

THE PIEMAN PT FOUNDATION

England & Wales · Charity number 1198415

Details

Status Registered

Legal form CIO

Registered 2022-03-29

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

Contact

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Dimensional House
81 Stranton
Hartlepool
Cleveland
TS24 7QT

Phone 07934687632

Email info@thepiemanptfoundation.org

Website <https://thepiemanptfoundation.org>

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT TO OFFER THE RELIEF OF THOSE IN NEED (INCLUDING SERVICES RELATED TO ACTIVITIES AND SUPPORT AND RAISING AWARENESS THROUGH LOCAL PT STRUCTURES) OF PEOPLE WHO ARE EXPERIENCING OR AT RISK OF POOR MENTAL HEALTH OVER THE AGE OF 21 YEARS IN ENGLAND AND WALES IN SUCH WAYS AS THE CHARITY TRUSTEES THINK FIT, BUT INCLUDING BY: ? OFFERING INDIVIDUAL SUPPORT AND MENTORING, INCLUDING PERSONAL TRAINING, TO SUPPORT MENTAL AND EMOTIONAL HEALTH; ? PROVIDING ACCESS TO SPECIALIST MENTAL-HEALTH COUNSELLING; ? PROVIDING ACCESS TO COURSES, LECTURES, SEMINARS AND PRESENTATIONS TO SUPPORT THE CONTINUED DEVELOPMENT OF PEOPLE'S INDIVIDUAL CAPABILITIES, COMPETENCIES, SKILLS AND UNDERSTANDING IN SUBJECTS RELATED TO MENTAL HEALTH AND GENERAL WELLBEING; ? FURTHERING PUBLIC KNOWLEDGE AND UNDERSTANDING OF MENTAL HEALTH CONDITIONS, AND HOW TO MANAGE THEM IN OURSELVES AND OTHERS, SO AS TO ENHANCE PEOPLE'S ABILITY TO NAVIGATE THE COMPLEXITIES OF MODERN-DAY LIFE; ? TO PROVIDE ACCESS TO A VARYING RANGE OF EXPERIENCES AND OPPORTUNITIES TO PROMOTE INDIVIDUAL MENTAL RESILIENCE AND CONNECTION TO YOURSELF; AND ? TO DEVELOP A SHARED MINDSET AND CULTURE WHEREBY INDIVIDUALS APPRECIATE AND ENJOY LIFE IN ALL ITS FULLNESS; AND ? BY SUPPORTING RESEARCH INTO MENTAL HEALTH AND TO DISSEMINATE ALL USEFUL RESULTS TO THE PUBLIC. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: We are a mental health and wellbeing charity based in the North East of England with a focus on empowering adults aged 21 and above using the three peaks of Education, Exercise and Environment. We provide signposting, peer support and training in the community and to professionals. Our aim is to contribute to a world where we all have the tools to understand and better manage our mental wellbeing.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Hartlepool
- Middlesbrough
- Stockton-on-tees

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£50	£19,848	-	-
2024-04-05	£27,001	£1,077	-	-
2023-04-06	£24,418	£6,624	-	-

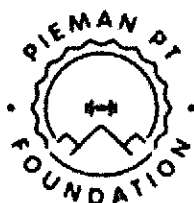
Trustees

Name	Role	Appointed
Daniel Oram		2025-12-13
James Snowdon		2025-12-13
Sean Boyd		2025-12-13
Theodore Hurford		2025-12-10

THE PIEMAN PT FOUNDATION

England & Wales - Charity number 1198415

Accounts



THE PIEMAN PT FOUNDATION

Trustees Annual Report and Financial Report

Charitable Incorporated Organisation (CIO)

Charity Registration Number: 1198415

Company Limited by Guarantee

Company Registration Number: CE029470



TRUSTEES ANNUAL REPORT AND FINANCIAL REPORT

Period: 6th April 2024 to 5th April 2025

The trustees, who are also the directors for the purposes of company law, present their report including the unaudited financial statements for the year ending 5th April 2025.

Reference and Administrative Details

Registered Charity Name: The Pieman PT Foundation

Charity Registration Number: 1198415

Company Registration Number: CE029470

Principal office and Registered office: Office 17, HartlePower CIC, Hub 1, 81 Stranton, Hartlepool, TS24 7QT

The Trustees:

- Miss F. M. Boyd-Hill (*resigned on 13/12/2025*)
- Miss L. K. Boyd-Hill (*resigned on 31/12/2025*)
- Miss A. E. Bocking Redhead (*resigned on 31/12/2025*)

- Mr J. Snowdon (*appointed on 13/12/2025*)
- Mr S. Boyd (*appointed on 13/12/2025*)
- Mr D. Oram (*appointed on 13/12/2025*)
- Mr T. Hurford (*appointed on 10/12/2025*)

Structure, governance and management

The Pieman PT Foundation is a Charitable Incorporated Organisation (CIO) that was registered on 29th March 2022 in England and Wales.

It is governed by a foundation model constitution. All trustees operate on a voluntary basis, and this continues to be the case at the time of writing this report. Trustees are appointed by existing trustees, and no further trustees were recruited or appointed during the financial period to which this report pertains.



All trustees attend at least quarterly meetings and are committed to using their skills and expertise to support the success of the foundation and to contribute positively to its beneficiaries and the wider community and have had due regard to the Charity Commission's guidance on public benefit. None of the trustees are custodian trustees.

Objectives and activities

The Pieman PT Foundation is a mental health and wellbeing charity based in Hartlepool, but that also operates across Teesside (Stockton and Middlesbrough). It supports adults aged 21 and over by raising awareness of common mental health and wellbeing issues, and uses the three peaks of education, exercise and environment as a vehicle to develop psychological resilience. The charity's main aims are to provide opportunities for training on different mental health and wellbeing concerns, offer opportunities for peer support, increase public knowledge of existing organisations and available resources, signpost to appropriate services, promote participation in additional activities that can improve mental health and wellbeing in line with the above three peaks and share key information on mental health and wellbeing topics.

Achievements and performance

The Pieman PT Foundation has taken several steps towards achieving its aims and carrying out its purposes for the public benefit this financial year. The charity appointed a part-time Design and Development Worker to support with increasing its digital presence as a means of sharing its aims with its beneficiaries via a newsletter and social media platform, and work on the charity's website has continued.

The charity made use of these digital tools to share information for the public benefit and increase knowledge of available services and resources that can support with mental health and wellbeing concerns. It also raised awareness of topics such as suicide prevention and grief by recognising national and global days such as World Suicide Prevention Day, World Mental Health Day, Grief Awareness Week and Time to Talk Day.

Staff and trustees of the organisation took advantage of training opportunities in the areas of Mental Health First Aid, Digital Marketing, Advanced Bid Writing and Peer Support.

The charity began work on the Sport England Place Partnership Project after successfully being awarded funding in collaboration with BCT Aspire to lead on the Billingham area of Stockton-on-Tees to gather community insight into the barriers to



physical activity in the area, and to try and offer community-led solutions. By attending events the charity expanded its network to include a range of stakeholders and increased its visibility to its beneficiaries.

Members of the general public fundraised for the charity by completing the Great North Run and a further bench was added to the foundation's bench network, which is located in Ward Jackson Park in Hartlepool.

Financial review

Please see below information pertaining to The Pieman PT Foundation's financial performance for the period in question. The trustees agree that the charity's performance this period was satisfactory. The focus was placed on the training and development of staff and on establishing a secure administrative and operational foundation to build upon financially in the following year, thus there is no current cause for concern.

The Pieman PT Foundation is a small CIO with a current annual income of less than £25,000; none of its funds are materially in deficit and it does not have any other debts. The balance brought forward from the previous financial year was £44,737. It's only source of income this financial year was £50 in donations, and its total expenditure was £19,848 of which the main expense was in staff costs, with the remaining reserves therefore being £24,889 as of 5th April 2025. All reserves are unrestricted. Despite the charity having made minimal income this year, grant funding was secured for the following financial year, and more applied for. Funds raised through fundraising will also be cleared in the following financial year and further fundraising activities have been planned to increase charity income.

The charity trustees periodically review the level of reserves and appreciate the importance of maintaining and building the foundation's financial reserves to ensure the continuation of its work and its sustainability. It is their objective to ensure that the foundation's reserves are greater than or equal to 3 months expenditure. Please see below for a more detailed breakdown of the charity's income and expenditure.

This report has been prepared in accordance with the provisions to companies entitled to the small companies' exemption.

The trustee's annual report was approved on 7th February 2026 and signed on behalf of the board by:

Mr J. Snowdon
Chair of Trustees

Executive Summary
The Pieman PT Foundation
Accounting Year 2024/25

Accounting Year 2024/25

Profit and Loss

Income	50
Profit / Loss	-19,848
Profit / Loss after tax, dividend or drawings	-19,848
Cumulative Profit / Loss	24,889

Balance Sheet

Assets	24,889
Liabilities	0
Assets minus Liabilities	24,889
Total Owner's Equity	24,889
Combined Bank Balance	24,889

Profit & Loss
The Pieman PT Foundation
Accounting Year 2024/25

	Debit	Credit
Turnover		50
	Donation	50
Gross Profit		50
less Administration Expenses	6,837	
	Rent	810
	Web Hosting	1,604
	Computer Hardware	340
	Office Equipment	93
	Miscellaneous	3,532
	Advertising and Promotion	65
	Legal and Professional Fees	93
	Subscriptions	144
	Insurance	157
less Staff Costs	13,061	
	Pension/Retirement Plan	477
	Net Salary Expense	12,419
	Payroll Taxes Expense	165
Operating Profit		-£19,848
less Drawings		£0
less Profit & Loss journal entries		£0
Retained Profit this period:		-£19,848
Retained Profit brought forward:		£44,737
Distributable Reserves / Retained Profit carried forward:		£24,889

Notes

Miscellaneous - This refers to the expenditure for the memorial bench & plaque that was purchased using funds gained through fundraising the previous financial year. It has extended our charity bench network and is available for use by the general public. Frances Boyd-Hill

Balance Sheet
The Pieman PT Foundation
As at 05 Apr 25

	£	£
Capital Assets		
Net Book Value	0	
Current Assets	24,889	
Bank Account: Business Current Account	24,889	
less Current Liabilities		0
Net Current Assets	£24,889	
Total Assets	£24,889	
Owner's Equity		
Retained Profit		24,889
Total Owner's Equity		£24,889

THE PIEMAN PT FOUNDATION

England & Wales - Charity number 1198415

Accounts

The Pieman PT Foundation
Company Limited by Guarantee
Unaudited Financial Statements
5 April 2024

CHIPCHASE MANNERS

Chartered Accountants
384 Linthorpe Road
Middlesbrough
TS5 6HA

The Pieman PT Foundation

Company Limited by Guarantee

Financial Statements

Year ended 5 April 2024

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The Pieman PT Foundation

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 5 April 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 5 April 2024.

Reference and administrative details

Registered charity name The Pieman PT Foundation

Charity registration number 1198415

Company registration number CE029470

Principal office and registered office 24 Imperial Road
Billingham
TS23 1DW

The trustees

Miss A E Bocking Redhead (Appointed 30 April 2023)
Miss F M Boyd-Hill
Miss L K Boyd-Hill

Independent examiner Martin Firth
384 Linthorpe Road
Middlesbrough
TS5 6HA

Structure, governance and management

The Pieman PT Foundation (PMPT) is a Charitable Incorporated Organisation (CIO) registered on 29th March 2022 in England and Wales.

It is governed by a foundation model constitution, which was last amended on 10th October 2023. All trustees operate on a voluntary basis, and this continues to be the case at the time of writing this report.

The Pieman PT Foundation was governed by three family trustees initially, until the appointment of Alexandra Redhead on 30/04/2023, after an interim period of acting trustee after the sudden and unexpected death of James Boyd-Hill, founding family trustee. Alexandra's appointment was agreed by the two remaining founding family trustees, Frances and Lydia Boyd-Hill. Trustees are appointed by existing trustees. All trustees operate on a voluntary basis, and this continues to be the case at the time of writing this report. No further trustees, nor advisory committee members, were recruited during the time period to which this report pertains.

All trustees attend at least quarterly meetings and commit to giving their time and expertise for the betterment of the foundation, its beneficiaries and the wider community.

The Pieman PT Foundation

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 5 April 2024

Objectives and activities

The Pieman PT Foundation is a mental health and wellbeing charity based in Hartlepool, but that operates across Teesside. It was established in loving memory of Lewis Boyd-Hill, who lost his life to suicide, and is continued in honour of James of Boyd-Hill, who died suddenly in December 2022 of a cardiac arrest.

The Pieman PT Foundation has taken several steps towards achieving its aims and carrying out its purposes for the public benefit this financial year. The Foundation's main activities are summarised under the headings below. These objectives are carried out via a range of activities including, but not limited to: " Providing opportunities for training to support the continued development of individual capabilities, competencies, skills and understanding in areas related to mental health and wellbeing. " Facilitating peer support with an emphasis on lived experience in order help people establish a support network and provide opportunities for like-minded individuals, or those experiencing similar difficulties, to share knowledge and experiences. " Offering signposting to other existing organisations, initiatives, services and resources, including mentoring and/or coaching and/or counselling to support mental and/or physical and/or emotional health. " Promoting participation in additional activities and experiences in line with the peaks of Education and/or Exercise and/or Environment to promote mental resilience in other settings, as well as a re-connection to oneself. " Disseminating key findings by supporting research into mental health and wellbeing.

Through this work, The Pieman PT Foundation contributes to the development of a shared mindset and culture within which individuals may feel capable and confident, as well as having increased clarity, when seeking support around mental health and wellbeing concerns.

Achievements and performance

The Pieman PT Foundation aims to benefit the public by furthering their knowledge and understanding of how having an improved relationship with education, exercise and our environment, as well as a deeper appreciation for and a wider perspective on these three components can positively impact our mental health and wellbeing. The work of the Pieman PT Foundation continues to make a difference to the circumstances of its beneficiaries and the wider public. The foundation's main achievements this financial year were mainly associated with its aims of providing opportunities for training and offering signposting.

Financial review

Please see below information pertaining to The Pieman PT Foundation's financial performance in the current financial period.

The trustees agree that the foundation has performed fairly and that there is currently no cause for concern regarding the continuation of the foundation and its work. As previously mentioned, the foundation's main source of income this period was from charitable donations and the foundation did not receive any grant funding. The general fund shows an increase of £2,583 during the year, while the balance sheet shows aggregate reserves of £43,713 at 31 March 2024.

The charity trustees periodically review the level of reserves and appreciate the importance of maintaining and building the foundation's financial reserves to ensure its sustainability. The review looks at both income and expenditure and identifies the next steps and follow-on actions needed. It is their objective to ensure that the foundation's reserves are greater than or equal to 3 months expenditure.

The Pieman PT Foundation

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 5 April 2024

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 16 April 2025 and signed on behalf of the board of trustees by:



Miss F M Boyd-Hill
Trustee

The Pieman PT Foundation

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of The Pieman PT Foundation

Year ended 5 April 2024

I report to the trustees on my examination of the financial statements of The Pieman PT Foundation ('the charity') for the year ended 5 April 2024.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Martin Firth
Independent Examiner

384 Linthorpe Road
Middlesbrough
TS5 6HA

16 April 2025

The Pieman PT Foundation

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 5 April 2024

		2024		2023
		Unrestricted funds	Total funds	Total funds
	Note	£	£	£
Income and endowments				
Donations and legacies	5	<u>27,001</u>	<u>27,001</u>	<u>24,418</u>
Total income		<u>27,001</u>	<u>27,001</u>	<u>24,418</u>
Expenditure				
Expenditure on charitable activities	6,7	<u>1,077</u>	<u>1,077</u>	<u>6,624</u>
Total expenditure		<u>1,077</u>	<u>1,077</u>	<u>6,624</u>
Net income and net movement in funds		<u>25,924</u>	<u>25,924</u>	<u>17,794</u>
Reconciliation of funds				
Total funds brought forward		<u>17,794</u>	<u>17,794</u>	<u>—</u>
Total funds carried forward		<u>43,718</u>	<u>43,718</u>	<u>17,794</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 11 form part of these financial statements.

The Pieman PT Foundation

Company Limited by Guarantee

Statement of Financial Position

5 April 2024

	Note	2024 £	2023 £
Current assets			
Cash at bank and in hand		44,738	17,794
Creditors: amounts falling due within one year	12	<u>1,020</u>	<u>–</u>
Net current assets		<u>43,718</u>	<u>17,794</u>
Total assets less current liabilities		<u>43,718</u>	<u>17,794</u>
Net assets		<u>43,718</u>	<u>17,794</u>
Funds of the charity			
Unrestricted funds		<u>43,718</u>	<u>17,794</u>
Total charity funds	13	<u>43,718</u>	<u>17,794</u>

For the year ending 5 April 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 16 April 2025, and are signed on behalf of the board by:



Miss F M Boyd-Hill
Trustee

The notes on pages 7 to 11 form part of these financial statements.

The Pieman PT Foundation

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 5 April 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 24 Imperial Road, Billingham, TS23 1DW.

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 Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

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.

Fund accounting

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

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

The Pieman PT Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 5 April 2024

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are 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. The following specific policies are applied to particular categories of income:

- 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.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. 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.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

The Pieman PT Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 5 April 2024

3. Accounting policies *(continued)*

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.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Pieman PT Foundation is a company limited by guarantee and accordingly does not have a share capital.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Donations				
Donations	3,431	3,431	1,280	1,280
Legacies				
Legacies	–	–	11,000	11,000
Gifts				
Fundraising	<u>23,570</u>	<u>23,570</u>	<u>12,138</u>	<u>12,138</u>
	<u>27,001</u>	<u>27,001</u>	<u>24,418</u>	<u>24,418</u>

6. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Support costs	<u>1,077</u>	<u>1,077</u>	<u>6,624</u>	<u>6,624</u>

The Pieman PT Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 5 April 2024

7. Expenditure on charitable activities by activity type

	Support costs	Total funds	Total fund
	£	2024	2023
	£	£	£
Governance costs	<u>1,077</u>	<u>1,077</u>	<u>6,624</u>

8. Analysis of support costs

	Analysis of support costs activity 1	Total 2024	Total 2023
	£	£	£
Accountancy	800	800	–
Support costs - Advertising/Marketing	<u>537</u>	<u>537</u>	<u>6,624</u>
	<u>1,337</u>	<u>1,337</u>	<u>6,624</u>

9. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>540</u>	<u>–</u>

10. Staff costs

The average head count of employees during the year was Nil (2023: Nil). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Management	<u>3</u>	<u>2</u>

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

11. Trustee remuneration and expenses

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

12. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	480	–
Accruals and deferred income	<u>540</u>	<u>–</u>
	<u>1,020</u>	<u>–</u>

The Pieman PT Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 5 April 2024

13. Analysis of charitable funds

Unrestricted funds

	At 6 April 2023	Income	Expenditure	At 5 April 2024
	£	£	£	£
General funds	<u>17,794</u>	<u>27,001</u>	<u>(1,077)</u>	<u>43,718</u>

	At 6 April 2022	Income	Expenditure	At 5 April 2023
	£	£	£	£
General funds	<u>–</u>	<u>24,418</u>	<u>(6,624)</u>	<u>17,794</u>

14. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2024
	£	£
Current assets	44,738	44,738
Creditors less than 1 year	<u>(1,020)</u>	<u>(1,020)</u>
Net assets	<u>43,718</u>	<u>43,718</u>

	Unrestricted Funds	Total Funds 2023
	£	£
Current assets	17,794	17,794
Creditors less than 1 year	<u>–</u>	<u>–</u>
Net assets	<u>17,794</u>	<u>17,794</u>

15. Financial instruments

There have been no financial instruments used in the year.

THE PIEMAN PT FOUNDATION

England & Wales - Charity number 1198415

Accounts



THE PIEMAN PT FOUNDATION – ANNUAL REPORT 29/03/22 – 06/04/2023

CIO (Charitable Incorporated Organisation)

Charity Number in England & Wales: 1198415

Registered: 29/03/2022

Address: 24, Imperial Road, Billingham, TS23 1DW

Charity Trustees (29/03/2022-06/04/2023)

Frances Boyd-Hill (*appointed 17/07/2021*)

Lydia Boyd-Hill (*appointed 17/07/2021*)

James Boyd-Hill (*appointed 17/07/2021, now deceased**)

Alexandra Redhead (*appointed 30/04/2023*)

**Further information given in the body of the report*

Structure, Governance & Management

The Pieman PT Foundation (PMPT) is a CIO registered on 29th March 2022 in England and Wales. It is a mental health and wellbeing charity whose target area is the North East of England and which was cofounded by Frances, Lydia and James Boyd-Hill in loving memory of their brother, Lewis Boyd-Hill, who lost his life to suicide in February 2021. It is governed by a foundation model constitution, which was last amended on 10th October 2023. In addition to the three aforementioned founding family trustees, an advisory committee was selected based on skill, existing networks and expertise and was appointed to support and guide the governance of the charity. However, the committee does not have any voting power, their function is solely advisory.

The Pieman PT Foundation was governed by three family trustees initially, until the appointment of Alexandra Redhead on 30/04/2023 after the sudden and unexpected death of James Boyd-Hill, founding family trustee. Alexandra's appointment was agreed by the two remaining founding family trustees, Frances and Lydia Boyd-Hill. This decision was made due to Alexandra's desire to continue James' legacy, her support of the charity's aims and objectives and her professional expertise. All trustees operate on a voluntary basis, and this continues to be the case at the time of writing this report. No further trustees, nor advisory committee members, were recruited during the time period to which this report pertains.

Aims & Purposes

Although The Pieman PT Foundation was set up in memory of our brother Lewis, as trustees we are committed to providing a wider benefit to the public, and thus have had due regard to the Charity Commission's guidance on public benefit when defining our charitable aims and



purposes, as well as when making decisions relating to them during the present reporting period and beyond. As previously mentioned, PMPT is a mental health and wellbeing charity that operates in the North East of England. As trustees, we were born and grew up in this area – or have developed strong ties to it – and thus we feel this is where we can be of most impact to the community, not least because it is the region with the greatest need in terms of improved mental health and wellbeing support (ONS, Suicides in England and Wales: 2020 Registrations, 7th September 2021). Our charity aims to support adults aged 21 years and over by raising awareness of common mental health conditions and wellbeing issues. In addition, we will support them to improve their overall mental health and wellbeing using the three peaks of Education, Exercise and Environment as a vehicle for holistic personal development, which includes improving our mental and physical health as well as our emotional resilience. As a collective we believe that if we dedicate time to understanding and climbing these three peaks throughout our lifetime then this will help us to maintain a more positive state of wellbeing which will lead to improved mental (and physical) health.

Through our work we hope to contribute to an individual and collective mindset and cultural shift towards a society where we acknowledge and accept that not only the elderly feel lonely; not only teenagers suffer from stress and anxiety; not only the bereaved are grieving; and it is not only young people that are trying to define their identity. By sharing experiences and supporting each other authentically, The Pieman PT Foundation's work aims to benefit the public by supporting individuals to foster life-enhancing habits and hone the use of stabilising tools at the earliest possible stage; thus, we hope to offset the number of people reaching crisis point, indirectly contributing to a reduction in the number of deaths by suicide in the North East of England. In addition, over the next 10 years and beyond, we hope to have not only impacted both the regional and national conversation on mental health and death by suicide, but to have also helped bring about measurable cultural, systemic and legislative change in this field.

We are not, and will not become, a crisis service, but where crisis support and intervention is required, we will signpost individuals to the appropriate service. All charitable activity carried out by The Pieman PT Foundation will fall under one of the aforementioned three peaks and the pursuit of *eudaemonia*, the condition of human flourishing, or of living well, is, and will remain, at its heart.

Objectives & Activities

In order to achieve our aims and pursue our purposes, The Pieman PT Foundation has set out several objectives, which will be achieved through a range of activities. Our objectives fall under the three peaks as follows:



Education:

- Increase public knowledge and understanding of common mental health conditions and wellbeing issues and how to better manage them in ourselves and others.
- Generate and disseminate educational/informational materials for adults around how our minds work.
- Suggest ways that individuals can develop their own repertoire of tools to promote psychological and emotional resilience.

Exercise:

- Expand our concept of exercise to include mental and emotional/spiritual work.
- Focus on exercise as a means of empowerment and a tool to maintain psychological stability.
- Support exercise initiatives that promote a healthy mind-body image and a healthy approach to physical exercise.

Environment:

- Highlight the link between our external and internal environment.
- Encourage a reconnection with the physical world around us and provide information on the positive impact this can have on our wellbeing.
- Support and promote initiatives that encourage time spent outdoors.

Through these objectives PMPT aims to benefit the public by furthering their knowledge and understanding of the ways an improved relationship with, a deeper appreciation for and a wider perspective on education, exercise and our environment can positively impact our mental health and wellbeing.

We aim to increase and support the improvement of communication with the general public around existing mental health and wellbeing organisations, discussions, initiatives, services and resources to give more people the opportunity to benefit from this provision to support themselves and/or others to better manage the complexities of modern-day living. Our organisation will also add to the existing discussions, initiatives, services and resources around mental health and wellbeing issues available to adults aged 21 and over in the North East of England.

We will carry out these objectives via a range of activities including, but not limited to: providing **opportunities for training** to support the continued development of people's individual capabilities, competencies, skills and understanding in areas related to mental health and wellbeing; **peer support** with an emphasis on lived experience in order help people to establish a support network and facilitate opportunities for like-minded individuals, or those experiencing similar difficulties, to share knowledge and experiences; **signposting** to other



existing organisations, initiatives, services and resources, including mentoring and/or coaching and/or counselling to support mental and/or physical and/or emotional health; **participation in additional activities and experiences** in line with the peaks of Education and/or Exercise and/or Environment to promote mental resilience in other settings, as well as a re-connection to yourself; the **dissemination of key findings** by supporting research into mental health and wellbeing. Through this work, The Pieman PT Foundation will contribute to the development of a shared mindset and culture within which individuals may feel capable and confident, as well as having clarity, when seeking support around mental health and wellbeing concerns.

Achievements & Performance

The Pieman PT Foundation has taken several steps towards achieving its aims and carrying out its purposes for the public benefit this financial year. Its achievements and performance are detailed under the following headings.

Training:

Trustees have participated in a range of training to better equip them for their roles. This has included training in:

- Counselling Skills
- Information, Advice and Guidance
- Creating a Business Start-Up (including the development of a charity business plan)
- Mental Health First Aid England
- Suicide Prevention

We recognise the importance of continuous professional development and of the requirement of trustees to be appropriately trained for their roles, and for this training to be recorded and maintained up to date. Please see the 'Future Plans' section for further information on our future training plans.

Research and Development:

As the charity's aims and objectives include raising public awareness of and increasing public knowledge and understanding of common mental health and wellbeing issues and generating and disseminating educational materials and key mental health and wellbeing research findings, research will always be a key part of our work. During this past year the foundation has carried out research into the key areas of mental health and wellbeing, the structure, organisation and availability of mental health provision in the local area, suicide prevention strategies and initiatives (on both a national and regional level), grief, bereavement and loss.



This research will inform, guide and underpin the development of all resources generated by the foundation.

Fundraising:

In order to raise awareness of the need to take care of our own mental health and wellbeing and that of others, the prevalence of suicidality in our region, and to raise initial funds to support the charity's establishment, several fundraising campaigns were carried out. This year, around 15 young men cycled the Coast to Coast and two additional young men completed two half marathons. (Prior to the charity's registration in-memory funds were raised to support the setting-up of the organisation).

Marketing and Communications:

In terms of marketing and communications, the main focus of the charity in this first year has been on the design and development of a website that we hope will be ready to launch soon (summer of 2024). This will provide the charity with an online presence, a platform to share its purpose and aims, and a means to achieve its objectives. Regular communication has been maintained between the trustees and updates have been sent to the advisory committee.

Network:

Given that the charity's aims and objectives include supporting, signposting and promoting appropriate, aligned initiatives, further research has been carried out into other existing organisations, their mission, vision and values and networking conversations have taken place. This is necessary work to create and expand PMPT's network which will lead to increased public knowledge around these existing organisations, the work they do and the services they provide. Please see the 'Future Plans section for further information on how this will benefit the public.

3 Peaks Progress:

It is the charity's aim to make progress towards achieving some of the objectives set out under each peak of Education, Exercise and Environment each year. This year, the charity has begun to progress with the creation of its memorial bench network, which over time will support each peak to achieve its aims. The benches in the network serve multiple purposes; they are mental health makers designed to raise awareness of mental health and wellbeing issues; they are meeting places that can be used as conversation starters; they are shared spaces that can facilitate connection; and they will also be walking way makers on future routes around our



region. They also encourage the public to spend more time outdoors and to participate in exercise to support both mental and physical health.

Financial Review

The Pieman PT Foundation is a small, non-company CIO with a current annual income of under £25,000, therefore we do not have a reserves policy currently in place, nor are any of our funds materially in deficit, nor do we have any other debts. Neither the charity nor its trustees are custodian trustees.

As you can see from the copy of the accounts below, the total income for the financial year running from the charity's registration on 29th March 2022 to 6th April 2023 was £24,418. This was received in the form of a gift/legacy, in-memory funds and fundraising and donations. The only payments made by the charity in this financial year were for the value of £6,624 for the design and development of our website. The total of the remaining cash funds this year end was £17, 794, as is visible below.

Section A Receipts and payments

	Unrestrict ed funds to the nearest £	Restrict ed funds to the nearest £	Endowme nt funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Gifts/legacies	11,000	-	-	11,000	-
In-memory funds & Fundraising	12,138	-	-	12,138	-
Donations	1,280	-	-	1,280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	24,418	-	-	24,418	-



A2 Asset and investment sales, (see table).

None	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts	24,418	-	-	24,418	-
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A3 Payments

Website design & development	6,624	-	-	6,624	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,624	-	-	6,624	-

A4 Asset and investment purchases, (see table)

None	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments	6,624	-	-	6,624	-
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Net of receipts/(payments)	17,794	-	-	17,794	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	17,794	-	-	17,794	-

Future Plans

The Pieman PT Foundation is committed to continuing its work towards its charitable aims and purposes and is keen to make swift progress towards these throughout the following year. Please see further given detail under the headings below.

Structure, Governance and Management:

For the next financial year, The Pieman PT Foundation recognises a need to improve the efficiency of its operations and is thus planning to recruit at least one part-time member of staff to increase the efficiency of the progress being made towards the charity’s aims and purposes. It also recognises a need to further formalise its governance and management through the development of more clearly defined roles and responsibilities for trustees and committee members. The charity is also planning to recruit a number of volunteers to support its work.

Training:

Given that one of the charity’s 3 peaks of wellbeing is Education and coupled with its commitment to continuous professional development and the requirement for all trustees to be appropriately trained for their roles, PMPT will continue to ensure that any necessary training is undertaken by trustees or is at least planned to be undertaken within the next financial year. The foundation also hopes to expand this to its committee members in the future, as well as ensuring that any new staff or volunteers also undergo, or at least have planned to undergo, any necessary training fitting for the responsibilities of their roles.

Research and Development:

The foundation plans to continue with its research into mental health conditions and wellbeing issues and their origins, symptoms and consequences for its target demographic, and how to



better manage these in ourselves and others. It also hopes to build upon its current development plans, making them more robust, more clearly structured and timebound. PMPT is also considering the development of a 'focus group' approach to help further focus its efforts and make its work more targeted. It also plans to explore additional, and more formal, methods of recording and evidencing its impact and value.

Fundraising and Finance:

There are plans to undertake further fundraising activities that are likely to be linked to outdoor physical challenges to support the continuation of the charity's work, raise awareness of the prevalence of suicidality in members of our target demographic and to celebrate the benefits our external environment can have on our internal wellbeing. Furthermore, the charity plans to apply for several grant funding opportunities to enable more of its projects to be implemented.

Network:

The Pieman PT Foundation places much value on collaborative work and on championing existing, high-quality good work that is already being carried out in the areas of mental health and wellbeing, therefore we plan to increase our network by the end of the following financial year by attending events, training sessions, webinars, forums and conferences in our local area. In doing so, we will be better placed to disseminate up-to-date knowledge amongst our beneficiaries and signpost them to existing organisations, initiatives, services and resources available to them. We also aim to become members of existing appropriate networks, alliances and project groups working towards improving the mental health and wellbeing of the region, as well as increasing our potential for collaborative work going forward. We will support other aligned mental health and/or wellbeing initiatives from existing organisations, as well as joining appropriate mailing lists to receive newsletters, updates and signposting to support our work.

Thank you for reading The Pieman PT Foundation's Annual Report for the financial period 29/03/2022 - 06/04/2023. If you would like to discuss any element of this report, then please do not hesitate to contact us using the details provided on the Charity Commission's website.

Approved by The Pieman PT Foundation (CIO; Charity No. 1198415) on 12th February 2024 and signed on its behalf by Frances Boyd-Hill (trustee).

A handwritten signature in blue ink on a light blue background. The signature appears to read 'F. Boyd Hill'.



Frances Boyd-Hill



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Pieman PT Foundation

1198415

Receipts and payments accounts

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For the period from	29/03/2022	To	06/04/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Gifts/legacies	11,000	-	-	11,000	-
In-memory Fundraising	12,138	-	-	12,138	-
Donations	1,280	-	-	1,280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,418	-	-	24,418	-
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,418	-	-	24,418	-
A3 Payments					
Website design & development	6,624	-	-	6,624	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,624	-	-	6,624	-
A4 Asset and investment purchases. (see table)					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,624	-	-	6,624	-
Net of receipts/(payments)	17,794	-	-	17,794	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	17,794	-	-	17,794	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Gifts, fundrasing & donations	17,794	-	-
		-	-	-
		-	-	-
	Total cash funds	17,794	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

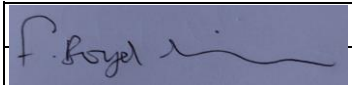
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	None		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	None		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Frances Boyd-Hill	02/12/2024