

Charity registration number 1208808

MY SCHOOL HEALTH

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

MY SCHOOL HEALTH

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mr C Charlton
Mr S McEwen
Ms I Harker-Clydesdale

Charity number

1208808

Accountants

TC Group
A6 Kingfisher House
Kingsway
Team Valley Trading Estate
Gateshead
NE11 OJQ

MY SCHOOL HEALTH

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MY SCHOOL HEALTH

TRUSTEES' REPORT

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

The trustees present their annual report and financial statements for the period ended 30 September 2025.

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 constitution, the Charities Act 2011 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 2019).

Objectives and activities

My School Health CIO has been a charity since 24th June 2024. We currently employ one Chief Executive, One Matron, Four Band Six nurses and two Band 5 nurses.

Tackling health inequalities and their causes are at the centre of the My School Health strategies and joint forward plans, but we need support to do this.

Our aim is to design and deliver care by working with people and communities – not just for them with emphasis on listening to and acting on the insight from communities with the poorest access to services, experiences of care, and health outcomes

- understanding the reasons for barriers within local economies, helping to support people to understand and address their needs with a view to strengthening communities at an individual and local level.
- supporting people to change their health behaviours by working directly with parents and guardians identifying specific challenges and finding ways to address them.
- using the findings of research across the factors that drive health inequalities and applying this to service delivery solutions.

Public benefit

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

MY SCHOOL HEALTH

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

Activities

As a service we have two Designated Safeguarding Leads and robust safeguarding policies and training in place. We follow the Nursing and Midwifery Council Code of Conduct as NMC Registered Nurses. Our registrations are subject to professional accountability and revalidation where we evidence out impact as practitioners.

Our Service Values are

- Prioritise People
- Practice Safely
- Professionalism and Trust
- Practice Effectively

Our engagement aims are

- Be non judgemental
- Remain inclusive
- Be realistic
- Be adaptive
- Be professionally curious
- Be relatable
- Don't give up

Achievements and performance

Significant activities and achievements against objectives

We have 3967 cases on our records system.

686 of these are current, open cases

489 children have been seen in the past month at least once each

Each child is seen for an average of six appointments.

Each nurse has between 53 and 113 cases open (average 85)

We have feedback and case studies that evidence how much our service is having an impact on the communities we work in. The Pathways most used this past year are anxiety, anger, bereavement, social, neurodivergent and nurture.

Work with parents has been around behaviour and parenting styles as well as sleep, diet and concerns around neurodiversity.

Plans for future periods

The next year we plan to develop the Family Partner Project and we are currently applying for grants to make this happen.

Structure, governance and management

The charity is a charitable incorporated organisation (CIO).

MY SCHOOL HEALTH

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

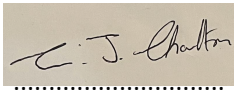
The trustees who served during the period and up to the date of signature of the financial statements were:

Mr C Charlton

Mr S McEwen

Ms I Harker-Clydesdale

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

A rectangular box containing a handwritten signature in black ink. The signature appears to be 'C. J. Charlton' written in a cursive style.

Mr C Charlton

Trustee

Date:09/12/25..

MY SCHOOL HEALTH

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF MY SCHOOL HEALTH FOR THE PERIOD ENDED 30 SEPTEMBER 2025

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of My School Health for the period ended 30 September 2025, set out on pages 1 to 13 from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at <https://www.icaew.com/regulation>.

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter dated 5 August 2025. Our work has been undertaken solely to prepare for your approval the financial statements of My School Health and state those matters that we have agreed to state to the charity's trustees, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than My School Health and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that My School Health has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and surplus of My School Health. You consider that My School Health is exempt from the statutory audit requirement for the period, and is not required to obtain an independent examiner's report.

We have not been instructed to carry out an audit or a review of the financial statements of My School Health. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

TC Group

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Chartered Accountants

A6 Kingfisher House
Kingsway
Team Valley Trading Estate
Gateshead
NE11 0JQ

MY SCHOOL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

	Notes	Unrestricted funds 2025 £
Income from:		
Donations and legacies	2	25,400
Charitable activities	3	234,809
Total income		260,209
 Expenditure on:		
Charitable activities	4	232,801
Total expenditure		232,801
Net income and movement in funds		27,408
 Reconciliation of funds:		
Fund balances at 24 June 2024		-
Fund balances at 30 September 2025		27,408

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derive from continuing activities.

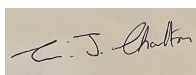
MY SCHOOL HEALTH

BALANCE SHEET

AS AT 30 SEPTEMBER 2025

	Notes	2025 £	£
Fixed assets			
Tangible assets	7		527
Current assets			
Debtors	8	1,722	
Cash at bank and in hand		25,507	
		27,229	
Creditors: amounts falling due within one year	9	(348)	
Net current assets			26,881
Total assets less current liabilities			27,408
Net assets excluding pension liability			27,408
The funds of the charity			
Unrestricted funds			27,408
			27,408

The financial statements were approved by the trustees on ...09/12/25



Mr C Charlton

Trustee

MY SCHOOL HEALTH

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

1 Accounting policies

Charity information

My School Health is a charitable organisation incorporated in England and Wales. The registered office is 16 Melrose Avenue, Seaton Delaval, Whitley Bay, NE25 0JR.

1.1 Reporting period

The financial statements cover the period from the date of the Charity's inception, 24-06-2024, to its first accounting reference date, 30-09-2025. Consequently, the financial statements cover a period of 16 months, and the comparative figures for the preceding period are not applicable.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's constitution, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") 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)" (effective 1 January 2019). 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 have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1 Accounting policies

(Continued)

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.

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. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	33.33% Reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1 Accounting policies

(Continued)

1.9 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.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

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.

1.11 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.

MY SCHOOL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

1 Accounting policies (Continued)

1.12 Retirement benefits

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

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds £
Donations and gifts	12,500	-
Grants received	12,900	-
	25,400	-

3 Income from charitable activities

	My School Health 2025 £
Sale of goods	234,809
Analysis by fund	
Unrestricted funds	234,809

MY SCHOOL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

4 Expenditure on charitable activities

	My School Health 2025 £
Direct costs	
Staff costs	198,229
Depreciation and impairment	10
Purchases	3,463
IT Software	2,507
Advertising	391
Telephone	1,205
Printing, Postage and Stationery	597
Training	112
Motor & Travel expenses	24,889
Recruitment	385
Insurance	695
Repairs and Renewals	113
Bank Charges	205
	232,801
Analysis by fund	
Unrestricted funds	232,801

5 Employees

The average monthly number of employees during the period was:

	2025 Number
	7
Employment costs	2025 £
Wages and salaries	140,909
Social security costs	42,884
Other pension costs	14,436
	198,229

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

5 Employees

(Continued)

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

6 Taxation

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

7 Tangible fixed assets

Computers
£

Cost

Additions 537

At 30 September 2025 537

Depreciation and impairment

Depreciation charged in the period 10

At 30 September 2025 10

Carrying amount

At 30 September 2025 527

8 Debtors

2025

Amounts falling due within one year: £

Trade debtors 1,722

9 Creditors: amounts falling due within one year

2025

£

Trade creditors 348

MY SCHOOL HEALTH

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

10 Retirement benefit schemes

	2025 £
Defined contribution schemes	
Charge to profit or loss in respect of defined contribution schemes	14,436

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.

11 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 24 June 2024	Incoming resources	Resources expended	At 30 September 2025
	£	£	£	£
General funds	-	260,209	(232,801)	27,408

12 Related party transactions

There were no disclosable related party transactions during the period (- First Year).

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Jane Crudace Approved Tue, 09 Dec 2025 16:08:29 GMT

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Tue, 09 Dec 2025 16:08:01 GMT	Jane Crudace viewed the document

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