review of progress, goals and finances • Working on the growth plan for the charity going forwards This is around 5 hours per trustee per month for the reporting period.
Other		NA

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	In the reporting period the charity has made progress against its goals, and has identified areas for improvement and growth for the next reporting period. We are still a small, trustee run charity and aim to continue our growth in the coming years in a sustainable, step-by-step fashion. The trustees are proud of the achievements of the charity in this reporting period and thank our continued and new supporters for their fundraising and support on social media. Under main activity a) to provide 'grants of financial assistance to access counselling;' the main achievements of the charity in this reporting period are: • Providing quick access to and funding for 52 specialist counselling or assessment sessions to 9 beneficiaries, one of whom was an existing beneficiary. The other 8 were all new beneficiaries to the charity in the reporting period. • Providing approved beneficiaries with approval for partially funded counselling, and access to that counsellor, on average within one week. This was while the

		average waiting time for NHS counselling reported in our beneficiary applications was over 6 months, and in some place over 12 months. • The mental health of these beneficiaries was documented to have improved following the completion of sessions, with their CORE scores reducing (demonstrating improved state of mental health) • Maintaining a team of 11 partner counsellors throughout England who were fully vetted and able to deliver mental health counselling to beneficiaries with partial funding from the charity. The team also added a further new counsellor to our team bringing the number to 12. Under charity activity c) provide “a signposting service to support available from other relevant organisations”: • The charity developed an active social media network, with signposting and sharing of information with other relevant charities in the female mental health space, including Mind, Women’s Aid, Shelter and local women’s aid and refuge charities. • The charity also began conversations with other female orientated mental health organisations to establish partnerships and referral mechanisms, including Safe Gigs for Women. • The charity social media accounts had the following number of followers at the time of writing the report: ○ Instagram – 179 ○ Facebook – 57 ○ LinkedIn – 62 ○ Twitter – 20
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	As above
		The charity aimed to raise £3,000 during this reporting period). We were able to raise £2,053 – 68% of target.

Performance of fundraising activities against objectives set	Para 1.41	This figure was raised through a range of fundraising activity, including sponsored physical activity events where participants/fundraisers undertook activities in their own time and gathered sponsorship, and donations from private individuals who want to support the charity. It is important to note that for part of this reporting period (November 2021-October 2022) there were still restrictions in place on many public activities – such as fundraising events, gatherings of people beyond bubbles and family members. There had also been an increased cost of living as people recover from the economic impact of covid-19, which we believe has affected our ability to raise more funds. This has been considered for the 2022-2023 approach. Despite this – the trustees organised a remote fundraising event in May 2022 ‘100 miles in May’ – this raised over £590 for the charity through participants undertaking sponsored walks/cycles/swims/runs and sharing their progress on social media.
Investment performance against objectives	Para 1.41	NA
Other		NA

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	During the reporting period, the charity had a total income of £2,052.76. The outgoings in this financial period were a total of £2,073.40. This left the charity at a balance of £224.36. The income and outgoings are at a similar ratio to year 1 of the charity (2020-2021), but around half the value. The trustees have analysed this and believe that this shows: • The models the charity uses to predict income and outcome are fit for purpose • The charity's method to balance agreed grant values to beneficiaries versus actual and predicated income are fit for purpose • Higher income in the future (through a variety of sources) will enable the charity to support more beneficiaries, as our outgoing costs are not expected to increase vastly in the next reporting period. This ratio in year 3 is expected to improve. The trustees agree that a passive, regular source of income would be beneficial to the charity to help us to grow. Work is underway to establish this through a variety of fundraising methods for year 3.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	NA
Amount of reserves held	Para 1.22	£200
Reasons for holding zero reserves	Para 1.22	During this reporting period there was no formal policy for holding reserves. However, based on the previous year's report and charity performance, the trustees decided to keep £200 as reserve at any one point in time. This was to ensure that in the event of a lack of income – the basic operational costs required by the charity (website, insurance etc.) would be covered for a 6-month period, enabling the trustees to operate a legally compliant charity whilst raising new/additional funds. The trustees managed cashflow and decisions over grants to beneficiaries as such, to ensure that the charity did not over-commit to beneficiary outgoings without confirmation that income was guaranteed for that period. In practice, the charity did not have to put into action any 'special measures' – such as paused

		beneficiary funding – during this period as there was no time where cashflow was an issue, or where it appeared the bank balance would get close to the reserve amount.
Details of fund materially in deficit	Para 1.24	NA
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	NA

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	NA
Investment policy and objectives including any social investment policy adopted	Para 1.46	NA
A description of the principal risks facing the charity	Para 1.46	NA
Other		NA

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity has a foundation model constitution, approved in December 2020 by the Charity Commission of England and Wales.
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	The charity is a 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	Trustees are selected by existing trustees. A call for new trustees is made by the existing trustees, and applications are received. Following checks to ensure they meet the criteria to be a trustee (section 9,2 in our constitution), an interview will take place. If the applicant is determined suitable the existing trustees will vote on their appointment. All founding 'first' trustees have equal vote and right to appoint new trustees.

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	Will provide in the next annual report
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Will provide in the next annual report
Relationship with any related parties	Para 1.51	Will provide in the next annual report
Other		NA

Reference and Administrative details

Charity name	Bexceptional Foundation
Other name the charity uses	NA
Registered charity number	1192745

Charity's principal address	Bexceptional Foundation, Box 180 151 Trafalgar Road, Greenwich, London SE10 9TX
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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	Rebecca Hall	Chair of Trustees and Founder - remote	Whole year – ongoing	Group decision between three trustees – equal vote
2	Alice Palmer	Trustee - remote	Whole year – ongoing	Group decision between three trustees – equal vote
3	Marina el-Hasni	Trustee remote	Whole year – ongoing	Group decision between three trustees – equal vote
4				

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

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
None		

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

None

Other optional information

None

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>RHALL</i>	
Full name(s)	Rebecca Hall	
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	11/08/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Name
Bexceptional Foundation

No (if any)
1192745

Receipts and payments accounts

CC16a

For the period
from

11/1/2021

To

10/31/2022

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					
Fundraising	2,053	-	-	2,053	-
Balance in bank account at end of previous financial year	245	-	-	245	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,298	-	-	2,298	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,298	-	-	2,298	-
A3 Payments					
Counsellor payments	1,135	-	-	1,135	-
Insurance	87	-	-	87	-
Operating costs	852	-	-	852	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,074	-	-	2,074	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,074	-	-	2,074	-
Net of receipts/(payments)	224	-	-	224	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	224	-	-	224	-

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 (agree balances with receipts and payments account(s))		-	-
		Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
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	