

Charity registration number 1206068 (England and Wales)

Company registration number 15140505



Online Counselling  
for Young People.  
**Without the wait.**

STOP.BREATHE.THINK

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE PERIOD ENDED 31 DECEMBER 2024

**STOP.BREATHE.THINK**

**LEGAL AND ADMINISTRATIVE INFORMATION**

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<b>Trustees</b>	Joanne Brown Kevin Hempstead Kate McCarthy Lara Kinnear Carrie Mclelland	(Appointed 7 April 2025) (Appointed 5 May 2025)
<b>Charity number (England and Wales)</b>	1206068	
<b>Company number</b>	15140505	
<b>Registered office</b>	306a Portland Road Hove BN3 5LP	
<b>Independent examiner</b>	Michelle Westbury FCCA West & Berry Limited Nile House Nile Street Brighton BN1 1HW	

# STOP.BREATHE.THINK

## CONTENTS

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	Page
Trustees' report	1 - 4
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 15

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE PERIOD ENDED 31 DECEMBER 2024

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The trustees present their annual report and financial statements for the period ended 31 December 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 governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

### Objectives and activities

As of July 1, 2024, Stop.Breathe.Think became an independent registered charity (No. 1206068), having previously operated under Switch180 (No. 1101030). With everything in place for growth, we are ready to expand our impact and play a greater role in supporting youth mental health nationwide. These accounts illustrate the first six months of the new charity, from 1<sup>st</sup> July 2024 to 31<sup>st</sup> December 2024, bringing our accounting year in line with the calendar year.

The charitable objects are, to advance health and to provide relief relating to mental health, in particular for children, and young people, including by providing caring, professional and educative support and caring and safe environments.

**Stop.Breathe.Think is a game changing mental health charity offering online counselling to those aged 8-21, who cannot afford or access support quickly. No wait times and available nationally, we provide vital support to those who need it right now.**

**Our mission** is to support children and young people's mental health by making personalised counselling accessible, available, and affordable nationwide.

**Our vision** is for every young individual to have someone to talk to. Without barriers, stigma, or long waits.

### Our aims:

**Build** a better future for children and young people.

**Engage** them through a personalised, youth-centred counselling approach.

**Provide** safe, professional, and welcoming online spaces to be heard.

**Empower** children and young people with skills to manage challenges and lead healthy lives.

**Connect** social care, healthcare, and education to strengthen national mental health support.

**Ensure** a shared language for consistent mental health outcomes across sectors.

### Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

### About Us

Founded in November 2020, in response to the youth mental health crisis, Stop.Breathe.Think provides rapid and accessible mental health support when other services are unavailable. We support families, schools, and the health sector by ensuring young people receive the help they need - when they need it - enabling them and their families to lead healthier, happier lives.

As an online service, we remove barriers to seeking help - no wait times, no stigma, just instant access to professional online counselling for children and young people who might not otherwise receive support. Our specialist counsellors are matched to each individual with the right expertise, delivering potentially life-saving care.

### Our Impact to date:

3,500+ children and young people supported

22,000+ counselling sessions delivered

150+ partnerships with youth organisations

92% report improved mental health

# STOP.BREATHE.THINK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

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Our work in 2024 highlighted the growing and urgent need for greater access to mental health support for children and young people across the country. 638 children and young people received counselling with Stop.Breathe.Think and we delivered 3,411 counselling sessions.

60% were female, 37% male and 3% non-binary. 24% were neurodivergent including those with autism, ADHD, OCD, dyspraxia, dyslexia, dyscalculia, DLD, Tourette's & more and 7% were reached from the LGBTQIA+ community.

49% of children and young people lived in Indices of Multiple Deprivation (IMD) 1-4, with a further 35% living in areas 5-8. We are also proud to have supported a diverse cohort of young people from across the country.

We have also put actions in place to ensure we're reaching the young people who need us the most and who would otherwise be unable to access support. We continued with our means tested model for self and parent referrals to gain instant access to the service completely free of charge and built partnerships with schools and youth organisations across the country to provide counselling to those struggling with adverse childhood experiences.

Our partnerships enabled us to reach and support children and young people who might be affected by the stigma of mental health in their communities, social or economic pressures, or would struggle to access a GP and get on a conventional NHS waiting list. We also reached the children and young people who needed our support through new social media campaigns.

**17%** of referrals came were through our Social Media campaigns  
**36%** were referred through 54 of our partner organisations  
**46%** were self-referrals or made by a parent or guardian

92% of children and young people said they had improved mental health thanks to Stop.Breathe.Think

*"Thank you for helping my son it's been a very hard 3 years of trying to get him help, finally he has had some. Thank you very much for helping it may not be long but it's something no one else has done, thank you so, so much you have been amazing with him, thank you."* **Parent**

Our counsellors said that 93% of service users had made progress and moved on positively with their mental health and wellbeing.

*"I found it tough talking to a stranger, but my counsellor was easy to talk to. She made me feel comfortable and I was able to talk about what was on my mind."* **Annie, 16**

### Financial review

Total income for the period 1st July 2024 to 31st December 2024 amounted to £342,522 which includes the transfer of a Designated Reserve Fund of £116,130 from Switch180 as Stop.Breathe.Think became its own entity. Total expenditure for the same period amounted to £164,602.

In line with SORP (FRS102), expenditure is analysed into two main categories; charitable activities and raising funds for the charity with the 'charitable ratio' being calculated as 'charitable activities expenditure' as a fraction of 'total expenditure'. During this accounting period £145,691 of expenditure relates to charitable activities, and £18,911 to raising funds for the charity, a 'charitable ratio' of 88.5%.

By comparison, in the previous years when Stop.Breathe.Think was operating as a programme under Switch180 (Charity No. 1101030) total income for the year ended 30th June 2024 amounted to £325,283 for Stop.Breathe.Think. Total expenditure for the year ended 30th June 2024 amounted to £441,413 (including the transfer of a Designated Reserve Fund of £116,130 as Stop.Breathe.Think became its own entity).

# STOP.BREATHE.THINK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

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### *Reserves policy*

We are committed to using our resources in pursuit of our charitable objectives. We are also committed to maintaining a level of reserves that is prudent to meeting ongoing liabilities, sufficient to ensure that all delivery commitments can be met and to protect the long-term future of Stop.Breathe.Think. Our Reserves Policy seeks to balance these priorities by aiming to hold a level of General Reserves based on the planned expenditure and for any uncertainties for the year.

Our net income over expenditure ended at £177,920 including the transfer of a Designated Reserve Fund of £116,130 as Stop.Breathe.Think became its own entity. Total unrestricted reserves now stand at £148,253. The trustees are committed to our general reserves policy to a goal of 6 months, in order to ensure the sustainability and growth of the charity going forward.

Stop.Breathe.Think expenditure requirements for 2025 will be £400,000 ensuring more than 800 children and young people are supported.

### **Going concern**

The Trustees are pleased to acknowledge that current reserves satisfy our reserves policy and are sufficient to cover forthcoming commitments for the charity as it operates as its own entity and going forward. The level of reserves will continue to be monitored quarterly at Trustees meetings, and appropriate action will be taken if reserves fall outside the desired range. The Trustees therefore consider the charity to be a going concern.

### **Structure, governance and management**

Stop.Breathe.Think is a registered charity and a company limited by guarantee. It was incorporated on 15<sup>th</sup> September 2023 and registered as a charity (with the Charity Commission for England and Wales) on 5th December 2023.

The charity was established under a Memorandum of Association, which describes the objects and powers of the charitable company; it is governed under its Articles of Association.

The trustees, who are also the directors for the purpose of company law, and who served during the period and up to the date of signature of the financial statements were:

Joanne Brown	
Kevin Hempstead	
Kate McCarthy	
Lara Kinnear	(Appointed 7 April 2025)
Carrie McLelland	(Appointed 5 May 2025)
Funmilayo Alassan	(Resigned 26 February 2025)
Alan Grant	(Resigned 10 March 2025)

### *Recruitment and appointment of trustees*

Procedures have been established for recruiting and supporting trustees. When areas are identified for which, additional trustees would be helpful, an open recruitment process is scheduled, utilising wide and inclusive search methods such as advertising and networking with other charities. In addition, Board members and the Directors use their own networks to encourage suitable people to come forward. An induction and the provision of any required training ensures that new trustees are aware of their responsibilities and enables them to learn about Stop.Breathe.Think in a structured way so that from the start they understand the charity's objectives. All trustees identify their training needs annually and measures are taken as necessary to ensure that these needs are met.

### *Organisational structure*

#### **Decision-making**

The Board of Trustees meets at least three times each year to discuss and review planning, development, financial and administrative matters and more frequently as required. The quorum for decision-making of the board can be no less than three Trustees.

# STOP.BREATHE.THINK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

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### Management

While the Board of Trustees and Founding Director set company policy and strategy, day to day management of the organisation is delegated to the Senior Management Team: Founding Director, Dan Charlish, Development Director, Rachel Cruz and Head of Service, Louise Donegan who take overall responsibility for ensuring the effective management and forward planning of Stop.Breathe.Think in line with decisions of the board and the current business plan.

### Key management remuneration

The remuneration of the staff, including key management, is reviewed annually by the full board.

### Risk management

The trustees have carried out a review of the major risks to which the charity is exposed and considers that systems are in place to mitigate the risks. The major risks are assessed annually by the trustees, taking into consideration factors, external risks and the effects of legislation.

The major risks identified are: over reliance on key funders; adequate and appropriate spread of skills across the trustees.

The systems and procedures in place to mitigate these risks include maintaining free reserves at an appropriate level, regular/early funding updates, seeking to broaden funder base, effective governance, and continual assessment of risks with appropriate action being taken when they are identified.

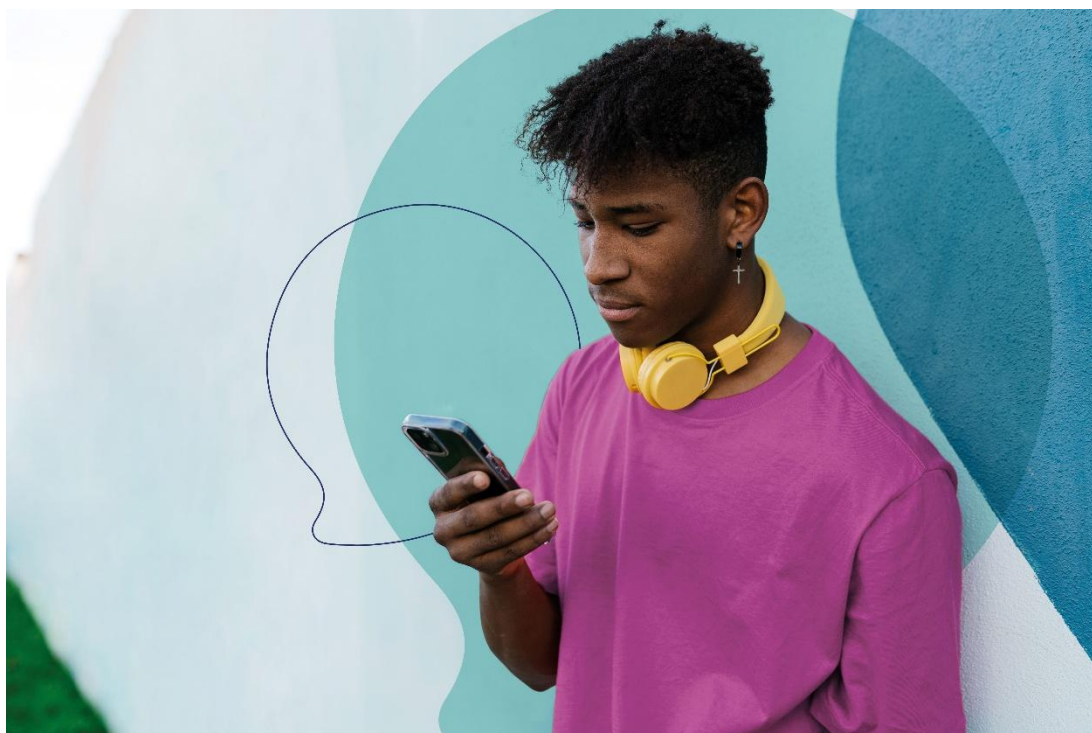
The trustees' report was approved by the Board of Trustees.

*Lara Kinnear*  
.....

**Lara Kinnear, Chair**

8 Aug 2025

Date: .....



**STATEMENT OF TRUSTEES' RESPONSIBILITIES**  
**FOR THE PERIOD ENDED 31 DECEMBER 2024**

The trustees, who are also the directors of Stop.Breathe.Think for the purpose of company law, 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).

Company law requires the trustees to prepare financial statements for each financial period 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 charitable company 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 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 Companies Act 2006. 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.

## How We Work





## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STOP.BREATHE.THINK

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I report to the trustees on my examination of the financial statements of Stop.Breathe.Think (the charity) for the period ended 31 December 2024.

### Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

### Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

*Michelle Westbury FCCA*

### Michelle Westbury FCCA

West & Berry Limited

Nile House

Nile Street

Brighton

BN1 1HW

Date: 10 Aug 2025.....

STATEMENT OF FINANCIAL ACTIVITIES  
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>Income from:</b>				
Donations and legacies	3	304,633	34,900	339,533
Charitable activities	4	2,989	-	2,989
<b>Total income</b>		<u>307,622</u>	<u>34,900</u>	<u>342,522</u>
<b>Expenditure on:</b>				
Raising funds	5	18,911	-	18,911
Charitable activities	6	140,458	5,233	145,691
<b>Total expenditure</b>		<u>159,369</u>	<u>5,233</u>	<u>164,602</u>
<b>Net income and movement in funds</b>		148,253	29,667	177,920
<b>Reconciliation of funds:</b>				
Fund balances at 1 July 2024		-	-	-
<b>Fund balances at 31 December 2024</b>		<u>148,253</u>	<u>29,667</u>	<u>177,920</u>

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 DECEMBER 2024

	Notes	2024 £	£	2024 £	£
<b>Current assets</b>					
Cash at bank and in hand		196,146		-	
<b>Creditors: amounts falling due within one year</b>	<b>11</b>	(18,226)		-	
<b>Net current assets</b>			177,920		-
<b>The funds of the charity</b>					
Restricted income funds	<b>13</b>		29,667		-
Unrestricted funds	<b>14</b>		148,253		-
			177,920		-

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the period ended 31 December 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the period in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 8 Aug 2025.

*Lara Kinnear*

Trustee

Company registration number 15140505 (England and Wales)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE PERIOD ENDED 31 DECEMBER 2024**

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**1 Accounting policies****Charity information**

Stop.Breathe.Think is a private company limited by guarantee incorporated in England and Wales. The registered office is 306a Portland Road, Hove, BN3 5LP.

**1.1 Reporting period**

The reporting period is the six month period ending 31 December. The charity changed its year end to align with the calendar year.

**1.2 Accounting convention**

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". 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 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.

**1.3 Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**1.4 Charitable funds**

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

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

**1.5 Income**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

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### 1 Accounting policies

(Continued)

#### 1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

#### 1.7 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.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

# STOP.BREATHE.THINK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 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 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	146,123	-	146,123	-	-	-
Grants	158,510	34,900	193,410	-	-	-
	<u>304,633</u>	<u>34,900</u>	<u>339,533</u>	<u>-</u>	<u>-</u>	<u>-</u>

### 4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2024 £
<b>Charitable income</b>		
Service level agreement income	<u>2,989</u>	<u>-</u>

### 5 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2024 £
<b>Fundraising and publicity</b>		
Staff costs	<u>18,911</u>	<u>-</u>

# STOP.BREATHE.THINK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

### 6 Expenditure on charitable activities

	Charitable activities 2024 £
<b>Direct costs</b>	
Staff costs	67,880
Counselling	42,270
Counselling software	5,569
Other service costs	75
Staff training and supervision	1,956
Other staff costs	2,674
Raising awareness	2,281
	<hr/>
	122,705
 <b>Share of support and governance costs (see note 7)</b>	
Support	20,586
Governance	2,400
	<hr/>
	145,691
	<hr/>
 <b>Analysis by fund</b>	
Unrestricted funds	140,458
Restricted funds	5,233
	<hr/>
	145,691
	<hr/>

### 7 Support costs allocated to activities

	2024 £	2024 £
Rent	6,295	-
Bank fees	1,984	-
Bookkeeping	1,272	-
Payroll fees	587	-
IT costs	10,178	-
Telephone	270	-
Governance costs	2,400	-
	<hr/>	<hr/>
	22,986	-
	<hr/>	<hr/>
 <b>Analysed between:</b>		
Charitable activities	22,986	-
	<hr/>	<hr/>

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

### 7 Support costs allocated to activities (Continued)

	2024 £	2024 £
<b>Governance costs comprise:</b>		
Independent examination	1,200	-
Accountancy	1,200	-
	<u>2,400</u>	<u>-</u>

### 8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period.

### 9 Employees

The average monthly number of employees during the period was:

	2024 Number	2024 Number
Charitable activities	6	-
	<u>6</u>	<u>-</u>

#### Employment costs

	2024 £	2024 £
Wages and salaries	82,018	-
Social security costs	2,553	-
Other pension costs	2,220	-
	<u>86,791</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

#### Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2024 £
Aggregate compensation	42,205	-
	<u>42,205</u>	<u>-</u>

### 10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.



# STOP.BREATHE.THINK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

### 11 Creditors: amounts falling due within one year

	2024 £	2024 £
Other taxation and social security	3,604	-
Trade creditors	9,523	-
Other creditors	2,699	-
Accruals and deferred income	2,400	-
	<u>18,226</u>	<u>-</u>

### 12 Retirement benefit schemes

	2024 £	2024 £
<b>Defined contribution schemes</b>		
Charge to profit or loss in respect of defined contribution schemes	<u>2,220</u>	<u>-</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

### 13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024 £	Incoming resources £	Resources expended £	At 31 December 2024 £
Ernest Kleinwort Charitable Trust	-	10,000	(4,233)	5,767
Focus Foundation	-	7,550	-	7,550
David Riddell Memorial CIC	-	14,850	-	14,850
7 Stars Foundation	-	2,500	(1,000)	1,500
	<u>-</u>	<u>34,900</u>	<u>(5,233)</u>	<u>29,667</u>

### 14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2024 £	Incoming resources £	Resources expended £	At 31 December 2024 £
General funds	<u>-</u>	<u>307,622</u>	<u>(159,369)</u>	<u>148,253</u>

# STOP.BREATHE.THINK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2024

### 15 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>At 31 December 2024:</b>			
Current assets/(liabilities)	148,253	29,667	177,920
	<u>148,253</u>	<u>29,667</u>	<u>177,920</u>
	<u>148,253</u>	<u>29,667</u>	<u>177,920</u>

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>At 30 June 2024:</b>			
	<u>-</u>	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>	<u>-</u>

### 16 Related party transactions

There were no disclosable related party transactions during the period (2024 - none).

## Tamper Verification

To check if this file has been modified after being signed, please go to:

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Upload the file. The result will indicate if the file contents have been tampered with.

## File 1 of 2: Formatted 2024 Accounts for signature.pdf

### Signed By

**Signer:** Lara Kinnear (lara@stopbreathethink.org.uk)

**Identity Check:** Email Authentication

**Signature Type:** Typed

**Time Zone:** UTC+01:00, Europe/London (British Summer Time)

**Signer:** Michelle Westbury (michelle@westandberry.co.uk)

**Identity Check:** Login with account

**Signature Type:** Typed

**Time Zone:** UTC+01:00, Europe/London (British Summer Time)

### Event Log

**Aug 8, 2025, 2:57:47 PM** - Email notification sent to Lara Kinnear (lara@stopbreathethink.org.uk).

**Aug 8, 2025, 2:57:47 PM** - Email notification delivered to Lara Kinnear (lara@stopbreathethink.org.uk).

**Aug 8, 2025, 3:36:59 PM** - Lara Kinnear (lara@stopbreathethink.org.uk) viewed the document(s), from 62.56.116.110.

**Aug 8, 2025, 3:37:11 PM** - Lara Kinnear (lara@stopbreathethink.org.uk) opened the email notification (estimated), from 2a0a:ef40:108d:e001:f95e:6af8:586e:3edb.

**Aug 8, 2025, 3:39:43 PM** - Lara Kinnear (lara@stopbreathethink.org.uk) electronically signed or completed the document(s), from 62.56.116.110.

**Aug 8, 2025, 3:39:57 PM** - Email notification sent to Michelle Westbury (michelle@westandberry.co.uk).

**Aug 8, 2025, 3:39:57 PM** - Email notification delivered to Michelle Westbury (michelle@westandberry.co.uk).

**Aug 9, 2025, 9:41:28 AM** - Michelle Westbury (michelle@westandberry.co.uk) opened the email notification (estimated), from 86.130.108.253.

**Aug 10, 2025, 12:14:24 PM** - Michelle Westbury (michelle@westandberry.co.uk) electronically signed or completed the document(s), from 86.130.108.253.

**Aug 10, 2025, 12:14:33 PM** - Michelle Westbury (michelle@westandberry.co.uk) viewed the document(s), from 86.130.108.253.

END OF LOG