

**HEADGYM FOUNDATION
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 3 JULY 2024 TO 31 JULY 2025**

Headgym Foundation Contents

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Headgym Foundation

Trustees' Report For the Period 3 July 2024 to 31 July 2025

The trustees present their report and the financial statements for the period ended 31 July 2025.

Objectives and Activities

Aims and Objectives

The object of HeadGym Foundation is to promote and protect the mental health of young people in the United Kingdom and Cambodia.

This is achieved through delivering workshops, producing resources, providing 1-1 support, raising awareness, and supporting access to services.

Financial Review

Financial Position

Total income: £40,200
Total expenditure: £1,832
Net income: £38,368
Closing funds: £38,368

Restricted funds: £36,468
Unrestricted funds: £1,900

The charity has completed its first financial period in a strong position. It holds total funds of £38,368 with minimal liabilities (£700). Financial controls and oversight are in place.

C McCann
Treasurer

Structure, Governance and Management

Governing Document

HeadGym Foundation is a Charitable Incorporated Organisation (CIO)

Reference and Administrative Details

Trustees

Mrs Sara Bardell (appointed 03/07/2024)
Mrs Jane Preece (appointed 03/07/2024)
Mr Neil Ordish - Chairman (appointed 03/07/2024)
Mr Christopher McCann - Treasurer (appointed 03/07/2024)

Charity Number

1208959

Independent Examiner

Gareth Francis Wood MAAT
SAS Accountant Limited T/A OJW Associates
16 Hennals Avenue
Redditch
B97 5RX

Headgym Foundation
Trustees' Report (continued)
For the Period 3 July 2024 to 31 July 2025

Other Information

Chairmans Report

The past year has marked the establishment and early growth of HeadGym Foundation. Formed in July 2024, the charity was created in response to the increasing need for accessible, practical mental health support for young people both in the United Kingdom and internationally.

Across the UK and Cambodia, we are seeing a continued rise in anxiety, low mood, and emotional distress among young people. Services are stretched, waiting times remain high, and many young people are left without timely support. SEND provision in schools in the UK is stretched and the need for support is growing at pace.

During this initial period, the Foundation has successfully begun building its presence, securing funding and laying the groundwork for delivery. Through donations and grants, we have generated £40,200 in income. This initial period was about planning and structuring support over the next 12 months for UK projects. 2026 and onward will focus on securing fund for Cambodia projects.

This progress would not have been possible without the commitment of our trustees, supporters, and partners.

The trustees' report was approved by the board of trustees and signed on its behalf by:



Mr Neil Ordish

Trustee

24/04/2026

Headgym Foundation
Independent Examiner's Report to the Trustees of Headgym Foundation
For the Period 3 July 2024 to 31 July 2025

I report to the trustees on my examination of the accounts of Headgym Foundation (the Trust) for the period ended 31 July 2025.

Responsibilities and Basis of Report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents 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.

SAS Accountant Ltd

Gareth Francis Wood MAAT
24/04/2026
16 Hennals Avenue
Redditch
B97 5RX

Headgym Foundation
Statement of Financial Activities
For the Period 3 July 2024 to 31 July 2025

		31 July 2025		
		Unrestricted funds	Restricted funds	Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	2,500	37,700	40,200
EXPENDITURE ON:				
Raising funds	4	(600)	(1,232)	(1,832)
NET INCOME		1,900	36,468	38,368
NET MOVEMENT IN FUNDS		1,900	36,468	38,368
RECONCILIATION OF FUNDS:				
Total funds brought forward		-	-	-
TOTAL FUNDS CARRIED FORWARD	9	1,900	36,468	38,368

The notes on pages 6 to 8 form part of these financial statements.

Headgym Foundation
Statement of Financial Position
As At 31 July 2025

		31 July 2025		
	Notes	Unrestricted funds	Restricted funds	Total funds
		£	£	£
CURRENT ASSETS				
Cash at bank and in hand		2,600	36,468	39,068
		<u>2,600</u>	<u>36,468</u>	<u>39,068</u>
Creditors: Amounts Falling Due Within One Year	7	(700)	-	(700)
		<u>(700)</u>	<u>-</u>	<u>(700)</u>
NET CURRENT ASSETS (LIABILITIES)		1,900	36,468	38,368
		<u>1,900</u>	<u>36,468</u>	<u>38,368</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		1,900	36,468	38,368
		<u>1,900</u>	<u>36,468</u>	<u>38,368</u>
NET ASSETS		1,900	36,468	38,368
		<u>1,900</u>	<u>36,468</u>	<u>38,368</u>
FUNDS OF THE CHARITY				
Restricted Funds				36,468
Unrestricted Funds				1,900
TOTAL FUNDS	9			<u>38,368</u>

On behalf of the board



Mr Neil Ordish

Trustee

24/04/2026

The notes on pages 6 to 8 form part of these financial statements.

Headgym Foundation
Notes to the Financial Statements
For the Period 3 July 2024 to 31 July 2025

1. General Information

Headgym Foundation is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1208959. The principal address is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements 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 charity is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

Recognition of income

Income is recognised when the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Donations and gifts

Voluntary income, including donations and gifts, is recognised when receivable. Where donations are subject to conditions requiring a specified level of performance before entitlement is obtained, income is deferred until those conditions are met.

Gift Aid

Income tax recoverable in relation to donations received under the Gift Aid scheme is recognised at the time the donation is recognised, provided that there is sufficient evidence of entitlement.

Grants

Grants are recognised when the charity has entitlement to the funds and any performance-related conditions have been met. Where grants are received in advance of meeting such conditions, they are deferred and recognised in income when the conditions are satisfied.

Charitable activities income

Income from charitable activities, including workshops, training, and events, is recognised when the related service has been provided.

Other trading income

Income from trading activities is recognised when the goods or services are supplied to the customer.

Investment income

Investment income, including interest, is recognised on a receivable basis.

Deferred income

Income received in advance of entitlement or performance is included in creditors as deferred income and released to income in the period in which the entitlement criteria are met.

Headgym Foundation
Notes to the Financial Statements (continued)
For the Period 3 July 2024 to 31 July 2025

2.3. Resources Expended

Recognition of expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment, it is probable that settlement will be required, and the amount can be measured reliably.

Charitable activities

Expenditure on charitable activities includes all costs incurred in delivering the charity's objectives, including workshop delivery, educational events, production and distribution of materials, and direct support provided to beneficiaries. These costs include both direct costs and an appropriate allocation of support costs.

Support costs

Support costs include costs incurred in supporting the charitable activities of the charity, including administration, office costs, governance support, and staff costs where applicable. These costs are allocated to charitable activities on a basis consistent with the use of resources, typically time spent or usage.

Governance costs

Governance costs include those costs associated with the governance arrangements of the charity. These include independent examination or audit fees, legal advice for trustees, and costs associated with meeting statutory and constitutional requirements.

2.4. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	31 July 2025		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Donations and gifts	2,500	-	2,500
Grants	-	37,700	37,700
	<u>2,500</u>	<u>37,700</u>	<u>40,200</u>

4. Analysis of Expenditure

	31 July 2025		
	Activities undertaken directly	Support costs (see note 5)	Total
	£	£	£
Raising funds	<u>1,001</u>	<u>831</u>	<u>1,832</u>

5. Support Costs

	31 July 2025
	Raising funds
	£
General administration	<u>831</u>

6. Average Number of Employees

Average number of employees during the period was: 4

Headgym Foundation
Notes to the Financial Statements (continued)
For the Period 3 July 2024 to 31 July 2025

7. Creditors: Amounts Falling Due Within One Year

	31 July 2025
	£
Other loans	100
Accruals and deferred income	600
	<u>700</u>
	<u><u>700</u></u>

8. Loans

An analysis of the maturity of loans is given below:

	31 July 2025
	£
Amounts falling due within one year or on demand:	
Other loans	100
	<u><u>100</u></u>

9. Movement in Funds

	As at 3 July 2024	Income	Expenditure	As at 31 July 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	-	2,500	(600)	1,900
Restricted funds				
The Global Fund	-	18,000	(1,232)	16,768
A4A	-	19,700	-	19,700
Total restricted funds	<u>-</u>	<u>37,700</u>	<u>(1,232)</u>	<u>36,468</u>
Total funds	<u><u>-</u></u>	<u><u>40,200</u></u>	<u><u>(1,832)</u></u>	<u><u>38,368</u></u>

10. Transactions with Trustees

No trustee expenses have been incurred.

11. Related Party Disclosures

Headgym Foundation
Detailed Statement of Financial Activities
For the Period 3 July 2024 to 31 July 2025

	31 July 2025
	Total funds
	£
INCOME AND ENDOWMENTS FROM:	
Donations and legacies	
Donations and gifts	2,500
Grants	37,700
	40,200
	40,200
EXPENDITURE ON:	
Raising funds	
Consultancy fees	(1,001)
Printing, postage and stationery	(20)
Accountancy fees	(600)
Professional fees	(211)
	(1,832)
	(1,832)
NET INCOME	38,368