



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 23/08/2022

Period start date To 31/03/2023

Period end date

Charity name: BREAKIN BARRIERS

Charity registration number: 1200151

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support and initiatives to children, youth and adults who suffer from spinal cord injuries & disorders. Additionally, we provide youth interventions and Inclusion initiatives that benefit the wider community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Breakin Barriers is a UK charity and in relation to the reporting period we have held Online virtual and group sessions which give spinal cord injury survivors a safe space to speak on mental struggles they experience transitioning or navigating through day to day life.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All Trustees of Breakin Barriers are aware of the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A

Other		
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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	With regards to the reporting period Breakin Barriers have by large used this period to set out a forward vision/strategy for the organisation and the charitable services that we will provide. This has been formed in consultation with current and potential beneficiaries and will entail Inclusion events, activities, workshops and awareness raising initiatives that will be referenced in our next annual reporting.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are on a strong financial footing with a range of grant funding, donations and income from activities expected in our forthcoming financial year.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our reserves policy is to work to a position where we have at least 3 months' worth of operational and overhead costs.
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	First period of operating
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution Of A Charitable Incorporated Organisation
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Open process by way of nomination and trustee quorum voting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	BREAKIN BARRIERS
Other name the charity uses	
Registered charity number	1200151
Charity's principal address	5 Park Court Birmingham Road Coleshill B46 1AS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Fidel Thompson		23/08/2022	
2	Joseph Bailey		23/08/2022	
3	Jessie Gayle		23/08/2022	
4				
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20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

F. Thompson

Full name(s)

Fidel Thompson

Position (eg Secretary,
Chair, etc)

Secretary

Date

19/03/2024

BREAKIN BARRIERS

(Charity Incorporated Organisation number 1200151)

Financial statements

for the year ended 31 March 2023

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BREAKIN BARRIERS

Directors' report (incorporating the Trustees' annual report) for the year ended 31 March 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 31 March 2023.

Full name: Breakin Barriers

CIO Registered Number: 1200151

Principal address: 5 Park Court, Birmingham Road, Coleshill, B46 1AS

Directors (Trustees): Joseph Bailey, Chair
Fidel Thompson
Jessie Gayle

Bankers: HSBC, 67 The Parade, Sutton Coldfield, B72 1PD

Independent examiner: Paula Wilson, MAAT
2 Hickman House, Hickman Road, Galley Common
Nuneaton, CV10 9NQ

Governance and management

The charity is a Charity Incorporated Organisation. It is operated under the rules of its constitution, dated 23 August 2022. The only voting members are the charity trustees. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the charity is the responsibility of the trustees who are elected and co-opted under the terms of the constitution.

BREAKIN BARRIERS

Director's Report (continued)

for the year ended 31 March 2023

Aims and objectives

For the public benefit, the objects of the CIO are:

1. To relieve the needs of people with spinal cord injuries in the UK, particularly, but not exclusively, those who may be experiencing or at risk of experiencing poor mental health, by the means of, but not exclusively:
 - a. Increasing awareness of the impact of spinal cord injuries upon mental health;
 - b. Providing early intervention opportunities for those with spinal cord injuries to work on their physical and mental health such as painting, exercise, socialising, coaching and counselling;
 - c. Creating content, events, partnerships and experiences that encourage those with spinal cord injuries to share their experiences in a friendly and supportive environment;
 - d. Providing funding and support to midlands Centre for Spinal Injury, Robert Jones and Agnes Hunt Orthopaedic Hospital.
2. The Promotion of social inclusion among people with spinal cord injuries and their families who are socially excluded from society, or parts of society, as a result of their injury or disability by:
 - a. Raising Public awareness of the issues affecting people with spinal cord injuries and their families, both generally and in relation to their social exclusion;
 - b. Providing recreational facilities and opportunities for people with spinal cord injuries.

The charity's policy on reserves

The charity has no specific policy with regard to the level of reserves.

Exemptions

The trustees have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

BREAKIN BARRIERS

Director's Report (continued)

for the year ended 31 March 2023

Responsibilities of the trustees

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities of England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature F. Thompson _____. Date 18/03/2024_____

Full Name: Fidel Thompson

BREAKIN BARRIERS

Statement of financial activities incorporating the income and expenditure account for the year ended 31 March 2023

	2023
Income	£
Grant	9,969
Donation	100
Total Income	10,069
Expenditure	
Chopshop Podcast	400
Direct Fundraising	26
Powermove Consultant	1,000
Bank Charges	15
Accounts	50
Total payments	1,491
Surplus / (Deficit)	8,578
Funds b/f	-
Cash funds at end of this period	8,578

These financial statements are accepted on behalf of the organisation by:

Signed F. Thompson _____ Dated 18/03/24_____

BREAKIN BARRIERS

REGISTERED CHARITY NUMBER: 1200151

BALANCE SHEET TO 31 MARCH 2023

	Note	2023 £
Current assets		
Cash at bank and in hand		8,628
Current liabilities		
Sundry creditors		(50)
Long term liabilities		
Deeley Properties Loan		-
Total liabilities		(50)
Net current assets		8,578
Represented by		
Unrestricted Funds		8,578
Restricted Funds		-
Balance carried forward		8,578

Exemption from audit

For the year ending 31st March 2023 the company 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 accounts for the year in question in accordance with section 476 of the Companies Act 2006:*
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.*

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The directors declare that they have approved the accounts above.

Signed on behalf of the company's directors:

Signed: F . Thompson _____

Dated: 18/03/24 _____

BREAKIN BARRIERS

Notes to the accounts

for the year ended 31 March 2023

1. Accounting policies

Basis of the preparation of the accounts

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011

Incoming resources

All material incoming resources have been included on a receivable basis – i.e. they are included if the date receivable falls within the period covered by these accounts.

Resources expended

These have been analysed using a natural classification

2. Creditors

	2023
	£
Accounts Preparation	50
	50

3. Trustees' remuneration, benefits and expenses

Trustees received no expenses, remuneration or benefits in this period.

4. Independent examination and accountancy services

During the period, the cost of accountancy services was £50.

5. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.