



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From **November 1<sup>st</sup> 2024** To **October 31<sup>st</sup> 2025**

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:<br>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 | <b>The main activities to achieve the above purpose and objectives are the provision of:</b><br>a) grants of financial assistance to access counselling;<br>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;<br>c) a signposting service to support available from other relevant organisations.<br><br><b>In this reporting period the main activities of the charity have been:</b> point a (grants of financial assistance to access counselling) and point c (a signposting service to support available from other relevant organisations.).<br><br>Activity B was not delivered during this financial period. |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit                                         | Para 1.18          | At the establishment of the charity (December 2020) the trustees all read and confirmed 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.                                                                                                                                                                                                                                                                                                  |

**Additional information (optional)**

You may choose to include further statements where relevant about:

|                                                                  | SORP reference |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| Policy on grant making                                           | Para 1.38      | <p>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.</p> <p>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.</p> <p>The grant making policy requires partner counsellors to submit a completed beneficiary request form, which details:</p> <ul style="list-style-type: none"> <li>• Basic – yet anonymous – information about the potential beneficiary</li> <li>• Their CORE score (a score used to assess the state of an individual’s mental health)</li> <li>• The presenting symptoms</li> <li>• The understood causes of the symptoms and CORE score and why they meet the criteria to be a beneficiary of the charity</li> <li>• The funding request and number of mental health counselling sessions being requested</li> <li>• Justification for funding request</li> </ul> |
| Policy on social investment including program related investment | Para 1.38      | NA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Contribution made by volunteers                                  | Para 1.38      | <p>During this reporting period the charity had no volunteers, all voluntary time was undertaken by trustees.</p> <p>This time includes:</p> <ul style="list-style-type: none"> <li>• Managing the website and social media channels</li> <li>• Responding to requests for help from beneficiaries</li> <li>• Managing the partner counsellor team</li> <li>• Agreeing and allocating funds to approved beneficiaries</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

|       |  |                                                                                                                                                                                                                                                                        |
|-------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       |  | <ul style="list-style-type: none"> <li>Regular trustee meetings and review of progress, goals and finances</li> <li>Working on the growth plan for the charity going forwards</li> </ul> <p>This is around 4 hours per trustee per month for the reporting period.</p> |
| Other |  | NA                                                                                                                                                                                                                                                                     |

## Achievements and Performance

|                                                                                                                                                                                                 | SORP reference |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| 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>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.</p> <p>Under main activity a) to provide 'grants of financial assistance to access counselling;' the main achievements of the charity in this reporting period are:</p> <ul style="list-style-type: none"> <li>Providing quick access to and funding for 10 specialist counselling or assessment sessions to one beneficiary.</li> <li>Providing approved beneficiaries with approval for partially funded counselling, and access to that counsellor, on average within two weeks. This was while the average waiting time for NHS counselling reported in our beneficiary applications was over 6 months.</li> <li>The mental health of the beneficiary was documented to have improved following the completion of sessions, with her CORE score reducing (demonstrating improved state of mental health) from 18 to 11.</li> <li>Maintaining a team of 10 partner counsellors throughout England who are able to deliver mental health counselling to beneficiaries with partial funding from the</li> </ul> |

|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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|  |  | <p>charity.</p> <p>Under charity activity c) provide “a signposting service to support available from other relevant organisations”:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• The charity also began conversations with other female orientated mental health organisations to establish partnerships and referral mechanisms, including Safe Gigs for Women.</li> </ul> |
|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Additional information (optional)**

You may choose to include further statements where relevant about:

|                                                              |           |                                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Achievements against objectives set                          | Para 1.41 | As above                                                                                                                                                                                                                                                                                 |
| Performance of fundraising activities against objectives set | Para 1.41 | <p>In this reporting period the charity raised £2947.99 in donations. This was largely thanks to a supporter running the London Marathon in aid of the charity, raising over £2000.</p> <p>The charity’s objective was to raise £1500 in this period, so the objective was exceeded.</p> |
| Investment performance against objectives                    | Para 1.41 | NA                                                                                                                                                                                                                                                                                       |
| Other                                                        |           | NA                                                                                                                                                                                                                                                                                       |

## Financial Review

|                                                                                |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Review of the charity's financial position at the end of the period            | Para 1.21 | <p>During the reporting period, the charity had a total income of £2,947.</p> <p>The outgoings in this financial period were a total of £985.</p> <p>This left the charity at a balance of £3,700.</p> <p>The trustees have analysed this and believe that this shows:</p> <ul style="list-style-type: none"> <li>• The models the charity uses to predict income and outcome are fit for purpose</li> <li>• The charity's method to balance agreed grant values to beneficiaries versus actual and predicated income are fit for purpose</li> <li>• Our fixed operational costs are low for a charity, and have been reduced as much as possible – for instance we have changed mail service and telephone providers to save money.</li> <li>• There was more spent on operational costs in this period than on grants/beneficiaries. However, the spending did meet the demand for the services. Had there been more demand, the charity would have done more fundraising.</li> <li>• The goal is for there to be more reserves in our accounts so that we can invest in growing the charity, as well as meeting the service demand.</li> </ul> <p>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 5.</p> |
| 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 | <p>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</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

|                                                                                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                  |           | <p>the charity did not over-commit to beneficiary outgoings without confirmation that income was guaranteed for that period.</p> <p>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.</p> |
| 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<br>(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?<br>(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.<br>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,<br>7, Bell Yard |

|  |                                  |
|--|----------------------------------|
|  | The Strand<br>London<br>WC2A 2JR |
|--|----------------------------------|

**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)



Full name(s)

Rebecca Hall

Position (eg Secretary,  
Chair, etc)

Chair of Trustees

Date

21/08/2026