

**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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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 |
|-----------------------------|---|

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 2023

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 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 | 36 | 34,930 | 34,966 | 10,165 |
| Total income | | <u>36</u> | <u>34,930</u> | <u>34,966</u> | <u>10,165</u> |
| Expenditure | | | | | |
| Expenditure on charitable activities | 5,6 | — | 41,564 | 41,564 | 2,534 |
| 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 | | 165 | 7,466 | 7,631 | — |
| 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 | <u>1,134</u> |
| At 30 June 2023 | <u>1,134</u> |
| Depreciation | |
| At 1 July 2022 | — |
| Charge for the year | <u>567</u> |
| 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 £ | At 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 £ | At 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 £ | At 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 £ | At 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.