

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

**KNOW THYSELF
CHARITABLE TRUST**

CHARITY REGISTRATION No: 1192919

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

KNOW THYSELF CHARITABLE TRUST

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KNOW THYSELF CHARITABLE TRUST
LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1192919
DATE OF REGISTRATION	23rd December 2020
START OF FINANCIAL YEAR	1st April 2024
END OF FINANCIAL YEAR	31st March 2025
TRUSTEES AS AT 31ST MARCH 2025	Arthur Morgan Nicole Droulez Joseph Cross Daphne Vaughan Marina Hopkins Nicholas Morgan Samuel Gordon

The existing trustees appoint any new trustees following the provisions laid out in the organisation's governing

LEGAL STATUS	Unincorporated Charity
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GOVERNING INSTRUMENT	Trust Deed Dated 21st December 2020
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OBJECTS

To promote and protect the mental health of the public through the provision of: **a)** Grants to organisations which are working to promote and protect mental health of workers experiencing, or at risk or poor mental health in the workplace.
b) Raising awareness of mental health concerns which arise in the workplace.

CORRESPONDENCE ADDRESS	22 Oakway London SW20 9JE
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PRIMARY BANKERS	National Westminster Bank Plc Clapham Junction 66-68 St John's Road Clapham Junction London SW11 1PB
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INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ
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KNOW THYSELF CHARITABLE TRUST

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Know Thyself Charitable Trust on the accounts for the year ended 31st March 2025 set out on pages 7 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ



Date: 15th January 2025

KNOW THYSELF CHARITABLE TRUST
TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2025

Objectives and Activities

To promote and protect the mental health of the public through the provision of:

1. Grants to organisations which are working to promote and protect the mental health of workers experiencing, or at risk of poor mental health in the workplace; and
2. Raising awareness of mental health concerns which arise in the workplace.

Summary of the Main Activities

To raise funds via fundraising activities including sporting, social and arts events, which will be granted to charitable organisations which align with the Objects and further the Charity's causes surrounding Anxiety and Stress.

The Trustees have allocated funding to Charities that work within the public benefits defined by the Charity Commission, including working with schools and within the building profession to raise awareness around mental health.

Grants will only be allocated to a suitable charities with a majority vote of the Trustees. It has to be proven that the charity aligns with our Objects and utilises the funding correctly.

Achievements and Performance

To date, the charity has granted funding to MindApples, Solent Mind, Calm and others.

Financial Review

At the end of the financial year the charity held £34,840.50, which was all raised through fundraising, grants or gifts.

It is agreed between the Trustees that the charity should hold a minimum of £10,000 in reserve.

Principal source of funds is through fundraising and gifts from the public. The Charity also received allocation funds from community businesses.

Structure, Governance and Management

Appointment of Trustees by vote of the existing Trustees. Appointment to Chair, Treasurer or other named position by vote of the Trustees. Votes must be majority in favour.

At present, there are no policies for training. All trustees are provided guidance of the rules, regulations and risks associated with being a Trustee before they agree to join as Trustee.

KNOW THYSELF CHARITABLE TRUST

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2025

Trustees' Responsibilities

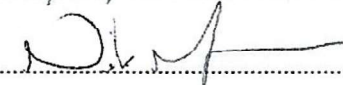
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 14/1/2026

Signed on their behalf by Trustee 

Printed Name: Nicholas Morgan

KNOW THYSELF CHARITABLE TRUST

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2025

	Notes	Unrestricted Fund £	Restricted Fund £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOME AND ENDOWMENTS FROM:					
Donations, Grants & Legacies	3a	38,012	-	38,012	16,476
Activities for Generating Funds	3b	5,525	-	5,525	6,642
Investment Income	3c	-	-	-	-
TOTAL INCOME		43,537	-	43,537	23,117
EXPENDITURE ON:					
Charitable Activities	4a	36,800	-	36,800	39,263
Governance Costs	4b	1,600	-	1,600	840
TOTAL EXPENDITURE		38,400	-	38,400	40,103
NET INCOME/(EXPENDITURE)		5,137	-	5,137	(16,986)
Total Funds Brought Forward		28,804	-	28,804	45,790
TOTAL FUNDS CARRIED FORWARD		33,941	-	33,941	28,804

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 13 form part of these financial statements.

KNOW THYSELF CHARITABLE TRUST

BALANCE SHEET AS AT 31ST MARCH 2025

	Notes	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Current Assets					
Cash at Bank and in Hand	7	34,841	-	34,841	29,644
Debtors & Prepayments	8	-	-	-	-
Total Current Assets		34,841	-	34,841	29,644
Creditors: Amounts due within one year	9	900	-	900	840
NET CURRENT ASSETS/(LIABILITIES)		33,941	-	33,941	28,804
TOTAL ASSETS less current liabilities		33,941	-	33,941	28,804
Creditors: Long Term Liabilities	10	-	-	-	-
NET ASSETS/(LIABILITIES)		33,941	-	33,941	28,804
Funds of the Charity					
General Funds		33,941	-	33,941	28,804
Restricted Funds	6	-	-	-	-
Total Funds		33,941	-	33,941	28,804

Approved by the Trustees on 14/1/2026

Signed on their behalf by Trustee

Printed Name: Nicholas Morgan

KNOW THYSELF CHARITABLE TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services has been delivered.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

KNOW THYSELF CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS (Continued)
FOR THE YEAR ENDED 31ST MARCH 2025

1. ACCOUNTING POLICIES (continued)

Incoming Resources

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Unrestricted Funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted Funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of the regular appeals for special offerings.

Designated Funds

These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied per annum are as follows:

General Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The Charity held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2025 : None

31st March 2024 : None

KNOW THYSELF CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS (Continued)
FOR THE YEAR ENDED 31ST MARCH 2025

3. INCOME AND ENDOWMENTS

	Notes	Unrestricted Fund £	Restricted Fund £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Donations, Grants & Legacies					
Gifts & Donations		38,012	-	38,012	16,476
		38,012	-	38,012	16,476
b) Activities for Generating Funds					
Fundraising Income		5,525	-	5,525	6,642
		5,525	-	5,525	6,642
c) Investment Income					
Bank Interest		-	-	-	-
		-	-	-	-

4. EXPENDITURE ON:

		Unrestricted Fund £	Restricted Fund £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Charitable Activities					
Fundraising Costs		1,955	-	1,955	2,416
Gifts & Donations		34,495	-	34,495	36,025
Meeting Costs		19	-	19	297
Website Costs		331	-	331	525
		36,800	-	36,800	39,263
b) Governance Costs					
Independent Examiner's Fee	9	900	-	900	840
Legal & Professional Fees		700	-	700	-
		1,600	-	1,600	840

KNOW THYSELF CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS (Continued)
FOR THE YEAR ENDED 31ST MARCH 2025

5. DESIGNATED FUNDS

The Charity held no designated funds during this or the previous financial year.

6. RESTRICTED FUNDS

The Charity held no restricted funds during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Cash at Bank and in Hand	34,841	-	34,841	29,644
	34,841	-	34,841	29,644

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS ACCRUALS AND DEFERRED INCOME: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Independent Examiner's Fee	900	-	900	840
	900	-	900	840

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The Charity held no long term liabilities during this or the previous financial year.

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Tangible Fixed Assets	-	-	-	-
Net Current Assets	33,941	-	33,941	28,804
Long Term Liabilities	-	-	-	-
TOTAL FUNDS	33,941	-	33,941	28,804

KNOW THYSELF CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS (Continued)
FOR THE YEAR ENDED 31ST MARCH 2025

12. STAFF COSTS AND NUMBERS

The Charity employed no members of staff during this or the previous financial year.

13. PAYMENTS TO TRUSTEES AND RELATED PARTY TRANSACTIONS

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the Charity's needs. This is based on the Charity's size and the level of financial commitments held. The Trustees aim to ensure the Charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the Charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the Charity should undertake.