Registered number: 08389165
Charity number: 1151610
Scottish charity number: SC054601

KIDS IN MIND

(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS IN RESPECT OF THE GROUP ACCOUNTS

FOR THE PERIOD ENDED 30 JUNE 2026

KIDS IN MIND
(A Company Limited by Guarantee)

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Registered number: 08389165
Charity number: 1151610 (England and Wales)
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Trustees' Report

FOR THE PERIOD ENDED 30 JUNE 2026

The Trustees present their annual report together with the financial statements of Kids in Mind for the period 1 March 2025 to 30 June 2026. The Annual Report serves the purposes of both a Trustees' report under charity law, and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the Charitable Company comply with the current statutory requirements, the requirements of the Charitable Company's governing document and the provisions of the Statement of Recommended Practice (SORP) 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).

During the period the Trustees resolved to change the accounting reference date from 28 February to 30 June, in order to align the statutory reporting period with the charity's operational and funder dashboard reporting year. The financial statements therefore cover the 16-month period from 1 March 2025 to 30 June 2026, and the comparative figures cover the 12 months ended 28 February 2025. The comparative amounts are not therefore directly comparable.

Throughout this report the accommodation in which the charity works is described as a domestic abuse shelter. This is the same provision commonly referred to in the sector as a women's refuge; the charity uses the word shelter because it is more readily understood by supporters, funders and the public. The board-adopted vision, mission and aim statements, and material quoted from external reports, retain their original wording.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Overview

Kids in Mind's network of supported domestic abuse shelters (refuge) grew to 44 shelter units, delivered in partnership with 12 organisations across the Northeast, Northwest, Yorkshire, Home Counties (Beds/Bucks and Middlesex), London and Scotland. Kids in Mind remains the only UK charity focused specifically on Type 3 crisis recovery for refuge children and their mothers.

Because the period runs to 16 months, two major annual events fall within it twice. The Rotary Children's Fun Days and the London Ball. Where a figure covers two occurrences of an annual event this is stated, so that the reader is not left comparing a 16-month figure with a 12-month one.

Feedback from shelter staff, mothers and our own team of professional wellbeing practitioners continues to be extremely positive, with numerous reports of children being calmer, more settled and better able to manage their emotions.

Safeguarding Disclosures

Kids in Mind practitioners have experienced a notable number of safeguarding disclosures from children during the period. These disclosures have provided refuge staff and social workers with important information, enabling them to strengthen safeguarding measures for the children under their care. This openness from children, given to a trusted adult in a safe and consistent setting, contributes significantly to their wellbeing and security, and further demonstrates the impact of the charity's programmes and collaborative approach.

Objectives and activities (continued)

Cost of raising funds

The Trustees monitor closely what it costs the charity to generate its income. Across the 12 month period from July 25 to June 26, the cost of fundraising — the fundraising and support staff, the direct costs of fundraising activity, and the charity's central administration — represented 5.4 pence of every pound of income received, leaving over 94 pence in the pound available for children living in domestic abuse shelters.

5.4p
cost of raising funds

over 94 pence in every pound
available for children living in domestic abuse shelters



A significant factor is that both the Chief Executive Officer and the Deputy Chief Executive Officer give their time to the charity entirely unpaid, so that the charity carries no salary cost for its senior leadership. The charity also carries no premises costs, relies substantially on volunteers rather than paid staff to move and prepare the goods it distributes, and receives a very significant proportion of its income as donated goods and services rather than cash.

The Trustees consider this an efficient use of donors' money, while recognising that some investment in fundraising capacity is necessary if the charity is to grow the unrestricted income its programmes depend on. The costs of individual fundraising events are met from the income those events generate and are accounted for on a net basis.

Rotary Partnership

As an official Rotary partner, Kids in Mind provided 3,237 festive Rotary toy boxes, each containing at least eight brand-new toys, to children who escaped serious domestic violence and found sanctuary in a women's domestic abuse shelter, together with a further 96,403 loose toys to other disadvantaged children. Two Rotary Children's Fun Days fall within the period. Rotary's involvement continues to raise awareness of the needs of children affected by domestic abuse and to support the development of new initiatives tailored to their mental health and wellbeing.

3,237
festive Rotary toy boxes
each containing at least eight brand-new toys

96,403
loose toys to disadvantaged children

Toy Trust

Comfort bears provided through The Toy Trust remain an essential tool for our wellbeing practitioners, fostering trust, providing a sense of security and offering comfort and distraction from the daily challenges faced by children in shelter. The Trustees again wish to record their sincere gratitude to The Toy Trust for their generous ongoing support of this initiative.

Hasbro

Hasbro is a major partner of the charity, and the Trustees wish to record that without their support the Toy Box programme could not be delivered at anything approaching its present scale and quality. Their donations of many thousands of toys sit at the heart of every box we give to a child arriving at a shelter, and their generosity has extended well beyond the toys themselves: the Hasbro team has given its own time to assemble and pack boxes and has opened doors to other companies and individuals who have since become supporters in their own right. Kids in Mind is heavily indebted to Hasbro, and the Trustees are grateful for a partnership that has made a tangible difference to the lives of a very large number of children.

Objectives and activities (continued)

Other toy partnerships

We remain grateful to the wider toy industry for its remarkable generosity, in particular to the contributors from the Olympia Toy Fair and Cash for Kids, whose support made a substantial difference to children who during the festive season were unlikely to receive any other present.

Gifts in kind

Gifts in kind recognised during the period fall into two distinct categories. The first is donated goods — toys, games and gifts given to the charity by manufacturers, retailers and appeal donors, and either distributed to children or held in stock at the period end — recognised at £1,446,060. Toys distributed to children during the period carried a charge of £1,731,511, the difference representing stock held at the start of the period and given out during it.

The second is donated services, being the two Rotary Children's Fun Days that fall within the period. The day itself is provided by Rotary clubs and their local partners at open-market value, assessed by the auditors at £35 per attending child.

Volunteer time - Volunteers contributed 22,570 hours during the period — in warehouses, at events (mainly the Rotary Children's Fun Day), on committees and in the shelters themselves. Valued at the National Living Wage rate of £12.71 per hour, that time represents a contribution of £286,865. It is not recognised in the financial statements, as accounting standards do not permit general volunteer time to be brought into the accounts, but the Trustees consider it should be visible to any reader trying to understand how a charity of this size delivers at this scale.

£1,446,060
donated goods recognised in the period

£1,731,511
value of toys distributed to children

22,570
volunteer hours

b. Policies and objectives

The following statements were adopted by the board and are reproduced unchanged.

Vision: Be the UK's leading Charity bringing well-being and mental health support into the lives of disadvantaged children who have escaped serious domestic violence and found sanctuary in a Women's refuge.

Mission: Through mental health and wellbeing programmes, Kids in Mind helps children to cope with the emotional and physical scars of domestic violence and to restore their wellbeing and self-esteem. It also partners with other agencies and individual professionals to provide a holistic approach to mental health and wellbeing for domestic abuse victims. Kids in Mind believes that every child deserves a chance to heal and thrive.

Aim: Year on year, through our services, provide mental health and wellbeing support to more disadvantaged children and young people who have escaped domestic violence and found sanctuary in a domestic abuse shelter or safe house.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Objectives and activities (continued)

c. What we delivered, and performance against the objectives set for 2025/26

The objectives set out in the Trustees' Report for the year ended 28 February 2025 were expressed as targets for the 12-month financial year 2025/26. This report covers a 16-month period. Performance is therefore shown below on both bases: against the 12 months to 30 June 2026, which is the like-for-like comparison with the target, and across the full 16-month statutory period. The table below is the single record of what the charity delivered in the period.

460
children completing six or more crisis recovery sessions

1,721
children supported through our wellbeing sessions

672
mothers supported alongside their children

734
children reached through outreach

MEASURE	TARGET (12 MONTHS)	MAR – JUN 2025	12 MONTHS TO 30 JUNE 2026	FULL 16-MONTH PERIOD	OUTCOME
Children completing six or more sessions (crisis recovery journeys completed)	250	not recorded	460	460	Exceeded
Children supported through wellbeing and mental health sessions and workshops	1,000	487	1,234	1,721	Exceeded
Mothers supported alongside their children	250	246	426	672	Exceeded
Children reached through outreach	200	60	674	734	Exceeded
Individual toys provided to support play therapeutic sessions	30,000	–	89,963	96,403	Exceeded
Rotary toy boxes (at least eight brand-new toys per box)	3,000	–	3,237	3,237	Exceeded
Children at the Rotary Children's Fun Day	25,000 each year	24,424 2025 Fun Day	27,324 2026 Fun Day	51,748 two Fun Days	Achieved
Volunteer hours	12,000	4,800	17,770	22,570	Exceeded
Shelter units supported	–	–	–	44 at 30 June 2026	Network grown by a quarter in the final quarter
Children at the festive pantomime	–	–	3,142	3,142	One pantomime season falls in the period
Seasonal packages (650 Easter eggs, 709 Eid packages, 300 Fairy Box toys)	–	–	1,659	1,659	Delivered

Basis of preparation. Figures in the final column cover the full 16 months unless otherwise stated. The 460 children completing six or more sessions is recorded from July 2025, when the measure was introduced. Toy boxes, the festive pantomime and the seasonal packages cover the one festive or seasonal cycle falling within the period and are not inflated by its length. Prior 12 months, for comparison: over 3,000 toy boxes and 27,487 loose toys.

Objectives and activities (continued)

d. Activities undertaken to achieve objectives

- Building a network of professionals and volunteers who are trained and supported in providing wellbeing and mental health support to children in shelter.
- Delivering wellbeing and mental health support, art therapy, music therapy and play therapy sessions into shelters.
- Working closely with other mental health and wellbeing children's charities.
- Sourcing free or heavily discounted toys and games to provide fun activities within shelter.
- Working closely with corporate companies and organisations such as Rotary to secure volunteering time in support of the children, the shelter and the wellbeing sessions.

The programme in practice

Crisis recovery sessions.

Qualified practitioners deliver yoga, art, music and play-based therapeutic sessions, each one structured around coping strategies children can carry with them. The goal is not to occupy a child for an hour but to give them tools they will reach for in difficult moments for the rest of their lives.

Emotional literacy workshops.

Age-appropriate sessions that build a child's vocabulary around their own feelings, helping them name what they are experiencing, manage stress, and understand that their responses make sense.

Social skills and connection.

Many of these children have had little opportunity simply to play, take turns, disagree safely or make a friend. Activities are designed to rebuild those foundations — empathy, communication, and the ability to trust others.

Involving mothers.

Where mothers are able to take part, the benefit extends well beyond the session itself. Staff and volunteers work to create an environment in which mothers feel safe enough to engage, recognising that many are carrying significant trauma of their own. It is essential for a child to receive emotional support from their mother.

Domestic abuse is a widespread issue with devastating and long-lasting effects on its victims, and a particularly severe impact on children who witness or experience abuse in the home. Women's shelters provide a safe haven, but the children need additional support to overcome the trauma they have experienced. Around 130,000 children in the UK live in households where domestic abuse is assessed as high risk.

According to Birmingham Crisis Centre, over 50% of children who have found sanctuary in a Women's Refuge have personally suffered abuse (mainly sexual) — 70% at the hands of their father. Children who have suffered sexual abuse and have gone through the refuge system have the highest rate of suicide, school exclusion and running away of any group.

Objectives and activities (continued)

e. Children living in domestic abuse shelters

Children who have experienced domestic abuse often suffer from a range of mental health issues, including anxiety, depression, post-traumatic stress disorder and behavioural problems. They struggle with trust, with forming attachments, and with school and social relationships, and with self-esteem and self-worth. Domestic abuse also affects children's physical health, causing sleep disturbances, eating problems and increased susceptibility to illness.

Moving into a women's shelter is itself a significant upheaval, and the transition causes additional stress and anxiety. Children may feel isolated from their peers, struggle to adjust to new routines and rules, feel unsafe in an unfamiliar environment, and may feel guilt or responsibility for the abuse they have witnessed or experienced.

Type 3 complex trauma, which affects most of the children in domestic abuse shelters, refers to prolonged and repeated exposure to traumatic events, and its cumulative impact leads to profound disruptions in a child's development. Kids in Mind focuses on targeted therapeutic crisis recovery, which is the first stage of trauma recovery and is vital to a child's future wellbeing. Applying Type 1 or Type 2 trauma treatment methods to children with Type 3 trauma can cause serious long-term damage, and the charity's sessions are built specifically around non-verbal, somatic and coping-strategy approaches — the only kind that work safely for complex developmental trauma. UK law now recognises children as victims of domestic abuse in their own right, including those who never experienced direct physical harm; the evidence is clear that witnessing a parent being abused is as psychologically damaging as being abused oneself. Every child in a staffed shelter is, by definition, a child in crisis.

f. The importance and benefits of mental health and wellbeing support

Mental health and wellbeing support is essential for children who have experienced domestic abuse. A report by Women's Aid found that children living in women's refuges are more likely to experience mental health issues such as depression and anxiety than their peers and are at increased risk of developing mental health problems in later life, including post-traumatic stress disorder.

Such support helps children process their experiences and emotions, build resilience and develop coping strategies. It can take many forms, including one-to-one counselling, group therapy, and non-verbal sessions such as music, drama, play and art. Wellbeing classes such as yoga and mindfulness help children to regulate their emotions, reduce stress and anxiety and improve their overall wellbeing; a report by the Centre for Mental Health found that yoga can be particularly effective for children who have experienced trauma, as it helps them feel more grounded and present in their bodies. The Women's Aid report recommends that all children living in women's refuges should have access to mental health and wellbeing support, and that refuges provide a range of such classes, delivered by trained professionals or volunteers and tailored to the needs of individual children.

g. Main activities undertaken to further the Company's purposes for the public benefit

The Trustees follow Charity Commission guidance on public benefit and use a holistic approach to encapsulate the types of activities provided. The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Company undertakes.

Objectives and activities (continued)

h. Partnerships

The Trustees continue to partner with organisations that support our wellbeing and mental health services: the 12 shelter organisations described above, alongside Rotary Great Britain and Ireland, The Toy Trust, Hasbro, Chiltern Music Therapy, Nuvo Wellness and a range of corporate and logistics partners.

Achievements and performance

a. Main achievements of the Charity

Professional wellbeing practitioners have incorporated practical coping strategies into their sessions, equipping children with tools to manage stress, process emotions and build resilience. Alongside the work of our practitioners, volunteering support has enabled the delivery of a wide variety of sessions within the shelter environment, designed for children with Type 3 complex trauma and including yoga, art, music and play. What was delivered across the period is set out in the table at section c of Objectives and activities above.

b. Crisis recovery wellbeing sessions

Our wellbeing sessions are the heart of the charity. Qualified practitioners work inside the shelter on a regular, predictable schedule, using play, art, music and talking therapy to help children process what has happened to them and rebuild emotional regulation, confidence and trust. Consistency matters more than intensity: it is the returning face, week after week, that allows a child to begin.

Six sessions is our clinical threshold, and performance against it is shown in the table at section c of Objectives and activities above. Mothers are supported alongside their children, because a mother who is coping is the single strongest protective factor a child in shelter has.

Sessions are capped at a maximum of four children and a minimum of two. Beyond that size, one child's distress can quickly affect the whole group, and with children this vulnerable that risk is not one the charity is prepared to take. The mix of session types delivered reflects what the children in each shelter need rather than a fixed programme.

> *'Turn-taking songs gave the children a structure that was genuinely theirs — each playing in their own way, finding their own expression. You could see confidence building in real time, not just musically but in how they held themselves and related to each other.'*
>
> — Music Therapy Practitioner, Chiltern Music Therapy

> *'One of our regular attendees has challenges with attention. Drawing on my training in ADHD and special-needs yoga, I shape every session around his needs — finding ways to include him fully while also building patience and turn-taking across the whole group.'*
>
> — Yoga Practitioner

Achievements and performance (continued)

c. Outcomes for children

Across every shelter where the charity operates, staff and mothers have consistently described the same change: children who arrive anxious, withdrawn or reactive leave sessions noticeably calmer and more settled, and the difference carries into everyday shelter life rather than staying in the session room.

Children who previously had no language for what they were feeling are beginning to name their emotions, ask for what they need, and communicate rather than act out. For children whose early lives were defined by chaos and suppression, that is significant progress. Peer conflict has reduced markedly in shelters running the programme, and children who arrived not knowing how to relate to others are forming genuine friendships, in some cases for the first time.

Mother participation remains a priority rather than a success. Currently 35% of mothers attend sessions regularly. That figure reflects the reality that many mothers are managing their own acute trauma and exhaustion, and growing it is one of the programme's most important next challenges.

> *'This is a safe and enjoyable space.'*
>
> — Child attending sessions

d. Families in focus

The following are drawn from the charity's feedback process. Names, locations and identifying details have been withheld: the children Kids in Mind supports are at ongoing risk and cannot be identified.

Building confidence step by step

A ten-year-old who would not leave her mother's side — not to her room, not to a session, not to meet another child. Through consistent participation in group play and mindfulness, her world gradually expanded. She began to introduce herself, make friends, and move through the shelter independently.

A calmer place to come home to

Staff across multiple shelters described the same shift: fewer flashpoints, less tension in shared spaces, children choosing to play together rather than past each other. One shelter noted families beginning to cook and eat together in the evenings — something that had never happened before.

From outbursts to communication

A mother of two described her eldest son's change as the most striking thing she had seen. Where he previously had frequent outbursts and could not articulate what he was feeling, art sessions opened something up. In her words: 'Now he's able to tell me about his needs, his feelings, his reasons a lot more.' Her youngest, aged three, attended a session away from her for the first time. He managed it.

Quiet to lively

An eight-year-old arrived guarded and reluctant to engage. Asked later about his favourite parts of a session he listed them freely — free play, board games, dressing up, the garden, art. In one art session on meaningful words he chose the word 'Limit', explaining that you should never limit yourself. During a PE lesson at school he felt angry and, instead of reacting, refocused on the activity. As he put it: 'When I arrive I feel excited. When I leave I feel disappointed because it ends.'

Achievements and performance (continued)

e. Scotland

Kids in Mind became operational in Scotland (OSCR number SC054601) in October 2025 and, over the Christmas season, distributed 27,413 toys and other gifts to 7,171 disadvantaged young people referred directly by schools, social prescribers and community links practitioners, healthcare workers, shelters and collaborating charities across the country. We were greatly aided in this endeavour by kind-hearted teams of volunteers from corporate partners, Rotary Clubs, schools and from the wider community, as well as the goodwill of our landlord.

Five hundred children and family members were provided with pantomime tickets and a further 60 children were able to attend a theme park in Strathclyde over the festive period.

In addition, we continue to provide toys to fill up the Fairy Boxes at the oncology unit at the Glasgow Sick Kids Hospital (Royal Hospital for Children in Glasgow) , the largest children's hospital in Scotland, throughout the year; at Easter we collected and distributed 650 Easter Eggs; and we delivered gift packages to help 709 young people celebrate Eid. We also responded to requests for birthday presents by some of our charity partners.

We continue to develop new partnerships and opportunities to expand the charity's reach in Scotland, and are in the process of introducing wellbeing sessions in shelters.

27,413
toys and other gifts distributed

7,171
disadvantaged young people

500
children and family members given pantomime tickets

f. Volunteers and our supply chain

Our rolling volunteer programme at the Uniserve warehouse in Northampton reworks donated pallets into usable stock week in, week out, and is the reason a charity of this size can move the volume of goods it does on the overhead it has. Stock is held across three locations in London, Northampton and Scotland, and a full year-end count was performed at each as at 30 June 2026.

g. Challenges

The Trustees consider it right to record what makes this work difficult as well as what it achieves. The principal operational challenges during the period were funding constraints, variable shelter operating conditions, low maternal participation, children presenting with needs beyond what a group session can meet, last-minute emergency changes to shelter populations, and the availability of freelance practitioners.

Two lessons have shaped how the charity now works. The quality of practitioner partners is not negotiable, and our selection process reflects that. And where shelter staff genuinely understand the purpose behind the sessions, attendance improves, children engage more readily, and the shelter itself becomes calmer. Building that understanding is now an active part of how we open a new shelter.

Financial review

a. Results for the period

The measure of a charity's year is what it delivered to its beneficiaries, not what it retained. By that measure this has been the strongest period in the charity's history. Kids in Mind put £1,731,511 of toys into the hands of children living in domestic abuse shelters, funded two Rotary Children's Fun Days, and delivered wellbeing and mental health sessions across the shelter network on the scale set out in the table at section c of Objectives and activities above. On top of this the charity achieved 5.4 pence of every pound of income received, leaving over 94 pence in the pound available for our children's services. Resources were applied to charitable purposes on a scale the charity has not previously reached.



5.4p

of every pound of income received was the cost of raising funds

over 94 pence in the pound available for our children's services

The results for the 16-month period are set out in full in the Statement of Financial Activities.

b. Fundraising performance against budget

Excluding donated goods, the charity and its trading subsidiary generated income of £886,288 across the 16 months. Major events, which include the two Question of Sport dinners and the two London Balls that fall within the extended period, produced £178,608. Minor events produced £194,382, of which the golf programme contributed £61,571, other minor events £84,194, challenge events including the London Marathon and the Yorkshire Three Peaks £19,084 and the auction £17,639. Donations and grants from companies, foundations and individuals totalled £80,835, individual fundraising £58,373, and Gift Aid £15,012.

Against the 2025/26 internal budget, which covers the 12 months to 30 June 2026 rather than the full statutory period, unrestricted fundraising income reached £531,323 against a target of £503,000.

c. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

d. Reserves policy

By the end of financial year 2027/28, to hold a reserve to meet the more robust Charity Commission's recommended policy of 6 months staff costs, funds to meet a year's children's services and the loss of a major fund-raising event. Adopting this policy will ensure we meet the Charity Commission's latest policy advice to 'hold not too much or too little reserves'.

Total funds at 30 June 2026 stood at £739,757, of which £487,389 represents donated toys held in stock and therefore not available to meet running costs. Cash at bank was £258,168, and during the period the Trustees established a designated reserves account holding £75,000.

Financial review (continued)

e. Principal funding

The principal funding sources were income generated through fundraising and significant in-kind support. Medium-term funding by the Philip Gower Foundation has been secured to support staff costs, which in turn enables the delivery of wellbeing and mental health services. The Trustees record their particular thanks to Philip Gower for that support.

Plans for future periods

The Trustees have agreed the following priorities for the year to 30 June 2027.

1. Deepen investment in practitioner training, particularly in trauma-informed approaches and the coping strategies specific to Type 3 complex trauma. The effectiveness of every session depends on it.

2. Strengthen data collection to build a richer, longer-term picture of outcomes, particularly for the growing number of children completing six or more sessions and beginning to show sustained change.

3. Expand partnerships with shelter staff, healthcare professionals and children's services, so that the support around each family extends well beyond the session itself.

4. Develop accessible, low-pressure routes for mothers to engage alongside their children, designed around where mothers actually are rather than where we might hope them to be.

5. Grow the shelter network beyond 44 units.

6. Diversify income towards multi-year restricted grants to underpin delivery costs and reduce reliance on event income.



f. Kids in Mind Impact/Feedback Report June 2026

Evaluating the Social and Emotional Effects of the Kids in Mind Wellbeing Programme

Executive Summary

The Kids in Mind Impact Report provides an overview of the outcomes and influence of the Kids in Mind wellbeing Programme, which is an evidence-based initiative providing 'crisis recovery' services designed for children suffering Type 3 'complex' trauma to support children's well-being and mental health. This report synthesizes data from participant feedback, stakeholder interviews, and relevant studies to evaluate the success of the programme, identify challenges and offer recommendations for future improvements.

Introduction

The Kids in Mind Wellbeing Programme was launched with the vision of providing professional 'crisis recovery' sessions as the most important first step towards trauma for young people suffering Type 3 'complex' trauma. Focussed on coping strategies that nurture resilience, confidence and emotional support. Kids in Mind seeks to empower children to navigate the complexities of growing up and living with their trauma caused by domestic violence and abuse. This initial report measures the impact of the program through feedback from refuge staff, professional practitioners and refuge mothers. Future reports will include feedback from our Rotary Children's Fun Day and Toy Box initiatives.

Type 3 'Complex' Trauma

> "Type 3 trauma" is best understood as complex trauma. Unlike a one-off acute trauma (Type 1, e.g. a single accident or assault) or a recurrent trauma (Type 2, repeated events of a similar nature), Type 3 trauma denotes multiple, pervasive traumas starting early in life and continuing over a long period.

Type 3 Trauma is extreme, prolonged trauma beginning in early childhood, typically involving multiple forms of abuse (physical, sexual, emotional) by caregivers or others in a context of captivity or entrapment. This is "complex developmental trauma" – for example, a child raised in an environment of continuous domestic violence, severe neglect and/or abuse. Such children endure ongoing terror, betrayal and helplessness, which profoundly derails their development.

Key Characteristics: Children often show dissociation, emotional numbing, very low self-worth, deep shame, hopelessness, distrust and difficulty with relationships. In one clinical description, they may feel "fatally flawed" and struggle to imagine a future for themselves. These features overlap with what clinicians recognise as Complex Post-Traumatic Stress Disorder (C-PTSD).

Living with domestic abuse is extremely harmful to a child's mental health and development, so much so that UK law now recognises children as victims of domestic abuse in their own right, even if they are "only" witnesses. Research consistently shows that children in homes with domestic violence suffer emotional, behavioural and social problems comparable to (and sometimes as severe as) those experienced by children who are directly physically abused. In other words, witnessing a parent being abused can be as psychologically damaging as being abused oneself.

So what does this mean. Virtually every child, who has found sanctuary with their mother in a staffed refuge in the UK, is suffering from Type 3 'Complex' Trauma. As the only charity focussed on Type 3 'Crisis Recovery' Kids in Mind's services are essential. Further, research has identified that treating Type 3 trauma as you would Type 1 and 2 Trauma can cause serious long-term damage to a child. Non-verbal therapies, breathing exercises and coping strategies must be designed and correctly targeted specifically for Type 3 trauma.

f. Kids in Mind Impact/Feedback Report June 2026 (continued)

Programme Overview

The Kids in Mind Wellbeing Programme encompasses several core components:

- **Crisis Recovery Sessions:** professional practitioners providing yoga, art, music and play based therapeutic sessions with an emphasis on teaching and reinforcing coping strategies. These strategies are essential for children later in life when they might experience a traumatic trigger to turn to, who might otherwise turn to drink and/or drugs.
- **Mental Health Education:** Workshops that teach children about emotional awareness, stress management and reinforce positive coping strategies.
- **Social Skills Training:** Activities designed to bolster communication, empathy, conflict resolution and teamwork.
- **Parental Involvement:** Sessions and events that engage shelter mothers and staff to create or enhance a supportive network around each child.

Key Findings

1. Emotional Health and Self-Regulation Outcomes

The programme's emphasis on coping strategies translated into improved emotional health and self-regulation. All refuge staff (and most mothers) noted positive changes in the children's behaviour, including that they were happier and calmer after each session. Further, many expressed the view that they had seen the child's ability to communicate about emotions and make friends within the refuge had improved.

2. Emotional and Social Well-Being

Children who participated in Kids in Mind workshops reported higher levels of self-esteem and reduced symptoms of anxiety. The data showed a marked drop in disciplinary incidents related to peer conflict and an increase in refuge children's ability to express their emotions constructively. Focus groups revealed that children felt more comfortable speaking about their trauma when engaged with other children of similar age who are going through similar trauma.

3. Refuge Mother's Engagement

The mother's involvement is essential for providing the long-term emotional support that a traumatised child requires. Due to many of the mothers also being emotionally drained due to domestic violence only 35% have attended the sessions on a regular basis.

Case Studies

- **Case Study 1: Overcoming Social Anxiety.** A 10-year-old girl who was struggling with their trauma and wouldn't leave their mother's side nor go out of her room without her mother, making friends and speaking up in class. After engaging in group role-plays and mindfulness sessions, the child's confidence grew.
- **Case Study 2: Family Transformation.** One mother shared that regular participation in Kids in Mind activities opened new channels of communication and helped her recognize their child's emotional needs. She adopted new routines around shared meals and open conversation, fostering greater trust and cohesion.
- **Case Study 3: Behaviour Shift.** Numerous refuges noticed a significant decrease in bullying incidents and stated that their refuge was a much calmer environment. Children were happier, more relaxed and friendships were being made.

f. Kids in Mind Impact/Feedback Report June 2026 (continued)

Challenges and Lessons Learned

While the Kids in Mind Wellbeing Programme achieved many of its goals, several challenges emerged:

- **Resource Limitations:** Limited funding occasionally restricted access to materials and staff, especially in under-resourced refuges.
- **Variability in Engagement:** Each refuge works in an operationally different way. This means that each recruitment of a practitioner and a service takes thought and time, from staffing, hours, times and days, age groups that continually change and numbers of children engaging. The refuge is often understaffed and a turbulent place to manage.
- Mothers are essential to providing the vital emotional support that the child needs. However, not surprisingly, most mothers are themselves emotionally drained from the abuse and are themselves suffering from trauma. Currently circa 35% of mothers are participating in the sessions.
- **Ongoing Support Needed:** Some children required more intensive, ongoing mental health support than the programme can provide.
- Emergencies and last-minute changes mean that a practitioner may arrive and the families have had to go out.

Lessons Learned:

- If group size too big, the behaviour of one child can disrupt the sessions and cause an anxious state in other children. Our sessions, therefore, have been restricted to minimum of 2 children and a maximum of 4 children.
- Working with reputable partners is key (Chiltern Music Therapy / Nuvo Wellness)
- Practitioners need training and ongoing support
- When refuge staff understand the importance of the sessions and our aims, their buy in has significantly improved the numbers of children and mothers attending. Further, these refuges report improved behaviour and a much calmer refuge with friendships forming.

Recommendation

Based on the impact assessment, the following recommendations are proposed:

- Increase investment in training for practitioners and volunteers, especially in trauma-informed care and coping strategies.
- Develop a mentorship programme pairing practitioners and volunteers in a specific refuge.
- Enhance data collection methods for continuous improvement and more nuanced understanding of long-term outcomes.
- Expand collaboration with refuge staff, healthcare providers and local children's departments to provide improved wraparound support for both the children and their mothers.

Conclusion

The Kids in Mind Wellbeing Programme has made a significant, positive impact on the lives of participating children and their families. By integrating mental health, social skills, and academic enrichment, the programme has helped children become more resilient, empathetic, and happier in themselves. Continued investment and community support will be vital to sustain and expand these gains.

Wellbeing Impact Report Survey

44 refuges participated in the survey with the refuge staff representing 1721 children of which 460 attended 6 or more sessions in between 1 March 2025 and 30 June 2026. 672 refuge mothers attended the sessions with their children. Of note, wellbeing practitioners provided 2 or 3 sessions per visit. In addition, over 250 sessions were provided through our partnerships and volunteers. Kids in Mind employed 2 part-time staff members to coordinate the sessions and oversee safe-guarding and feedback requirements.

44	1,721	460	672
refuges participated in the survey	children represented by the refuge staff	attended 6 or more sessions	refuge mothers attended

Strongly Agree Agree Disagree

Children's Experience

1. The children appeared happier and more relaxed during and after the session.



Strongly Agree: 52% / Agree: 48% / Disagree: 0%

2. The children were usually engaged/interested/participated fully in the activities.



Strongly Agree: 67% / Agree: 29% / Disagree: 4%

3. The session helped the children express themselves more openly.



Strongly Agree: 71% / Agree: 29% / Disagree: 0%

Observed Impact on Mothers

1. The mothers appeared calmer and more positive after the session.



Strongly Agree: 59% / Agree: 41% / Disagree: 0%

2. I noticed improvement in mothers' mood or outlook due to the session.



Strongly Agree: 59% / Agree: 39% / Disagree: 2%

Parent-Child Interaction

1. The session encouraged positive interaction between mothers and children.



Strongly Agree: 62% / Agree: 38% / Disagree: 0%

2. I observed stronger bonds or development between mothers and children.



Strongly Agree: 56% / Agree: 44% / Disagree: 0%

Overall Impact

1. I believe the session contributed to improved wellbeing for the family.



Strongly Agree: 60% / Agree: 39% / Disagree: 1%

Key Observations

- Strongly Agree responses are consistently high, especially for overall family wellbeing and positive impact on mothers.
- Agree responses are also substantial, often making up the remainder of positive feedback.
- Disagree responses are extremely low, with only a few questions receiving any negative feedback.
- The results indicate that the sessions are perceived as highly beneficial for children, mothers and families overall, with particular strengths in emotional wellbeing, engagement, and parent-child relationships.

Structure, governance and management

a. Constitution

Kids in Mind is registered as a charitable company limited by guarantee. The charity has a wholly owned trading subsidiary, Kids in Mind Trading Ltd, whose results are included in these financial statements. During the period the charity also registered with the Office of the Scottish Charity Regulator.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees. New Trustees are identified by the board against the skills and experience the charity requires, are appointed by resolution of the existing Trustees, and receive an induction covering the charity's objects, its safeguarding responsibilities and the duties of a charity trustee and company director.

c. Financial risk management

The Trustees have assessed the major risks to which the Company is exposed, in particular those related to the operations and finances of the Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Reference and administrative details of the Charity, its trustees and advisers

Trustees	Simon Mann, Chairman Air Commodore Gordon Moulds CBE DL (RAF Ret'd) Anthony Metzer KC Christina Beaver Kevin Mack Finlay MacLeod (appointed 30 April 2026) Jeremy Fish (appointed 28 January 2026) Mairiona McInally-Kier (appointed 22 October 2025) Chris Osborne (resigned 3 February 2026) Andrea Margolin (resigned 22 October 2025)
Company registered number	08389165
Charity registered number	1151610 (England and Wales) SC054601 (Scotland)
Registered office	Unit 13 Breasy Place Burroughs Gardens Hendon London NW4 4AT
Chief Executive Officer	Julian Margolin MBE

Independent auditors	Milton Avis LLP Chartered Accountant 120 Baker Street London W1U 6TU
Bankers	National Westminster Bank PO Box 414 38 Strand London WC2H 5JB

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' Report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charitable group's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charitable group's auditors are aware of that information.

Auditors

The auditors, Milton Avis LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees on 7 September 2026 and signed on their behalf by:

Simon Mann
Chairman

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE PERIOD ENDED 30 JUNE 2026

The Trustees (who are also the directors of the Charity 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).

Company law requires the Trustees to prepare financial statements for each financial period. 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 Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Group and the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Group and 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 Group and the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF KIDS IN MIND

Opinion

We have audited the financial statements of Kids in Mind (the 'Charity') for the period ended 30 June 2026 which comprise the Consolidated Statement of Financial Activities, the Consolidated Balance Sheet, the Charity Balance Sheet, the Consolidated Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the Charity's consolidated financial affairs as at 30 June 2026 and of the Group's incoming resources and application of resources, including its income and expenditure for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Group's or the Charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Annual Report other than the financial statements and our Auditors' Report thereon. The Trustees are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- the Charity has not kept sufficient accounting records; or
- the Charity financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the Group's and the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the Group or the Charity or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 151 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to the Charity and industry in which the Charity operates focusing on those laws and regulations that have a direct effect on the determination of material amounts and disclosures in the financial statements. The laws we considered in this context were the Charities Act 2011 together with Charities Statement of Recommended Practice (FRS102) 2019.

We considered compliance with this framework and performed audit procedures on these areas as considered necessary. In addition we considered provisions of other laws and regulations that may or may not have a direct effect on the financial statements but compliance with which might be fundamental to the Charity's ability to operate or to avoid a material penalty. We also considered opportunities and incentives that may exist within the Charity and the group for fraud. The laws and regulations considered in this context were the Companies Act 2006, General Data Protection Regulation (GDPR), Anti-fraud, bribery and corruption legislation.

Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of the Trustees and other management and inspection of regulatory and legal correspondence, if any. Our procedures involved enquiries with management, review of the reporting to the directors with respect to compliance with laws and regulation, review of board meeting minutes and review of legal correspondence.

We identified the greatest risk of material impact on the financial statements from irregularities, including fraud, to be within the recognition of donation income and override of controls by management including significant estimates and judgements. Our audit procedures to respond to these risks included, but were not limited to:

. agreement of the financial statement disclosures to underlying supporting documentation;
. enquiries of management;
. testing of journal postings made during the year to identify the potential management override of controls;
. review of minutes of board meetings throughout the period; and
. Obtaining an understanding of the control environment in monitoring compliance with laws and regulations.

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example forgery, misrepresentations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' Report.

Use of our report

This report is made solely to the Charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the Charity's trustees those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity's and its trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Stephen Sampson (Senior Statutory Auditor)
for and on behalf of
Milton Avis LLP
Chartered Accountant
120 Baker Street
London
W1U 6TU

7 September 2026

Milton Avis LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD ENDED 30 JUNE 2026

	Note	Unrestricted funds 2026 £	Restricted funds 2026 £	Total funds 2026 £	*Total funds 2025 £*
Income from:					
Donations and legacies	3	**1,554,087**	**2,046,446**	**3,600,533**	*1,504,611*
Other trading activities	4	**574,687**	**-**	**574,687**	*132,564*
Investments	5	**1,693**	**-**	**1,693**	*755*
Total income		**2,130,467**	**2,046,446**	**4,176,913**	*1,637,930*
Expenditure on:					
Raising funds	6	**15,779**	**-**	**15,779**	*79,540*
Charitable activities	7	**2,290,469**	**2,222,549**	**4,513,018**	*905,063*
Total expenditure		**2,306,248**	**2,222,549**	**4,528,797**	*984,603*
Net movement in funds		**(175,781)**	**(176,103)**	**(351,884)**	*653,327*
Reconciliation of funds:					
Total funds brought forward		**975,033**	**116,608**	**1,091,641**	*438,314*
Net movement in funds		**(175,781)**	**(176,103)**	**(351,884)**	*653,327*
Total funds carried forward		**799,252**	**(59,495)**	**739,757**	*1,091,641*

The Consolidated Statement of Financial Activities includes all gains and losses recognised in the period.

The notes on pages 29 to 44 form part of these financial statements.

KIDS IN MIND

(A Company Limited by Guarantee)
REGISTERED NUMBER: 08389165

CONSOLIDATED BALANCE SHEET
AS AT 30 JUNE 2026

	Note		30 June 2026 £		*28 February 2025 £*
Fixed assets					
Tangible assets	12		**438**		*584*
Investments	13		**-**		*100*
			438		*684*
Current assets					
Stocks	14	**487,389**		*782,705*	
Debtors	15	**102,564**		*23,541*	
Cash at bank and in hand		**258,168**		*306,888*	
		848,121		*1,113,134*	
Current liabilities					
Creditors: amounts falling due within one year	16	**(108,802)**		*(22,177)*	
Net current assets			**739,319**		*1,090,957*
Total net assets			**739,757**		*1,091,641*
Charity funds					
Restricted fund	17		**(59,495)**		*116,608*
Unrestricted funds	17		**799,252**		*975,033*
Total funds			**739,757**		*1,091,641*

CONSOLIDATED BALANCE SHEET (CONTINUED)
AS AT 30 JUNE 2026

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

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

The financial statements were approved and authorised for issue by the Trustees on 07 September 2026 and signed on their behalf by:

.....
Simon Mann
Chairman

The notes on pages 29 to 44 form part of these financial statements.

KIDS IN MIND

(A Company Limited by Guarantee)
REGISTERED NUMBER: 08389165

CHARITY BALANCE SHEET
AS AT 30 JUNE 2026

	Note		30 June 2026 £		*28 February 2025 £*
Fixed assets					
Tangible assets	12		**438**		*584*
Investments	13		**100**		*100*
			538		*684*
Current assets					
Stocks	14	**487,389**		*782,705*	
Debtors	15	**86,987**		*23,541*	
Cash at bank and in hand		**224,585**		*306,888*	
		798,961		*1,113,134*	
Current liabilities					
Creditors: amounts falling due within one year	16	**(21,981)**		*(22,177)*	
Net current assets			**776,980**		*1,090,957*
Total assets less current liabilities			**777,518**		*1,091,641*
Total net assets			**777,518**		*1,091,641*

CHARITY BALANCE SHEET (CONTINUED)
AS AT 30 JUNE 2026

	Note	30 June 2026 £	*28 February 2025 £*
Charity funds			
Restricted funds	17	**(59,495)**	*116,608*
Unrestricted funds	17	**837,013**	*975,033*
Total funds		**777,518**	*1,091,641*

The Charity's net movement in funds for the period was £(314,123) *(2025 - £653,327)*.

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

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

The financial statements were approved and authorised for issue by the Trustees on 07 September 2026 and signed on their behalf by:

Simon Mann

The notes on pages 29 to 44 form part of these financial statements.

CONSOLIDATED STATEMENT OF CASH FLOWS
FOR THE PERIOD ENDED 30 JUNE 2026

	2026 £	*2025* *£*
Cash flows from operating activities		
Net cash used in operating activities	**(48,820)**	*191,768*
Cash flows from investing activities		
Proceeds from the sale of tangible fixed assets	**-**	*(730)*
Purchase of investments	**100**	*(12,518)*
Net cash provided by/(used in) investing activities	**100**	**(13,248)**
Cash flows from financing activities		
Net cash provided by financing activities	**-**	**-**
Change in cash and cash equivalents in the period	**(48,720)**	**178,520**
Cash and cash equivalents at the beginning of the period	**306,888**	*128,368*
Cash and cash equivalents at the end of the period	**258,168**	*306,888*

The notes on pages 29 to 44 form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 JUNE 2026

1. General information

The Charity is incorporated in the UK with its registered office at Unit 13 Breasy Place Burroughs Gardens, Hendon, London NW4 4AT. The Charity is limited by guarantee, not having share capital. The Charity provides support to children suffering from domestic abuse.

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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Kids in Mind 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.

The Consolidated Statement of Financial Activities (SOFA) and Consolidated Balance Sheet consolidate the financial statements of the Charity and its subsidiary undertaking. The results of the subsidiary are consolidated on a line by line basis.

The Charity has taken advantage of the exemption allowed under section 408 of the Companies Act 2006 and has not presented its own Statement of Financial Activities in these financial statements.

During the period, the Group changed its accounting reference date. Accordingly, these financial statements cover the 16-month period ended 30 June 2026, whereas the comparative financial statements cover the 12-month period ended 28 February 2025. Users should therefore note that the results and cash flows for the current period are not directly comparable with those reported for the comparative period.

Accordingly, the consolidated accounts of the period ended 30 June 2026 include the results of the subsidiary, Kids in Mind Trading Limited. The comparative figures only relate to the Charity's own results.

2. Accounting policies (continued)

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Consolidated Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are received. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

2. Accounting policies (continued)

2.5 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Office equipment	-	20%

2.6 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Consolidated Statement of Financial Activities.

Investments in subsidiaries are valued at cost.

2.7 Stocks

Donated stock held for distribution is recognised at an estimated fair value on receipt, based on the charity's standard valuation methodology for donated items, and expensed when distributed to beneficiaries.

2.8 Debtors

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

2.9 Cash at bank and in hand

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

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2. Accounting policies (continued)

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2026 £	**Restricted funds 2026 £**	**Total funds 2026 £**
Donations	1,539,075	1,946,446	**3,485,521**
Philip Gower Foundation	-	100,000	**100,000**
Gift Aid	15,012	-	**15,012**
	1,554,087	2,046,446	**3,600,533**

	Unrestricted funds 2025 £	*Restricted funds 2025 £*	*Total funds 2025 £*
Donations	*1,316,142*	*82,630*	*1,398,772*
Philip Gower Foundation	*-*	*100,000*	*100,000*
Gift Aid	*5,839*	*-*	*5,839*
	1,321,981	*182,630*	*1,504,611*

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2026 £	Total funds 2026 £
Fundraising from Foundations	58,373	**58,373**

	Unrestricted funds 2025 £	*Total funds 2025 £*
Fundraising from Foundations	*16,526*	*16,526*

Income from non charitable trading activities

	Unrestricted funds 2026 £	Total funds 2026 £
Minor Event Income	372,795	**372,795**
Event Fundraising Activities	143,519	**143,519**
	516,314	**516,314**

	Unrestricted funds 2025 £	*Total funds 2025 £*
Minor Event Income	*100,705*	*100,705*
Event Fundraising Activities	*15,333*	*15,333*
	116,038	*116,038*

5. Investment income

	Unrestricted funds 2026 £	Total funds 2026 £
Cash interest income	1,693	**1,693**

	Unrestricted funds 2025 £	*Total funds 2025 £*
Cash interest income	*755*	*755*

6. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2026 £	Total funds 2026 £
Costs of Donation Income	15,779	**15,779**

	Unrestricted funds 2025 £	*Total funds 2025 £*
Costs of Donation Income	*79,540*	*79,540*

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £
Cost of Events and Support Costs	2,249,208	2,222,549	**4,471,757**
Cost of Merchandise	41,261	-	**41,261**
	2,290,469	2,222,549	**4,513,018**

	Unrestricted funds 2025 £	*Restricted funds 2025 £*	*Total 2025 £*
Cost of Events and Support Costs	*793,953*	*62,035*	*855,988*
Cost of Merchandise	*45,088*	*3,987*	*49,075*
	839,041	*66,022*	*905,063*

8. Analysis of expenditure by activities

	Activities undertaken directly 2026 £	Support costs 2026 £	Total funds 2026 £
Support Costs	4,175,193	296,564	**4,471,757**
Cost of Merchandise	41,261	-	**41,261**
	4,216,454	296,564	**4,513,018**

8. Analysis of expenditure by activities (continued)

	Activities undertaken directly 2025 £	*Support costs 2025 £*	*Total funds 2025 £*
Support Costs	*816,827*	*39,161*	*855,988*
Cost of Merchandise	*49,075*	*-*	*49,075*
	865,902	*39,161*	*905,063*

9. Auditors' remuneration

The auditors' remuneration amounts to an auditor fee of £12,500 (*2025* - £12,500).

10. Staff costs

	Group 2026 £	*Group 2025 £*	**Charity 2026 £**	*Charity 2025 £*
Wages and salaries	**106,591**	*4,000*	**106,591**	*4,000*
	106,591	*4,000*	**106,591**	*4,000*

The average number of persons employed by the Charity during the period was as follows:

	Group 2026 No.	*Group 2025 No.*	**Charity 2026 No.**	*Charity 2025 No.*
Admin	**2**	*1*	**2**	*1*

No employee received remuneration amounting to more than £60,000 in either year.

11. Trustees' remuneration and expenses

During the period, no Trustees received any remuneration or other benefits *(2025 - £NIL)*.

During the period ended 30 June 2026, expenses totalling £3,012 were reimbursed or paid directly to 2 Trustees *(2025 - £NIL*). This was in respect of travel and subsistence expenses incurred on charity business.

12. Tangible fixed assets

Group

	Office equipment £
Cost or valuation	
Additions	**730**
At 30 June 2026	**730**
Depreciation	
Charge for the period	**292**
At 30 June 2026	**292**
Net book value	
At 30 June 2026	**438**
At 28 February 2025	-

Charity

	Office equipment £
Cost or valuation	
Additions	**730**
At 30 June 2026	**730**
Depreciation	
Charge for the period	**292**
At 30 June 2026	**292**

12. Tangible fixed assets (continued)

Charity (continued)

	Office equipment £
Net book value	
At 30 June 2026	**438**
At 28 February 2025	-

13. Fixed asset investments

Charity	Investments in subsidiary companies £
Cost or valuation	
At 1 March 2025	**100**
At 30 June 2026	**100**
Net book value	
At 30 June 2026	**100**
At 28 February 2025	*100*

Principal subsidiaries

The following was a subsidiary undertaking of the Charity:

Name	Class of shares	Holding	Included in consolidation
Kids in Mind Trading Ltd	Ordinary	100%	Yes

	Income £	Expenditure £	Profit/(Loss) / Surplus/ (Deficit) for the period £	Net assets £
Kids in Mind Trading Ltd	**178,413**	**(216,173)**	**(37,760)**	**(37,760)**

14. Stocks

	Group 30 June 2026 £	*Group 28 February 2025 £*	Charity 30 June 2026 £	*Charity 28 February 2025 £*
Stocks	**487,389**	*782,705*	**487,389**	*782,705*

All stocks are held by the charity and comprise donated toys.

15. Debtors

	Group 30 June 2026 £	*Group 28 February 2025 £*	Charity 30 June 2026 £	*Charity 28 February 2025 £*
Due within one year				
Trade debtors	**25,529**	*1,000*	**1,800**	*1,000*
Other debtors	**18,533**	*20,938*	**51,389**	*20,938*
Prepayments and accrued income	**57,704**	*-*	**33,000**	*-*
Gift aid recoverable	**798**	*1,603*	**798**	*1,603*
	102,564	*23,541*	**86,987**	*23,541*

16. Creditors: Amounts falling due within one year

	Group 30 June 2026 £	*Group 28 February 2025 £*	Charity 30 June 2026 £	*Charity 28 February 2025 £*
Trade creditors	**14,443**	*1,771*	**6,812**	*1,771*
Other taxation and social security	**4,893**	*-*	**624**	*-*
Other creditors	**2,046**	*306*	**2,045**	*306*
Accruals and deferred income	**87,420**	*20,100*	**12,500**	*20,100*
	108,802	*22,177*	**21,981**	*22,177*

17. Statement of funds

Statement of funds - current period

	Balance at 1 March 2025 £	Income £	Expenditure £	Balance at 30 June 2026 £
Unrestricted funds				
General Funds	**975,033**	**2,130,467**	**(2,306,248)**	**799,252**

	Balance at 1 March 2025 £	Income £	Expenditure £	Balance at 30 June 2026 £
Restricted funds				
Restricted Funds	**116,608**	**2,046,446**	**(2,222,549)**	**(59,495)**
Total of funds	**1,091,641**	**4,176,913**	**(4,528,797)**	**739,757**

Statement of funds - prior period

	Balance at 1 March 2024 £	*Income £*	*Expenditure £*	*Balance at 28 February 2025 £*
Unrestricted funds				
General Funds - all funds	*438,314*	*1,455,300*	*(918,581)*	*975,033*
Restricted funds				
Restricted Funds - all funds	*-*	*182,630*	*(66,022)*	*116,608*
Total of funds	*438,314*	*1,637,930*	*(984,603)*	*1,091,641*

18. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 30 June 2026 £	Restricted funds 30 June 2026 £	Total funds 30 June 2026 £
Tangible fixed assets	438	-	**438**
Current assets	907,616	(59,495)	**848,121**
Creditors due within one year	(108,802)	-	**(108,802)**
Total	799,252	(59,495)	**739,757**

Analysis of net assets between funds - prior period

	Unrestricted funds 28 February 2025 £	*Restricted funds 28 February 2025 £*	*Total funds 28 February 2025 £*
Tangible fixed assets	*584*	-	*584*
Fixed asset investments	*100*	-	*100*
Current assets	*996,526*	*116,608*	*1,113,134*
Creditors due within one year	*(22,177)*	-	*(22,177)*
Total	*975,033*	*116,608*	*1,091,641*

19. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 30 June 2026 £	*Group 28 February 2025 £*
Net income/expenditure for the period (as per Statement of Financial Activities)	**(351,884)**	*653,327*
Adjustments for:		
Depreciation charges	**146**	*146*
Decrease/(increase) in stocks	**295,316**	*(472,759)*
Increase in debtors	**(79,023)**	*(11,123)*
Increase in creditors	**86,625**	*22,177*
Net cash provided by/(used in) operating activities	**(48,820)**	*191,768*

20. Analysis of cash and cash equivalents

	Group 30 June 2026 £	*Group 28 February 2025 £*
Cash at bank and in hand	**258,168**	*306,888*
Total cash and cash equivalents	**258,168**	*306,888*

21. Analysis of changes in bank balances

	At 1 March 2025 £	Cash flows £	At 30 June 2026 £
Cash at bank and in hand	**306,888**	**(48,720)**	**258,168**
	306,888	**(48,720)**	**258,168**