

# ALBOS UK

England & Wales · Charity number 1204314

## Details

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**Other names** A LITTLE BIT OF SUNSHINE UK

**Status** Registered

**Legal form** CIO

**Registered** 2023-08-10

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

## Contact

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**Website** [www.albos.org.uk](http://www.albos.org.uk)

## Activities

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**Objects:** (1) FOR THE PUBLIC BENEFIT TO PROMOTE THE EDUCATION OF YOUNG PEOPLE IN THE UNITED KINGDOM IN SUCH WAYS AS THE CHARITY TRUSTEES THINK FIT, IN PARTICULAR THOUGH NOT EXCLUSIVELY IN THE SUBJECT OF MENTAL HEALTH.(2) TO ADVANCE IN LIFE AND HELP YOUNG PEOPLE THOUGH PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES, AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS, IN PARTICULAR THROUGH ADVOCACY OF MENTAL HEALTH INITIATIVES.

**Activities:** A Little Bit of Sunshine is the charity transforming how young people engage with and shape mental health support. We believe young people are the experts in their own experiences. That is why we are working to bridge the gap between young people and decision makers. We want to ensure mental health support is not just effective but truly reflects the real challenges young people face today.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-05-16	£233	£228	-	-

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## Trustees

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Name	Role	Appointed
Lucy Elizabeth Bargh		2024-08-10
Lucy Shapley		2024-08-10
Sarah Maria Darragh		2024-08-10
Susannah Therese Bramwell		2024-08-10

**ALBOS UK**

England & Wales - Charity number 1204314

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# Accounts

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# ALBOS UK Annual Report 2023/24



A Little Bit of Sunshine UK (ALBOS UK) is a charity registered in  
England and Wales (1204314).

## Contents

<b>Chair of Trustees' Forward</b> .....	<b>3</b>
<b>Chief Executive's Forward</b> .....	<b>4</b>
<b>Our purposes and activities</b> .....	<b>5</b>
Our Strategy .....	6
Public benefit .....	6
<b>2023/24 Overview</b> .....	<b>7</b>
Organisational development .....	7
Youth engagement .....	7
Governance Review and Trustee Recruitment.....	7
<b>Report of the Trustees</b> .....	<b>9</b>
<b>Financial Statements</b> .....	<b>12</b>

# Chair of Trustees' Forward

Welcome to ALBOS UK's very first Annual Report, as we look back at what we have done and achieved since our registration in August 2023. This first year has seen us laying the foundations for a dynamic, impactful, and youth-led mental health charity, with our key focuses being education and advocacy.

My highlight this year has been chairing the search process for our new trustees and I'm incredibly excited to be welcoming five exceptional leaders to our Board. I cannot wait to work with Lucy, Tom, Sarah, Susannah, and Lucy to drive our charity forward to delivery and impact, providing effective and robust governance and leadership along the way.

I'd like to thank Callum for his vision and leadership over the last year as we prepare to launch projects, engage young people, and make impactful change. Thanks are also due to Natalya for her support of Callum on the Senior Leadership Team, and to Andrea who joined the team in May to provide Callum and his team with much needed administrative support. I also want to thank our founding trustees Holly and Simran who have now left the Board who were vital in ALBOS UK's transition to a charity.

Finally, as Chair and on behalf of the Board of Trustees, thank you to all those who have been involved in or supported the work of ALBOS UK in any way over the last year. It's been an important year for the charity, but the best is yet to come. I am excited to be leading ALBOS UK into an exciting year ahead.

Jamie Burrell

**Chair of the Board of Trustees**

# Chief Executive's Forward

It is my pleasure as the charity's CEO to welcome you to our first Annual Report as a registered charity.

These past eight months have been a collective effort to lay the foundation for our vital work in mental health support and advocacy. ALBOS UK was established to address the lack of support services for young people and their mental health. We are often told about our mental health, but we are never really empowered to express our opinions or benefit from others' experiences.

One of our key pieces of work in this time has been the creation of our Youth Steering Group. This group builds on lived experience of mental health to inform and shape the charity's projects. Through engaging young people from different backgrounds and cultures to take an active role in the charity's decision making process we are not only fostering leadership but also ensuring that our services are relevant, accessible, and impactful.

The need for improved mental health and wellbeing support has never been more crucial. The charity aims to support as many young individuals as possible by preventing

teenage and young adult suicide, and by empowering young people in crisis to seek the vital support they need.

We are working to create a network of schools, support providers, community organisations and the NHS to create a robust system that extends beyond traditional boundaries, recognising the importance of the digital age.

We look forward to launching the charity's first projects in the next academic year, continuing our work to support young people in seeking help and empowering themselves through self-help strategies taught in our new workshops.

I am deeply grateful to our young people, supporters, trustees and the incredible team at the charity for their unwavering dedication and hard work. Together, we are building a brighter future for where all of our health is taken care of, and where young people steer the change.

If you have any questions about the work of A Little Bit of Sunshine, please reach out at [hello@albos.org.uk](mailto:hello@albos.org.uk).

Callum Parr  
**Chief Executive**

# Our purposes and activities

A Little Bit of Sunshine is a youth led charity focused on addressing the mental health crisis through education and the power of young people and their lived experiences.

*Our charitable objects for the public benefit are:*

- (1) For the public benefit to promote the education of young people in the United Kingdom in such ways as the charity trustees think fit, in particular though not exclusively in the subject of mental health.
- (2) To advance in life and help young people through providing support and activities which develop their skills, capacities, and capabilities to enable them to participate in society as mature and responsible individuals, in particular through advocacy of mental health initiatives.

**Our vision is a world where every young person feels confident to be able to access the support for their mental health.**

Mental health impacts children and young people at every turn. The pressures of growing up, the stigma around getting support, and lack of understanding often leave young people without the support they desperately need.

The vision that shapes our annual charitable activities is the belief in a world where every young person feels confident to be able to access appropriate support for their mental health

But we believe it does not have to be this way, and it is why young people's voices and wellbeing are at the heart of everything we do. The charity's mission is to secure a brighter future for young people by creating a platform for them to shape the services they access.

Our **aims** are to:

- increase the **public's knowledge of mental health**
- promote **early intervention and support** for young people
- improve **engagement of young people** in our work
- monitor and **influence mental health policy**
- promote **mental health education in schools** and communities

## Our Strategy

Using these aims and our vision into practice we have three major areas of activity: support, engage, and influence:

- **Supporting** young people's mental health and wellbeing
- **Engaging** young people with decision makers to improve access and delivery of support services
- **Influencing** mental health policy to create better and healthier outcomes for children and young people in need of support with their mental health and wellbeing.

Volunteers are given opportunities which enable them to discover their own potential. develop their skills and the ability to give back to their communities.

## Public benefit

In shaping our objectives and activities for the year and planning our activities the Trustees have considered the Charity Commission's Guidance on 'Public Benefit: running a charity (PB2)'.

# 2023/24 Overview

## Organisational development

As part of creating and building our new charity, we have been working on the processes of creating a positive and inclusive culture here at ALBOS UK. This has involved the review of existing organisational policies and the creation of new ones. The Board have been keen to ensure safeguarding processes and procedures are in place and that everyone is well aware of

We have recruited a volunteer Director to assist our Chief Executive with the People and Operations functions and have also recruited a volunteer Administrative Assistant to assist with the day-to-day administrative support needs of the charity. The Senior Leadership Team have also been planning to increase the amount of people on the team and how to create a strong culture at the organisation.

## Youth engagement

As a youth-led charity we recognise the importance of positive and inclusive youth engagement. In March 2024 we launched our Steering Group to involve young people in the heart of our work.

The group meets every two monthly to discuss, advise and steer the charity's programmes and influencing work. The group has members from across the UK and builds on lived experience of being a young person affected by mental health in some form, and an interest in improving health outcomes and giving back to their communities.

## Governance Review and Trustee Recruitment

We conducted a governance review to ensure that the organisation can effectively manage its risk, finances, and people effectively. This has resulted in the review and update of the charity's constitution and the creation of a governance framework including two new sub-committees of the board and a round of trustee recruitment to increase the skills and experience available on the board.

# Report of the Trustees

# Report of the Trustees

The trustees are pleased to present their annual report together with the financial statements of the charity for the period ended 16 May 2024.

The financial statements comply with the Charities Act 2011, the 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 2015)

Charity Name	ALBOS UK	
Working Name	A Little Bit of Sunshine UK	
Charity Number	1204314	
Legal Structure	Charitable Incorporated Organisation	
Governing Document	Constitution	
Date of Incorporation	10 August 2023	
Registered address	Suite 2860 37 Westminster Buildings Theatre Square Nottingham NG1 6LG	
Start of Financial Year	17 May 2023	
End of Financial Year	16 May 2024	
Trustees	Mr Jamie Burrell Miss Holly Foster Miss Simran Uppal Mr Thomas Yeadon Miss Sarah Darragh Miss Lucy Shapley Ms Susannah Bramwell Miss Lucy Bargh	Chair Resigned 10.08.2024 Resigned 10.08.2024 Appointed 10.08.2024 Appointed 10.08.2024 Appointed 10.08.2024 Appointed 10.08.2024 Appointed 10.08.2024

Bankers	Virgin Money Plc 177 Bothwell Street Glasgow, G2 7ER United Kingdom
Independent Examiner	Not required as per Charity Commission guidelines due to low income level in this reporting period.
Chief Executive	Mr Callum Parr
Organisational management	<p>The trustees set the policy and strategy of the charity. The Chief Executive is responsible for the day to day management and operation of the charity, with support from the Senior Leadership Team, who oversee the charity's activities in collaboration with the wider volunteer team.</p> <p>The day to day management of the charity is conducted in accordance with the policies and processes approved by the trustees. The Chief Executive oversees the recruitment of all staff and volunteers, with board involvement for recruitment of senior leadership positions.</p>
Trustee recruitment	The Board delegates authority to Trustee Search Group to advertise for, shortlist and interview prospective trustee candidates. They recommend appointments to the Board for approval. The first round of trustee recruitment in July 2024 saw the appointment of 5 new trustees.
Risk Management	The Board of Trustees is responsible for overseeing risks at the charity,

with risk considerations delegated to the Senior Leadership. Risks are identified, assessed, and controlled across the charity, and a formal risk review is conducted annually by the board and Chief Executive.

Serious incidents	No serious incidents were reported.
Gifts in kind	No gifts in kind have been received during this reporting period.
Reserves	As a newly registered charity, ALBOS UK is working on building reserves to achieve financial stability.

**Declaration:**

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees.



**Jamie Burrell**  
**Chair of the Board of Trustees**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>ALBOS UK</b>	No (if any) <b>1204314</b>
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## Receipts and payments accounts

For the period from	Period start date 17th May 2023	To	Period end date 16th May 2024
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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 £
<b>A1 Receipts</b>				
Donations and Legacies	233	-	-	233
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>233</b>	<b>-</b>	<b>-</b>	<b>233</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>233</b>	<b>-</b>	<b>-</b>	<b>233</b>
<b>A3 Payments</b>				
Internet & Website Costs	177	-	-	177
Office Costs	51	-	-	51
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>228</b>	<b>-</b>	<b>-</b>	<b>228</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>228</b>	<b>-</b>	<b>-</b>	<b>228</b>
<b>Net of receipts/(payments)</b>	<b>5</b>	<b>-</b>	<b>-</b>	<b>5</b>
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
<b>Cash funds this year end</b>	<b>5</b>	<b>-</b>	<b>-</b>	<b>5</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>	Donations and Legacies	5	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>5</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK

Unrestricted funds  
to nearest £

OK

Restricted funds  
to nearest £

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

**Jamie Burrell**

A LITTLE BIT OF  
**SUNSHINE** 