

Company registration number: NI690169

Charity registration number: 109223

My Rest Ltd

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 August 2025

My Rest Ltd

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My Rest Ltd

Reference and Administrative Details

Charity Registration Number 109223

Company Registration Number NI690169

Registered Office The charity is incorporated in Northern Ireland.
27 Lawnmount Crescent
Lisburn
BT27 4TU

My Rest Ltd

Strategic Report for the Year Ended 31 August 2025

The trustees, who are directors for the purposes of company law, present their strategic report for the year ended 31 August 2025, in compliance with s414C of the Companies Act 2006.

The strategic report was approved by the trustees of the charity on 17 February 2026 and signed on its behalf by:



.....
Mr James Miles
Trustee

.....
Ms Claire-Louise McBride
Trustee



.....
Dr William David Keenan
Trustee

My Rest Ltd

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 August 2025.

Objectives and activities

Public benefit

Dormant

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Mr James Miles
	Ms Claire-Louise McBride
	Dr William David Keenan

Structure, governance and management

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows. The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies. The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

My Rest Ltd

Trustees' Report

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance. Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

Statement of trustees' responsibilities

The trustees (who are also the directors of My Rest Ltd for the purposes 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), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its 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 apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006 and Charities Act (Northern Ireland) 2008. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

My Rest Ltd
Trustees' Report

The annual report was approved by the trustees of the charity on 17 February 2026 and signed on its behalf by:


.....
Mr James Miles
Trustee

.....
Ms Claire-Louise McBride
Trustee


.....
Dr William David Keenan
Trustee

**Chartered Accountants' Report to the Trustees on the Preparation of the Unaudited
Statutory Accounts of
My Rest Ltd
for the Year Ended 31 August 2025**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of My Rest Ltd for the year ended 31 August 2025 as set out on pages 8 to 15 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of Chartered Accountants Ireland (CAI) we are subject to its ethical and other professional requirements which are detailed at <http://www.cai.ie/en/members/regulations-standards-and-guidance/>.

This report is made solely to the board of directors of My Rest Ltd, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the financial statements of My Rest Ltd and state those matters that we have agreed to state to the board of directors of My Rest Ltd, as a body, in this report, in accordance with CAI Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than My Rest Ltd and its board of directors as a body for our work or for this report.

It is your duty to ensure that My Rest Ltd has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and of My Rest Ltd. You consider that My Rest Ltd is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of My Rest Ltd. 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 accounts.

Nigel Beggs FCA

17 February 2026