

BOYS IN MIND GIRLS MIND TOO
a Charitable Incorporated Organisation

TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS

FOR THE YEAR END
05 April 2024

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Trustees

Ross James Lawson

(Appointed 21/02/2024)

Claire Emma Richards

(Appointed 01/11/2023)

ANDREW CHAMBERS

(Appointed 01/11/2023)

Marvin Ellis Richardson Grubb

(Appointed 24/04/2022)

Astral Blanchard

(Appointed 22/04/2022)

Independent Examiners

Mr H.M Tuffaha AFA MIPA

Sterling Gate Accountants

The Porter Building

1 Brunel Way

Slough

Berkshire

SL1 1FQ

Objectives and Activities

The charity's principal aim is to empower boys and young men to talk openly about their mental health, promote positive emotional well-being, and ensure that no young person faces mental health challenges alone. In line with our governing document, BiM's objectives are driven by the public benefit, focusing on supporting young people, particularly boys and young men. By raising awareness, producing useful and accessible resources, offering mentoring and advice, and fostering meaningful partnerships and collaborations, we strive to bring about lasting and positive change. Our primary activities are centred on film, outreach workshops and communications, media production, and creative engagement to:

- **Preserve and protect mental health:** Offering resources, training, and support that empowers young people to maintain good mental health.
- **Advance education:** Equipping young people with the knowledge and skills needed to navigate mental health challenges and promote well being.
- **Promote growth and relieve needs:** Supporting young people to develop capacities and confidence to engage as responsible and active members of society.
- **Foster equality and diversity:**
 - Challenging discrimination based on race, gender, disability, sexual orientation, or religion.
 - Raising awareness of equality and inclusion through educational initiatives.
 - Encouraging understanding and collaboration among diverse communities.

In our second year as a CIO, the Trustees have carefully aligned these objectives with the Charity Commission's guidance on public benefit, as outlined in the document "Public Benefit: Running a Charity (PB2)."

Boys in Mind's activities focus on providing accessible mental health education, campaigning, and support for young people aged 4-25 in England and Northern Ireland. These activities contribute to the public benefit by:

- Reducing the risk of mental health issues escalating by offering timely resources, training, and signposting services.
- Developing healthier, active citizens who positively impact their communities.
- Strengthening connections among schools, families, and communities to foster cohesion.
- Delivering cost-effective and youth-centred training that supports vulnerable young people in the long term. The following objects are for the public benefit of young people, with a particular focus on providing mentoring, advice, assistance, and organising educational programmes, primarily (but not exclusively) using media production and group activities:

The Three P's:

- **Prevent** – Preventing suicide
 - **Promote** – Promoting positive mental health and images of boys and men
 - **Partner** – Partnering with children, young people, schools, charities and organisations to make a difference.
- **Films:** We produce engaging films to promote positive mental health and challenge stereotypes.
 - **Youth Ambassadors:** Our Youth Ambassadors, comprised of students, lead initiatives and inspire peers.
 - **Challenging Stereotypes:** We address and challenge unhelpful notions of masculinity to create a healthier narrative for boys and young men.

Achievements and Performance

Key Projects and Initiatives

1. Grow for Life (GfL) Project

- Date: January 19 2023- ongoing
- Target Audience: Two year groups Year 8 and 9 (7-9 participants per session)
- Impact: Empowered participants by fostering confidence and promoting skills, teamwork and positive mental wellbeing.

2. Three Ways School and Farmborough Primary School Film Projects: Red Carpet Premiere:

- Date: May 21 2024 (8 pupils and the wellbeing team involved in planning, 50 pupils and staff involved in filming, plus whole school assembly)
- Focus: Partnered with a special community school to create an inspiring and empowering film. This project highlighted children's unique strengths and celebrated their favourite activities, fostering self-confidence, teamwork, and a positive outlook on mental health.
- Farmborough Primary School Film Workshop
- Participants: 130 students
- Impact: Inspired awareness and engagement through student-led film projects addressing positive mental health and confidence.

3. Go Skydive Fundraising Event

- Date: April 21, 2023
- Participants: 12+
- Impact: Generated substantial funds and awareness to support ongoing mental health initiatives.

4. National Diversity Awards 2023 (Liverpool)

- Date: September 15, 2023
- Host: Clare Balding, CBE
- Applications: Over 90,000 submissions
- Highlight: Boys in Mind was shortlisted for the Community Organisation Award for Gender, significantly enhancing our visibility and reach.

5. NEU (National Education Union) Conference

- Dates: April 3-6, 2023
- Participants: 3000 delegates working in education
- Impact: Amplified conversations on youth mental health through an engaging promotional stall.

6. Shindig Festival

- Date: May 2023
- Participants: 10,000 attendees
- Impact: Engaged the public with dynamic presentations, promoting mental health awareness.

7. Other Film Projects

- Jigsaw Film
- Resilience Rucksack Film
- Impact: Produced educational and motivational films that address and normalise key mental health challenges and offer solutions. Films have been shared widely by institutions and viewed on our website.

8. The Funding Network Festive Connector Event

- Date: Dec 4 2023
- Impact: Generated substantial funds and awareness with HNW individuals, supporting core costs and delivery of workshops and projects including GfL.

9. Bath Half Marathon

- Date: October 2023
- Impact: Fielded a team of 12 runners, raising funds and awareness of our cause.

Beneficiary Feedback and Impact

Feedback from beneficiaries attending BiM events, indicated a significant improvement in attendees' understanding of mental health issues and a reduction in the stigma around seeking help.

All participants on the GfL project reported increased confidence, with the majority of young men reporting they had 'grown significantly in confidence'. 38 teachers attending BiM workshops at the NEU Conference, stated they felt more confident discussing the subject of mental health with pupils, colleagues and family members.

Financial Review

Financial Position

Income: Total income for the year was £ 52,711.06, which included grants, donations, and fundraising activities.

Expenditure: Total expenditure for the year was £70,771.14, primarily allocated to workshop and event delivery, supporting group facilitation, outreach and social media campaigns and improving the efficiency of our structures and policies.

Net Movement in Funds: The net movement showed a deficit of £18,060.08

Reserves Policy

The Trustees aim to maintain reserves sufficient to cover at least three months of operational costs. This ensures we can continue supporting beneficiaries in the event of any unforeseen funding interruptions.

Fundraising Activities

Led by our dedicated and inspiring part-time Fundraising and Events Manager, Vanessa, Boys in Mind (BiM) has enjoyed a successful year, featuring innovative fundraisers such as Go Skydive and participation in large-scale events including the National Diversity Awards and the Shindig Festival. We also benefited from the support of The Funding Network, which hosted a Festive Connector Event in December 2023. This event raised £23,600 in pledges. A fundraising walk in the Brecon Beacons in September 2023 raised £1,388. We fielded a team of 12 runners at the Bath Half Marathon in October 2023, raising over £3,530.

In addition to these fundraisers, Boys in Mind receives financial support through individual donations, as well as grants from various individuals, groups, and organisations. Among our notable supporters are the Bath Glastonbury Festival Clean Up team and The Crown Public House, Bathford which sells a "BiM Burger" and donates the profits to the charity.

Resource Allocation

As our breakdown of expenditure shows, funding was focused on delivering effective workshops and assemblies, producing educational films, awareness raising and fostering community engagement to achieve our objectives. Resource has also been allocated to improving policies and digital storage.

Structure, Governance and Management

Governing Document

Boys in Mind is governed by its Constitution dated 26th April 2022, which outlines the charity's purposes and procedures.

Trustee Appointment, Induction, and Training

- Trustees are appointed by the Board following an open recruitment process that assesses skills and experience relevant to the charity's objectives.
- New Trustees undergo an induction process that includes:
 1. Review of the charity's governing document, policies, and procedures.
 2. Meetings with existing Trustees and key volunteers to understand operational activities.
 3. Training on roles and responsibilities, charity law, and safeguarding.

Organisational Structure

The Board of Trustees meets at least quarterly to oversee strategy, governance, and compliance.

Day-to-day operations are managed by the Chief Executive Officer (CEO) and a small team of paid part time freelancers and volunteers.

Subcommittees/Working Groups (e.g., Digital and Safeguarding) report to the main Board on key aspects of the charity's operations.

Our charity operates with a dedicated team committed to promoting transparency, innovation, and collaboration. We prioritise creating a supportive and inclusive environment to enhance outcomes for young people. As part of our ongoing commitment, we aim to increase diversity within our leadership to better reflect the communities we serve and ensure varied perspectives shape our work. Within the next three years, Boys in Mind (BiM) aims to recruit and train two former Youth Ambassadors in charity governance. This initiative will help ensure that our Board genuinely reflects our commitment to representing young people and incorporates their voices in our strategic decision-making.

Risk Management

The Trustees regularly review the major risks to which the charity is exposed. This includes:

- **Financial Risk:** Monitoring cash flow, reserves, and funding diversification.
- **Operational Risk:** Ensuring safeguarding procedures are robust and freelance team/volunteers are appropriately trained.
- **Reputational Risk:** Upholding transparency in all communications and activities.

Charities have a statutory power to pay a trustee, or a connected person, for the supply of goods or services in certain circumstances under section 185 of the Charity Act 2011 (as amended). In accordance with our Governing Document, Boys in Mind paid one trustee for goods (branded bottles) during this reporting period. This payment was made only after the team had properly assessed any potential risks and conflicts of interest. BiM has fully disclosed this payment—which was under £1,000—in all our charity accounts, in line with Charity SORP guidelines.

Future Plans

Boys in Mind is focused on:

- Strengthening partnerships with schools, colleges, universities, and community organisations to broaden the scope and reach of our work.
- Expanding the reach of our films and other educational resources by investing in digital advancements, including our website and social media platforms, to engage a wider and more engaged audience.
- Increasing awareness and building relationships with individual funders, corporate sponsors, and supportive businesses to ensure the sustainability and growth of our work.
- Developing new film projects and interactive resources to address emerging mental health challenges and foster greater understanding and inclusion.
- Enhancing our Youth Ambassador programme to empower more young people to lead initiatives and inspire their peers.

Statement of Trustees' Responsibilities:

The Trustees are responsible for preparing this report and the financial statements in accordance with applicable law and regulations. Charity law requires the Trustees to prepare financial statements that give a true and fair view of the affairs of the charity. The Trustees also ensure that proper accounting records are kept, safeguarding the assets of the charity, and taking reasonable steps to prevent fraud and other irregularities.

Independent Examiner's Report

for the year ending 05 April 2024

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

I report to the charity Trustees on my examination of the accounts of the charity for the year ending 05 April 2024.

Responsibilities and basis of report

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


I report in respect of my examination of the Trust's accounts 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.



Date: 03/02/2025

Mr H.M Tuffaha AFA MIPA
Sterling Gate Accountants
The Porter Building
Slough
Berkshire
SL1 1FQ

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 05 April 2024

	Notes	Unrestricted funds £	Total Funds 2024 £	Total Funds 2023 £
Income and endowments from:				
Donations and legacies	2	52,411.10	52,411.10	111,214.00
Charitable activities	3	250.00	250.00	-
Investments	4	709.60	709.60	60.00
Total		53,370.70	53,370.70	111,274.00
Expenditure on:				
Raising funds	5	1,813.90	1,813.90	-
Charitable activities	6	65,105.94	65,105.94	39,812.00
Other	8	3,851.29	3,851.29	-
Total		70,771.14	70,771.14	39,812.00
Net income/(expenditure)		(17,400.44)	(17,400.44)	71,462.00
Net movement in funds		(17,400.44)	(17,400.44)	71,462.00
Reconciliation of funds:				
Total funds brought forward		71,462.00	71,462.00	-
Total funds carried forward		54,061.56	54,061.56	71,462.00

BALANCE SHEET

FOR THE YEAR ENDED 05 April 2024

	Notes	Unrestricted funds £	Total Funds 2024 £	Total Funds 2023 £
Current assets				
Cash at bank and in hand	9	54,517.56	54,517.56	71,918.00
Total current assets		54,517.56	54,517.56	71,918.00
Creditors: amounts falling due within one year	10	(456.00)	(456.00)	(456.00)
Net current assets/(liabilities)		54,061.56	54,061.56	71,462.00
Total net assets or liabilities		54,061.56	54,061.56	71,462.00
Funds of the Charity				
Unrestricted funds	11	54,061.56	54,061.56	71,462.00
Restricted income funds	11	-	-	-
Endowment funds	11	-	-	-
Total funds		54,061.56	54,061.56	71,462.00

The financial statements were approved by the Board on 03-Feb-2025 and signed on its behalf by:

Trustee

Ross Lawson



1 Accounting Policies

1.1 Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

1.2 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation.

These accounts have been prepared 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)” (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.3 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the accounts.

2 Income from Donations and Legacies

Analysis	Unrestricted funds	Total funds 2024	Total funds 2023
	£	£	£
Donation and gifts	52,411.10	52,411.10	111,214.00
	<u>52,411.10</u>	<u>52,411.10</u>	<u>111,214.00</u>

3 Income from Charitable Activities

Analysis	Unrestricted funds	Total funds 2024	Total funds 2023
	£	£	£
Events	250.00	250.00	-
	<u>250.00</u>	<u>250.00</u>	<u>-</u>

4 Income from Investments

Analysis	Unrestricted funds	Total funds 2024	Total funds 2023
	£	£	£
Interest income	709.60	709.60	60.00
	<u>709.60</u>	<u>709.60</u>	<u>60.00</u>

5 Expenditure on Raising Funds

Analysis	Total funds 2024	Total funds 2023
	£	£
Support Costs	1,813.90	-
	<u>1,813.90</u>	<u>-</u>

6 Expenditure on Charitable Activities

Analysis	Total funds 2024	Total funds 2023
	£	£
Bank charges	-	629.00
Staff costs	53,500.80	36,411.00
Venue Hire	499.72	978.00
Miscellaneous	-	841.00
Goods	2,245.52	192.00
Insurance & licences	-	96.00
Training	6,590.00	209.00
Support Costs	2,269.90	456.00
	<u>65,105.94</u>	<u>39,812.00</u>

7 Support Costs

	Total funds 2024	Total funds 2023
Analysis	£	£
Expenses and Mileage	3,627.81	-
Governance Costs		
Independent examiners fees	456.00	456.00
	<u>4,083.81</u>	<u>456.00</u>

8 Other Expenditure

Analysis	Unrestricted funds	Total funds 2024	Total funds 2023
	£	£	£
Charges & Subscriptions	3,851.29	3,851.29	-
	<u>3,851.29</u>	<u>3,851.29</u>	<u>-</u>

9 Cash at bank and in hand

	Total funds 2024	Total funds 2023
	£	£
Cash at bank and on hand	54,517.56	71,918.00
	<u>54,061.56</u>	<u>71,918.00</u>

10 Creditors: Amounts falling due within one year

	Total funds 2024	Total funds 2023
	£	£
Accrued expenses	456.00	456.00
	<u>456.00</u>	<u>456.00</u>

11 Charity funds

11.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	71,462.00	53,370.70	(70,771.14)	-	-	54,061.56
Total	71,462.00	53,370.70	(70,771.14)	-	-	54,061.56

11.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	-	111,274.00	(39,812.00)	-	-	71,462.00
Total	-	111,274.00	(39,812.00)	-	-	71,462.00

11.3 Transfers between funds

This Year

	Amount £
Between unrestricted and restricted funds	-
Between endowment and restricted funds	-
Between endowment and unrestricted funds	-

Last Year

	Amount £
Between unrestricted and restricted funds	-
Between endowment and restricted funds	-
Between endowment and unrestricted funds	-