

NUTRITIOUS MINDS TRUST

England & Wales · Charity number 1206658

Details

Other names NMT

Status Registered

Legal form CIO

Registered 2024-01-23

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

Contact

Address 30 Beechwood Gardens
Caterham
CR3 6NH

Phone 07957187034

Email nutritiousmindstrust@gmail.com

Website www.nutritiousminds.org

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF BRAIN HEALTH FOR THE PUBLIC BENEFIT, BY PROVIDING NUTRITIONAL, PSYCHOLOGICAL SUPPORT, INFORMATION AND SERVICES TO LOW-INCOME FAMILIES

Activities: Nutritious Minds Trust Charity provides support and services to children and young adults with ADHD and other neurodevelopmental differences. We help children from low-income families and young people facing financial hardship/adversity access diagnostic evaluations. We run events on brain health, an adult ADHD/ASD support group in Surrey, and community projects related to music, drama and art.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£24,038	£22,606	-	-

Trustees

Name	Role	Appointed
Dr Rachel Victoria Gow	Chair	
Mike Pickets		
Natalie Parker		

NUTRITIOUS MINDS TRUST

England & Wales - Charity number 1206658

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Period 23 January 2024 to 31 January 2025
for
Nutritious Minds Trust

Nutritious Minds Trust

Contents of the Financial Statements
for the Period 23 January 2024 to 31 January 2025

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Nutritious Minds Trust

Reference and Administrative Details
for the Period 23 January 2024 to 31 January 2025

TRUSTEES

Dr Rachel Victoria Gow (Chair)
Natalie Parker (Trustee)
Mike Pickets (Trustee)

PRINCIPAL ADDRESS

30 Beechwood Gardens
Caterham
England
CR3 6NH

**REGISTERED CHARITY
NUMBER**

1206658

Nutritious Minds Trust

Report of the Trustees for the Period 23 January 2024 to 31 January 2025

The trustees present their report with the financial statements of the charity for the period 23 January 2024 to 31 January 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

FINANCIAL REVIEW

Funds in deficit

The charity received donations and income totalling £24,038. After payments of outgoing expenses totalling £22,606, the charity was left with a surplus of £1,432 for the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Approved by order of the board of trustees on 6 March 2025 and signed on its behalf by:



Dr Rachel Victoria Gow - Chair

Nutritious Minds Trust

Statement of Financial Activities
for the Period 23 January 2024 to 31 January 2025

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		22,245
Other trading activities	2	1,458
Other income		<u>335</u>
Total		<u>24,038</u>
EXPENDITURE ON		
Raising funds	3	22,606
		<u> </u>
NET INCOME		<u>1,432</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>1,432</u></u>

The notes form part of these financial statements

Nutritious Minds Trust

Statement of Financial Position
31 January 2025

	Notes	Unrestricted fund £
CURRENT ASSETS		
Cash at bank		1,382
CREDITORS		
Amounts falling due within one year	5	50
		<hr/>
NET CURRENT ASSETS		<u>1,432</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		1,432
		<hr/>
NET ASSETS		<u>1,432</u>
FUNDS	6	
Unrestricted funds		<u>1,432</u>
TOTAL FUNDS		<u>1,432</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 6 March 2025 and were signed on its behalf by:



Dr Rachel Victoria Gow - Chair

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

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 a 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 cost 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.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

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 funds are raised for particular restricted purposes.

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

Nutritious Minds Trust

Notes to the Financial Statements - continued
for the Period 23 January 2024 to 31 January 2025

2. OTHER TRADING ACTIVITIES

Fundraising events	£ <u>1,458</u>
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3. RAISING FUNDS

Raising donations and legacies

Support costs	£ <u>22,606</u>
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4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 January 2025.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 January 2025.

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Other creditors	£ <u>(50)</u>
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6. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.1.25 £
Unrestricted funds		
General fund	1,432	1,432
	-----	-----
TOTAL FUNDS	<u>1,432</u>	<u>1,432</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	24,038	(22,606)	1,432
	-----	-----	-----
TOTAL FUNDS	<u>24,038</u>	<u>(22,606)</u>	<u>1,432</u>

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 January 2025.

Nutritious Minds Trust

Detailed Statement of Financial Activities
for the Period 23 January 2024 to 31 January 2025

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations 22,245

Other trading activities

Fundraising events 1,458

Other income

Interest receivable 11

Sale of books 324

335

Total incoming resources

24,038

EXPENDITURE

Support costs

Postage and stationery 1,227

Travel and subsistence 347

Event expenses 10,126

Charitable donation 1,590

Advertising 830

Terminal charges 213

Professional fee 5,020

Subscription fee 234

Nutritional food purchase 984

Books and Merchandises 1,435

22,006

Governance costs

Accountancy and legal fees 600

Total resources expended

22,606

Net income

1,432

This page does not form part of the statutory financial statements