Company registration number CE023849 (England and Wales)

Charity registration number 1192348 (England and Wales)

BTG MIND MATTERS CIO

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

BTG MIND MATTERS CIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Victoria Brewster Karen Halton Carl Gola Megan Fenney C E M Dunham	
Country of incorporation	United Kingdom (England and Wales)	CE023849
Charity registration	England and Wales	1192348
Principal address	Unit 5b Thomas Street Congleton Cheshire England CW12 1QU	
Registered office	Unit 5b Thomas Street Congleton Cheshire England CW12 1QU	
Independent examiner	Marie Shenton - FCCA Hammond McNulty LLP Bank House Market Square Congleton Cheshire CW12 1ET	

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BTG MIND MATTERS CIO

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees present their annual report and financial statements for the year ended 31 December 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 Companies Act 2006 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

BTG Mind Matters exists to improve the mental and physical wellbeing of people across the North West by providing accessible, evidence-informed support for those experiencing poor mental health and associated physical health conditions.

Our principal charitable activity continues to be the delivery of the respite programme, an integrated programme combining structured exercise and talking therapy to support individuals experiencing anxiety, depression, stress, social isolation and other long-term health conditions.

Public benefit

In carrying out its activities, the Trustees have had due regard to the Charity Commission’s guidance on public benefit.

Achievements and performance

Significant activities and achievements against objectives

Respite Programme

Throughout 2025, the charity continued to provide high-quality mental health support through its respite programme, helping over 50 individuals access integrated counselling and exercise therapy.

The programme continued to offer a combination of fully funded, self-funded and part-funded places, ensuring support remained accessible whilst helping improve the long-term sustainability of the charity.

Following the independent evaluation undertaken in collaboration with researchers from Keele University and Lancaster University, the charity continued embedding enhanced outcome measurement into its assessment process, strengthening it's ability to evidence the effectiveness and impact of its services.

Partnerships and Community Engagement

During the year the charity continued to strengthen relationships with local employers, community organisations, gyms and healthcare professionals, including GP referral pathways. These partnerships have increased awareness of the charity’s services and improved access to support for individuals experiencing mental health challenges.

The Trustees remain committed to collaborative working and recognise that these partnerships are fundamental to ensuring people receive timely, effective support within their local communities.

Funding and Service Delivery

The charity secured funding from organisations including Sport England and The National Lottery Community Fund, alongside continued support through donations from individuals and local supporters. This funding enabled BTG Mind Matters to continue delivering its core services despite the continued challenges facing the charitable sector.

The Trustees would like to record their sincere thanks to the charity’s volunteers, counsellors, coaches, supporters and donors, whose continued commitment has enabled the charity to fulfil its charitable objectives throughout the year.

Financial review

The Trustees are pleased that the charity maintained a stable financial position throughout 2025 despite ongoing pressures within the charitable funding environment.

Total income for the year was £45,369, with total expenditure of £46,284, resulting in a modest deficit of £915. This represents a significant improvement on the previous financial year and reflects the Trustees' continued focus on prudent financial management whilst maintaining delivery of frontline charitable services.

At 31 December 2025, unrestricted funds totalled £9,301, with cash balances of £11,464. The Trustees continue to monitor income, expenditure and cash flow carefully to ensure the charity remains financially resilient whilst continuing to meet the needs of its beneficiaries.

Reserves policy

The Trustees recognise the importance of maintaining sufficient unrestricted reserves to provide financial stability and ensure continuity of services.

The charity aims to maintain reserves equivalent to approximately three months of core operating expenditure where practicable. This enables the charity to manage fluctuations in income, respond to unforeseen circumstances and continue supporting beneficiaries without disruption.

At 31 December 2025, unrestricted reserves stood at £9,301. Whilst below the Trustees' longer-term aspiration, the current level of reserves is considered appropriate in light of the charity's current operating model and financial position. The Trustees will continue to strengthen reserves through prudent financial management and sustainable fundraising.

Plans for future periods

The Trustees remain committed to delivering accessible, high-quality mental health support through the Respite Programme.

Rather than pursuing rapid expansion, the charity's focus for the coming year is to provide consistent, sustainable support across the North West, strengthening existing referral partnerships with healthcare professionals, employers and community organisations whilst continuing to secure grant funding and charitable donations. The Trustees will also continue to develop robust outcome measurement to demonstrate the impact of the charity's work and ensure services remain effective, person-centred and financially sustainable.

Structure, governance and management

BTG Mind Matters is a Charitable Incorporated Organisation governed by its Constitution dated 14 August 2020.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr Victoria Brewster
Karen Halton
Carl Gola
Megan Fenney
C E M Dunham

Recruitment and appointment of trustees

Trustees are appointed in accordance with the Charity's Constitution. In selecting new Trustees, regard is given to the skills, knowledge and experience required to support the effective governance and strategic direction of the charity.

None of the Trustees has any beneficial interest in the charity. All Trustees are members of the CIO and accept no personal liability for its debts or obligations.

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

C E M Dunham
Trustee

20 August 2026

BTG MIND MATTERS CIO

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BTG MIND MATTERS CIO

I report to the Trustees on my examination of the financial statements of BTG Mind Matters CIO (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the Trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 386 of the Companies Act 2006.

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or

4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Marie Shenton - FCCA
Hammond McNulty LLP
Bank House
Market Square
Congleton
Cheshire
CW12 1ET
20 August 2026

BTG MIND MATTERS CIO

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income and endowments from:					
Donations and legacies	**2**	40,505	49,182	-	49,182
Investments	**3**	164	164	-	164
Other income	**4**	4,700	5,493	-	5,493
Total income		45,369	54,839	-	54,839
Expenditure on:					
Raising funds	**5**	1,222	1,836	-	1,836
Charitable activities	**6**	44,994	68,478	14,800	83,278
Other expenditure	**10**	68	158	-	158
Total expenditure		46,284	70,472	14,800	85,272
Net expenditure and movement in funds		(915)	(15,633)	(14,800)	(30,433)
Reconciliation of funds:					
Fund balances at 1 January 2025		10,216	25,849	14,800	40,649
Fund balances at 31 December 2025		9,301	10,216	-	10,216

BTG MIND MATTERS CIO

BALANCE SHEET

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Cash at bank and in hand		11,464		15,962	
Creditors: amounts falling due within one year	**12**	(2,163)		(3,975)	
Net current assets			9,301		11,987
Creditors: amounts falling due after more than one year	**13**		-		(1,771)
Net assets			9,301		10,216
The funds of the charity					
Unrestricted funds	**14**		9,301		10,216
			9,301		10,216

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 20 August 2026

C E M Dunham
Trustee

21/08/2026

1 Accounting policies

Charity information

BTG Mind Matters CIO is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 5b, Thomas Street, Congleton, Cheshire, CW12 1QU, England.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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)". 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 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.

1.2 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.

1.3 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.

1.4 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.

1.5 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 Accounting policies **(Continued)**

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.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	32,005	44,192
Grants	8,500	4,990
	40,505	49,182

Grants		
Charities Trust	-	500
Bently Motors Limited	-	490
National Lottery	2,500	-
Foyle Foundation	-	4,000
Sport England	6,000	-
	8,500	4,990

3 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	164	164

4 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Rent Received	4,700	5,493

5 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Advertising	1,222	1,836

6 Expenditure on charitable activities

	Total 2025 £	Total 2024 £
Direct costs		
Consulting - Physical Therapy	16,416	31,202
Consulting - Talking Therapy	2,090	20,245
Consultancy	17,125	21,690
Rent	7,600	7,200
Light & Heat	-	870
Travelling expenses	-	328
Computer costs	370	398
Sundry expenses	47	253
Subscriptions	446	144
	44,094	82,330
Share of support and governance costs (see note 7)		
Governance	900	948
	44,994	83,278
Analysis by fund		
Unrestricted funds	44,994	68,478
Restricted funds	-	14,800
	44,994	83,278

7 Support costs allocated to activities

	2025 £	2024 £
Accountancy	900	900
Bank charges	-	48
	900	948
Analysed between:		
Charitable activities	900	948

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-

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

10 Other expenditure

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Financing costs	68	158

11 Taxation

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

12 Creditors: amounts falling due within one year

	Notes	2025 £	2024 £
Bank loans		1,323	3,195
Accruals and deferred income		840	780
		2,163	3,975

13 Creditors: amounts falling due after more than one year

	Notes	2025 £	2024 £
Bank loans		-	1,771

14 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 1 January 2025	Incoming resources	Resources expended	At 31 December 2025
	£	£	£	£
General funds	10,216	45,369	(46,284)	9,301

Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	25,849	54,839	(70,472)	10,216

15 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).