ANXIETY ASSIST COMMUNITY THERAPY AND SUPPORT

Charitable Incorporated Organisation · Registered charity number 1207405

Trustees' Annual Report and Accounts for the year ended 31 December 2025

1. Reference and administrative details

Charity name	Anxiety Assist Community Therapy and Support (AACTS)
Charity number	1207405
Legal form	Charitable Incorporated Organisation (CIO), foundation model
Date of registration	12 March 2024
Governing document	Constitution of the CIO, registered with the Charity Commission on 12 March 2024
Principal office	_____
Area of operation	Dorset
Trustees	Kamlesh Shiv Adams Ian Smith
Bankers	The charity holds a bank account, which had a nil balance throughout the year
Independent examiner	Not appointed – not required (see section 7)

2. Structure, governance and management

The charity is a Charitable Incorporated Organisation (foundation model), whose only voting members are its charity trustees. It was registered with the Charity Commission on 12 March 2024 and is governed by its constitution.

The trustees who served during the year and up to the date of this report are listed in section 1. Trustees are appointed in accordance with the constitution.

The charity had no employees or volunteers during the year. The trustees received no remuneration and no expenses were reimbursed to them.

3. Objectives and activities

The objects of the CIO are, for the public benefit, to preserve and protect good mental health and wellbeing among adults and children in Dorset (including but not limited to staff members at Dorset County Hospital Foundation Trust and their families) who are experiencing mental ill-health or stress-related illnesses, by providing grant funding to those in need to access support for their mental health and wellbeing.

The charity's intended activity is to provide funding assistance to those most in need, by funding in whole or match funding community-based mental health support, including support with bereavement, anxiety, intrusive thoughts and other mental health needs. Financial support is to be means tested.

Public benefit. The trustees confirm that they have had regard to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

4. Achievements and performance

The charity was dormant throughout the year ended 31 December 2025, as it was in the preceding period from registration on 12 March 2024 to 31 December 2024. It carried out no charitable activities, made no grants, received no income and incurred no expenditure. No fundraising was undertaken.

5. Financial review

The charity received no income and made no payments during the year (2024: nil). At 31 December 2025 its bank balance was nil and it held no other assets and had no liabilities (2024: nil).

Reserves. The charity held no reserves at the year end. The trustees will set a reserves policy once the charity begins to receive funds.

Future plans. The trustees will continue to review the charity's position and will report on any activity undertaken in future annual reports.

6. Statement of trustees' responsibilities

The trustees are responsible for preparing a trustees' annual report and accounts in accordance with applicable law. The charity's gross income for the year did not exceed £250,000, and the trustees have elected to prepare accounts on a receipts and payments basis, as permitted by section 133 of the Charities Act 2011. The trustees are responsible for keeping proper accounting records, for safeguarding the assets of the charity, and for taking reasonable steps to prevent and detect fraud and other irregularities.

7. Independent examination

The charity's gross income for the year did not exceed £25,000. The trustees have therefore not commissioned an independent examination or audit of these accounts, which is not required under the Charities Act 2011.

8. Approval

This report was approved by the trustees on _____ and signed on their behalf by:

Signed: _____

Name: _____

Position: Trustee

Date: _____

Receipts and payments account

For the year ended 31 December 2025

	Unrestricted funds 2025 £	Total 2025 £	Total 2024 £*
Receipts			
Donations and gifts	–	–	–
Grants received	–	–	–
Other receipts	–	–	–
Total receipts	**–**	**–**	**–**
Payments			
Grants to individuals	–	–	–
Governance and administration costs	–	–	–
Total payments	**–**	**–**	**–**
Net receipts / (payments)	**–**	**–**	**–**
Cash funds at start of period	–	–	–
Cash funds at end of period	**–**	**–**	**–**

* Comparative figures are for the period from registration on 12 March 2024 to 31 December 2024. The charity held no restricted or endowment funds in either period.

Statement of assets and liabilities

At 31 December 2025

	Unrestricted funds 2025 £	Total 2025 £	Total 2024 £*
Cash funds			
Bank current account	–	–	–
Total cash funds	**–**	**–**	**–**
Other monetary assets	–	–	–
Investment assets	–	–	–
Assets retained for the charity's own use	–	–	–
Liabilities	–	–	–
Total net assets	**–**	**–**	**–**

Notes to the accounts

1. Basis of preparation

These accounts have been prepared on a receipts and payments basis in accordance with section 133 of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008, as the charity's gross income did not exceed £250,000.

2. Dormancy

The charity was dormant throughout the year and the preceding period. No transactions passed through its bank account.

3. Trustee remuneration, expenses and related party transactions

No trustee, or person connected with a trustee, received any remuneration, benefits or reimbursed expenses from the charity (2024: none). There were no related party transactions (2024: none).

4. Employees

The charity had no employees during the year (2024: none).

5. Funds

All funds, of which there were none at the year end, would be unrestricted. The charity held no restricted or endowment funds (2024: none).

These accounts were approved by the trustees on _____ and signed on their behalf by:

Signed: _____

Name: _____

Position: Trustee

Date: _____