

THE HIKE WITH MIKE FOUNDATION

England & Wales · Charity number 1203593

Details

Status Registered

Legal form Trust

Registered 2023-06-16

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

Contact

Address 1 Saville Road
Woodthorpe
Nottingham
NG5 4JF

Phone 07361484696

Email invoices@thehikewithmikefoundation.com

Website <https://thehikewithmikefoundation.com>

Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AFFECTED BY POOR MENTAL HEALTH BY PROVIDING FUNDING FOR PRIVATE COUNSELLING FOR THOSE WHO ARE IN NEED OF IMMEDIATE SUPPORT NOT AVAILABLE THROUGH THE NHS.

Activities: The Hike With Mike Foundation believes that no one battling mental illness or suicidal thoughts should wait for the support they need. That's why every penny we raise goes towards funding counselling for those in need within 48 hours. Current waiting lists on the NHS are around 19 weeks - many having suicidal thoughts do not have this long to wait so we look to address that.

Classification

- **How:** Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£95,299	£43,805	-	-
2023-12-31	£30,515	£18,217	-	-

Trustees

Name	Role	Appointed
STEPHEN MICHAEL DAVID JENNINGS	Chair	2021-06-01
James McCabe		2021-11-01

THE HIKE WITH MIKE FOUNDATION

England & Wales - Charity number 1203593

Accounts



Trustees' Annual Report for the period

From **Period start date** 1st January 2024
To **Period end date** 31st December 2024

Charity name: The Hike with Mike Foundation

Charity registration number: 1203593

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit to relieve the needs of people experiencing or affected by poor mental health by providing funding for private counselling for those who are in need of immediate support not available through the NHS and unable to fund privately.
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	<p>The organising of hikes and events throughout the year. Whilst the hikes are free of charge, the events generate donations in the form of sponsorship. These funds are in turn used to fund therapy sessions for those in need of support and who are otherwise unable to access in a timely manner via the NHS.</p> <p>Additional income has been obtained via supporters of the charity taking part in their own independent challenges such as marathons, and via the sale of charity related merchandise.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Each trustee is aware of and operates in line with the guidance offered by the Charity Commission. This is governed closely by both internal policies, and the monthly trustee meetings.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>Funding is provided to individuals who are suffering from poor mental health, and who are unable to obtain immediate support via the NHS.</p> <p>An internal triage process is in place to ensure adherence to this, and each round of funding must receive a majority vote</p>

		from the board of trustees before any funding is agreed and released.
Policy on social investment including program related investment	Para 1.38	N/A – all funding is in the form of grants for individual's therapy sessions. There is no wider social investment. Payments are made directly to the counsellor to mitigate any risk of fraud.
Contribution made by volunteers	Para 1.38	Each trustee donates their time free of charge to the robust and successful running of the Charity. This includes, but is not exclusive to; The organising and hosting of monthly hikes, the creation of the content for social media / the website, administrative duties, financial reporting, and educational activities.
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	The funding of approximately urgent c£37k of therapy sessions during the period 1 st January – 31 st December 2024. This aligns directly to the charitable purpose of relieving the needs of people experiencing or affected by poor mental health by providing funding for private counselling for those who are in need of immediate support not available through the NHS. The hosting of and participating in multiple fundraising events to raise c£95k during the period.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income exceeded expenditure on a consistent basis and is tracked through monthly financial health check reports which are reviewed by the Board of Trustees. See supporting accounts for full details.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	HwM has a reserves policy. The charity aims to hold reserves equivalent to 6 months of operating costs.
Amount of reserves held	Para 1.22	Variable but always 6 months of forecast operating costs based on prior 6 month period.
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in	Para 1.24	None

deficit		
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concerns financially.

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	<p>Donations received in the form of sponsorship for those participating in events throughout the year, supported by corporate fundraising matching.</p> <p>Donations obtained by others representing the charity via their own individual activities such as marathons.</p> <p>The sale of charity related merchandise. The sale is in the form of a recommended donation but varies.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	<p>An influx of those needing support which places financial demands above and beyond the funds available to support – mitigated via financial measures and regular operating margin reviews.</p> <p>Personal injury or death during a hike or event hosted by the charity – mitigated safety briefings, insurance, waivers, and information packs.</p> <p>Internal Fraud – mitigated by transparency in financial reporting, internal governance, and a majority only decision making process.</p> <p>External fraud. Falsely claiming costs for mental health support. Mitigated by all counselling costs paid direct to the counsellor and only using counsellors on the BACP register (or by exception).</p>
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Incorporated
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	Application to be a trustee, or recommendation from existing trustees. All trustees must go through an interview process, and are only appointment after a majority vote from existing trustees.

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	The Hike with Mike Foundation
Other name the charity uses	N/A
Registered charity number	1203593
Charity's principal address	1 SAVILLE ROAD WOODTHORPE NOTTINGHAM NG5 4JF

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
n/a		

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

n/a – run by the trustees

Exemptions from disclosure

Reason for non-disclosure of key personnel details

n/a

Other optional information

n/a

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

James McCabe

Stephen Michael Jennings

Position (eg Secretary,
Chair, etc)

Treasurer / Trustee

Chair of the Trustees

Date

29th October 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Hike with Mike Foundation

1203593

Receipts and payments accounts

CC16a

For the period
from

01.01.2024

To

31.12.2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sale of Stock	721	-	-	721	-
Donations	36,457	-	-	36,457	-
Organised Hike Donations	47,770	-	-	47,770	-
Other fundraising activity	10,351	-	-	10,351	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	95,299	-	-	95,299	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	95,299	-	-	95,299	-
A3 Payments					
HWM Merchandise	3,041	-	-	3,041	-
Equipment Hire	1,000	-	-	1,000	-
Fundraising prizes	442	-	-	442	-
Counselling Costs (sub-contract)	36,810	-	-	36,810	-
Web hosting	195	-	-	195	-
Stationery	38	-	-	38	-
Miscellaneous	48	-	-	48	-
Advertising and Promotion	977	-	-	977	-
Staff Entertaining (during fundraising)	360	-	-	360	-
Legal and Professional Fees	619	-	-	619	-
Subscriptions	41	-	-	41	-
Insurance	204	-	-	204	-
Travel	30 ##	-	-	30	-
Sub total	43,805	-	-	43,805	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	43,805	-	-	43,805	-
Net of receipts/(payments)	51,494	-	-	51,494	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	51,494	-	-	51,494	-

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	Current Account	51,493	-	-
	Retained profit brought forward	21,657	-	-
		-	-	-
	Total cash funds	73,150	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		James McCabe	
		Mike Jennings	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
The Hike With Mike Foundation

**On accounts for the year
ended**

31 December 2024

**Charity no
(if any)**

1203593

Set out on pages

1 & 2 of the Annual Accounts

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 12 / 2024**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Luke Sisson

Date:

23/10/2025

Name:

Luke Sisson ACA

**Relevant professional
qualification(s) or body
(if any):**

ICAEW (ACA)

Address:

Unit 2 Sherbrook Enterprise, 100 Sherbrook Road, Daybrook, Nottingham
NG5 6AB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

THE HIKE WITH MIKE FOUNDATION

England & Wales - Charity number 1203593

Accounts



Trustees' Annual Report for the period

From Period start date 1st January 2023
To Period end date 31st December 2023

Charity name: The Hike with Mike Foundation

Charity registration number: 1203593

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit to relieve the needs of people experiencing or affected by poor mental health by providing funding for private counselling for those who are in need of immediate support not available through the NHS and unable to fund privately.
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	<p>The organising of hikes and events throughout the year. Whilst the hikes are free of charge, the events generate donations in the form of sponsorship. These funds are in turn used to fund therapy sessions for those in need of support and who are otherwise unable to access in a timely manner via the NHS.</p> <p>Additional income has been obtained via supporters of the charity taking part in their own independent challenges such as marathons, and via the sale of charity related merchandise.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Each trustee is aware of and operates in line with the guidance offered by the Charity Commission. This is governed closely by both internal policies, and the monthly trustee meetings.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>Funding is provided to individuals who are suffering from poor mental health, and who are unable to obtain immediate support via the NHS.</p> <p>An internal triage process is in place to ensure adherence to this, and each round of funding must receive a majority vote</p>

		from the board of trustees before any funding is agreed and released.
Policy on social investment including program related investment	Para 1.38	N/A – all funding is in the form of grants for individual's therapy sessions. There is no wider social investment. Payments are made directly to the counsellor to mitigate any risk of fraud.
Contribution made by volunteers	Para 1.38	Each trustee donates their time free of charge to the robust and successful running of the Charity. This includes, but is not exclusive to; The organising and hosting of monthly hikes, the creation of the content for social media / the website, administrative duties, financial reporting, and educational activities.
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	The funding of approximately 400 therapy sessions during the period 1 st January – 31 st December 2023. This aligns directly to the charitable purpose of relieving the needs of people experiencing or affected by poor mental health by providing funding for private counselling for those who are in need of immediate support not available through the NHS. The hosting of 14 hikes / events with c700 attendees.

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	
	Para 1.41	

Investment performance against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income exceeds expenditure on a consistent basis and is tracked through monthly financial health check reports which are reviewed by the Board of Trustees. See supporting accounts for full details.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	HwM does not have a reserves Policy.
Amount of reserves held	Para 1.22	Zero (see above)
Reasons for holding zero reserves	Para 1.22	The Charity does not have any fixed expenses such as premises or staff costs and so we do not see the need to have a reserves Policy, but this is something that is under review by the Trustees. As such, we do not hold reserves. The bulk of Charity expenditure is on funding external counselling sessions for members of the public and we track the number of months coverage we have should fundraising stop immediately. If funds are not available then we direct requests to other services.
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concerns

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	Donations received in the form of sponsorship for those participating in events throughout the year, supported by corporate fundraising matching. Donations obtained by others representing the charity via their own individual activities such as marathons. The sale of charity related merchandise.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	An influx of those needing support which places financial demands above and beyond the funds available to support – mitigated via financial measures and regular operating margin reviews.

		<p>Personal injury or death during a hike or event hosted by the charity – mitigated safety briefings, insurance, waivers, and information packs.</p> <p>Internal Fraud – mitigated by transparency in financial reporting, internal governance, and a majority only decision making process.</p> <p>External fraud. Falsely claiming costs for mental health support. Mitigated by all counselling costs paid direct to the counsellor and only using counsellors on the BACP register (or by exception).</p>
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Incorporated
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	Application to be a trustee, or recommendation from existing trustees. All trustees must go through an interview process, and are only appointment after a majority vote from existing trustees.

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	The Hike with Mike Foundation
Other name the charity uses	N/A
Registered charity number	1203593
Charity's principal address	1 SAVILLE ROAD WOODTHORPE NOTTINGHAM NG5 4JF

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
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n/a		

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

n/a – run by the trustees

Exemptions from disclosure

Reason for non-disclosure of key personnel details

n/a

Other optional information

n/a

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)	James McCabe	Liam Perkins
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Position (eg Secretary, Chair, etc)	Treasurer / Trustee	Trustee
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Date	15 th October 2024
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CHARITY COMMISSION
FOR ENGLAND AND WALES

The Hike with Mike Foundation

1203593

Receipts and payments accounts

CC16a

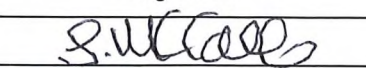

For the period from	01.01.2023	To	31.12.2023
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Section A Receipts and payments

	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					
Sale of Stock	498	-	-	498	-
Donations	13,328	-	-	13,328	-
Organised Hike Donations	14,507	-	-	14,507	-
Other fundraising activity	2,182	-	-	2,182	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	30,515	-	-	30,515	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,515	-	-	30,515	-
A3 Payments					
HWM Merchandise	625	-	-	625	-
Sponsorship	300	-	-	300	-
Counselling Costs (sub-contract)	16,825	-	-	16,825	-
Computer hardware	229	-	-	229	-
Stationery	149	-	-	149	-
Meals (Welsh 3000 BBQ for 30)	89	-	-	89	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,217	-	-	18,217	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,217	-	-	18,217	-
Net of receipts/(payments)	12,298	-	-	12,298	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	12,298	-	-	12,298	-

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	Current Account	12,297	-	-
	Retained profit brought forward	9,360	-	-
		-	-	-
	Total cash funds	21,657	-	-
	(agree balances with receipts and payments account(s))			
		Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		James McCabe	14.10.24
		Liam Perkins	14.10.24



**Independent examiner's report on the
accounts**

Section A Independent Examiner's Report

Report to the trustees	Charity Name The Hike with Mike Foundation		
On accounts for the year ended	31/12/2023	Charity no (if any)	1203593
Set out on pages	1 & 2 of the Annual Accounts		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 12 / 2023**.

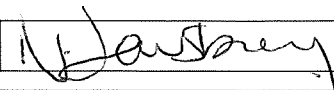
Responsibilities and basis of report As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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.

Signed:  **Date:** 21/10/24

Name: Natasha Jewsbury

Relevant professional qualification(s) or body (if any): ACCA

Address: 48 Somersby Road

Mapperley
Nottingham
NG3 5QA

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A