

RAREMINDS CIO

England & Wales · Charity number 1205120

Details

Other names	RAREMINDS CIC
Status	Registered
Legal form	CIO
Registered	2023-10-09
Register	View on the Charity Commission register

Contact

Address	Rareminds CIO 86-90 Paul Street London EC2A 4NE
Phone	01727482475
Email	contactus@rareminds.org
Website	www.rareminds.org

Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH OF THOSE SUFFERING FROM THE IMPACT OF RARE DISEASES FOR THE PUBLIC BENEFIT THROUGHOUT THE WORLD BY I) THE PROVISION OF THERAPEUTIC COUNSELLING AND EMOTIONAL SUPPORT PROGRAMMES, II) RAISING THE AWARENESS OF THE MENTAL HEALTH IMPACT OF RARE DISEASES, III) ADVANCING THE EDUCATION OF HEALTH AND SOCIAL CARE PROFESSIONALS ABOUT THE MENTAL HEALTH IMPACT OF RARE DISEASES AND IV) UNDERTAKING RESEARCH INTO AREAS RELATED TO THE ABOVE THREE OBJECTS AND PUBLISHING THE USEFUL RESULTS.

Activities: Mental health support and resources for those impacted by rare and undiagnosed conditions.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability

Geography

- Australia
- Canada
- Ireland
- New Zealand
- Northern Ireland
- Portugal
- Scotland
- Spain
- United States
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£306,652	£276,376	-	-

Trustees

Name	Role	Appointed
Paul Anthony Stevens	Chair	2023-10-20
Dr Sarah Wynn PhD		2023-10-20
Michael Thomas Hartnett		2023-10-20
Rachel Mary Milroy		2023-10-20

RAREMINDS CIO

England & Wales - Charity number 1205120

Accounts

Annual Report

Report of the Board of Trustees and Financial
Statements for the 15 months ending 31 December 2024



2024



@raremindsUK



Contents

- 01** Letter from our Chair
- 02** Who we are
- 03** Letter from our CEO
- 04** Our impact
- 06** Progress against aims
- 10** Themes from counselling sessions
- 11** Partnerships & fundraising
- 12** Letter from our Treasurer
- 14** Statement of Trustee's responsibilities
- 15** Structure, governance & management
- 16** Independent reviewer's report
- 17** Statement of financial activities
- 18** Balance sheet
- 19** Notes to the financial statements

Letter from our Chair

Paul Stevens



Our first 15 months as a CIO has seen steady growth with high impact for Rareminds. We have now provided almost 6,000 counselling sessions since our establishment in 2020 and our clients continue to show improvements in their levels of emotional distress as a result of our interventions.

2024 has also been a busy year for the team with activities including the launch of our survey report 'Rare Minds Matter' and our new podcast.

We are particularly proud of our new online Wellbeing Hub that launched during Mental Health Awareness Week in May 2024. The Hub offers resources and information to help address the common mental health challenges associated with having, or caring for someone, impacted by a rare condition. The feedback we have received has been very positive we plan to further develop the Hub over the next few years.

We are grateful to Chiesi, Parexel and Vertex who provided supported the Wellbeing Hub and Podcast launch.

Last year we also established nine new dedicated condition specific counselling services - our highest number of new partners in a year to date and bringing our total number of counselling services to 22. Delivering these counselling and wellbeing services remains our core activity and our team of dedicated counsellors continue to grow their understanding and expertise.

As an organisation Rareminds is committed to helping broaden knowledge and understanding of rare conditions and mental health. As part of this sharing and dissemination, our team have participated in various events including at the European Conference on Rare Diseases (ECRD) and the World Orphan Drug Congress (WODC).

Our consultancy activities continue to grow increasing understanding amongst healthcare professionals and other key stakeholders. This also helps supports our core costs to keep our services rates for our charity partners as low as possible.

We thank our partners, funders, donors, and staff for their unwavering support and dedication. We would not exist, let alone serve our community, without them.

The Trustees present their first annual report with the financial statements of Rareminds CIO for the 15 months ending 31 December 2024. The Trustees confirm that the Annual Report and financial statements comply with the current statutory requirements, the requirements of the CIO's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (update effective 1 January 2019).

Who we are

"I would like to profoundly thank Rareminds and particularly my counsellor for transforming my mental health and giving me the tools to take back control of my life."

Counselling Service Client 2024

Rareminds is the UK's first specialist, non-profit counselling and psychotherapy service dedicated to the rare condition community. Founded as a Community Interest Company in 2021 and registered as a Charitable Incorporated Organisation in 2023, we provide accessible, specialist mental health support for those living with, or affected by, rare conditions.

Our vision

Our vision is that the psychological and emotional impact of living with a rare condition is recognised as an essential part of rare condition care, ensuring everyone has access to high-quality, specialist mental health support.

Our mission

Our mission is to provide affordable, timely, and expert counselling for the rare disease community. We also work to raise awareness, inform policy, and promote excellence in the recognition and delivery of specialist mental health care.

Our aims

- Provide specialist counselling, psychotherapy, and wellbeing support.
- Be a central hub of expertise to inform policy, practice and promote excellence.
- Campaign for increased awareness and inclusion of mental health in rare disease care.

The Board of Trustees confirms compliance with the Charity Commission's guidance on public benefit (Charities Act 2011, Section 4).

Letter from our CEO

Kym Winter

2024 was our fourth full year of operation as an organisation and our first as a charity. At launch in 2020 we were providing counselling and mental wellbeing services to 2 charities. By the end of last year, that had grown to 25 giving us unique insight as a services provider across conditions into the common and particular challenges faced by those living with rare conditions, and their families.

As an organisation we feel exceptionally privileged to have gained the support and trust of our partner charities, industry partners and healthcare professionals during these earliest years of our operation.

It is very apparent that the economic and political climate both in the UK and abroad remains challenging for those living with rare conditions. Increasing polarisation of rhetoric around attitudes towards both 'difference' in the widest sense, and mental health, can itself contribute to poorer mental wellbeing.

Our commitment as an organisation remains to promote and provide quality mental health support for everyone impacted by a rare condition. We will continue to campaign with others in the sector on the importance of psychologically-informed care within the NHS and beyond, and for access to appropriate and timely mental wellbeing support across the rare disease journey at the point of felt need.

We were also delighted to work closely with EURORDIS this year to help design and promote their new mental wellbeing toolkit, and to support their focus on the importance of mental health.



We were delighted to launch our Wellbeing Hub this year as the sector's first specialist cross-condition mental wellbeing resource. We are enormously grateful to all those who helped us shape and design the Hub, including our service users. Our new podcast audience also continued to grow steadily. A big thank you to everyone who bravely agreed to be a guest for series one!

Our earliest years to date have been dedicated to promoting the integration of specialist mental health support into rare disease care. As we enter 2025 with a stable and expanding team of both clinicians and senior management, we now aim to begin accelerating awareness of rare conditions, and the importance of 'rare aware care,' into the wider mental health sector too.

An enormous thank you to all those who have trusted us with your hard-earned funds, and to those who have supported, encouraged (and challenged) us over this year. Rareminds is only here because of you.

A handwritten signature in black ink, appearing to read 'Kym Winter', located at the bottom right of the page.

Our impact

In **2024** we worked with **25** rare condition organisations to deliver over **2430** counselling and supervision sessions to **345** clients.

We worked with a further **14** organisations reaching **1,380** people with our presentations, workshops and group programmes.

98%

of Rareminds' counselling clients' feel better equipped to manage the emotional impact of their condition

98%

of Rareminds' clients would recommend their counsellor to others

Groups & Workshops

81%

of participants feel more resilient after taking part in our workshops

86%

of participants feel less isolated following our workshops and groups

94%

of group & workshops participants would recommend them to others

Our impact

CORE-10 Start score	CORE-10 End score
34	22
32	23
32	20
31	21
30	29
30	21
30	21
30	12
28	19
28	8
28	4
27	17
27	11
27	11
27	10
26	25
26	21
26	20
26	16
26	15
26	11
26	7
25	23
25	23
25	17
25	15
25	4

“Having the opportunity to speak with a professional therapist who was familiar with my condition provided reassurance and confidence knowing my counsellor had a solid understanding of the uncertainty that surrounds my diagnosis.”

We use the standard clinical evaluation measure CORE-10 to measure the impact of our counselling.

Before counselling:

65% of Rareminds clients start counselling with an average distress rate of **moderate - severe**

After counselling:

71% of our clients have an emotional distress rating of **mild - healthy**

CORE-10 Score brackets	Start scores No. of clients		End scores No. of clients	
Severe (>25)	27	17%	2	1%
Moderately severe (20 - 24)	34	22%	12	8%
Moderate (15 - 19)	40	26%	31	20%
Mild (11 - 14)	36	23%	31	20%
Low (6 - 10)	15	10%	46	29%
Healthy range (0-5)	4	2%	34	22%

Progress against aims

1. Secure funding & develop new partnerships to broaden access across the rare disease community to affordable, specialist, psychotherapy, counselling & wellbeing support to everyone impacted by a rare disease.

Our total reach for counselling & wellbeing services was 1737

Service Provision

In 2024 we continued to expand access to counselling and wellbeing services. We set up 9 new partnerships and we now provide fully managed counselling services to 22 rare condition organisations.

We delivered 2,314 individual counselling and 39 couples counselling sessions.

We also worked with a further 1,392 people to deliver a range of wellbeing services including:

- 86 sessions of therapeutic consultancy/supervisions
- 23 workshops for 402 participants
- 9 group programmes for 98 participants
- 13 Patient Days and Conferences for 880 delegates

Wellbeing Hub & Podcast

Our Wellbeing Hub and podcast launched in May 2024 for Mental Health Awareness Week. They are free resources for anyone to access or sign post to.

Wellbeing Hub: Written by the Rareminds clinical team and reviewed by people with lived experience of rare conditions, the Wellbeing Hub currently has 6 sections which speak to common challenges associated with the experience of living with a rare condition:

- Diagnosis
- Uncertainty, change and loss
- Relationships
- You and your feelings
- Navigating healthcare
- Sources of Support

In its first 6 months our Wellbeing Hub was accessed over 4,000 times.



Progress against aims

"I just wanted to say a HUGE congratulations on your Wellbeing hub, it is brilliant! I can see all of the hard work that has gone into creating such an informative area that is friendly yet factual and gets to the heart of all the challenges that people face when living with a rare disease. I will be shouting about it from the rooftops if that is OK and I will share it with our community."

Podcast: Eight podcasts were published that were streamed over 250 times with 86 people subscribed. Topics included 'looking after yourself as a carer', 'navigating healthcare' and 'experiences of pre-implantation genetic testing'.

rareminds



Living well with
your rare condition

**"I listened to your podcasts
and found them so helpful."**

New wellbeing resources

Three new mindfulness animation videos were produced and shared on social media along with videos on tips for talking to children, the worry jar, worry time and a relaxation exercise.



We also produced a series of animated graphics for social media and two short information videos about the experience of having a rare condition and coping with grief.

Progress against aims

2. Become a centralised hub of expertise for rare disease mental health to inform policy & practice, and promote standards of excellence.

Research

In April 2024 we published the results of our 'Rare Minds Matter - Mental Health and Rare Disease Survey' report. The report explored the post-pandemic mental health experiences of the UK's rare community, shedding light on an often overlooked aspect of living with a rare condition.

With 695 respondents representing over 188 rare conditions, our survey reveals the significant impact rare conditions have on the mental health and wellbeing of affected individuals, carers, family members, and frontline staff and volunteers providing support.

The report was disseminated widely including presentations to the Scottish Rare Disease Implementation Board (RDIB) and the Association of Genetic Nurse Counsellors (AGNC).



Impact of having, or caring for someone with a rare condition:



85% negative impact on their mental health or emotional wellbeing

41% negative impact on their family relationships

16% positive impact on their family relationships

Experiences of healthcare and accessing mental health:



75% never offered / signposted to mental health support

41% independently sought mental health support

96% want mental health care professionals to understand how rare conditions impact mental wellbeing

Pressures on rare community leaders providing support:



62% concerned about responding to people in their community in crisis

61% concerned about maintaining boundaries and knowing it's 'ok to step back'

Progress against aims

3. Campaign for increased recognition of the importance of specialist mental health support for the rare disease community.

Advocacy

During the year we have presented at various conferences including the Association of Genetic Nurses (AGNC) Conference and The World Orphan Drug Congress highlighting the mental health challenges faced by the rare community, and the need for psychologically informed care.

We also presented a 'lunch and learn' session for one of our corporate partners and continued to network with relevant stakeholders to keep building the momentum and focus on rare mental health.

It is encouraging that mental health remains a focus area in the Rare Disease Action Plans for Wales and England. We are working with the Welsh Rare Disease Implementation Network to explore how we can help embed mental health support within their Rare Care Centre plans.

We are pleased to be part of the Eurordis Mental Health Initiative, with 2 members of the Rareminds Senior Management Team involved in their Mental Health Partnership Network.

Throughout 2024 we continued to seek to work effectively with other charities and groups in the rare community to add value and expertise where we can. As part of this networking and alliance building we have joined Genetic Alliance UK as a member organisation.

Conflict of interest

As a provider of counselling and mental wellbeing services to the rare community, we recognise an inherent conflict of interest between our service delivery and advocacy activities.

At present however we believe we are the only psychotherapy and counselling organisation in the UK working exclusively with people impacted by rare conditions. As such, we have unique insights and feel a responsibility to use these to advocate for the mental health needs of the rare condition community.

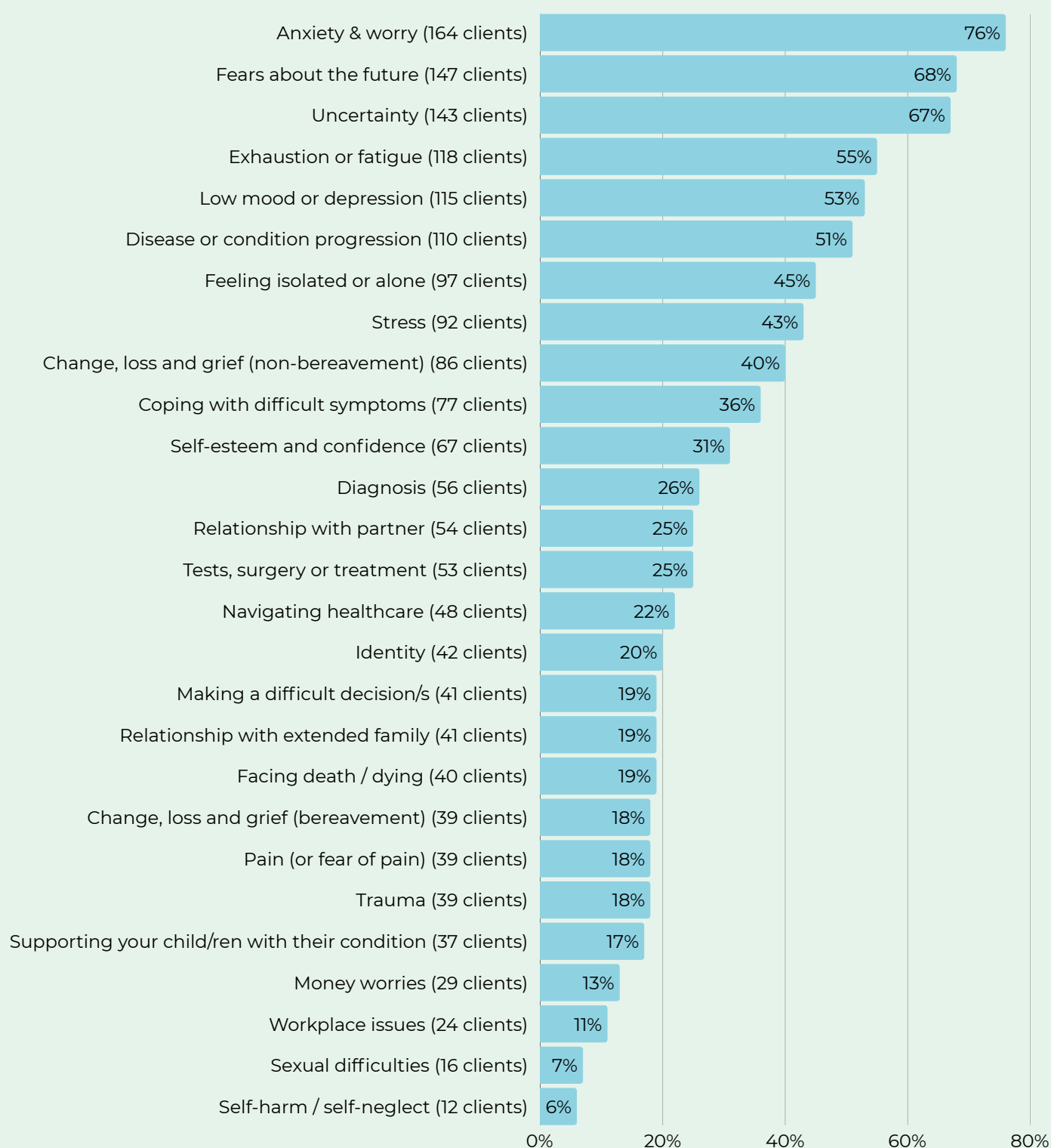
In time we hope there will be further research, development and standards of good practice in this area. In an ideal world Rareminds would not need to exist.

Training & consultancy

We have provided training and consultancy for two corporate partners.

We are also working with Eurordis on their Mental Health Toolkit.

Themes from counselling sessions



Partnerships & fundraising

In 2024 we launched 9 new counselling services taking the total number of services to 22. We also worked with existing and new charity partners to deliver wellbeing services such as group programmes and workshops. We also continue to work closely with other third sector charities supporting the rare community including Medics for Rare Disease, Genetic Alliance UK and Beacon.



Fundraising

Rareminds is committed to providing low cost (or free at the point of delivery) mental health support to the rare condition community. We strive to maintain low organisational overheads, including by having a remote, virtual team. We also seek to diversify our income through grants, fee-for-service and consultancy work to help cover our core costs so we can keep the cost of our counselling services for rare condition organisations as low as possible.

In 2024 the majority of income came from delivering counselling services to our rare condition organisation partners. We are also grateful to Chiesi, Parexel and Vertex for grants towards our Wellbeing Hub, and Amicus for a contribution towards our core costs.

Thank you also to our generous supporters who donated money to us or undertook fundraising challenges to support us.

Letter from our Treasurer

Mick Hartnett



Summary of Financial Position

The financial position of the organisation strengthened since converting from a CIC to a CIO.

Total income for the 15 month period as a new CIO was £306,652. Our income increased due to the volume of clinical services delivered.

Total expenditure for the period was £276,376, this was also an increase over the prior year, reflecting the higher volume of clinical service activity.

Rareminds CIO are reporting a year-end surplus of £46,448.

Unrestricted reserves are £25,829 and restricted reserves are £20,619.

This letter covers the financial period DATE to 31st December 2024.

Income

Total income for the year was £306,652. The majority of our income was generated from the delivery of clinical services activities in line with our charitable objectives.

Our growth in clinical services income was driven by the addition of 9 new partnerships, increasing the number of fully managed counselling partnerships to 22. Of the remaining income for 2024, the large majority came from donations and grants.

Expenditure

Total expenditure for the year was £276,376.

Most of the growth in expenditure in our first year as a CIO was due to the increase in clinical services activities, driven mainly by the implementation of new partnerships, in addition to increased activity within existing partnerships and growth of consultancy income. This is reflected in the pattern of staff cost increases, with clinical delivery staff costs increasing in line with activity, and leadership staff costs remaining stable.

In addition to staff costs, the most significant cost variance versus previous periods was for the website, reflecting the development of the new Wellbeing Hub as a core added value service launched in 2024.

Letter from our Treasurer

Mick Hartnett

Reserves Position

Rareinds CIO moves into a new financial year with unrestricted funds of £25,829 and restricted funds of £20,619.

It is the charity's policy to hold enough unrestricted reserves to cover 3 months of operational costs. Our focus during 2025 will be to continue to build reserves in order to meet the policy.

Outlook

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

2025 is planned to be a further year of growth for the CIO as it establishes its unique value offering within the rare disease community.

Income growth is planned from a further expansion of core clinical service activities, combined with new grant and core funding. Costs will grow to support the additional activity levels.

A restructuring of the management and back-office functions will be implemented to build additional resilience as the organisation grows, while optimising cost-efficiency and providing a solid operational platform for further growth in the coming years.



30 April 2025
Mick Hartnett
Treasurer

Statement of Trustee's 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 law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period.

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any
- material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Constitution. 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.

Approved by the Board of Trustees.

Dated: 30 April 2025

Signed:



Paul Anthony Stevens (Chair of Trustees)

Structure, governance and management

Charity name:

Rareminds CIO

Registered charity number:

1205120

Registered office:

For the period of this report, the registered address was:

C/O Beadle House

Bull Plain

Hertford

Hertfordshire

SG14 1DT

Constitution

The CIO is controlled by its governing document.

Risk Management:

The Trustees have considered the major risks to which the CIO is exposed and have established procedures including a risk register to identify and manage those risks.

Bankers:

Starling Bank

5th Floor

Fruit & Wool Exchange

Duval Square

London

E1 6PW

Trustees:

Paul Anthony Stevens (Chair) -

appointed 9 October 2023 for a term of 4 years.

Rachel Mary Milroy - appointed 9 October 2023 for a term of 4 years.

Michael Thomas Hartnett -

appointed 9 October 2023 for a term of 3 years.

Dr Sarah Wynn - appointed 9

October 2023 for a term of 3 years.

Appointment of Trustees:

The current Trustees have been co-opted as the first Trustees of the charity. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regards to the skills, knowledge and experience needed for the effective administration of the CIO.

Independent examiners:

Project H Accountants

Beadle House

Bull Plain

Hertford

Hertfordshire

SG14 1DT

Independent reviewer's report

I report to the charity Trustees on my examination of the accounts of Rareminds CIO for the 15 month period ended 31 December 2024.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 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 matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act
2. the accounts do not accord with those records;
3. the accounts do 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.



Ray Harris BA (Hons) FMAAT
Project H Accountants
Beadle House, Bull Plain
Hertford
Hertfordshire, SG14 1DT

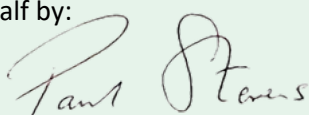
Statement of financial activities for the 15 month period ending 31 December 2024

		Unrestricted Funds	Restricted Funds	Total Funds 2024
	Note	£	£	£
INCOME RESOURCES				
Donations, grants & legacies	2		23,578	23,578
Charitable activities:				
Charitable activities:	3	282,862		282,862
Investment Income	4	212		212
Total Income Resources		283,074	23,578	306,652
RESOURCES EXPENDED				
Charitable Expenditure:				
Fundraising	5	9,751		9,751
Charitable activities	6	263,665	2,959	266,624
Total Resources Expended		273,417	2,959	276,376
NET INCOME / (EXPENDITURE)		9,658	20,619	30,277
Transfers between funds		-	-	-
Net Income / Expenditure for the year		9,658	20,619	30,277
Balance brought forward		16,171	0	16,171
Balance carried forward		25,829	20,619	46,448

Balance sheet as at 31 December 2024

		Unrestricted Funds	Restricted Funds	Total Funds 2024
	Notes	£	£	£
FIXED ASSETS				
Tangible assets		-	-	-
CURRENT ASSETS				
Debtors		10,780	25,000	35,780
Deferred Income		-	-30,000	-30,000
Cash at bank and in hand		57,840	5,000	62,840
		-	-	-
CREDITORS: falling within 1 year	11	-15,516	-	-15,516
NET CURRENT ASSETS		53,104	0	53,104
TOTAL ASSETS LESS CURRENT LIABILITIES		53,104	0	53,104
NET ASSETS		53,104	0	53,104
FUNDS	12			
Unrestricted Funds				
General fund				25,829
Restrictive Funds				
General fund				20,619
Fixed asset fund				-
TOTAL FUNDS				46,448

The financial statements were approved by the trustees on 18 February 2025 and were signed on its behalf by:



Paul Stevens, Chair of Trustees

Notes to the financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company have been prepared in accordance with the Charities SORP (FRSSE) 'Accounting and Reporting' by Charities: Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with the provisions of FRS 102 Section 1A Small Entities and the Companies Act 2006.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure is measured at the fair value of the consideration paid or payable, excluding discounts, rebates and value added tax.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Notes to the financial statements

1. ACCOUNTING POLICIES continued

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. It is the charity's policy to hold enough reserves to cover 3 months of operational costs, without redundancies

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when the funds are raised for particular restricted purposes.

Further explanation of the nature and purposes of each fund is included in the notes to the financial statements.

2. Donations, grants & legacies

	2024 £
Donations	7,757
Grants	15,822
	<u>23,579</u>

3. Income from charitable activities

	2024 £
Clinical services	233,957
Consultancy	48,905
	<u>282,862</u>

4. Investment Income

	2024 £
Bank interest	<u>212</u>

Notes to the financial statements

5. Fundraising

	2024 £
Support costs (note 7)	<u>9,751</u>

6. Charitable activities cost

	Direct costs £	Support costs (note 7) £	Totals £
Charitable activities	<u>240,377</u>	<u>26,248</u>	<u>266,624</u>

7. Support costs

	Charitable Activities £	Fundraising £	Totals £
Other resources expended		9,751	9,751
Management	15,132		15,132
Governance	1,364		1,364
	<u>16,496</u>	<u>9,751</u>	<u>26,248</u>

8. Net Income / (Expenditure)

	2024 £
Net income / (expenditure) is stated after charging;	
Accountants fee	516
Depreciation	-
	<u>516</u>

No trustees were remunerated nor reimbursed expenses during the 15 month period ended 31 December 2024.

Notes to the financial statements

9. Staff costs

	2024
	£
Management	15,132
Counsellors	178,759
Development	26,212
Marketing	2,816
Operations	17,554
	<u>240,472</u>

The average number of employees during the year was as follows:

0

The number of staff who's benefits (excluding pensions) exceeded £60,000 was

0

10. Comparatives for the statement of financial activities

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOME AND ENDOWMENTS FROM			
Donations, grants & legacies	0	0	0
Charitable activities			
Fundraising income	0	0	0
Investment income	0	0	0
	<u>0</u>	<u>0</u>	<u>0</u>

Notes to the financial statements

10. Comparatives for the statement of financial activities continued

	Unrestricted Funds £	Restricted Funds £	Total Funds £
EXPENDITURE ON			
Charitable activities			
Fundraising	0	0	0
Charitable activities	0		0
	0	0	0
NET INCOME / (EXPENDITURE)	0	0	0
RECONCILIATION OF FUNDS			
Total funds brought forward	0	0	0
Total funds carried forward	0	0	0

11. Creditors

	2024
	£
Trade payables	14,742
Accruals	774
	15,516

12. Movement in funds

	At 01.01.2024 £	Net movement in funds £	At 31.12.2024 £
Unrestricted funds			
General funds	16,171	9,658	25,829
Restricted funds			
General funds	0	20,619	20,619
Fixed asset funds	-	-	-
TOTAL FUNDS	16,171	30,277	46,448

Notes to the financial statements

12. Movement in funds continued

Net movement in funds, as included above are as follows:

	Incoming Resources £	Resources Expended £	Movement in funds £
Unrestricted funds			
General funds	283,074	-273,417	9,658
Restricted funds			
General funds	23,578	-2,959	20,619
Fixed asset funds	-	-	-
TOTAL FUNDS	306,652	-276,376	30,277

13. Related party disclosures

There were no related party activities during the year.