My School Health
Registered Charity No. 1208808

Trustees' Report
and
Financial Statements
for the year ended
30 September 2026

Legal and Administrative Information

Name:	**My School Health**
Charity no:	1208808
Trustees:	*Mr C Charlton* *Mr S McEwan* *Ms I Harker-Clydesdale*
	Trustees are elected by the membership at each Annual General Meeting.
Address:	16 Melrose Avenue Seaton Delaval Whitley Bay NE25 0JR
Independent Examiner:	Mark Thompson MAAT 42 Lesbury Road Newcastle NE6 5LB

MY School Health — Trustees Report, year ending September 2026

The year to October 2026 has been one of growth and consolidation. The charity has expanded its number of schools, strengthened the nursing team, and moved onto new systems for nursing notes and HR that are already improving how we work. Income is increasing, we have remained in credit at the bank, and we have begun to recover mileage costs from schools. Alongside this, the year has carried significant one-off costs and some continuing pressures.

What has gone well

• We have taken on new schools, expanded the total number we serve, and some existing schools have increased their hours. Feedback from schools is very good, income is increasing and we have stayed in credit at the bank.
• The nursing team has been strengthened.
• Staff turnover has been minimal over the past few months, and the staff skill set is excellent, with the team clearly motivated to do a good job.
• Two new systems are delivering real gains. The Nursing Notes system is speeding up workflow and making interventions more efficient; the HR system puts all the admin in one place, speeding up tasks and making information accessible.
• Data reporting is much better, and our data shows improvements in mood from the sessions we deliver. We now have a formal evidence base for our service delivery, so we can show that we work to the research, policy and knowledge in the field.
• We have started to charge mileage to schools, and we received funding from the Barbour Trust and the Catherine Cookson Trust.

What has been a challenge

The settlement paid to a former employee following an unfair dismissal claim was large and significant, and a school cancelled their contract and are unlikely to pay the settlement invoice.

Alongside this sickness and carers leave remain a continuing challenge for a small clinical team. The HR service is expensive for what it delivers but we are tied in for another two years, so the cost is committed. Most significantly, staff have not had a pay rise in line with the NHS, which is now a retention risk as well as a fairness issue.

What needs to happen now

Jane is planning to take a more clinical oversight role from September, with her schools covered by existing staff. We need to recruit more trustees to strengthen governance, and to source charity funding and donations for the year ahead.

On income, the mileage charge has increased and must be incorporated into the charges we make to schools. We also need to increase our hourly rates to accommodate the staff pay rises and retain the team. This is the most pressing issue for the year ahead: without a rate increase, our ability to hold onto an excellent and highly motivated nursing team is limited, and this year's leavers show how quickly capacity can change.

Caseload summary — September and October 2026 only

Students	Sessions	Avg mood change	School Staff Trained
884	2,000	+0.48	177

These figures cover the period since the new systems were introduced and should not be read as a full-year total.

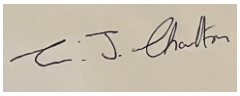
Table 1. Contacts recorded since September 2026

Contact type (excluding face-to-face student sessions)	Contacts
Phone call	478
In-Person	149
Email	84
Other	65
Letter	19
Classroom Observation	15
Total	**810**

Staff training delivered to school staff since September 2026 stands at 10 sessions, with 177 school staff trained, extending the reach of the nursing team well beyond the students seen directly.

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed:  Chair, on behalf of the Trustees date: 06/11/2026

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of

My School Health

On accounts for the year ended

30 September 2026 **Charity no 1208808**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

- examine the accounts (under section 145 of the 2011 Act),
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and
- 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 Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those 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 I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **Date: 22nd October 2026**

Name: Mark Thompson MAAT

Address: 42 Lesbury Road
Newcastle
NE6 5LB

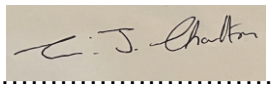
My School Health
Staement of Financial Activities for the period
1 October to 30 September 2026

	Notes	2025-26 Unrestricted	2025-26 Restricted	2025-26 Total	2024-25 Total
Income					
Grants	2	5500		5500	12900
Donations				0	12500
Charitable Activities		287645		287645	234809
Total Receipts		**293145**	**0**	**293145**	**260209**
Expenditure					
Staff Costs		260329		260329	198229
Purchases		902		902	3463
IT Software		3109		3109	2507
Advertising		5		5	391
Telephone & Broadband		1264		1264	1205
Printing, Post & Stationery		150		150	597
Training		1368		1368	112
Travel Expenses		8799		8799	24889
Recruitment		1508		1508	385
Legal Fees		13282		13282	0
Insurance		687		687	695
Accountancy Fees		1452		1452	0
Repairs and Renewals		0		0	113
Depreciation & Impairment		0		0	10
Bank Charges		195		195	205
Total Payments		**293050**	**0**	**293050**	**232801**
Surplus for the period		95	0	95	27408
Balance at 1 October 2025		27408	0	27408	0
Balance at 30 September 2026		**27503**	**0**	**27503**	**27408**

My School Health
Balance Sheet
at 31 September 2026

	Notes	2026		2025	
Fixed Assets		**£**	**£**	**£**	**£**
Tangible Fixed Assets			527		527
Current Assets					
Debtors		2444		1722	
Cash in Bank and Hand		24532		25507	
Total Current Assets		**26976**		**27229**	
Current Liablilites		0		-348	
Nett Current Assets			26976		26881
Net Assets at 30 September 2026			**27503**		**27408**
Represented by:	**5**				
Unrestricted Funds			27503		27408
Total			**27503**		**27408**

The financial statements were approved by the following members of the Management Committee :



Signed …… Position …Chair of Trustees



Signed …… Position ……CEO

Date ….....…06/11/26

My School Health
Notes to the accounts, 2025-26

1. **Accounting Policies**

a The financial statements have been prepared in accordance with 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 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

My School Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received.

2. **Grants receivable**

The Barbour Foundation	5000
The Catherine Cookson Charitable Trust	500
Total Grants	**5500**

3. **Trustees, staff and related party transactions**

The organisation employed 7 members of staff during the period of the accounts. No payments were made to trustees.