

 CHARITY COMMISSION FOR ENGLAND AND WALES	INWARDLY		No (if any)	
	Receipts and payments accounts			
	For the period from	06/04/2022	To	05/04/2023

Section A Receipts and payments				
	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
Sub total (Gross income for AR)	- 0	-	-	-
A2 Asset and investment sales, (see table).				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total receipts	- 0	- 0	- 0	-
A3 Payments				
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
Sub total	- 0	-	-	-
A4 Asset and investment purchases, (see table)				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total payments	- 0	- 0	- 0	-
Net of receipts/(payments)	- 0	-	-	-
A5 Transfers between funds	- 0	-	-	-
A6 Cash funds last year end	- 0	-	-	-
Cash funds this year end	- 0	-	-	-

Section B Statement of assets and liabilities at the end of the period			
Categories	Details	Unrestricted funds	Restricted funds
		to nearest £	to nearest £
B1 Cash funds		-	-
		-	-

		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds
	Details	to nearest £	to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-
	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
		LAUREN BALASCO	

CC16a
Last year
to the nearest £
-
-
-
-
-
-
-
-
-
-
-
- 0
- 0
- 0
-
-
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-
-
-
-
-
-
-
-
- 0
- 0
-
-
-
-
Endowment funds
to nearest £
-
-

-
-
OK
Endowment funds
to nearest £
-
-
-
-
-
-
Current value (optional)
-
-
-
-
-
Current value (optional)
-
-
-
-
-
-
-
-
-
When due (optional)
Date of approval
06/04/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 05 FEB 2023

To 05 FEB 2024

Charity name: INWARDLY

Charity registration number: 1192987

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Our purpose is to preserve and protect physical and mental health for the public benefit by providing free digital mental health support resources and services, importantly to bridge the gap between diagnosis and waiting to see a therapist.
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 this year have again been laying down the foundations for the charity. Research, content and build. Things have not been as straight forward as we'd hoped, especially with us all working on the charity part time.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	I confirm that the Trustees at inwardly have received, read and agreed to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

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	Our first year has been focused on the ground work of gathering materials for the launch of our website. The resources are to be comprehensive, working with volunteer professional practitioners and the trustees, so they will take some time - this is still the case. So far, we have built the main website (which is now in draft), written the main copy for the website for SEO, created all of our charity branding materials, produced audio recordings for the sleep section of the site and have begun work storyboarding the online CBT pre-recorded sections. We have also spent some time on photography this year as we continue to build out the above. Our main priority this year has been to get ourselves in a good position to launch the website. So far we continue to work on the above without the need of any finances due to our trustees expertise, however, once we're in a better position we may need to look for grants. We are also in discussions about looking for a charity mentor.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	So far the charity has had zero outgoings and zero reserves.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We currently have 0 financial reserves as everything has been completed by the trustees or on a voluntary basis. However, any reserves the charity has in the future must be spent solely for our charities purposes. Any expenditure must be approved by the Trustee Chair.
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	The work carried out so far has been done entirely on a voluntary basis and we'll be looking at grant options and mentorship at a later date
Details of fund materially in deficit	Para 1.24	There is no deficit in funds for inwardly.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are currently no concerns

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

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO - FOUNDATION
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	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	The Trustee selection process combines election to post and vote through the combined Trustees. The Trustee Chair holds the deciding vote should this be required.

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	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	INWARDLY
Other name the charity uses	
Registered charity number	1192987

Charity's principal address	19 Aster Crescent Emersons Green Bristol BS16 7LZ.

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	Lauren Balasco	Chair	Since 01 November 2020	Lauren Balasco
2	Sandra Reading		Since 01 November 2020	Sandra Reading
3	Sara Owen		Since 01 November 2020	Sara Owen
4				
5				
6				
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14				
15				
16				
17				
18				
19				
20				

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

Director name		

Name of trustees holding title to property belonging to the charity

[illegible]

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	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

Name: Lauren Balasco

Position: Trustee Chair

Date: 20/03/2023

Signature:

A handwritten signature in black ink, appearing to be 'LB' or 'Lauren Balasco' in a stylized, cursive script.