OUR TIME CHARITY

Our Time

Charity No. 1196343

Company No. CE027049

Trustees' Report and Unaudited Accounts

31 March 2026

Reference and Administrative Details

Charity No. 1196343

Company No. CE027049

Registered Office

c/o Yorkshire Accountancy

123 Hallgate

Cottingham

HU16 4DA

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

R. Allen (Appointed March 2026)

A. Belkacemi

S. Duke

M. Farthing

J.K. Grewal (Resigned December 2025)

E. Hicks

B. Morgan

W.E. Mumme-Young

Accountants

Yorkshire Accountancy Limited

123 Hallgate

Cottingham

East Yorkshire

HU16 4DA

Trustees' Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 March 2025.

Objectives and Activities

The charity's objects are to: support children and young people affected by parental mental illness by raising awareness of this group to gain their recognition within public policy. We create supportive environments for young people and families, where they can receive explanations and build resilience and support working professionals working with young people to better understand the issues they face. In prioritising the charity's objects, the trustees have due regard to the Charity Commission's guidance on public benefit.

Achievements and Performance

During the year, Our Time continued to strengthen its position as the leading UK charity supporting children and young people affected by parental mental illness. Through our national network of KidsTime Workshops, we supported children and families across the UK, expanding our reach through new partnerships while maintaining high standards of delivery through our licensing and quality assurance framework.

We also successfully delivered *How to Be a Kid*, our primary school programme designed to improve children's emotional literacy, reduce stigma around mental illness and help pupils identify trusted adults. The programme demonstrated strong outcomes in increasing children's confidence to talk about feelings and seek support when needed.

Alongside direct service delivery, we continued to strengthen our evidence base through the implementation of an organisation-wide Theory of Change and outcomes framework, enabling more consistent measurement of impact across our programmes. We also progressed the development of CuddleTime, our early intervention programme for families with children aged two to five affected by parental mental illness, laying the foundations for future delivery.

Throughout the year, we continued to influence policy and practice through research partnerships, professional training and lived experience engagement, ensuring that the voices of children and families remained central to our work. These achievements, together with continued investment in organisational capacity and governance, have strengthened the charity's ability to deliver sustainable, high-quality support and prepare for future growth.

Financial Review

The statement of financial activities shows a net income of £16,816 for the year (2025: £30,865), with closing reserves as at 31st March 2026 of £111,685 (31st March 2025: £94,869). This includes surplus restricted funds of £19,552 (2025: £23,324), unrestricted funds of £48,133 (2025: £31,545) and endowment funds of £44,000 (2025: £40,000).

The Trustees have reviewed the charity's reserve requirements in light of the organisation's main risks and consider the results for 2025/26 satisfactory. Reserves at the balance sheet date are £111,685, of which £48,133 are unrestricted, £19,552 are restricted, and £44,000 are in an endowment fund. Funding for the next 12 months is anticipated to be in line with 2025/26, and this together with reserves held will be sufficient to ensure the charity continues its activities at current levels.

Structure, Governance and Management

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is therefore governed by its constitution dated 1st November 2021. It registered as a charity on 1st November 2021, registration number 1196343. The CIO took over the activities of the unincorporated charity 'Our Time' registration number 1147087, with effect from 1st April 2022.

Recruitment and Appointment of Trustees

The appointment of directors/trustees is governed by the Trust Deed. Trustees are appointed explicitly to represent a range of skills which will support the charity. New trustees are required to go through the same safer recruitment procedures as paid members of staff. New trustees are given induction and information regarding their legal obligations under charity law, the decision-making process, the business plan, and recent performance of the charity. All undergo an enhanced check by the Disclosure and Barring Service and receive training in safeguarding and child protection.

Governance and Management

The charity is organised so that the trustees meet at least twice per annum. There were four meetings in the year to 31 March 2025.

Risk Management

The trustees actively review the major risks which the charity faces on a quarterly basis and believe that maintaining reserves at the current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The trustees also review non-financial risks, and these risks are managed by ensuring compliance with all health and safety regulations for beneficiaries, staff and volunteers.

Related Parties

None of the trustees receive remuneration or other benefit in their capacity as trustees of the charity. Any connection between a trustee of the charity and organisations providing services to the charity must be disclosed to the full board of trustees in the same way as any contractual relationship with a related party. In the current year no such related party transactions were reported.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice (UK GAAP) - 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 UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; - prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board



Sophie Duke

Chair

1st October 2026

Independent examiner's report to the Trustees of Our Time

I report to the Trustees on my examination of the accounts of Our Time (the charity), charity number 1196343, for the year ended 31 March 2026, which are set out from page 5 onwards.

Respective responsibilities of trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ('the Act').

The charity's Trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out below.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

In connection with my examination, no material matters have come to my attention which gives me cause to believe, that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act 2011
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and contents of accounts set 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 matter 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.

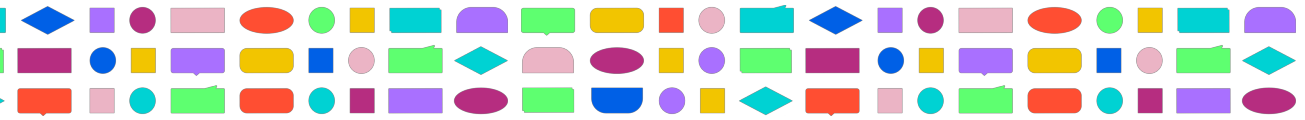
Robert Couser

Robert Couser

Couser Accountants Limited

162 Kingsquarter, Maidenhead, SL6 1AW

4th July 2026



Statement of financial activities for the year ended 31 March 2026

	Notes	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total 2026 £	Total 2025 £
Income:						
Income from charitable activities						
Donations and legacies	4	130,593	-	-	130,593	17,147
Charitable activities	5	56,125	91,918	-	148,043	216,470
Other trading activities	6	33,911	-	-	33,911	19,122
Other	7	1,579	-	-	1,580	688
Total income		**222,208**	**91,918**	**-**	**314,126**	**253,427**
Expenditure						
Expenditure on charitable activities:						
Raising funds	8	3,842	-	-	3,842	4,551
Charitable activities	9	131,831	73,597	-	205,428	192,737
Other	10	63,982	24,058	-	88,040	25,274
Total expenditure		**199,655**	**97,655**	**-**	**297,310**	**222,562**
Net income/(expenditure) and net movements in funds before gains and losses on investments		**22,553**	**(5,737)**	**-**	**16,816**	**30,865**
Total funds brought forward		31,545	23,324	40,000	94,869	64,004
Transfers between funds		(5,965)	1,965	4,000	-	-
Total funds carried forward		**48,133**	**19,552**	**44,000**	**111,685**	**94,869**

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

BALANCE SHEET AS AT 31 MARCH 2026

	Notes	2026 £	2025 £
Current Assets			
Debtors	12	-	1,487
Cash at bank and in hand		111,717	95,324
Total current assets		111,717	96,811
Creditors: amounts falling due within one year	13	(32)	(1,942)
Net current assets		111,685	94,869
NET ASSETS		111,685	94,869
The funds of the Charity:			
Endowment funds	14	44,000	40,000
Restricted funds	14	19,552	23,324
Unrestricted funds	14	48,133	31,545
TOTAL CHARITY FUNDS		111,685	94,869

The notes at pages 7 to 12 form part of these accounts

Approved by the trustees on 1st October 2026.

OUR TIME
Notes to the financial statements for the year ended 31 March 2026

1. **Accounting policies**

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows:

Basis of Preparation

The Financial statements have been prepared in accordance with Accounting and Reporting of charities: SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective date 1 January 2015) - Charities SORP (FRS 102), the financial reporting standard applicable in the UK and Republic of Ireland (FRS 102).

Our Time meets the definition of Charity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy (notes).

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliable by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

- Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:
- cost of raising funds comprise the associated costs relating to fund raising activities
- expenditure on charitable activities includes the cost of operating the advice centre and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of less than three months from the date of acquisition or opening of the deposit or similar account.

Financial instruments

The trust has only financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments and does not therefore face any financial risk.

Pensions

The Trust operates a defined contribution pension scheme.

2. **Legal Status of the Charity**

The charity is a registered CIO governed by its constitution dated 1st November 2021. Our Time merged with linked charity No. 117408 due to changing its legal status from a simple trust to a CIO.

3. **Statement of Financial Activities – prior year**

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total 2025 £
Income:				
Income from charitable activities				
Donations and legacies	17,147	-	-	17,147
Charitable activities	94,500	121,970	-	216,470
Other trading activities	19,122	-	-	19,122
Other	688	-	-	688
Total income	**131,457**	**121,970**	**-**	**253,427**
Expenditure				
Expenditure on charitable activities:				
Raising funds	4,551	-	-	4,551
Charitable activities	76,718	119,019	-	192,737
Other	25,357	(83)	-	25,274
Total expenditure	**106,625**	**115,937**	**-**	**222,562**
Net income/(expenditure) and net movements in funds before gains and losses on investments	**24,832**	**6,033**	**-**	**30,865**
Inter-Fund transfer	**-**	**-**	**-**	**-**
Total funds brought forward	4,748	19,256	40,000	64,004
Total funds carried forward	**29,580**	**25,289**	**40,000**	**94,869**

4. Income from Donations and Legacies	Unrestricted £	Total 2026 £	Total 2025 £
Donations and gift aid	130,593	130,593	17,147
	130,593	**130,593**	**17,147**

5. Income from charitable activities	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Total 2025 £
Workshop Activities	56,215	91,918	148,043	216,470
	56,215	**91,918**	**148,043**	**216,470**

6. Income from other trading activities	Unrestricted 2026 £	Total 2026 £	Total 2025 £
Licence fee income	28,672	28,672	15,211
Training and Conference Income	5,239	5,239	3,911
	33,911	**33,911**	**19,122**

7. Other Income	Unrestricted 2026 £	Total 2026 £	Total 2025 £
Bank Interest Received	1,579	1,579	688
	1,579	**1,579**	**688**

8. Expenditure on raising funds	Unrestricted 2026 £	Total 2026 £	Total 2025 £
Consultancy fees	2,250	2,250	4,571
Events	1,316	1,316	-
Platform and other costs	276	276	-
	3,842	**3,842**	**4,571**

9. Expenditure on charitable activities	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Total 2025 £
Workshop Activities	-	20,643	20,643	32,640
Salaries/ Wages	127,519	52,954	180,473	154,753
Pensions	2,929	-	2,929	718
Staff Welfare	1,383	-	1,383	4,626
	131,831	**73,597**	**205,428**	**192,737**

10. Other expenditure	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Total 2025 £
Employee costs	11,043	-	11,043	1,664
Motor and travel costs	6,892	1,405	8,297	-
Premises costs	-	-	-	1,657
General administrative costs	41,237	22,653	63,890	16,987
Legal and professional costs	4,810		4,810	4,966
	63,982	**24,058**	**88,040**	**25,274**

11. **Staff costs**

No employee received emoluments in excess of £60,000.

12. Debtors	2026 £	2025 £
Prepayments and accrued income	-	1,487
	-	**1,487**

13. Creditors: amounts falling due within one year	2026 £	2025 £
Trade Creditors	32	181
Other taxes and social security	-	1,550
Other Creditors	-	211
Accruals	-	-
	32	**1,942**

14. **Movement in Funds**

	At 1 April 2025	Incoming Resources	Outgoing Resources	Inter-fund Transfer	At 31 March 2026
	£	£	£	£	£
Endowment funds:					
The Edward Gostling Fund	40,000	-	-	4,000	44,000
	40,000	-	-	4,000	44,000
Restricted funds:					
BBC Children in Need	2,374	35,000	(31,624)	-	5,750
City Bridge Trust	2,400	13,500	(15,900)	-	-
London Borough of Barnet	6,714	13,000	(12,000)	1,965	9,679
Grocers	3,706	-	(3,706)	-	-
NHS Tayside	7,380	7,500	(10,757)	-	4,123
Sir James Reckitt	750	-	(750)	-	-
Pixel Fund	-	5,000	(5,000)	-	-
Save the Children	-	17,918	(17,918)	-	-
	23,324	91,918	(97,655)	1,965	19,552
Unrestricted Funds					
General fund	31,545	222,208	(199,655)	(5,965)	48,133
	94,869	314,126	(297,310)	-	111,685

Purposes and restrictions in relation to the funds:

The Edward Gostling Fund	Endowment Funds.
BBC Children in Need	Funding for CEO costs.
City Bridge Trust	Funding for CEO fees to support the development of programmes and capacity to reach more young people.
London Borough of Barnet	Funding for Barnet KidsTime Workshop.
Grocers	Funding to collect stories of our beneficiaries in order to amplify their voice and conduct policy work.
NHS Tayside	Funding for Dundee KidsTime Workshop.
Sir James Reckitt	Funding for school tour of How To Be a Kid.
Pixel Fund	Funding for school tour of My Mad Mum.
Save The Children	Funding for CuddleTime pilot in Tower Hamlets.

15. **Analysis of assets between funds**

	Unrestricted 2026 £	Restricted 2026 £	Endowment 2026 £	Total 2025 £
Net current assets	48,133	19,552	44,000	111,685
	48,133	**19,552**	**44,000**	**111,685**

16. **Commitments**

	2026 £	2025 £
Pension commitments		
The pension cost charge to the company Amounted to:	2,929	718
	2,929	**718**

17. **Related party disclosures**

The charity has no share capital and six trustees; thus no single party controls the company.