

TRUSTEES' ANNUAL REPORT AND ACCOUNTS

For the year ended 5 April 2026

1. Charity Information

Charity name: My Oppo Supporting Families with PTSD

Charity number: 1193061

Registered address: 101 Alspath Road, Meriden, United Kingdom

2. Trustees

Name	Role	Appointed	Resigned
Kheiron Howard	Chair	2021	N/A
Rachel Bryan	Trustee	2026	N/A

3. Structure, Governance and Management

The charity is governed by its charitable constitution and managed by its trustees. The trustees are responsible for the overall management and strategic direction of the charity.

4. Objectives and Activities

The charity supports mental health awareness and recovery for individuals and families affected by PTSD and related challenges. It works through community outreach, education, peer support and shared activities that encourage people to rebuild confidence and wellbeing. The charity promotes outdoor engagement and adventurous experiences that help individuals support each other and recover together.

5. Activities During the Year

- Participation in fundraising events including marathons
- Community outreach and awareness activities
- Development of the charity website and online presence

6. Public Benefit

The trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. The charity provides public benefit by encouraging individuals experiencing mental health challenges to reconnect with supportive communities and outdoor activity, helping rebuild confidence and wellbeing.

7. Financial Review

During the year the charity received £146 in donations. Total expenditure during the year was £100, primarily relating to the charity website. The charity ended the financial year with £200 in the bank.

The trustees confirm the charity is eligible to prepare Receipts and Payments accounts as its income is below £250,000.

8. Reserves Policy

The charity maintains small reserves to cover ongoing operational costs. Reserves are currently minimal as the organisation is in an early stage of development. During 2026 the charity aims to organise larger fundraising events and activities to increase financial sustainability.

Receipts and Payments Account

Source	Amount (£)
Donations	146

Total Receipts: £146

Payments

Expense	Amount (£)
Website costs	100

Total Payments: £100

Balance Sheet

Bank Balance	£200
Total Funds	£200

The trustees confirm the charity has no liabilities at the end of the financial year.

Trustee Approval

These accounts were approved by the trustees on: 05 March 2026

Name	Position	Signature
Kheiron Howard	Chair	
Rachel Bryan	Trustee	R Bryan