

BEING YOU THERAPY

England & Wales · Charity number 1194810

Details

Status Registered

Legal form CIO

Registered 2021-06-16

Register [View on the Charity Commission register](#)

Contact

Address 6 Beaconsfield Court
Princes Avenue
Walsall
WS1 2EE

Phone 03302290890

Email hello@beingyouththerapy.org.uk

Website www.beingyouththerapy.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AFFECTED BY POOR MENTAL HEALTH BY:A. PROVIDING GRANTS OF FINANCIAL ASSISTANCE TO ENABLE THOSE WHO FIND THEMSELVES WITH MENTAL HEALTH ISSUES WITH FUNDING FOR COUNSELLING AND/OR THERAPY.B. SIGN POSTING TO SELF-HELP RESOURCES.

Activities: We provide therapeutic support to as many people as possible. We ensure those who need help can get it through our local partnership, Our network of therapists are masters trained, also trained work with different areas of difficulty, including feeling stressed or anxious, panic attacks, school or workplace bullying, grief & bereavement, family problems, low self-esteem, and self-harm & suicide.

Classification

- **How:** Provides Services
- **What:** Disability, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- Birmingham City
- Coventry City
- Dudley
- Sandwell
- Solihull
- Walsall
- Wolverhampton
- Worcestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£34,660	£30,187	-	-
2024-06-30	£31,317	£26,887	-	-
2023-06-30	£41,500	£27,200	-	-
2022-06-30	£10,165	£2,534	-	-

Trustees

Name	Role	Appointed
Nordia Philpott MSc	Chair	2021-06-16
Aobakwe Anti		2021-06-16
Joseph Philpott		2021-06-16
LATIQUA SHANAE BARTHLEY		2021-06-16
Rachel Lemonius		2021-06-16

BEING YOU THERAPY

England & Wales - Charity number 1194810

Accounts

CHARITY REGISTRATION NUMBER: 1194810
COMPANY REGISTRATION NUMBER: CE025848

**Being You Therapy Charitable Incorporated
Organisation**

Unaudited Financial Statements

30 June 2025

WALTER HUNTER & CO LIMITED

Chartered accountants
24 Bridge Street
Newport
South Wales
NP20 4SF

Being You Therapy Charitable Incorporated Organisation

Financial Statements

Year ended 30 June 2025

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Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report

Year ended 30 June 2025

The trustees present their report and the unaudited financial statements of the charity for the year ended 30 June 2025.

Reference and administrative details

Registered charity name Being You Therapy Charitable Incorporated Organisation

Charity registration number 1194810

Company registration number CE025848

Principal office 6 Beaconsfield Court
Princes Avenue
Walsall
WS1 2EE

The trustees

N Philpott - Chair
L S Barthley
R Lemonius
A Anti
J Philpott

Independent examiner Jonathan Rhodes BSc BFP FCA
Walter Hunter & Co Limited Chartered Accountants
24 Bridge Street
Newport
South Wales
NP20 4SF

Structure, governance and management

The charity is controlled by its governing document, Memorandum and Articles of Association, and constitutes a charitable incorporated organisation.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2025

Introduction

The past year has been one of growth, resilience, and renewed commitment to our mission at Being You Therapy. As a charity dedicated to supporting individuals experiencing poor mental health, with a particular focus on Black and Brown communities and those at risk of homelessness, we have continued to adapt our services to meet the ever-changing needs of the people we serve.

This report provides a reflection on our achievements, challenges, and learning over the year 2024–2025.

Our Mission in Action

Our object remains clear: to relieve the needs of people experiencing or affected by poor mental health through:

- **Access to therapy and counselling**, including providing grants to those unable to fund their own support.
- **Signposting to self-help resources**, ensuring people are connected to the right help at the right time.
- **Developing culturally competent services** to ensure Black and Brown individuals receive care that is sensitive, inclusive, and effective.

Key Achievements

Expanding Therapeutic Support

We have increased our reach across the West Midlands, offering individual and group therapy sessions.

Our focus on BAME communities and hard-to-reach groups has allowed us to provide specialist support to those often overlooked by mainstream services.

We strengthened our partnership with Walsall Council, the NHS, and the West Midlands Combined Authority to ensure more sustainable referrals and funding streams.

Supporting Homeless and Vulnerable Populations

- Our work alongside the local rough sleepers' team has provided vital mental health support for homeless young people and adults. By integrating mental health support with housing and welfare services, we have helped clients stabilise their wellbeing as part of their journey towards recovery and independence.

Growth of Our Team

Our team of therapists has grown, enabling us to respond to higher referral numbers.

We now employ a diverse staff team committed to cultural awareness and inclusivity. We have continued to invest in training to strengthen skills in trauma-informed practice, safeguarding, and race awareness.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2025

Challenges Faced

Increased demand: Demand for our services continues to outstrip capacity, especially among homeless populations and young people.

Funding sustainability: While we have secured project-based funding, ongoing core costs remain a challenge, requiring us to seek longer-term investment.

Staff wellbeing: As with many frontline services, ensuring the wellbeing of our therapists and volunteers has been a key area of focus.

Learning and Reflections

This year has provided us with valuable insight into both the strengths of our services and the areas where we must continue to grow.

Cultural Responsiveness

We have learned that culturally responsive therapy is not simply a preference but an essential component of effective mental health care. Clients have shared how important it is to see therapists who understand their cultural background, lived experiences, and the systemic challenges they face. This has reinforced our belief that equity and representation must remain central to everything we do.

Power of Community-Based Support

Group work such as the *Mum and Mind* project and the *Young People's Mental Health Group* has shown us that peer connection plays a vital role in recovery. Many participants reported feeling less isolated and more hopeful as a result of sharing space with others who understand their struggles.

The Value of Partnerships

Our collaboration with local authorities, housing teams, and voluntary sector organisations has proven critical. Working together allows us to provide holistic support that addresses both the mental health and the practical needs of clients. This has strengthened our resolve to invest more in partnership development and collective action.

Staff and Volunteer Wellbeing

We have learned that in order to care well for others, we must care for our team. The demands of frontline mental health work can take a toll, and this year we introduced new spaces for reflective practice and wellbeing support for staff. This will remain a priority moving forward.

Early Intervention and Prevention

A recurring theme in our work is that too many people come to us only at the point of crisis. This reinforces the need for preventative work, early intervention, and awareness raising in schools, community centres, and faith settings. The earlier people are supported, the less likely they are to face long-term challenges.

Financial review

The statement of Financial activities shows an overall net surplus for the period of £2,671 consisting of an unrestricted deficit for the period of £142 and a restricted surplus of £2,813.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2025

Looking Ahead to 2025–2026

As we enter the new year, we do so with renewed vision and determination. Our priorities for 2025–2026 are clear and ambitious:

Securing Long-Term Investment

We will continue to pursue multi-year funding agreements with local authorities, trusts, and corporate partners to ensure stability. Alongside this, we will develop social enterprise opportunities to create streams of income that strengthen our sustainability.

Expanding the Restoration Therapy Pathway

Building on our successes, we plan to grow our therapy provision, offering a minimum of 24 therapy sessions per client and widening access across the West Midlands. This includes a stronger focus on Black and Brown individuals, as well as those experiencing homelessness, ensuring they are not left behind.

Developing Therapeutic Tools and Products

Following the success of our mental health diaries, we aim to launch a series of practical products such as coping card decks, therapy preparation packs, and wellbeing toolkits. These will both enhance client experience and create an additional income stream for the charity.

Strengthening Our Workforce

We plan to recruit additional therapists and support staff, with a strong emphasis on cultural awareness, trauma-informed practice, and safeguarding. We will also continue to provide reflective spaces and supervision to ensure staff wellbeing.

Creating Community Spaces for Healing

We aspire to develop safe and welcoming community hubs where therapy, group sessions, and creative activities can take place under one roof. These spaces will act as a beacon of hope and belonging for the communities we serve.

Influencing Systemic Change

Beyond direct service delivery, we will use our voice to advocate for fairer, more equitable mental health provision. This includes engaging with policy makers, NHS leaders, and community organisations to tackle structural barriers such as racial inequality and access to care.

Evaluation and Impact

We will strengthen our monitoring and evaluation systems to demonstrate clearly the impact of our work. Collecting client stories and outcome data will not only help us improve our services but also communicate our value to funders and stakeholders.

Together, these priorities will ensure that Being You Therapy not only continues to provide compassionate care but also grows into a leading voice for culturally competent, community-rooted mental health support.

Closing Reflection

This past year has reminded us of the strength within our community, the resilience of our clients, and the dedication of our team. Being You Therapy stands as a place of hope, healing, and advocacy. While the challenges remain significant, our commitment to ensuring culturally competent and accessible mental health support remains stronger than ever.

Together with our staff, trustees, volunteers, partners, and funders, we look forward to another year of making a meaningful difference.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2025

Responsibilities of trustees

Statement of Trustees responsibilities

The Charities Act 2011 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 of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the Charities SORP 2005;
- Make judgments and accounting estimates that are reasonable and prudent;
- To state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- To prepare the financial statements on the going concern basis unless it is inappropriate to do so.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. 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. The trustees are also responsible for the maintenance and integrity of the charity and financial information included on the charity's website.

The trustees' annual report was approved on 27 March 2026 and signed on behalf of the board of trustees by:



N Philpott - Chair
Trustee

Being You Therapy Charitable Incorporated Organisation

Independent Examiner's Report to the Trustees of Being You Therapy Charitable Incorporated Organisation

Year ended 30 June 2025

I report to the trustees on my examination of the financial statements of Being You Therapy Charitable Incorporated Organisation ('the charity') for the year ended 30 June 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

J Rhodes

Jonathan Rhodes BSc BFP FCA
Independent Examiner
Walter Hunter & Co Limited Chartered Accountants
24 Bridge Street
Newport
South Wales
NP20 4SF

31 Mar 2026

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Activities

Year ended 30 June 2025

		Unrestricted funds	2025 Restricted funds	Total funds	2024 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	4	5,660	29,000	34,660	24,981
Total income		<u>5,660</u>	<u>29,000</u>	<u>34,660</u>	<u>24,981</u>
Expenditure					
Expenditure on raising funds:					
Costs of other trading activities	5	802	–	802	–
Expenditure on charitable activities	6,7	1,000	30,187	31,187	27,231
Total expenditure		<u>1,802</u>	<u>30,187</u>	<u>31,989</u>	<u>27,231</u>
Net income/(expenditure)		<u>3,858</u>	<u>(1,187)</u>	<u>2,671</u>	<u>(2,250)</u>
Transfers between funds		(4,000)	4,000	–	–
Net movement in funds		<u>(142)</u>	<u>2,813</u>	<u>2,671</u>	<u>(2,250)</u>
Reconciliation of funds					
Total funds brought forward		642	(1,859)	(1,217)	1,033
Total funds carried forward		<u>500</u>	<u>954</u>	<u>1,454</u>	<u>(1,217)</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 9 to 16 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Position

30 June 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible fixed assets	13	–	269
Current assets			
Cash at bank and in hand		1,931	199
Creditors: amounts falling due within one year	14	477	1,685
Net current assets		<u>1,454</u>	<u>(1,486)</u>
Total assets less current liabilities		<u>1,454</u>	<u>(1,217)</u>
Net assets		<u>1,454</u>	<u>(1,217)</u>
Funds of the charity			
Restricted funds		954	(1,859)
Unrestricted funds		500	642
Total charity funds	15	<u>1,454</u>	<u>(1,217)</u>

These financial statements were approved by the board of trustees and authorised for issue on 27 March 2026 and are signed on behalf of the board by:



N Philpott - Chair
Trustee

The notes on pages 9 to 16 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements

Year ended 30 June 2025

1. General information

The charity is a public benefit entity a registered charity in England and Wales and is a charitable incorporated organisation. The address of the principal office is 6 Beaconsfield Court, Princes Avenue, Walsall, WS1 2EE.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on a going concern basis and on an accruals basis.

The financial statements are prepared in sterling, which is the functional currency of the entity. The figures in the accounts are rounded to the nearest whole pound.

Going concern

The community interest organisation is entirely dependent on continuing donations and grant aid and as a consequence the going concern basis is also dependent on continuing donations and grant aid.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102, as such, advantage has been taken of the following disclosure exemption available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Income tax

As a charity, Being You Therapy is exempt from tax on income and gains, to the extent that such income and gains are applied exclusively to charitable purposes. No tax charges have arisen in the charity.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Resources expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 50% p.a straight line

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Donations			
Donations	4,160	–	4,160
Grants			
The National Lottery Community Fund	–	20,000	20,000
Eveson Trust	–	4,000	4,000
Albert Hunt	–	5,000	5,000
Heart of England Payne Foundation	1,500	–	1,500
	<u>5,660</u>	<u>29,000</u>	<u>34,660</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

4. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	981	–	981
Grants			
The National Lottery Community Fund	–	10,000	10,000
Eveson Trust	–	10,000	10,000
Albert Hunt	4,000	–	4,000
Heart of England Payne Foundation	–	–	–
	<u>4,981</u>	<u>20,000</u>	<u>24,981</u>

5. Costs of other trading activities

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Costs of other trading activities	<u>802</u>	<u>802</u>	<u>–</u>	<u>–</u>

6. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
The National Lottery Community Fund	–	13,073	13,073
Eveson Trust	–	2,770	2,770
Postcode Lottery	–	439	439
Albert Hunt	–	6,293	6,293
Heart of England Payne Foundation	619	–	619
Support costs	381	7,612	7,993
	<u>1,000</u>	<u>30,187</u>	<u>31,187</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
The National Lottery Community Fund	–	9,932	9,932
Eveson Trust	–	9,932	9,932
Postcode Lottery	–	–	–
Albert Hunt	3,973	–	3,973
Heart of England Payne Foundation	–	–	–
Support costs	567	2,827	3,394
	<u>4,540</u>	<u>22,691</u>	<u>27,231</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

7. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2025	Total fund 2024
	£	£	£	£
The National Lottery Community Fund	13,073	4,613	17,686	11,346
Eveson Trust	2,770	922	3,692	11,345
Postcode Lottery	439	–	439	
Albert Hunt	6,293	2,077	8,370	4,540
Heart of England Payne Foundation	619	381	1,000	–
	<u>23,194</u>	<u>7,993</u>	<u>31,187</u>	<u>27,231</u>

8. Analysis of support costs

	Professional costs	Total 2025	Total 2024
	£	£	£
Communications and IT	1,367	1,367	–
General office	5,470	5,470	1,756
Finance costs	45	45	–
Professional & legal costs	842	842	802
Depreciation	269	269	836
	<u>7,993</u>	<u>7,993</u>	<u>3,394</u>

9. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets	<u>269</u>	<u>837</u>

10. Independent examination fees

	2025	2024
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>842</u>	<u>802</u>

11. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year no trustee expenses have been incurred.

12. Transfers between funds

The Albert Hunt Fund balance was transferred to restricted, as authorised by the Charity.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

13. Tangible fixed assets

	Equipment £
Cost	
At 1 July 2024 and 30 June 2025	1,673
Depreciation	
At 1 July 2024	1,404
Charge for the year	269
At 30 June 2025	<u>1,673</u>
Carrying amount	
At 30 June 2025	–
At 30 June 2024	<u>269</u>

14. Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	<u>477</u>	<u>1,685</u>

15. Analysis of charitable funds

Unrestricted funds

	At 1 July 2024 £	Income £	Expenditure £	Transfers £	At 30 June 2025 £
General funds	(3,358)	4,160	(802)	–	–
Albert Hunt	4,000	–	–	(4,000)	–
Heart of England Payne Foundation	–	1,500	(1,000)	–	500
	<u>642</u>	<u>5,660</u>	<u>(1,802)</u>	<u>(4,000)</u>	<u>500</u>

	At 1 July 2023 £	Income £	Expenditure £	Transfers £	At 30 June 2024 £
General funds	201	981	(4,540)	–	(3,358)
Albert Hunt	–	4,000	–	–	4,000
Heart of England Payne Foundation	–	–	–	–	–
	<u>201</u>	<u>4,981</u>	<u>(4,540)</u>	<u>–</u>	<u>642</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

15. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 July 2024 £	Income £	Expenditure £	Transfers £	At 30 June 2025 £
Eveson Trust	(215)	4,000	(3,692)	–	93
Postcode Lottery	618	–	(439)	–	179
The National Lottery					
Community Fund	(2,262)	20,000	(17,686)	–	52
Albert Hunt	–	5,000	(8,370)	4,000	630
	<u>(1,859)</u>	<u>29,000</u>	<u>(30,187)</u>	<u>4,000</u>	<u>954</u>

	At 1 July 2023 £	Income £	Expenditure £	Transfers £	At 30 June 2024 £
Eveson trust	1,130	10,000	(11,345)	–	(215)
Postcode Lottery	618	–	–	–	618
The National Lottery					
Community Fund	(916)	10,000	(11,346)	–	(2,262)
Albert Hunt	–	–	–	–	–
	<u>832</u>	<u>20,000</u>	<u>(22,691)</u>	<u>–</u>	<u>(1,859)</u>

Analysis of charitable funds *(continued)*

Eveson Trust, £93 (Funding period until 17th April 2026)

This funding has supported the continuation of our community-based mental health work, enabling individuals to access timely support and resources. Even smaller contributions such as this play a meaningful role in sustaining our services.

Postcode Lottery Fund, £179 (Funding period until November 2026 – 2 years)

This funding contributes towards our ongoing mental health projects, which continue to have a significant positive impact on individuals within the communities we serve, improving wellbeing and access to support.

National Lottery Community Fund, £52 (Funding period until July 2025)

Through this funding, we have been able to continue delivering vital mental health support to those in need. Our work has made a noticeable difference locally, helping individuals feel more supported and connected.

Albert Hunt Trust – £630 (Funding period until October 2025)

This funding supports our ongoing therapeutic work, which has significantly improved outcomes for those accessing our services, particularly within underserved communities.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2025

16. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Tangible fixed assets	–	–	–
Current assets	500	954	1,454
Net assets	<u>500</u>	<u>954</u>	<u>1,454</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	–	269	269
Current assets	642	(2,128)	(1,486)
Net assets	<u>642</u>	<u>(1,859)</u>	<u>(1,217)</u>

17. Related parties

During the period the Chair of the Charity was also the Practice Director of the organisation known as Restoration Therapy.

During the period the charity received counselling services from Restoration Therapy, the transactions were at arms length, no balance was owed to or from the charity as at 30 June 2025.

BEING YOU THERAPY

England & Wales - Charity number 1194810

Accounts

**Being You Therapy Charitable Incorporated
Organisation**

Unaudited Financial Statements

30 June 2024

WALTER HUNTER & CO LIMITED

Chartered accountants
24 Bridge Street
Newport
South Wales
NP20 4SF

Being You Therapy Charitable Incorporated Organisation

Financial Statements

Year ended 30 June 2024

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Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report

Year ended 30 June 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 30 June 2024.

Reference and administrative details

Registered charity name	Being You Therapy Charitable Incorporated Organisation
Charity registration number	1194810
Principal office	6 Beaconsfield Court Princes Avenue Walsall WS1 2EE

The trustees

N Philpott - Chair
L S Barthley
R Lemonius
A Mathuba
J Philpott

Independent examiner	Jonathan Rhodes BSc BFP FCA 24 Bridge Street Newport South Wales NP20 4SF
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Structure, governance and management

The charity is controlled by its governing document, Memorandum and Articles of Association, and constitutes a charitable incorporated organisation.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2024

Objectives and activities

By providing opportunities, therapy, financial aid, resources and signposting, we aim to provide a holistic platform for those who need therapeutic support.

The object of the CIO is for the public benefit to relieve the needs of people experiencing or affected by poor mental health by:

1. Providing grants of financial assistance to enable those who find themselves with mental health issues with funding for counselling and/or therapy.
2. Providing our service users with the best quality of psychotherapy at little to no cost.
3. Signposting to self-help resources.
4. To relieve the needs of people with mental ill health by working to increase the understanding of mental health and mental health conditions, providing information, delivering training, raising awareness and challenging stigma and discrimination.
5. To work with the voluntary and community sector, statutory services, mental health allied practitioners and businesses to benefit residents' mental health and wellbeing.
6. To advance education on the causes, consequences, management and prevention of mental ill health.

Our Values

- Value: We believe in the fundamental worth of all humans, irrespective of age, gender, race, ethnic origin, religion, sexual orientation, physical and mental capability or any other attribute. Without exception, we value every individual.
- Inclusivity: We consider diversity and inclusivity significant and seek to embrace, include, and operate alongside individuals from all walks of life. Whether part of our team or an individual we're supporting, we appreciate their contribution to our community.
- Transformation: We recognise the potential for learning, growth and the concept of a new beginning. We want to provide a space whereby individuals can realise their full potential.

Aims & strategic objectives

We aim will provide therapeutic support by:

- Increasing the accessibility of therapeutic support,
- Offsetting the financial costs of therapy,
- Creating and signposting to available self-help resources,
- Signposting to available counselling and therapy services.

Strategic objectives

To achieve our aims, we'll engage in the following strategic objectives.

- Fundraising. We'll fundraise through several avenues the necessary funds that can be used to increase the accessibility of therapy for those in need. These include:
 - Grants: We'll apply for assistance from the central or local government, The National Lottery Community Fund, and other charities and private organisations.
 - Commercial sponsors: We'll partner with local businesses who share our vision and aims and will seek ways in which both parties can work together.
 - Therapeutic partnerships. We'll partner with various therapeutic organisations to build a holistic service list of public and private organisations. These organisations will need to share our values.
 - Robust digital presence. We'll develop a comprehensive digital company to effectively signpost and resource individuals with the tools to empower their mental wellbeing.
-

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2024

Achievements and performance

Introduction

2024 has been a transformative year for Being You Therapy, marked by growth, investment, and the delivery of impactful mental health services across the West Midlands. As a community-focused organisation, we are proud of our commitment to supporting individuals facing challenges such as homelessness, addiction, and systemic barriers to care. This report highlights our key achievements and the difference we have made in people's lives.

Investment in Homelessness and Addiction Counselling Support:

This year, we allocated £8,300 specifically towards counselling for individuals experiencing homelessness and addiction. These populations often find themselves trapped in cycles of hardship due to a lack of adequate support systems. Many organisations are unwilling to work with individuals struggling with addiction, focusing on the addiction itself rather than the person behind it.

Homeless individuals frequently face barriers such as stigma, distrust, and the inability to meet the rigid expectations often imposed by traditional services. For example, some services require individuals to be sober or housed before receiving help, leaving those in the most critical need without a lifeline. These challenges perpetuate a cycle in which people are unable to access the support they require to break free from their circumstances.

At Being You Therapy, we have adopted a person-centred approach, meeting individuals where they are, both literally and metaphorically. Rather than expecting clients to fit into a rigid framework, we tailor our services to their unique situations, offering non-judgemental support that acknowledges the complex interplay between homelessness, addiction, and mental health.

We have also established partnerships with local organisations and support networks that complement our services. These collaborations allow individuals in our addiction counselling programme to receive comprehensive, wrap-around support. This includes access to housing services, vocational training, health and wellbeing programmes, and peer support groups. By working together, we ensure that clients receive a holistic approach to their recovery, addressing not only their mental health but also the wider factors impacting their lives.

Through this integrated support system, nine clients from our programme achieved the remarkable milestone of securing employment—a testament to their resilience and the transformative impact of person-focused care. Employment not only provides financial stability but also instils a sense of purpose, self-worth, and hope for a brighter future.

By addressing the root causes of their challenges and working collaboratively to create achievable goals, we are helping individuals break free from systemic barriers and move forward with dignity and empowerment.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2024

Delivery of 1,002 Counselling Sessions in the West Midlands

We are proud to have delivered 1,102 counselling sessions over the past year to individuals across the West Midlands. One of our standout achievements has been our ability to provide therapy sessions within two weeks of referral, addressing the critical need for prompt access to care.

By prioritising accessibility and efficiency, we have ensured that individuals in crisis can receive the support they need without prolonged waiting periods. This swift response has been particularly beneficial for vulnerable groups, enabling them to begin their healing journeys sooner.

Supporting Vulnerable Populations

Our partnership with the local council's rough sleepers team has been instrumental in reaching homeless young people. By integrating mental health services into this framework, we provided vital support to individuals often overlooked in traditional care models. Through our addiction counselling programme, we have helped clients overcome substance dependency, rebuild relationships, and regain independence. The success stories of our clients, particularly those who have transitioned into stable employment, demonstrate the transformative impact of our services.

A Year of Positive Outcomes

Through our dedicated efforts, we have touched the lives of countless individuals, providing them with tools to overcome adversity and build brighter futures. The success of our clients, particularly those transitioning into employment, reflects the profound impact of our services.

Financial review

The statement of Financial activities shows an overall net deficit for the period of £1,217 consisting of an unrestricted surplus of £642 and a restricted deficit of £1,859.

Plans for future periods

As we close 2024, we remain steadfast in our mission to provide accessible, inclusive, and culturally competent mental health services. In 2025, we aim to expand our reach further, secure additional funding for new projects, and continue making a meaningful difference in the communities we serve.

Group Therapy and Tailored Programmes

2025 we also want to launch two critical group therapy programmes:

Mum and Mind Group:

Supporting BAME mothers who have endured the grief of losing a child, fostering connection and healing.

Young People's Mental Health Group:

Offering tailored mental health support to young individuals, equipping them with tools to navigate life's challenges. Both programmes have had a profound impact on participants, with positive feedback reinforcing the value of these targeted initiatives.

We are deeply grateful to our team, partners, and supporters for making this year's achievements possible. Together, we are transforming lives and creating lasting change. We are on a mission at BYT to support everyone mind with healing one mind at a time.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2024

Responsibilities of trustees

Statement of Trustees responsibilities

The Charities Act 2011 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 of the charity for that period. In preparing these financial statements, the trustees are required to:

- To select suitable accounting policies and apply them consistently;
- To observe the methods and principles in the Charities SORP 2005;
- To make judgments and accounting estimates that are reasonable and prudent;
- To state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- To prepare the financial statements on the going concern basis unless it is inappropriate to do so.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. 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. The trustees are also responsible for the maintenance and integrity of the charity and financial information included on the charity's website.

The trustees' annual report was approved on 18 December 2024 and signed on behalf of the board of trustees by:



N Philpott - Chair
Trustee

Being You Therapy Charitable Incorporated Organisation

Independent Examiner's Report to the Trustees of Being You Therapy Charitable Incorporated Organisation

Year ended 30 June 2024

I report to the trustees on my examination of the financial statements of Being You Therapy Charitable Incorporated Organisation ('the charity') for the year ended 30 June 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

J Rhodes

Jonathan Rhodes BSc BFP FCA
Independent Examiner

24 Bridge Street
Newport
South Wales
NP20 4SF

18 December 2024

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Activities

Year ended 30 June 2024

		Unrestricted funds	2024 Restricted funds	Total funds	2023 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	4	4,981	20,000	24,981	34,966
Total income		<u>4,981</u>	<u>20,000</u>	<u>24,981</u>	<u>34,966</u>
Expenditure					
Expenditure on charitable activities	5,6	4,540	22,691	27,231	41,564
Total expenditure		<u>4,540</u>	<u>22,691</u>	<u>27,231</u>	<u>41,564</u>
Net expenditure and net movement in funds					
		441	(2,691)	(2,250)	(6,598)
Reconciliation of funds					
Total funds brought forward		201	832	1,033	7,631
Total funds carried forward		<u>642</u>	<u>(1,859)</u>	<u>(1,217)</u>	<u>1,033</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 9 to 15 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Position

30 June 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	11	269	567
Current assets			
Debtors	12	—	60
Cash at bank and in hand		199	1,889
		<u>199</u>	<u>1,949</u>
Creditors: amounts falling due within one year	13	<u>1,685</u>	<u>1,483</u>
Net current liabilities		<u>(1,486)</u>	<u>466</u>
Total assets less current liabilities		<u>(1,217)</u>	<u>1,033</u>
Net liabilities		<u>(1,217)</u>	<u>1,033</u>
Funds of the charity			
Restricted funds		(1,859)	832
Unrestricted funds		<u>642</u>	<u>201</u>
Total charity funds	14	<u>(1,217)</u>	<u>1,033</u>

These financial statements were approved by the board of trustees and authorised for issue on 18 December 2024, and are signed on behalf of the board by:



N Philpott - Chair
Trustee

The notes on pages 9 to 15 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements

Year ended 30 June 2024

1. General information

The charity is a public benefit entity a registered charity in England and Wales and is a charitable incorporated organisation. The address of the principal office is 6 Beaconsfield Court, Princes Avenue, Walsall, WS1 2EE.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on a going concern basis and on an accruals basis.

The financial statements are prepared in sterling, which is the functional currency of the entity. The figures in the accounts are rounded to the nearest whole pound.

Going concern

The community interest organisation is entirely dependent on continuing donations and grant aid and as a consequence the going concern basis is also dependent on continuing donations and grant aid.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102, as such, advantage has been taken of the following disclosure exemption available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Income tax

As a charity, Being You Therapy is exempt from tax on income and gains, to the extent that such income and gains are applied exclusively to charitable purposes. No tax charges have arisen in the charity.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2024

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Resources expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

1. Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
2. Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 50% straight line

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2024

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	981	–	981
Grants			
The National Lottery Community Fund	–	10,000	10,000
Eveson Trust	–	10,000	10,000
Postcode Lottery	–	–	–
Albert Hunt	4,000	–	4,000
	<u>4,981</u>	<u>20,000</u>	<u>24,981</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2024

4. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	36	—	36
Grants			
The National Lottery Community Fund	—	—	—
Eveson Trust	—	10,000	10,000
Postcode Lottery	—	24,930	24,930
Albert Hunt	—	—	—
	<u>36</u>	<u>34,930</u>	<u>34,966</u>

5. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
The National Lottery Community Fund	—	9,932	9,932
Eveson Trust	—	9,932	9,932
Postcode Lottery	—	—	—
Albert Hunt	3,973	—	3,973
Other restricted funds	—	—	—
Support costs	567	2,827	3,394
	<u>4,540</u>	<u>22,691</u>	<u>27,231</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
The National Lottery Community Fund	—	5,785	5,785
Eveson Trust	—	8,870	8,870
Postcode Lottery	—	24,312	24,312
Albert Hunt	—	—	—
Support costs	—	2,597	2,597
	<u>—</u>	<u>41,564</u>	<u>41,564</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2024

6. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2024	Total fund 2023
	£	£	£	£
The National Lottery Community Fund	9,932	1,414	11,346	5,785
Eveson Trust	9,932	1,413	11,345	8,870
Postcode Lottery	–	–	–	8,684
Activity type 4	3,973	567	4,540	–
Other restricted funds	–	–	–	18,225
	<u>23,837</u>	<u>3,394</u>	<u>27,231</u>	<u>41,564</u>

7. Analysis of support costs

	Support costs	Total 2024	Total 2023
	£	£	£
General office	1,756	1,756	356
Professional & legal costs	802	802	114
Promotion	–	–	1,560
Depreciation	836	836	567
	<u>3,394</u>	<u>3,394</u>	<u>2,597</u>

8. Net expenditure

Net expenditure is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	<u>837</u>	<u>567</u>

9. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements (including VAT)	<u>802</u>	<u>763</u>

10. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year no trustee expenses have been incurred.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2024

11. Tangible fixed assets

	Equipment £
Cost	
At 1 July 2023	1,134
Additions	539
At 30 June 2024	<u>1,673</u>
Depreciation	
At 1 July 2023	567
Charge for the year	837
At 30 June 2024	<u>1,404</u>
Carrying amount	
At 30 June 2024	<u>269</u>
At 30 June 2023	<u>567</u>

12. Debtors

	2024 £	2023 £
Prepayments and accrued income	<u>—</u>	<u>60</u>

13. Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	<u>1,685</u>	<u>1,483</u>

14. Analysis of charitable funds

Unrestricted funds

	At 1 July 2023 £	Income £	Expenditure £	At 30 June 2024 £
General funds	201	981	(4,540)	(3,358)
Albert Hunt	<u>—</u>	<u>4,000</u>	<u>—</u>	<u>4,000</u>
	<u>201</u>	<u>4,981</u>	<u>(4,540)</u>	<u>642</u>

	At 1 July 2022 £	Income £	Expenditure £	At 30 June 2023 £
General funds	165	36	—	201
Albert Hunt	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
	<u>165</u>	<u>36</u>	<u>—</u>	<u>201</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2024

14. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 July 2023	Income	Expenditure	At
	£	£	£	30 June 2024
				£
Postcode Lottery	618	–	–	618
The National Lottery Community Fund	(916)	10,000	(11,346)	(2,262)
Eveson	1,130	10,000	(11,345)	(215)
	<u>832</u>	<u>20,000</u>	<u>(22,691)</u>	<u>(1,859)</u>

	At 1 July 2022	Income	Expenditure	At
	£	£	£	30 June 2023
				£
Postcode Lottery	–	24,930	(24,312)	618
The National Lottery Community Fund	7,466	–	(8,382)	(916)
Eveson	–	10,000	(8,870)	1,130
	<u>7,466</u>	<u>34,930</u>	<u>(41,564)</u>	<u>832</u>

15. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2024
			£
Tangible fixed assets	–	269	269
Current assets	642	(2,128)	(1,486)
Net liabilities	<u>642</u>	<u>(1,859)</u>	<u>(1,217)</u>

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2023
			£
Tangible fixed assets	–	567	567
Current assets	201	265	466
Net liabilities	<u>201</u>	<u>832</u>	<u>1,033</u>

16. Related parties

During the period the Chair of the Charity was also the Practice Director of the organisation known as Restoration Therapy.

During the period the charity received counselling services from Restoration Therapy, the transactions were at arms length, no balance was owed to or from the charity as at 30 June 2024.

BEING YOU THERAPY

England & Wales - Charity number 1194810

Accounts

CHARITY REGISTRATION NUMBER: 1194810

**Being You Therapy Charitable Incorporated
Organisation**

Unaudited Financial Statements

30 June 2023

WALTER HUNTER & CO LIMITED

Chartered accountants
24 Bridge Street
Newport
South Wales
NP20 4SF

Being You Therapy Charitable Incorporated Organisation

Financial Statements

Year ended 30 June 2023

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Statement of financial position	8
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Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report

Year ended 30 June 2023

The trustees present their report and the unaudited financial statements of the charity for the year ended 30 June 2023.

Reference and administrative details

Registered charity name	Being You Therapy Charitable Incorporated Organisation
Charity registration number	1194810
Principal office	6 Beaconsfield Court Princes Avenue Walsall WS1 2EE

The trustees

N Philpott - Chair
L S Barthley
R Lemonius
A Mathuba
J Philpott

Independent examiner	Jonathan Rhodes BSc BFP FCA 24 Bridge Street Newport South Wales NP20 4SF
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Structure, governance and management

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Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2023

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By providing opportunities, therapy, financial aid, resources and signposting, we aim to provide a holistic platform for those who need therapeutic support.

The object of the CIO is for the public benefit to relieve the needs of people experiencing or affected by poor mental health by:

1. Providing grants of financial assistance to enable those who find themselves with mental health issues with funding for counselling and/or therapy.
2. Providing our service users with the best quality of psychotherapy at little to no cost.
3. Signposting to self-help resources.
4. To relieve the needs of people with mental ill health by working to increase the understanding of mental health and mental health conditions, providing information, delivering training, raising awareness and challenging stigma and discrimination.
5. To work with the voluntary and community sector, statutory services, mental health allied practitioners and businesses to benefit residents' mental health and wellbeing.
6. To advance education on the causes, consequences, management and prevention of mental ill health.

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- **Value:** We believe in the fundamental worth of all humans, irrespective of age, gender, race, ethnic origin, religion, sexual orientation, physical and mental capability or any other attribute. Without exception, we value every individual.
- **Inclusivity:** We consider diversity and inclusivity significant and seek to embrace, include, and operate alongside individuals from all walks of life. Whether part of our team or an individual we're supporting, we appreciate their contribution to our community.
- **Transformation:** We recognise the potential for learning, growth and the concept of a new beginning. We want to provide a space whereby individuals can realise their full potential.

Aims & strategic objectives

We aim will provide therapeutic support by:

- Increasing the accessibility of therapeutic support,
- Offsetting the financial costs of therapy,
- Creating and signposting to available self-help resources,
- Signposting to available counselling and therapy services.

Strategic objectives

To achieve our aims, we'll engage in the following strategic objectives.

- **Fundraising.** We'll fundraise through several avenues the necessary funds that can be used to increase the accessibility of therapy for those in need. These include:
- **Grants:** We'll apply for assistance from the central or local government, The National Lottery Community Fund, and other charities and private organisations.
- **Commercial sponsors:** We'll partner with local businesses who share our vision and aims and will seek ways in which both parties can work together.
- **Therapeutic partnerships.** We'll partner with various therapeutic organisations to build a holistic service list of public and private organisations. These organisations will need to share our values.
- **Robust digital presence.** We'll develop a comprehensive digital company to effectively signpost and resource individuals with the tools to empower their mental wellbeing.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2023

Achievements and performance

This New year has brought us new challenges and allowed us to help more people. During this period, we have been able to support individuals with one-to-one counselling/psychotherapy support who have shown signs of improvement in their mental health by 98.9%. The demand is great in the West Midlands area, especially in Walsall; many individuals need mental health support and can't simply access therapy because of financial pressures and waiting list issues. The shortest waiting list in the west midlands area is still long, with the shortest being nine months. CAMHS has seen their highest number of referrals at 3,487 young people per week. The NHS are under tremendous pressure regarding supply support for people's mental health and at an excellent quality where each patient is seen as an individual, not just a number. BYT has offered clients sessions within seven working days across all the services.

BYT are working hard in partnership with other services in Walsall and the West Midlands to provide mental health support to those most need it. Individuals that have benefited from our services: We believe, from our experience and feedback, that our services have assisted people at risk of homelessness, those suffering from addiction, those suffering domestic abuse from relatives or guardians. Those affected by depression, anxiety, PTSD, dementia etc., single parents, students, those with acute mental health needs, frontline staff in public establishments (cafe's, restaurants, shops, businesses). A range of community professionals and mental health adjacent practitioners, churches, Local government officials and Law enforcement officers and emergency services.

We hit our target of being able to help at least 150 people in this last period, and we have been able to help 239 people to date.

Financial review

The statement of Financial activities shows an overall net surplus for the period of £7,631 consisting of an unrestricted surplus of £165 and a restricted surplus of £7,466.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 June 2023

Plans for future periods

2023-2024, we aim to be able to help a minimum of 300 people through one-to-one therapy or group. We aim to continue with our one-to-one work, and we will be starting our counselling support groups that cover a range of subjects such as mothers and mind, depression and anxiety, childhood trauma and addiction; we aim to run a minimum of one group a week at different times to be able to provide mental health support for those that need in another format. We also will be starting free drop and chat sessions during the week to give the people additional support during the week outside their scheduled sessions.

As well as our one-to-one therapy and groups, we are also looking to join another organisation to lease some offices based in the local Walsall Arboretum to have a therapeutic environment for clients and provide walk-and-talk therapy. We know we cannot help everyone, so we will be working on providing a network of safe spaces throughout the Walsall where people will be listened to and can be signposted to further services/support as required. This is distinct from formal counselling/therapy and is to be viewed as a helping and listening service. With such long waiting lists for NHS-provided treatments, which are crucially needed by so many, this service will assist those struggling to wait without help.

We also would love to grow our team of therapists and bring on part-time and full-time contracted therapists who can keep up with the demand of those who need support and care in Walsall and the West Midlands region.

Responsibilities of trustees

Statement of Trustees responsibilities

The Charities Act 2011 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 of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2005;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to do so.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. 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. The trustees are also responsible for the maintenance and integrity of the charity and financial information included on the charity's website.

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

26 Sep 2023

Nordia Philpott

N Philpott - Chair
Trustee

Being You Therapy Charitable Incorporated Organisation

Independent Examiner's Report to the Trustees of Being You Therapy Charitable Incorporated Organisation

Year ended 30 June 2023

I report to the trustees on my examination of the financial statements of Being You Therapy Charitable Incorporated Organisation ('the charity') for the year ended 30 June 2023.

Responsibilities and basis of report

As the trustees of the charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Jonathan Rhodes BSc BFP FCA
Independent Examiner

24 Bridge Street
Newport
South Wales
NP20 4SF

26 September 2023

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Activities

Year ended 30 June 2023

		Year to 30 Jun 23			Period from 16 Jun 21 to 30 Jun 22
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	4	<u>36</u>	<u>34,930</u>	<u>34,966</u>	<u>10,165</u>
Total income		<u>36</u>	<u>34,930</u>	<u>34,966</u>	<u>10,165</u>
Expenditure					
Expenditure on charitable activities	5,6	<u>—</u>	<u>41,564</u>	<u>41,564</u>	<u>2,534</u>
Total expenditure		<u>—</u>	<u>41,564</u>	<u>41,564</u>	<u>2,534</u>
		—	—	—	—
Net (expenditure)/income and net movement in funds		<u>36</u>	<u>(6,634)</u>	<u>(6,598)</u>	<u>7,631</u>
Reconciliation of funds					
Total funds brought forward		<u>165</u>	<u>7,466</u>	<u>7,631</u>	<u>—</u>
Total funds carried forward		<u>201</u>	<u>832</u>	<u>1,033</u>	<u>7,631</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 9 to 15 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Position

30 June 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	11	567	–
Current assets			
Debtors	12	60	10,165
Cash at bank and in hand		<u>1,889</u>	<u>–</u>
		1,949	10,165
Creditors: amounts falling due within one year	13	<u>1,483</u>	<u>2,534</u>
Net current assets		<u>466</u>	<u>7,631</u>
Total assets less current liabilities		<u>1,033</u>	<u>7,631</u>
Net assets		<u>1,033</u>	<u>7,631</u>
Funds of the charity			
Restricted funds		832	7,466
Unrestricted funds		<u>201</u>	<u>165</u>
Total charity funds	14	<u>1,033</u>	<u>7,631</u>

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

26 Sep 2023

N Philpott - Chair
Trustee

Nordia Philpott

The notes on pages 9 to 15 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements

Year ended 30 June 2023

1. General information

The charity is a public benefit entity a registered charity in England and Wales and is a charitable incorporated organisation. The address of the principal office is 6 Beaconsfield Court, Princes Avenue, Walsall, WS1 2EE.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on a going concern basis and on an accruals basis.

The financial statements are prepared in sterling, which is the functional currency of the entity. The figures in the accounts are rounded to the nearest whole pound.

Going concern

The community interest organisation is entirely dependent on continuing donations and grant aid and as a consequence the going concern basis is also dependent on continuing donations and grant aid.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102, as such, advantage has been taken of the following disclosure exemption available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Income tax

As a charity, Being You Therapy is exempt from tax on income and gains, to the extent that such income and gains are applied exclusively to charitable purposes. No tax charges have arisen in the charity.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Resources expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 50% straight line

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	36	–	36
Grants			
The National Lottery Community Fund	–	–	–
Eveson Trust	–	10,000	10,000
Postcode Lottery	–	24,930	24,930
	<u>36</u>	<u>34,930</u>	<u>34,966</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	165	–	165

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

4. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Grants			
The National Lottery Community Fund	–	10,000	10,000
Eveson Trust	–	–	–
Postcode Lottery	–	–	–
	<u>165</u>	<u>10,000</u>	<u>10,165</u>

5. Expenditure on charitable activities by fund type

	Restricted Funds £	Total Funds 2023 £	Restricted Funds £	Total Funds 2022 £
The National Lottery Community Fund	5,785	5,785	2,534	2,534
Eveson Trust	8,870	8,870	–	–
Postcode Lottery	6,087	6,087	–	–
Other restricted funds	18,225	18,225	–	–
Support costs	2,597	2,597	–	–
	<u>41,564</u>	<u>41,564</u>	<u>2,534</u>	<u>2,534</u>

6. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2023 £	Total fund 2022 £
The National Lottery Community Fund	5,785	–	5,785	2,534
Eveson Trust	8,870	–	8,870	–
Postcode Lottery	6,087	2,597	8,684	–
Other restricted funds	18,225	–	18,225	–
	<u>38,967</u>	<u>2,597</u>	<u>41,564</u>	<u>2,534</u>

7. Analysis of support costs

	Depreciation £	Total 2023 £	Total 2022 £
General office	356	356	–
Professional & legal costs	114	114	–
Promotion	1,560	1,560	–
Depreciation	567	567	–
	<u>2,597</u>	<u>2,597</u>	<u>–</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

8. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	<u>567</u>	<u>–</u>

9. Independent examination fees

	Year to 30 Jun 23	Period from 16 Jun 21 to 30 Jun 22
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>763</u>	<u>720</u>

10. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year no trustee expenses have been incurred.

11. Tangible fixed assets

	Equipment £
Cost	
At 1 July 2022	–
Additions	1,134
At 30 June 2023	<u>1,134</u>
Depreciation	
At 1 July 2022	–
Charge for the year	567
At 30 June 2023	<u>567</u>
Carrying amount	
At 30 June 2023	<u>567</u>
At 30 June 2022	<u>–</u>

12. Debtors

	2023	2022
	£	£
Prepayments and accrued income	<u>60</u>	<u>10,165</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements (continued)

Year ended 30 June 2023

13. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	<u>1,483</u>	<u>2,534</u>

14. Analysis of charitable funds

Unrestricted funds

	At 1 July 2022 £	Income £	Expenditure £	30 June 2023 £
General funds	<u>165</u>	<u>36</u>	<u>–</u>	<u>201</u>

	At 16 June 2021 £	Income £	Expenditure £	30 June 2022 £
General funds	<u>–</u>	<u>165</u>	<u>–</u>	<u>165</u>

Restricted funds

	At 1 July 2022 £	Income £	Expenditure £	30 June 2023 £
Restricted funds	<u>7,466</u>	<u>34,930</u>	<u>(41,564)</u>	<u>832</u>

	At 16 June 2021 £	Income £	Expenditure £	30 June 2022 £
Restricted funds	<u>–</u>	<u>10,000</u>	<u>(2,534)</u>	<u>7,466</u>

15. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	–	567	567
Current assets	<u>201</u>	<u>265</u>	<u>466</u>
Net assets	<u>201</u>	<u>832</u>	<u>1,033</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	–	–	–
Current assets	<u>165</u>	<u>7,466</u>	<u>7,631</u>
Net assets	<u>165</u>	<u>7,466</u>	<u>7,631</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

16. Related parties

During the period the Chair of the Charity was also the Practice Director of the organisation known as Restoration Therapy.

During the period the charity received counselling services from Restoration Therapy, the transactions were at arms length, no balance was owed to or from the charity as at 30 June 2023.

BEING YOU THERAPY

England & Wales - Charity number 1194810

Accounts

CHARITY REGISTRATION NUMBER: 1194810

**Being You Therapy Charitable Incorporated
Organisation**

Unaudited Financial Statements

30 June 2022

WALTER HUNTER & CO LIMITED

Chartered accountants

24 Bridge Street

Newport

South Wales

NP20 4SF

Being You Therapy Charitable Incorporated Organisation

Financial Statements

Period from 16 June 2021 to 30 June 2022

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Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report

Period from 16 June 2021 to 30 June 2022

The trustees present their report and the unaudited financial statements of the charity for the period ended 30 June 2022.

Reference and administrative details

Registered charity name Being You Therapy Charitable Incorporated Organisation
Charity registration number 1194810
Principal office 6 Beaconsfield Court
Princes Avenue
Walsall
WS1 2EE

The trustees

N Philpott - Chair	(Appointed 16 June 2021)
L S Barthley	(Appointed 16 June 2021)
R Lemonius	(Appointed 16 June 2021)
A Mathuba	(Appointed 16 June 2021)
J Philpott	(Appointed 16 June 2021)

Independent examiner

Jonathan Rhodes BSc BFP FCA
24 Bridge Street
Newport
South Wales
NP20 4SF

Structure, governance and management

The charity is controlled by its governing document, Memorandum and Articles of Association, and constitutes a charitable incorporated organisation.

Public Benefit Statement

The Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission when exercising their responsibilities.

Objectives and activities

By providing opportunities, therapy, financial aid, resources and signposting, we aim to provide a holistic platform for those who need therapeutic support.

The object of the CIO is for the public benefit to relieve the needs of people experiencing or affected by poor mental health by:

1. Providing grants of financial assistance to enable those who find themselves with mental health issues with funding for counselling and/or therapy.
2. Providing our service users with the best quality of psychotherapy at little to no cost.
3. Signposting to self-help resources.
4. To relieve the needs of people with mental ill health by working to increase the understanding of mental health and mental health conditions, providing information, delivering training, raising awareness and challenging stigma and discrimination.
5. To work with the voluntary and community sector, statutory services, mental health allied practitioners and businesses to benefit residents' mental health and wellbeing.
6. To advance education on the causes, consequences, management and prevention of mental ill health.

Our Values

- Value: We believe in the fundamental worth of all humans, irrespective of age, gender, race, ethnic origin, religion, sexual orientation, physical and mental capability or any other attribute. Without exception, we value every individual.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Period from 16 June 2021 to 30 June 2022

Objectives and activities *(continued)*

- Inclusivity: We consider diversity and inclusivity significant and seek to embrace, include, and operate alongside individuals from all walks of life. Whether part of our team or an individual we're supporting, we appreciate their contribution to our community.
- Transformation: We recognise the potential for learning, growth and the concept of a new beginning. We want to provide a space whereby individuals can realise their full potential.

Aims & strategic objectives

We aim will provide therapeutic support by:

- Increasing the accessibility of therapeutic support
- Offsetting the financial costs of therapy,
- Creating and signposting to available self-help resources,
- Signposting to available counselling and therapy services.

To achieve our aims, we'll engage in the following strategic objectives.

Fundraising

We'll fundraise through several avenues the necessary funds that can be used to increase the accessibility of therapy for those in need. These include:

Grants:

We'll apply for assistance from the central or local government, The National Lottery Community Fund, and other charities and private organisations.

Commercial sponsors:

We'll partner with local businesses who share our vision and aims and will seek ways in which both parties can work together.

Therapeutic partnerships:

We'll partner with various therapeutic organisations to build a holistic service list of public and private organisations. These organisations will need to share our values.

Robust digital presence:

We'll develop a comprehensive digital company to effectively signpost and resource individuals with the tools to empower their mental wellbeing.

Achievements and performance

During this period, we have been able to support individuals with one-to-one counselling/psychotherapy support that have shown signs of improvement in their mental health by 96.7%.

The demand is great in the west midlands area, especially in Walsall; many individuals need mental health support and can't simply access therapy because of financial pressures and waiting list issues. The shortest waiting list in the west midlands area is six months; however, with BYT we can offer individuals in need and appointment within three weeks.

We need more funding to be able to keep up with the demand. BYT are working hard in partnership with other services in Walsall and the west midlands to provide mental health support to those most need it. Individuals that have benefited from our services, We believe from our experience and feedback, that our services have assisted people at risk of homelessness, those suffering from addiction, those suffering domestic abuse from relatives or guardians, those affected by depression, anxiety, PTSD, dementia etc., single parents, students, those with acute mental health needs, frontline staff in public establishments (cafe's, restaurants, shops, businesses) a range of community professionals and mental health adjacent practitioners, Churches, Local government officials and Law enforcement officers and emergency services.

Being You Therapy Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Period from 16 June 2021 to 30 June 2022

Financial review

The statement of financial activities shows an overall net surplus for the period of £7,631 consisting of an unrestricted surplus of £165 and a restricted surplus of £7,466.

Plans for future periods

2022-2023 we aim to be able to help a minimum of 150 people through one-to-one therapy or group. We aim to continue with our one-to-one work, and we will be starting our counselling support groups that cover a range of subjects such as mothers and mind, depression and anxiety, childhood trauma and addiction; we aim to run a minimum of two groups a week at different times to be able to provide mental health support for those that need in another format.

As well as our one-to-one therapy and groups, we are also looking to join another organisation to lease some offices based in the local Walsall Arboretum to have a therapeutic environment for clients and provide walk and providing walk and talk therapy. We know we cannot help everyone, so we will be working on providing a network of safe spaces throughout the Walsall where people will be listened to and can be signposted to further services/support as required. This is distinct from formal counselling/therapy and is to be viewed as a helping and listening service. With such long waiting lists for NHS-provided therapies, which are crucially needed by so many, this service will assist those struggling to wait without help.

Responsibilities of trustees

Statement of Trustees responsibilities

The Charities Act 2011 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 of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2005;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to do so.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. 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. The trustees are also responsible for the maintenance and integrity of the charity and financial information included on the charity's website.

Declaration

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

01 Mar 2023



N Philpott - Chair
Trustee

Being You Therapy Charitable Incorporated Organisation

Independent Examiner's Report to the Trustees of Being You Therapy Charitable Incorporated Organisation

Period from 16 June 2021 to 30 June 2022

I report to the trustees on my examination of the financial statements of Being You Therapy Charitable Incorporated Organisation ('the charity') for the period ended 30 June 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Jonathan Rhodes BSc BFP FCA
Independent Examiner

24 Bridge Street
Newport
South Wales
NP20 4SF

1 March 2023

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Activities

Period from 16 June 2021 to 30 June 2022

		Period from 16 Jun 21 to 30 Jun 22		
	Note	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments				
Donations and legacies	4	165	10,000	10,165
Total income		<u>165</u>	<u>10,000</u>	<u>10,165</u>
Expenditure				
Expenditure on charitable activities	5,6	—	2,534	2,534
Total expenditure		<u>—</u>	<u>2,534</u>	<u>2,534</u>
Net income and net movement in funds		<u>165</u>	<u>7,466</u>	<u>7,631</u>
Reconciliation of funds				
Total funds brought forward		—	—	—
Total funds carried forward		<u>165</u>	<u>7,466</u>	<u>7,631</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 7 to 10 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Statement of Financial Position

30 June 2022

	Note	30 Jun 22 £
Current assets		
Debtors	9	10,165
Creditors: amounts falling due within one year	10	2,534
Net current assets		<u>7,631</u>
Total assets less current liabilities		<u>7,631</u>
Net assets		<u>7,631</u>
Funds of the charity		
Restricted funds		7,466
Unrestricted funds		165
Total charity funds	11	<u>7,631</u>

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

01 Mar 2023

N Philpott - Chair
Trustee



The notes on pages 7 to 10 form part of these financial statements.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements

Period from 16 June 2021 to 30 June 2022

1. General information

The charity is a public benefit entity a registered charity in England and Wales and is a charitable incorporated organisation. The address of the principal office is 6 Beaconsfield Court, Princes Avenue, Walsall, WS1 2EE.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on a going concern basis and on an accruals basis.

The financial statements are prepared in sterling, which is the functional currency of the entity. The figures in the accounts are rounded to the nearest whole pound.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Income tax

As a charity, Being You Therapy is exempt from tax on income and gains, to the extent that such income and gains are applied exclusively to charitable purposes. No tax charges have arisen in the charity.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Period from 16 June 2021 to 30 June 2022

3. Accounting policies *(continued)*

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Resources expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	165	–	165
Grants			
The National Lottery Community Fund	–	10,000	10,000
	<u>165</u>	<u>10,000</u>	<u>10,165</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Period from 16 June 2021 to 30 June 2022

5. Expenditure on charitable activities by fund type

	Restricted Funds	Total Funds
	£	£
The National Lottery Community Fund	2,534	2,534

6. Expenditure on charitable activities by activity type

	Activities undertaken directly	Total funds
	£	£
The National Lottery Community Fund	<u>2,534</u>	<u>2,534</u>

7. Independent examination fees

	Period from 16 Jun 21 to 30 Jun 22
	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>720</u>

8. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year no trustee expenses have been incurred.

9. Debtors

	30 Jun 22
	£
Prepayments and accrued income	<u>10,165</u>

10. Creditors: amounts falling due within one year

	30 Jun 22
	£
Accruals and deferred income	<u>2,534</u>

11. Analysis of charitable funds

Unrestricted funds

	At 16 June 2021	Income	Expenditure	At 30 June 2022
	£	£	£	£
General funds	<u>—</u>	<u>165</u>	<u>—</u>	<u>165</u>

Being You Therapy Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Period from 16 June 2021 to 30 June 2022

11. Analysis of charitable funds *(continued)*

Restricted funds

	At 16 June 2021	Income	Expenditure	At 30 June 2022
	£	£	£	£
The National Lottery Community Fund	—	10,000	(2,534)	7,466

12. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Current assets	165	7,466	7,631

13. Related parties

During the period the Chair of the Charity was also the Practice Director of the organisation known as Restoration Therapy.

During the period the charity received counselling services from Restoration Therapy, the transactions were at arms length, no balance was owed to or from the charity as at 30 June 2022.