

GOOD MOOD CREATIVE

England & Wales · Charity number 1201681

Details

Status Registered

Legal form CIO

Registered 2023-01-23

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

Contact

Address 7 Bell Yard
London
WC2A 2JR

Phone 07505584742

Email amandakelleher1@outlook.com

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT:A. THE PROMOTION OF THE MENTAL HEALTH OF THE PUBLIC BY PROVIDING PERFORMING ARTS PROGRAMMES DESIGNED TO IMPROVE MENTAL HEALTH AND SUPPORTING RESEARCH INTO THE HEALTH BENEFITS OF ARTS ACTIVITY AND PUBLISHING THE USEFUL RESULTS OF THAT RESEARCH.B. THE ADVANCEMENT OF THE ARTS BY PROMOTING PARTICIPATION IN HIGH QUALITY PERFORMING ARTS ACTIVITY THROUGH WORKSHOPS, PROJECTS AND PERFORMANCES.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,015	£2,119	-	-
2024-03-31	£10,024	£9,071	-	-

Trustees

Name	Role	Appointed
Thomas Peter Doggett	Chair	
Amy Jessica Mitchell		
Caroline Emma Dixon		
Ka Wai Athena Wu		
Merryn Macnamara		

GOOD MOOD CREATIVE

England & Wales - Charity number 1201681

Accounts

Good Mood Creative CIO

Trustees' Annual Report

For the year ended 31 March 2025

Reference and administrative details

Charity name: Good Mood Creative CIO

Charity number: 1201681

Registered address:

7 Bell Yard

London

WC2A 2JR

Trustees during the period:

Ms C Dixon

Mr T Doggett

Ms M Macnamara

Ms A Mitchell

Ms Ka Wai Wu

Structure, governance and management

Good Mood Creative is a Charitable Incorporated Organisation governed by its constitution. The trustees are responsible for the strategic direction, governance and financial oversight of the charity. Trustees are appointed in accordance with the charity's constitution and meet as required to review activity, funding strategy and financial performance.

Day-to-day delivery is carried out by freelance artist-facilitators and practitioners engaged on a project basis.

Objectives and activities

The charity's objects are:

- The promotion of mental health through the delivery of participatory performing arts and rhythm-based programmes designed to improve wellbeing and encourage open conversations around mental health.
- The advancement of the arts by promoting access to high-quality creative activity through workshops, projects and performances.

In planning and delivering activities, the trustees have had due regard to the Charity Commission's guidance on public benefit.

Review of activities and achievements

During the reporting period, the charity focused on funding development, organisational sustainability and targeted programme delivery.

The trustees submitted eight funding applications to a range of grant-making bodies during the year. These applications were unsuccessful due to exceptionally high levels of competition across the funding sector. The trustees continue to review and adapt the charity's fundraising strategy in response to the current funding environment.

Despite these challenges, the charity successfully delivered a funded programme supported by ChangeX in Derbyshire. This project engaged 60 children and their families and delivered rhythm-based workshops designed to support mental health, encourage open conversations about mental health within families, and build confidence and connection through shared creative activity.

Financial review

The charity's total income for the year was £2,014.81, with total expenditure of £2,119.98, resulting in a small deficit of £105.17.

At the year end, the charity held £209.09 in unrestricted funds. The charity held no restricted funds during the period.

Reserves policy

Due to the scale of income and activity during the year, the trustees did not operate a formal reserves policy. The trustees keep the charity's financial position under regular review and aim to build reserves when funding levels allow.

Risk management

The trustees have reviewed the principal risks facing the charity, including reduced access to grant funding due to sector-wide competition and limited unrestricted income. These risks are managed through careful cost control, diversification of funding applications and proportionate delivery aligned to available resources.

Plans for future periods

The trustees plan to continue seeking funding to support participatory arts and mental health programmes, build on learning from the ChangeX project, and develop partnerships to support sustainability and reach new communities.

Trustee Approval and Sign-off

This Trustees' Annual Report was approved by the Trustees of Good Mood Creative CIO and authorised for issue on behalf of the Board.

Trustee name

Signature

Date

Mr T Doggett

A handwritten signature in black ink, appearing to read 'T Doggett', with a stylized flourish at the end.

30/1/2026

Good Mood Creative CIO

Income and Expenditure Account

For the year ended 31 March 2025

Income

Income source	£
Grants / project income (ChangeX & international receipts)	2,014.81
Total income	2,014.81

Expenditure

Expenditure category	£
Web design & digital contractor costs (incl. FX)	842.55
Creative freelancers (photography & design)	505.35
Software & digital tools (ChatGPT)	226.93
Bank, FX & transaction charges	20.15
Workspace / incidental costs	30.00
Other charitable activity costs	495.00
Total expenditure	2,119.98
Net expenditure for the year: £(105.17)	

Statement of Balances

As at 31 March 2025

	£
Cash at bank	209.09
Total funds	209.09
Unrestricted funds	209.09
Restricted funds	0.00

Trustee Approval and Sign-off

These accounts were approved by the Trustees of Good Mood Creative CIO and authorised for issue on behalf of the Board of Trustees.

Trustee name

Signature & date

Thomas Doggett

A handwritten signature in black ink, appearing to read 'Th. Doggett', with a stylized flourish at the end.

30/1/2026

GOOD MOOD CREATIVE

England & Wales - Charity number 1201681

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From

Period start date 23/01/23

Period end date 31/03/24

Charity name: Good Mood Creative

Charity registration number: 1201681

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote health and advance the arts for the public benefit, in particular, but not exclusively by arts and health programmes for: 1. The relief of sickness and the improvement of mental health and wellbeing 2. Promoting participation in high quality performing arts activity 3. Supporting research into the health benefits of arts activity
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	1. Deliver workshops to young people that used Theatre techniques to improve their mental health. 2. Establish digital newsletter and resources that support young people with their mental health. 3. Develop new contacts across NHS, mental health referral partners and University partners. 4. Carry out fundraising to benefit more people and ensure the sustainability of the organisation.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable

Policy on social investment including program related investment	Para 1.38	Not relevant
Contribution made by volunteers	Para 1.38	All our Trustees are volunteers and advise the Artistic Director on all matters as well as ensuring the public benefit is the primary aim in all projects.
Other		

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	Since the inception of the charity, the Trustees have worked with the Artistic Director to secure funding for 2 projects. Good Mood Club: 2 groups of 14-16 year olds in Colchester, Essex with mental health issues and excluded from school. We worked for 8 weeks, once a week delivering engaging sessions. Methodology: Rhythm and Breathe work for well-being. Results: 80% engagement. This is a high rate as these young people face multiple barriers to access for the Arts and Mental health support. 70% reported reduction in stress Staff at their PRU reported that the young people engaged more in classes after this arts engagement. Good Mood Day: Essex We successfully ran a Good Mood Day in conjunction with the ARU science Festival. The rolling event aimed at families, used rhythm and percussion games to improve well-being and highlight the need for families to discuss mental health with their children. The event was attended by over 500 people throughout the day with attendees ranging in age from 1-75.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
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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	At the end of this period, key personnel relocated to the Midlands. It was agreed by the Trustees to not further Essex or east of England activities in the interim and to focus on building new contacts in the Midlands, before expanding further.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Remaining funds are for the completion of the agreed project
Amount of reserves held	Para 1.22	£953
Reasons for holding zero reserves	Para 1.22	M/A
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	Due to the relocation mentioned above,

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	Catalyst Foundation
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	Lack of funds: We are currently focusing on fundraising with new bids due in shortly.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
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	Election to post

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	n/a
Other		

Reference and Administrative details

Charity name	Good Mood Creative
Other name the charity uses	
Registered charity number	1201681
Charity's principal address	7 BELL YARD LONDON WC2A 2JR

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	Tom Doggett			
2	Caroline Dixon			
3	Amy Mitchel			
4	Ka Wai Wu			
5	Meryyn Macnamara			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		
n/a		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
n/a		

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

--

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)

	
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Full name(s)

Thomas Peter Doggett	
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Position (eg Secretary,
Chair, etc)

Trustee	
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Date

29 / 01 / 2025

GOOD MOOD CREATIVE CIO
ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2024

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Ms C Dixon
(during the period or at date of approval)	Mr T Doggett
	Ms M Macnamara
	Ms A Mitchell
	Ms Ka Wai Wu
Charity number	1201681
Principal address	7 Bell Yard
	London
	WC2A 2JR
Registered office	7 Bell Yard
	London
	WC2 A 2JR
Accountant	Jon Harris, ACMA,
	CGMA
	Suite LP61812
	20 Wenlock Road
	London N1 7GU
Bankers	Metro Bank PLC

CONTENTS

	Page
Trustees' report	1
Statement of financial activities	3
Balance sheet	4
Notes to the financial statements	6

TRUSTEES' REPORT FOR THE PERIOD ENDED 31 March 2024

The Trustees present their report and financial statements for the period ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association and "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)".

Objectives and activities

The charity is a Charitable Incorporated Organisation and its objects are specifically restricted to the following:

A. THE PROMOTION OF THE MENTAL HEALTH OF THE PUBLIC BY PROVIDING PERFORMING ARTS PROGRAMMES DESIGNED TO IMPROVE MENTAL HEALTH AND SUPPORTING RESEARCH INTO THE HEALTH BENEFITS OF ARTS ACTIVITY AND PUBLISHING THE USEFUL RESULTS OF THAT RESEARCH. B. THE ADVANCEMENT OF THE ARTS BY PROMOTING PARTICIPATION IN HIGH QUALITY PERFORMING ARTS ACTIVITY THROUGH WORKSHOPS, PROJECTS AND PERFORMANCES.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Trustees prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that year.

In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the relevant Acts. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Structure, governance and management

- a. Governing Document: Good Mood Creative is governed by its constitution.
- b. The Charity functions at our registered office as well as in schools, theatres and other locations across the UK.
- c. Appointment of trustees is conducted in accordance with the constitution.
- d. Organisation: The board of trustees administers the Charity. The day-to-day running of the company is managed by a small professional staff.

Accounting is managed by the professional staff and all financial documents are produced in accordance with applicable law and United Kingdom Accounting Standards.

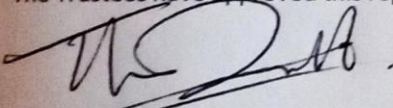
Financial review

- a. Statement of Risk: The Trustees validate that all contracts, expenditures, financial plans, and business models used by the Charity are of sound financial sense and do not contravene any Health and Safety or vulnerable individuals' statutes or common practice.
- b. The Trustees regularly review the charity's Reserve.
- c. At year end, there was a surplus in the reserves of £953.
- d. Detailed cash flow projections and line-item expenditures are kept at all times of all transactions.
- e. Trustees review and approve all accounting documents produced by staff.
- f. The Trustees are responsible for preparing the Trustees' Annual Report.
- g. An accountant is engaged to independently review and examine accounts at year end.
- h. This statement deals with the period from the date of the charity's inception, 23 January 2023, up to 31st March and future statements will deal with periods of one year thereafter.

Public benefit statement

During the year we fulfilled our objectives, to advance public appreciation of the arts, and have made a full report to the Charity Commission.

The Trustees have approved this report.



Mr T Doggett
Trustee
24 January 2025

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE PERIOD ENDED 31 MARCH 2024**

		Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds -	Restricted funds -	Total -
Notes	£	£	£	£	£	£	£
<u>Income and endowments from:</u>							
Donations and legacies		0	0	0	0	0	0
Charitable activities		10,024	0	10,024	0	0	0
Other trading activities		0	0	0	0	0	0
Investments		0	0	0	0	0	0
Other income		0	0	0	0	0	0
Total income		10,024	0	10,024	0	0	0
<u>Expenditure on:</u>							
Charitable activities	3	9,071	0	9,071	0	0	0
Net income/(expenditure) for the year/							
Net movement in funds		953	0	953	0	0	0
Fund balances at							
31 Mar 2023 (31 Mar 2022)		0	0	0	0	0	0
Fund balances at							
31 Mar 2024 (2023)		953	0	953	0	0	0

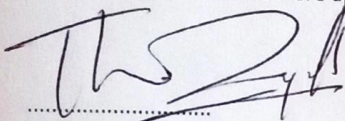
The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

BALANCE SHEET as at 31 Mar 2024

Notes	2024		2023	
	£	£	£	£
Fixed assets				
Tangible assets		0		0
Current assets				
Debtors		0		0
Cash at bank and in hand		1,660		0
		<u>1,660</u>		<u>0</u>
Creditors: amounts falling due within one year				
6		<u>-707</u>		<u>0</u>
Net current assets/(liabilities)		<u>953</u>		<u>0</u>
Total assets less current liabilities		953		0
Creditors: amounts falling due after more than one year				
		0		0
Net assets/(liabilities)		<u><u>953</u></u>		<u><u>0</u></u>
Income funds				
Unrestricted funds		953		0
Restricted funds		<u>0</u>		<u>0</u>
		<u><u>953</u></u>		<u><u>0</u></u>

The financial statements were approved by the Trustees on 24 January 2025.

A handwritten signature in black ink, appearing to read 'T Doggett', written over a dotted line.

Mr T Doggett
Trustee

1 Accounting policies

Charity information

Good Mood Creative is a Charitable Incorporated Organisation . The registered address is at 7 Bell Yard, London WC2.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Constitution and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling , which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

1.3 Incoming resources

Donations, legacies, grants etc. are accounted for when due to the charity, where applicable, with their associated tax recoverable element.

Production income is credited to the statement of financial activities for the period in which the related production takes place. Fees received in advance of future productions are deferred.

All other income is recognised when it is receivable.

No income is recorded net of expenses except where these are beyond the control or knowledge of the trustees.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

(Continued)

1 Accounting policies

1.4 Resources expended

Resources expended are recognised in the period in which they are incurred except that production expenses are recognised in the period in which the production takes place.

Governance costs are those necessary for the charity to meet constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Furniture and office equipment	33% straight line
Motor vehicles	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Taxation

The charity is exempt from corporation tax since all its income is charitable and is applied for charitable purposes.

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED
31 Mar 2024**

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Charitable activities

	2024	2023
	£	£
Activity costs	6,870	0
	<u>6,870</u>	<u>0</u>
Share of support costs (see note 4)	1,494	0
Share of governance costs (see note 4)	707	0
	<u>2,201</u>	<u>0</u>

Analysis by fund

Unrestricted funds	9,071	0
Restricted funds	0	0
	<u>9,071</u>	<u>0</u>

4 Support costs

	Support costs	Governance costs	2024	2023	Basis of allocation
	£	£	£		
Sundry costs	1,494		1,494	0	
Accountancy	707		707	0	Governance
Independent examination		0	0	0	

Analysed between				
Charitable activities	<u>2,201</u>	<u>0</u>	<u>2,201</u>	<u>0</u>

Governance costs include payments to the Independent Examiner of £707

(2023: 0)

5 Trustees

Trustees remuneration for the year was 0. (2023: 0)

6 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Trade creditors		0	0
Accruals		707	0
HMRC		0	0
		<u>707</u>	<u>0</u>

7
Employees

The average monthly number of employees was 0 (2023:0).