

Registered number
1198732

BOYS IN MIND GIRLS MIND TOO

Report and Accounts

Year Ending 05/04/2023

BOYS IN MIND GIRLS MIND TOO
Report and accounts
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BOYS IN MIND GIRLS MIND TOO

Charity Information

Registered office

FORESTER ROAD
BATH
SOMERSET
BA2 6QG

Registered number

1198732

Trustees

1. Marvin Ellis Richardson Grubb
2. Vivien Margaret Quick
3. Jonathan Wilson (Chair)
4. Jamie Luck
5. Susie Ingram
6. David Moxham
7. Astral Jane Blanchard

Independent Examiner

Sterling Gate Accountants
The Porter Building
Brunel Way
Slough
Berkshire
SL1 1FQ

Bankers

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Report of the Trustees **for the Year Ended 5th April 2023**

Boys in Mind, Girls Mind Too (BiM) is a CIO Foundation, registered with the UK Charity Commission. It is governed by its Constitution incorporated on 26th April 2022.

The Objects and Activities of the CIO

The following objects are for the public benefit of young people, with a focus on providing mentoring, advice and assistance and organising educational programmes, in particular, but not exclusively, through the use of film, communications and media producing activities:

- i. To preserve and protect good mental health;
- ii. To advance education;
- iii. To advance in life and relieve the needs of young people, through the provision of support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals; and
- iv. The promotion of equality and diversity by:
 - (a) the elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;
 - (b) advancing education and raising awareness in equality and diversity; and
 - (c) promoting activities to foster understanding between people from diverse backgrounds

In shaping our objectives and planning our activities for the first year of operating as a CIO, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2).

All BiM's charitable activities focus on the provision of accessible and effective mental health education, support, advice and campaigning for young people aged 4-25 in England and Northern Ireland. Such a programme of activity is invariably of public benefit insofar as it contributes to active, healthy citizens; school, family and community cohesion, and increased social inclusion and mobility. Public benefit is also derived from the prevention of escalating levels of mental ill-health as a consequence of young people accessing BiM's resources, training and signposting. That BiM creates and delivers free youth centred training and education for vulnerable young people is of public benefit in terms of cost-effectiveness in both the short and long term.

The activities employed by BiM to achieve the CIO's aims and objectives are to:

1. Deliver a programme of bespoke, solution-focused, preventative psychological education and tailored digital resources for young people in schools, colleges, festivals and other youth settings;
2. Work alongside colleges and schools addressing barriers to accessing services early and social disadvantages and discrimination that lead to poorer mental health;

3. Run participatory social action film projects to raise awareness around suicide and to de-stigmatise mental health with young people and families who have lived experience of mental health difficulties; and
4. Improve mental health among young people by strengthening the knowledge, skills, confidence and capacity of all professionals who work with young people to support their mental wellbeing.

We work in partnership with children, young people and professionals in a range of settings to model and promote good mental health and prevent suicide, particularly among boys and young men. Our work is guided by our 3 P's: Prevent, Promote and Partner:

Prevent: Preventing suicide

Promote: Promoting positive mental health and positive images of boys and men

Partner: Partnering with young people, schools, universities and other organisations.

Achievements and Performance during 2022/2023

Financial pressure on schools has continued to strain BiM's colleagues in education. 2022-23 has been a challenging year for many young people and families as they navigate life after the Covid-19 Lockdown; the cost-of-living crisis as well as environmental and geopolitical threats in the media. BiM's Youth team, consisting of 13 Youth Advisors, 2 Primary Champions and 3 Youth Ambassadors, has worked in partnership with our award-winning filmmakers to create positive, challenging and inspiring mental health resources which address these concerns and support young people to be heard and valued. BiM launched its "How are you? How are you really?" campaign and Primary Champions and Youth Advisors created "How to Start a Conversation" resources to encourage meaningful and sometimes life-changing conversations:

Starting a conversation

BiM's growing library includes dozens of films which may have different themes, but which share a single aim: to start important conversations or answer important questions.

Our film projects enable young people to be heard and enable those who are filming and watching to listen. Often, we don't need to provide advice or solutions, we just need to listen

Filming is a great way of observing and recording without interfering. We create focus groups of young people, mainly boys and young men, who decide which themes they'd like to pursue through film. They decide on the questions they want to ask, who they want to film and where.

Examples of films this year include:

In memory of Carl

In May 2020, a week after his 16th birthday, Carl took his own life. In this film, three of his friends remember Carl, the effect his death had on them and the positive events that have happened in his memory.

BiM won the 2023 National Charity Film Awards in March with Will's Story in the 'Longform under £350,000 category. More than 400 films entered, all with significantly higher budgets. Judges said: "How wonderful, articulate and so incredibly honest. We truly believe this will help others. A powerful film which packs an emotional punch, thanks to its authenticity and directness." As a teenager, Will attempted to take his life several times. In this film, he talks about how he came to feel so low, how important it is to be honest and what he does now to keep himself well. Feedback from secondary schools and universities highlights that Will's film has left a lasting impact on audiences and that young people particularly appreciate how honest and inspiring Will is

BiM's films are shown as part of assemblies and workshops in schools, colleges and other settings, as well as at staff training sessions, to trigger discussions, reduce stigma, challenge stereotypes and promote positive images of boys and young men. BiM's recent partnership with Jigsaw, which delivers PSHE resources as part of their national scheme of work for schools, will enable BiM to reach even more schools and young people. The charity's website analytics show films and podcasts are being accessed across the world including around Europe, South America, Australia and the United States. For example, in three typical months between March and June 2022, BiM's website received 7,754 hits.

Partnering with young people, schools, universities and other organisations is a key element of BiM's work and this year we have built on our partnerships with Lighthouse in Belfast, The Charlie Waller Memorial Trust, Charlie Watkins Foundation, and Mighty Girls as well as through our Massage in Schools programme in Bath and North East Somerset. BiM, The Charlie Waller Memorial Trust and Charlie Watkins Foundation worked with primary and secondary school pupils to develop a series of videos in which boys and girls discussed what they need from the adults around them when they are experiencing distress. The accompanying guide is for parents, carers, teachers and any other adults who support children and young people and has been well received as a useful and unique resource

BiM aims to amplify the voices of young people, so our Youth Advisors have delivered workshops with young people on public speaking skills, solution-focused conversations and advocacy. In May, BiM Youth Ambassador Will was invited to join the Youth Policy Development Group (YPDG) and to chair a roundtable discussion that included government Minister for Health and Mental Health, Gillian Keegan and Dr. Alex George, UK Mental Health Ambassador. The YPDG was set up to amplify the voices of young people and to articulate the voices of England's youth to politicians at the highest level, potentially helping to shape government policy.

BiM is proud of being an efficient charity with very small operating costs. No funds were spent on permanent premises or office costs during the year, whilst the charity was also grateful to the small freelance team who volunteered a total of 736 hours between August 2022 and March 2023, saving the CIO an estimated £22,081.00.

Equality and Diversity

We regularly monitor and evaluate our work to ensure our activities centre around E&D promotion. Our consultation, in March 2022, was conducted by young people and was a deep dive into the Equality and Diversity challenges facing individuals, schools and communities with an emphasis on how we can turn this into positive action going forward. Films that showed how to have difficult conversations and challenge negative attitudes and behaviours, were identified as important work. The young people we work with also stated they want more media activities to look beyond terms like 'BAME' and to instead embrace and celebrate individual identity. This is something which we aim to do, going forward

Governance

The Charlie Waller Memorial Trust (CWMT), a registered charity in England and Wales (1109984) and registered company in England and Wales (5447902), supported BiM as an umbrella organisation for five years, including providing us with payroll services. We gained confidence to develop into an independent charity, predominantly peer-led, directed by young people and supported by health and education professionals. We remain grateful for the successful partnership we developed with our colleagues at CWT and the important on-going work we do with the charity, including creating joint resources and collaborating on projects.

BiM was delighted to welcome our first charity Trustees at such an important time for the organisation. The Trustees bring a wealth of varied skills and enthusiasm to the charity and their staggered terms means continuation and sustainability. A skills analysis is kept, hence ensuring Trustees are able to contribute in full. Trustees have received an induction to BiM, as well as to our safeguarding and risk policies, The Essential Trustee training and access to NCVO training resources

The Board:

1. Marvin Ellis Richardson Grubb (3 years) *Equality and Diversity*
2. Vivien Margaret Quick (4 years)
3. Jonathan Wilson (4 years) *Chair of Trustees*
4. Jamie Luck (4 years)
5. Susie Ingram (3 years)
6. David Moxham (3 years) *Finance*
7. Astral Jane Blanchard (4 years) *Education and Safeguarding*

The board administers the charity and meets quarterly. BiM's Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to Going Concern and using the Going Concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so

BiM's Chief Executive, James Cumpson, and Coordinators, Eleanore Dickson and Richard Bullard, have responsibility for the day-to-day running of the Charity and all operational matters. Every two months, Trustees meet with key staff to scrutinise delivery performance and to inform the strategic direction of the Charity. A financial review process is a standing agenda item at all full Trustee meetings, including regular reflection on our risk register.

Risk assessment and management

The Trustees have a robust risk management strategy which comprises:

- a quarterly review of risks and update of the risk register;
- the establishment of policies, systems and procedures to mitigate those risks identified in
- the implementation of procedures designed to minimise or manage any potential impact on

Fundraising

BiM adheres to the Fundraising Code of Conduct and is registered with the Fundraising Regulator. During 2022/2023, there were no complaints about the charity's fundraising, and we do not carry out any direct mail or telephone campaigns that might infringe the privacy rights of a person

In September 2022, BiM started working with Fundraising and Events Manager, Vanessa Williams-Grey to focus on generating grant income via trusts and foundations and also to recruit and support BiM Friends, for example those who want to run a marathon for the charity or companies who support us as their charity of the year

Income

Corporate donors, including large charities, provided the majority of BiM's first year income. On BiM's registration with the Charity Commission and CAF Bank, The Charlie Waller Memorial Trust transferred the remaining balance of funds raised for BiM which enabled us to link in with our 10 Lead Schools, develop new policies and our 3 P's strategy. As a newly-formed charity, we were fortunate to be nominated Community Matters' charity of the year and the Bath charity shop donated all profits to our work. A total of £80,690.00 was given to BiM from corporate donors and large charities this financial year which represented 83.68% of our total income of £96,423.00, the rest comprising of online donations (£6,365.00, 6.6%) digital fundraising sponsorship including challenge events like the Bath Half Marathon (£4,107, 4.26%) and individual donors (£5,201.00, 5.39%). BiM received £60 (0.06% of total income) from CAF Bank Gold Account interest. CAF BANK is ethical and supports ethical investments and due diligence, in line with BiM's guiding principles. No income was derived from service provision, although this has been discussed by the team as a future ambition.

Reserves policy

To balance maximising BiM's immediate impact with maintaining effective operations of the organisation, the Board of Trustees has agreed to hold a financial reserve of three months' operating costs. This level of reserve would allow staff providing core services to continue working to secure new funding and would help manage SLA expectations and commitments with schools and film makers. Three months' operating costs is the amount the Trustees consider prudent in the event of a major business interruption as determined by a basic analysis of risks to the charity.

The level of reserves held by BiM in a separate Gold CAF Account is based on the operating costs in the agreed budget for the forthcoming year and will be reviewed quarterly as activities change in response to income generation. This figure will also be reviewed on an ad-hoc basis if there are significant changes to business circumstances

The Trustees consider that the charity has sufficient reserves and cashflow to continue as a Going Concern for a period of at least 6 months from the date on which these financial statements are approved

The Trustees declare that they have approved the Report of the Trustees above.

Chair of the board: Mr Jonathan Wilson



Date: 1st February 2024

Independent Examiner's report

for the year ended 5 April 2023

Independent examiner's report to the Trustees of Boys in Mind Girls in Mind too

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 5 April 2023

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the accounts in accordance with Accounting and Reporting by Charities: 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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

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.



H.M Tuffaha BA (Hons) AFA MIPA
Sterling Gate Accountants

Date: 02/02/2024

BOYS IN MIND GIRLS MIND TOO**Registered number:** 1198732**Balance Sheet****As on 05/04/2023**

	2023	2023
	£	£
Fixed assets		
Intangible assets		-
Tangible assets		-
Investments		-
		-
Current assets		
Stocks	-	
Debtors	-	
Investments held as current assets	-	
Cash at bank and in hand	71,918	
	71,918	
Creditors: amounts falling due within one year	(456)	
Net current assets		71,462
Total assets less current liabilities		71,462
Creditors: amounts falling due after more than one year		-
Provisions for liabilities		-
Net assets		71,462

BOYS IN MIND GIRLS MIND TOO**Statement of financial activities****For the period ended 05/04/2023***This schedule does not form part of the statutory accounts*

	2023	2023
	£	£
Income	Unrestricted	Restricted
Donations	111,214	-
Interest	60	-
	<hr/> 111,274 <hr/>	<hr/> - <hr/>
 Charitable expenses		
Staff Cost	(36,411)	-
Charges/fees	(629)	-
Venue hire	(978)	-
Miscellaneous	(841)	-
Goods	(192)	-
Insurance & licences	(96)	-
Training	(209)	-
	<hr/> (39,356) <hr/>	<hr/> - <hr/>
 Legal and professional costs:		
Independent Examination	(456)	-
	<hr/> (456) <hr/>	<hr/> - <hr/>
 Retained Earning/Income	 <hr/> 71,462 <hr/>	 <hr/> <hr/>