

**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.
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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		<u>441</u>	<u>(2,691)</u>	<u>(2,250)</u>	<u>(6,598)</u>
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	1,685	1,483
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		642	201
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
	£	£	£
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
	£	£	£
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.