



supporting teenage mental health

Registered Charity No. 1144506

Company Registration No. 0779151

ANNUAL REPORT & ACCOUNTS

YEAR TO 30 SEPTEMBER 2021

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CEO Introduction

The extended period of dealing with COVID-19 and the many challenges, restrictions, and disruptions that it has brought has left a huge impact on the mental health of the population. Young people have been particularly affected by issues such as isolation, loss, family mental ill health, and lack of access to education and employment. The pandemic has also highlighted the need to focus even more on the mental health needs of marginalised groups and individuals who are affected by adverse childhood and life experiences, and to take steps to continue addressing the need for a range of mental health services to support emerging, ongoing, and prospective needs.

stem4 has continued to invest in meeting the growing need for mental health support, given increasing demand which continues to outstrip supply. We do this by contributing to providing effective, evidence-based mental health digital tools, much-needed mental health education to parents and carers (as well as educators) through our webinar programme, as well as to young people through Head Ed, our digital mental health literacy programme. We have also been exploring ways to strengthen the prevention of mental ill health through the provision of wellbeing tools and, with that in mind, we are proud to establish the stem4 Wellbeing CIC. We continue to look to increase our capacity, whilst continuing to always keep young people's mental health at the heart of what we do and prioritise excellence in practice.

We would like to extend our heartfelt thanks to all the amazing individuals and organisations who have supported us this year, and those who will continue to do so going forward. As the saying goes, 'it takes a village to raise a child'. If we are to continue working towards supporting the mental health of young people so that they can thrive into happy and healthy adults, we need your ongoing and invaluable support.

Nihara Krause

Dr. Nihara Krause
CEO, stem4

“

Young people have been particularly affected by issues such as isolation, loss, family mental ill health, and lack of access to education and employment.



Supporting Teenage Mental Health

Our Vision

To protect the mental health of Children and Young People, enabling them to live happy and healthy lives

Our Mission

To foster the development of good mental health in Children and Young People through enhancing early understanding and awareness by providing mental health literacy, shared early detection, and early digital intervention

Our Values

Informative

Clinically accurate, solution-focused, and educational

Positive

A focus on strengths, resilience, and change

Friendly

Non-judgemental and relatable

Inclusive

We work together and put Young People at the heart of what we do

Responsive

We listen and act iteratively

Effective

We deliver change

Our Aims

Raise Early Awareness

By providing mental health education that encourages discussion and openness.

Help Young People to Stay Well

By providing a focus on resilience, wellbeing, and self-care.

Offer Choice

By providing access to information in multiple ways and to many audiences.

Focus on Early Intervention

By providing effective, evidence-based intervention and signposting to safe national resources.

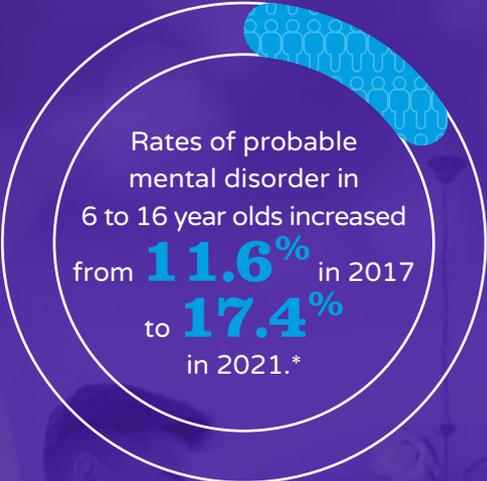
Extend Reach and Access

By providing information digitally, as well as face to face.

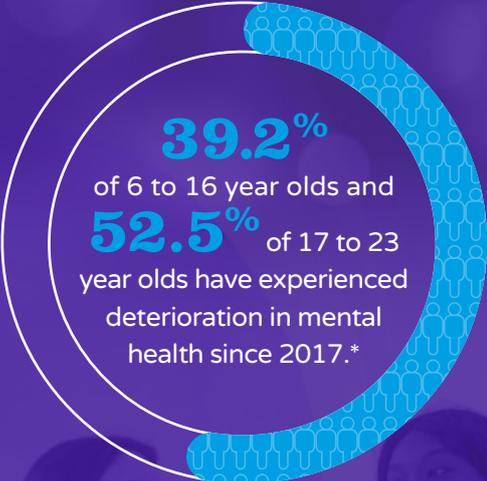
Put Excellence at the Heart of What We Do

By listening and working with our different audiences, collaboration and partnership working, robust evaluation of outcomes, impact measurement, and maintaining a strong financial position.

The State of Children and Young People's Mental health



Rates of probable mental disorder in 6 to 16 year olds increased from **11.6%** in 2017 to **17.4%** in 2021.*



39.2% of 6 to 16 year olds and **52.5%** of 17 to 23 year olds have experienced deterioration in mental health since 2017.*



10.6%

of 6 to 16-year-olds missed more than 15 days of school during the 2020 Autumn term. Children with a probable mental disorder were twice as likely to have missed this much school (**18.2%**) as those unlikely to have a mental disorder (**8.8%**).*

Young people's most common aspirations for the future are

'just being healthy and happy',

expressed by 70% of stem4 survey respondents.**



Over **100,000** British young people used and downloaded stem4's library of mental health apps between July and September 2021.***



Only **41%** of the young people who download stem4's library of apps access any form of professional help or treatment.***

* NHS Digital 2021 – ** stem4's national teacher survey 2020 – *** stem4 app analytics

Impact Review

Educating the Minds of the Future

stem4 has always believed that young people and those who support them (including parents, educators, and health professionals) have just as much right to an education about good mental health as they do good physical health. We work hard to share accurate information on how to recognise early warning signs, and provide effective strategies for how to deal with them. With the difficulties associated with the pandemic dominating the lives of many young people, these techniques have been all the more important.

Empowering Hundreds of Classrooms with Mental Health Education

stem4's mental health literacy programme, Head Ed, was coincidentally released to schools during lockdown. Head Ed Light was created as a response to distance learning, and was recommended on the DfE list of COVID-19 education resources for home learning. An increase in use was noted over 2021.



Head Ed Light is an online educational resource that aims to help students understand mental health topics such as anxiety, depression, self-harm, and resilience. Each module is an interactive fact file that teaches signs, symptoms, and management of each topic and is designed to be used independently by students in their own homes.

Once lockdown ended and students returned to school, we promoted Head Ed and supported teachers through a series of three webinars, covering the topics of anxiety, depression, and resilience.

To further our understanding of user experience, we conducted a survey of teachers using Head Ed that helped to shape our plans for the months ahead. The survey provided insight into possible topics for future modules, as well as overwhelmingly positive feedback on the current resources—100% said they would recommend Head Ed to another school.

Head Ed in Numbers

952 

subscribers by the end of
September 2021 with

621 

of those gained in the last year.

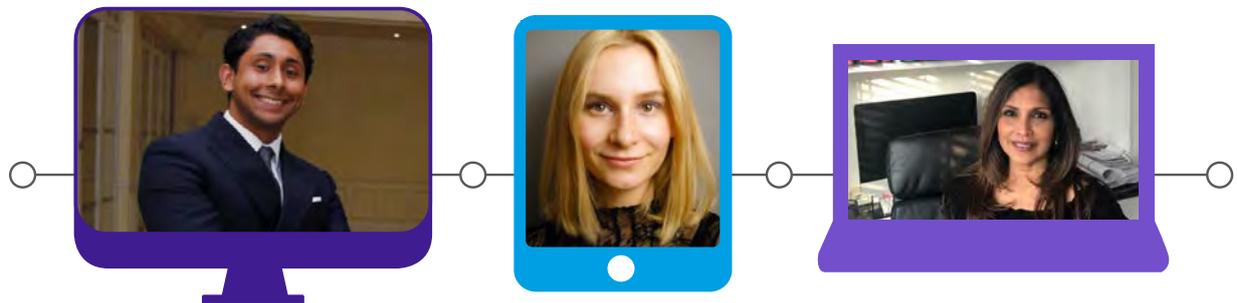


Supporting Families Through Mental Health Literacy



With in person events still largely cancelled over this period, stem4 continued to host virtual conferences and webinars for parents/carers and teachers.

2020 was a tumultuous time for young people as the pandemic shifted the norm. Our webinars for 2020–2021 aimed to support and equip parents as their children transitioned from lockdown and homeschooling back to the school environment, and then back again. Our webinars for teachers aimed to provide information on early signs and symptoms of mental health conditions, together with steps on how to provide support and be resilient in the face of uncertainty. Dr. Nihara Krause, along with our stem4 Ambassadors, provided clinical and personal perspectives on the changing scope of mental health during the pandemic to help hundreds of parents and teachers across the country.



“I thought this was absolutely fantastic. Such an engaging, informative talk. The information given could be applied to so many areas of my family’s lives. Thank you and well done.

“An absolutely wonderful and informative webinar. Thank you to the speakers for sharing their stories and to Dr. Krause who is absolutely amazing. Thank you so much.

 2021 was a virtual year and it was wonderful to be able to join Year 8 at Ursuline High School and answer their questions about stem4. The enthusiasm from the students was an inspiration and it was exciting to join them online again and watch them win the £1,000 first prize for stem4. They also put their all into further fundraising and raised almost £3,000 for stem4. A massive thank you to Year 8, 2021, at Ursuline High School, Wimbledon.

Conferences in Numbers



Early Digital Intervention

With rising mental ill health difficulties, the need to have evidence-based digital health tools accelerated research over the pandemic. A meta-analysis of 83 digital products indicated that ‘digital interventions are particularly suited to mitigating psychosocial consequences at the population level’ (J Med Internet Res, 2021,23(3):e23365). The World Health Organisation (2021) also urged the importance of promoting equitable access to mental health support via the use of telemedicine and safe digital tools.

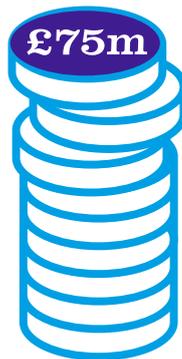
stem4’s evidence-based digital app library has been supporting many young people and their families who have been unable to access treatment over this period of time. The number of stem4 app downloads increased by 704,000 from October 2020 to September 2021, with high efficacy ratings for symptom management across all stem4 apps—highlights include 93% for the Calm Harm app and 94% for the Clear Fear app.

stem4 partnered with Probono Economics to explore the impact of waiting lists on Children and Adolescent Mental Health Services (CAMHS) and educational establishments to assess the cost to the wider public sector that results directly from the untreated mental health difficulties of young people while they are on the waiting list for children’s mental health services.

The analysis found that:



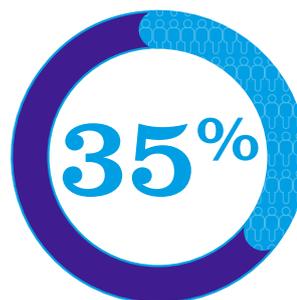
the **380,000** children and young people treated by specialist NHS children’s mental health teams in England in 2018–19 waited an average of just over **7 weeks** for treatment.



the untreated mental health issues for children and young people whilst on waiting lists are expected to cost public services an estimated **£75m per year**, the equivalent of around **£200 per child** receiving treatment. However, an estimated **87,000 (23%)** of these children have to wait more than 12 weeks, costing other public services an average of nearly **£500 per child**.



more than **90%** of costs are incurred by schools, with the remainder falling to social care and other health services.

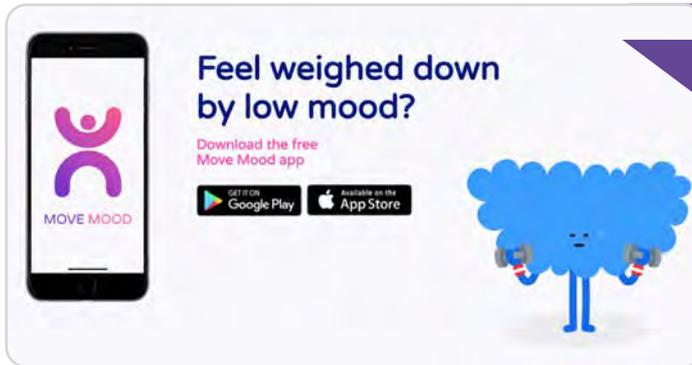


(250,000) of children and young people referred to specialist NHS children’s mental health teams had their referrals closed before they received treatment as their conditions were seen as not severe enough or inappropriate for treatment. This means that the costs of children’s untreated mental health conditions could be significantly higher than these estimates. If the analysis includes those cases that are closed before treatment, then total costs could increase to around **£210m**, which suggests that the **£75 million** figure/scenario is conservative.

The full report can be found at stem4.org.uk/research

The Success of stem4's Latest Mental Health App

In early 2021, stem4 launched Move Mood, an app to help manage the symptoms of low mood and depression. Using evidence-based Behavioural Activation Therapy, the app helps young people improve their mood by encouraging them to increase their motivation to carry out a variety of tasks in order to help them move forward, take control, and feel positive.



Feel weighed down by low mood?
Download the free Move Mood app
Get it on Google Play Available on the App Store

“ This app is excellent. It can help any age. The companion and reminder notifications are particularly helpful.

Collaborating to Extend the Reach of Our Apps: Combined Minds and Good Thinking

Good Thinking is a free, digital NHS service, supporting Londoners in looking after their mental health and wellbeing in a way that works for them. Since its launch in 2017, more than half a million people have used their digital service to tackle anxiety, stress, low mood, sleep problems, and other concerns.

As part of their service, Good Thinking works with partners to identify the 'best in class' mobile health apps and offers them to Londoners for free. In 2021, after two years of research and planning, this service was extended to offer apps and resources made specifically for young people; the Good Thinking team approached stem4 to licence the Combined Minds, Clear Fear, and Move Mood apps to help young Londoners.

Dr. Krause joined the Good Thinking Team, together with a group of young Londoners and Sadiq Khan, Mayor of London, for a round table discussion about young people's mental health. Many of the young people attending were familiar with the stem4 apps and were particularly positive about Combined Minds, which they rated highly.

Over the reporting period, Combined Minds downloads increased by almost 20,000, reaching an overall total of almost 40,000 downloads.



“ This is one of the most useful apps I've come across. My friend was going through a really difficult time at university and was really depressed. I used many of the suggestions in Combined Minds and it really helped both of us.

“ The Combined Minds app is very helpful not just for friends but also to educate parents on some of the ways in which they might be able to talk to and help their son or daughter.

stem4 also continued its partnerships with Leeds City Council (Calm Harm app), as well as with a private organisation (Clear Fear app).

Apps in Numbers



CALMHARM

2.09 million

total Calm Harm app downloads



CLEARFEAR

577,000

total Clear Fear app downloads



COMBINED MINDS

39,000

total Combined Minds app downloads



MOVE MOOD

28,000

total Move Mood app downloads

Figures as of late-September 2021



stem4's App Library won the 2020 'Tech for Good Initiative' at the Digital Leaders 100 Awards after several rounds, including interviews and public voting. The award recognised stem4's excellence in using evidence-based methods to clinically produce all four apps that support young people, as well as stem4's pioneering and sustainable approach to digital transformation in the UK.



CALMHARM

“This app saves lives. It is a beautiful, beautiful tool. Thank you endlessly.”



CLEARFEAR

“This is a phenomenal app. Developers take a bow and thank you for creating such a well thought out app. There are literally so many activity ideas to help distract those with urges. I'm a CBT therapist and recommend this app to my clients. So thank you for helping me help others.”



MOVE MOOD

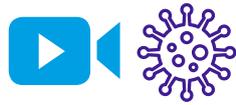
“This has helped me a lot. It's just nice being organised about tasks and then getting an award, I really like it.”



COMBINED MINDS

“This app really helped me with my ups and downs.”

Providing Support Throughout the Pandemic



24 pandemic-related resources, including a video to help manage anxiety when receiving the COVID-19 vaccination, tips for how to cope with self-isolation, and videos for how to use our apps during the pandemic



Over **15,000** page views of the stem4 resources webpage over the reporting period



2 new stem4 booklets added for parents/carers and young people from BAME* communities

- Translations into **6 languages**
- BAME resources downloaded: **2,500+ times**



130+ parents, carers, and educators attending a webinar for BAME communities

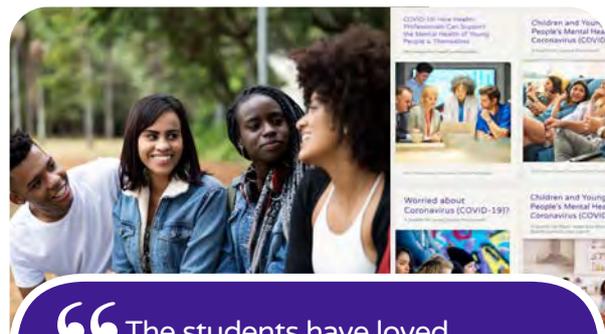
All figures calculated for the reporting period.

COVID-19 Resources for the BAME* Community

Whilst COVID-19 has had a global impact, as the pandemic developed over time, it became very evident that it carried higher risks, especially of severe complications, infection, and increased mortality to certain groups within society. Epidemiological data showed that people identifying with Black, Asian, and Minority Ethnic (BAME)* groups had higher risks of being adversely affected.

In response to this, stem4 developed two new, free COVID-19 mental health resource booklets with specialised support for BAME young people and parents/carers. The resources were created co-collaboratively to include culturally sensitive information and have been translated into six languages: Arabic, Bengali, Lithuanian, Polish, Turkish, and Urdu. These resources alone were accessed over 2,000 times over the reporting period. stem4 also ran a webinar in schools and colleges with high BAME communities.

Our thanks extend to the Comic Relief COVID-19 Community Fund, National Lottery COVID-19 Fund, and HM Government for enabling a revised edition with additional translations to meet BAME community needs.



“The students have loved the leaflets and we passed them onto pastoral. stem4’s logo is now incorporated into the Mental Health part of our PSHE curriculum as a place students can turn to for support!”



Over the past year, stem4 has received over 1,200 individual resource requests.

*At stem4, we acknowledge that the term BAME is a very broad term and that each ethnic group can vary in culture and experience, and is also diverse within itself. It is our belief that all ethnic groups, and individuals from different backgrounds, should be treated with equal respect and social acceptance.

stem4's Increased Digital Support in Numbers



The stem4 website received over **430,000** page views over the reporting period (a **37%** increase)



Total stem4 app downloads reached over **2,733,000** in **227** countries/territories (as recognised by Google Analytics)



704,707 app downloads

All figures calculated for the reporting period.

The Pandemic and Sport

Children and young people's activity levels and access to sports and sports activities have been significantly impacted over the pandemic. There is a body of literature that links the benefits of sport and physical activity with positive mental health.

stem4 was approached by several sports clubs interested in supporting their young members' mental health in the absence of sports and physical activities. As a result, stem4 created a webpage resource for a number of sports clubs, offered webinars, and provided information on stem4 apps.

Tailoring Support for COVID-19: Immunisation Project and the Clear Fear app

stem4 created a short, animated video setting out a short breathing activity that people waiting in vaccination centres could carry out to help them manage anxiety. The intervention was used at vaccination centres in Merton, Morden, and Sutton and was met with positive responses from clinicians and the public.

Needle Phobia is a recognised psychiatric diagnosis causing an individual acute distress. As a result, many individuals who have to undergo any procedure requiring the use of a needle (such as an immunisation) experience acute anxiety. Anxiety disorders are the most commonly occurring mental ill health disorders and were reported to have risen over the pandemic. COVID-19 vaccination hesitancy led to greater anxiety. Some anxieties faced by individuals coming for their vaccination included leaving the safety of their homes, a fear of the procedure, fear of catching COVID-19 as a result of being in a public space, and inaccurate reporting via social media / word of mouth in the community.

Knowing a self-calming strategy through learning how to Take5 was also helpful for young people who were anxious but unable to take a friend or family member to an immunisation centre. The video also highlighted further anxiety support offered by the Clear Fear app.

Watch the Take5 video at <https://www.youtube.com/watch?v=OYtRUocQW1o>

Here's how to Take5 

and breathe in a relaxed way to reduce tension

Repeat this for each finger

This is called Controlled Breathing



“ I have tried different stress management techniques but the Take5 one is so good and easy. I have used it in lots of situations. Thank you.



New Initiatives and User Voice

During this period, stem4 also launched two new areas of its website covering Gender, Sexuality & Mental Health and Race, Ethnicity & Mental Health in order to better involve young people.

Gender, Sexuality & Mental Health

Mental ill health difficulties are higher in the LGBTIQ+ community. This is often because of the higher rates of adversity this group of young people encounter including discrimination, isolation, rejection, or homophobia and transphobia.



The stem4 LGBTQIA+ community blog page started because we had requests in our school conference feedback and from young people in the community about wanting an opportunity to write about their experiences and reach out to other young people in the community. stem4 also released our #unitedformentalhealth wristbands to celebrate World Mental Health Day 2021 with a specific focus on LGBTQIA+ health. The result is a collaborative

page, which is positive and hopefully helpful to many young people who may be feeling isolated or alone.

[‘Being a LGBTIQ+ person who also struggles with their mental health can be really difficult,’](#) says Elena. When you are still figuring out your identity, it can cause a lot of confusion. Kayleigh explains, [‘Before accepting my sexuality, it was intense. I was sad all of the time, wondering why I was feeling the way I was. I was my own problem, which made things really tough.’](#)

Indeed, it seems that being LGBTQIA+ can create an internal, and often long-lasting, struggle for self-acceptance and love, as Mil and Edi explain, [‘Figuring out your identity can be some of the scariest and most isolating points in your life.’](#)

Race, Ethnicity & Mental Health

After the success of our translated resources and the positive feedback stem4 received, we also set up a blog page specifically aimed at covering the important link between race, ethnicity, and mental health.

There is a huge amount to do to offer tailored services to all communities. At stem4, we believe in working with our service consumers so that we can start to be informed of how we can support mental health needs.

We continue to welcome guest blog posts for both of these sections in order to promote a safe space and encourage meaningful discussion on these often overlooked topics.

“ Being LGBTQIA+ has definitely brought challenges with regards to feeling accepted, and I often worry about expressing myself authentically.

“ I am really proud of who I am now, of my heritage, my family, and how I have been able to learn to manage my anxiety over the years. As a society, we are all still getting to grips with this idea of mental health. But if the community around me can learn and grow, so can you and yours.
– Nena, writing about their anxiety on the [BAME page](#)

What stem4 Means to Young People

Here are some thoughts from one of stem4's young supporters

Why did you choose to support stem4?

'Around a year and a half ago was when I realised I needed help with my mental health. All of these thoughts and feelings were quite new to me and I didn't really know how to deal with them. After talking to a friend, she recommended I look at the stem4 website to see if there was anything that could help me with bad thoughts and understanding my feelings. The website was really informative as well as comforting to know that I wasn't alone. After a year, when I had gotten some professional help as well and was more in control of my emotions, I realised that when I had opened up to some of my friends, they said they sometimes had similar feelings. This made me realise how prominent mental health issues are in teenagers and so I decided to raise awareness in any way I could for a website that helped me so much. What stood out about stem4 was the app Clear Fear, which I still have downloaded, that helped me deal with things like anxiety attacks better than before. Fundraising for stem4 hopefully shone more light on teenage mental health issues and ways to deal with it.'

What prompted you to support by stem4 by creating videos?

'I was raising awareness for mental health but more specifically teenage mental health. I felt like the best way to reach out to teenagers was through social media and I thought making videos would make the topic more relatable and hopefully make them feel more understood. Creating videos also gave me a platform to share it online and I found it to be the most effective method for all age ranges to be able to access.'

Who were you trying to help/reach?

'I was mainly trying to reach teenagers that are going through mental health issues as I understand what that feels like and I wanted to be able to explain what I went through, as well as give some advice on what helped me. But, even though my videos were mainly aimed at teenagers, I wanted it to reach all communities so that, for example, parents can gain more perspective on this topic and be able to understand how their children may be feeling.'

Did you experience support from stem4 resources and why did you find them helpful?

'stem4 resources were very helpful to me and were some of the first tools I used to help me deal with my mental health. As I mentioned before, the app Clear Fear was a great way for me to be able to deal with my OCD and anxiety. Things like breathing activities on the app enabled me to calm down and reduce the overwhelming feeling of not being in control of my thoughts. Another resource that helped me was the descriptions of each issue such as anxiety and depression. Actually being able to understand what I was going through was in a way reassuring, and the little methods to help such as the Toothbrush Thought allowed me to think positively of myself and brought more optimism into my life.'

Thank you to our Youth Ambassador, an 18-year-old female, who created more than 20 short videos about mental health in aid of stem4 and continues to be a valued stem4 supporter.

Highlighting the Need for Change and Campaigning with Impact

Due to the longstanding work of charities and organisations like stem4, mental health is now higher on the public agenda than ever before. However, as the landscape young people operate in continues to evolve, it is important that stem4 not only continues to highlight the state of children and young people's mental health in the UK, but provides reasonable and positive steps forward.

Conducting Important National Surveys

Resilient Celebrities Are Most Admired

In June 2021, stem4 released the findings of a survey of 1,000 teenagers and young people in the UK and their hopes for the future. The poll showed that young people were optimistic about the post-COVID-19 future but were focused on health and happiness rather than money. They were also asked to choose the three celebrities they most respected in different categories with results showing that those at the top were admired for their bravery and resilience.

These results came ahead of Youth Mental Health Day 2021's theme #StrideForward, which focused on building back confidence and positive mental health following the disruption caused by the pandemic.

#StrideForward

Young People Are Unable to Access Mental Health Treatment

Ahead of Youth Mental Health Day, stem4 highlighted that three in five young people (aged 13–21) said they were experiencing mental health difficulties, yet just one in four could access treatment. Even of the 29% who had asked for help, only 13% were receiving treatment.

Additionally, many young people struggled to talk openly about any difficulties they may have been experiencing. Just 4% of boys / young men said they had openly talked about the things that upset them over the last 12 months, compared to 15% of girls / young women.

This survey data also showed that young people were cautiously optimistic about the future, which set the stage for Youth Mental Health Day's theme #StrideForward, which focused on building back confidence and positive mental health following the disruption caused by the pandemic.



**YOUTH MENTAL
HEALTH DAY**
7th September

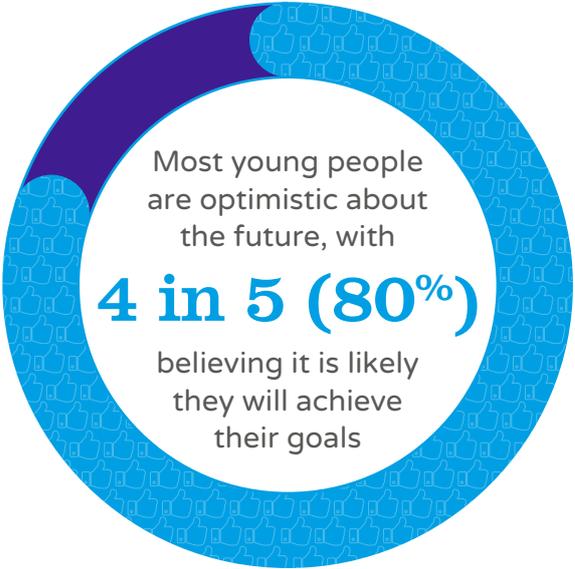
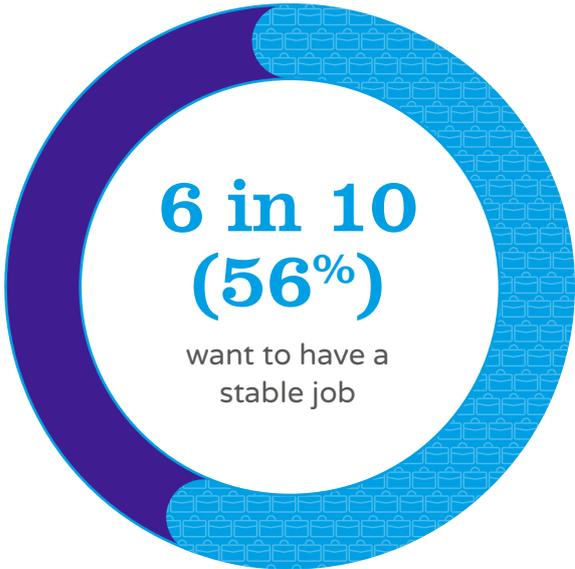
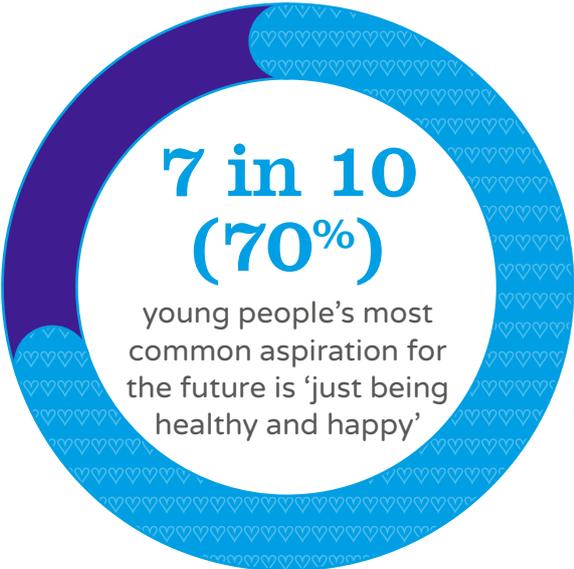
Increased and Escalating Demand for Mental Health services

Towards the end of the reporting period, stem4 also looked inward to highlight the need for new strategy and funding in order to meet increased and escalating demand for mental health services for our nation's children and young people. Of the 455,000 British young people aged 12–25 who had downloaded and used a stem4 mental health app, only 41% were able to access

any form of help or treatment. Just in the summer holidays (July–September 2021), 100,000 young people used and downloaded stem4’s library of mental health apps.

stem4’s four NHS-approved apps use evidence-based strategies to support young people in the community to self-manage some of their mental health difficulties. They complement but are not a replacement for assessment and treatment by a health professional.

stem4 survey data in numbers



stem4 national survey of 1,000 young people aged 13–25, May, 2021

Youth Mental Health Day 2021

#YMHD



In September 2021, stem4 hosted its second national Youth Mental Health Day (YMHD) to encourage understanding and awareness of mental health in young people, enabling them to live happy and healthy lives all year round. By getting everyone engaged in discussions about how to improve mental health, YMHD aimed to go beyond awareness and break the stigma surrounding mental health, tackling the heart of the issue.

The theme for 2021 was #StrideForward and the campaign focused on placing young voices front and centre of the conversation once more, as we emerged from the COVID-19 pandemic. YMHD 2021 invited young people across the country to reflect on how the past year had impacted their lives and share how they would #StrideForward and move towards positive mental health.

Youth Mental Health Day 2021 saw support from across the UK, from charitable community arms of top premier league communities, to key groups involved with young people such as the Universities and Colleges Admissions Service (UCAS); from national organisations like NHS England and The Princes Trust, to MPs such as Gerald Jones, Shadow Office Minister (Wales), and organisations like Mind and Stonewall.



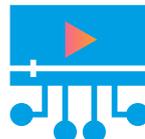
YMHD in Numbers



7,700 views on the stem4 website on YMHD itself, which was a **362%** increase on the average no. of page views on a Tuesday in 2021 (**1,600+** page views)



YMHD 2021 saw a **24%** increase in stem4 website users and a **21%** increase in page views compared to YMHD 2020



The YMHD video had **6,500** impressions on Twitter, **24,500+** impressions on Instagram, and over **3,500** video views across other platforms



There were around **4K** posts on social media, mainly Twitter, with a reach of **29.5 million**

Number of people accessing stem4 resources:

15,000+

page views for the resources page

Number of people attending stem4 webinars:

700+

Number of app downloads:

700,000+


488,000+


163,000+


22,000+


30,000+

YMHD reach:

29.5 million

All figures calculated for the reporting period.

How You Got Involved

Though socialising and mixing slowly returned in 2021, fundraising and volunteering have remained hard and more needed than ever. However, the stem4 Team rose to the challenge and made the year a special one in support of teenage mental health.

Fundraising Despite the Odds: Southampton Marathon

In September 2021, a team of keen participants took on the Southampton Full and Half Marathon in support of stem4. The weekend was an excellent team building opportunity for the stem4 family and raised a fabulous £1,792. We are grateful to Diespeker & Co for sponsoring the team.



“What a real pleasure to be able to support my favourite charity by completing the Southampton Half. A great bunch of people (who were way fitter than me!) but more importantly, every step raised money to support young people who stem4 help on a daily basis. Thank you stem4 for all your work. – [Lucy, a Southampton Half walker.](#)”

COVID-19 Safe Fundraising: Wishing Tree

As we entered a winter lockdown in December 2020, Ali Love and Julie Lenon, two local supporters, organised the first ever Wishing Tree event for stem4. Volunteers took to Wimbledon Common and visitors could write a message on a bauble to hang on one of the fir trees on the common in exchange for a donation to stem4. The event raised a total of £8,337. Thank you to Ali and Julie and all volunteers involved for organising this new event, which the stem4 Team is looking forward to taking over and continuing in winter 2021.



Throughout the year there have been countless amazing individuals who have taken on challenges to support and fundraise for stem4—from running a 5k every day, to hosting sponsored yoga and exercise classes, to donating profits from arts and crafts projects. We are thankful for each and every fundraiser and volunteer who chose to support teenage mental health with stem4 in 2020/2021.

Ones to Watch

In early 2020, Simon Calver and Tim Harris began the ambitious challenge of training to sail the Atlantic Ocean as part of the Talisker Whiskey Atlantic Row 2021. Simon and Tim are not rowers, just two friends with careers in business and finance looking to break out of their comfort zones, to push their limits and raise money in the process. Mental health impacts every one of us, and their mental health will arguably be more important than their physical health over the two months (or so) of the row. It is likely the process will forever change their lives, and positively help many teenagers change theirs as well from the money they raise.

Simon and Tim’s commitment is extraordinary. A winter full of training, lockdowns, and a pandemic have all tried to hamper their efforts without success. They have been training hard, but there is a long way to go...3,000 nautical miles to be precise. It’s going to be tough, but their preparation, teamwork, the ability to laugh at themselves (#nakedrowing #poobucket), and both mental and physical resilience will get them across the Atlantic. They started this phenomenal challenge with total dedication to completing the challenge with a phenomenal £100k pledge to stem4. As of September 2021, they have already raised nearly £85,000 of their £100k pledge. The team will set off on 12th December and we look forward to following their journey and are enormously grateful to the transformational impact their contribution will make towards our work.



Creating New Partnerships

It is important to stem4, as a growing organisation, to make new connections with other organisations, groups and individuals who share our vision.

Welcoming New Partnerships

Corporate Partnerships

In July 2021, stem4 was delighted to have been selected as Peel Hunt’s Corporate Charity Partner for the coming two years. Peel Hunt is a specialist investment bank with highly rated, sector-aligned Research, Sales and Investment Banking teams, with a current retained corporate client list of around 150 listed companies, over 1,200 institutions who have signed up to receive its research, and a trading platform that makes markets in around 3,500 equity and fixed income products.



The partnership started with a walk around the City to launch their Summer Olympic Challenge. We are excited to get to know them better and raise the profile of the partnership.

“We are really excited to partner with stem4 and are looking forward to organising a number of fundraising and challenge events in the coming months. We will be kicking off the partnership with an Olympic themed staff challenge this summer.” – Peel Hunt.

stem4 is extremely grateful to have the opportunity to form this partnership together and looks forward to following and supporting their exciting events and activities.

New Ambassadors

Chapter 13

This year, we welcomed Chapter 13 to our team of stem4 Ambassadors. They are a band of four friends (aged 16–18) who met when performing in the School of Rock musical and went on to reach the semi-finals of Britain's Got Talent series 13. Their debut single 'Harder to Pretend', with a strong message about mental health, was used as part of the YMHD campaign and released on all platforms on 10 September (the day after YMHD 2021).



Sofia – Filmmaker

Sofia is an amazing young filmmaker who raised funds for stem4 from the premiere of her latest film. This remarkable young person has won several awards, including from the Cannes Film Festival and Montreal Independent Film Festival.

“The apps that stem4 developed helped me when I was at my lowest (especially the Calm Harm app) so I chose to support stem4 through my film projects as a way to say thank you but also because it's the one charity I would advise anyone to use to learn about mental health. I don't know how to properly explain it, but even just the website itself is so much more inviting than any other of its kind; the colours and the way all the information is displayed make it easier to understand and navigate around. I really believe that the education and support at stem4, and the team that provides it, can and does save lives. I know that because it has saved mine.
– Sofia, stem4 Supporter

Vaccine Partnerships

Community Partnerships Manager Rosie Adkins headed the Take5 anxiety management video roll-out in vaccination centres in Merton and, subsequently, in Sutton. As a volunteer in a vaccination hub herself, she could see the benefit of offering anxious individuals some extra support. She connected with Dr. Mohan Sekeram, who headed the South West London programme and who was wholly in support of the idea. In addition to the video, stem4 also created Take5 cards with simple instructions of the technique. The video and cards were initially trialled in three centres, with the videos being watched by 1,800 people per day.

Following reports from many people who told us that the technique helped reduce their anxiety, the video and cards were circulated to other local hubs, including some pharmacies. When the

announcement for the lowered age range for vaccinations was announced, Dr. Sekeram invited Dr. Krause to provide a talk to doctors, nurses, and volunteers in the hubs on best ways to manage anxiety in young people. The talk was very well received with one individual saying, ‘The information we were provided with and this simple anxiety management technique should be available to every parent and school as well as health care provider.’

stem4 is grateful to South West London primary care, NHS provider trusts, community care services, pharmacy teams, local authorities, and the care sector in helping with distribution, enabling access by at least 100,000 people.

Partnering with the University of Surrey

stem4 analytics of app downloads showed us that there was increased use at times of student stress, for example, around exams and when A Level results were announced. In addition, we also noticed increased usage in those aged 18–25. As our Community Partnerships Manager, Rosie was keen to engage with universities in extending our offers to this group of young people and set up a pilot with a small group. stem4 were thrilled to be featured on the Surrey University Wellbeing Page as an external source with further work with universities underway—<https://wellbeing.surrey.ac.uk/support-services>

Fostering Fruitful Corporate Partnerships

This year stem4 has been grateful for the many corporate partners, small and large, who have committed to supporting teenage mental health as part of their Corporate Social Responsibility (CSR) initiatives. From local teams to the international sector, we welcome their enthusiasm, generosity, and interest in stem4.



Our partnership with CIBC continues to flourish and we are looking forward to our final Miracle Day event in December. They have had an amazing impact on stem4.

Trusts and Foundations

stem4 continues to strengthen its success from support by Trusts and Foundations to fund expanding project delivery and meeting core needs. We commit to strengthening our donor cultivation, stewardship, and communication plan and have a robust pipeline of funding opportunities to support continued growth.

stem4's Strategic Objectives

Consolidating, Developing, and Expanding Core Work

Our actions will:

- increase our digital resources, including staff and expertise.
- ensure clinical safety continues to be met and all compliance procedures continue to be followed.
- promote youth engagement and views through setting up a youth committee.
- measure the effectiveness of each app and the education programme.
- measure the effectiveness of COVID-19 resources and adaptations.
- adapt existing apps to further support COVID-19 impact.

Focusing on All Our Audiences—Young People, Their Parents and Carers, Schools and Health Professionals, and Especially the Most Vulnerable

Our actions will:

- develop new ways of ensuring our audiences receive the care and help they need.
- ensure decision makers, schools, health commissioners, and professionals better understand how to support these vulnerable groups.
- work with parents in the care and development of their young person's mental health and wellbeing, including working parents.
- explore new ways to involve and reach BAME, LGBTIQ+ communities, and other minority communities with high mental health needs.
- focus on diversity and inclusion (content, data, and products).

Focusing on Enhancing Mental Wellbeing

Our actions will:

- promote self-care of mental health and enhance peer-to-peer support in young people.
- develop links with schools to establish early protective factors and resilience tools.
- develop digital tools to help increase wellbeing.
- create national campaigns on enhancing resilience and wellbeing, such as Youth Mental Health Day.

Capacity Building through Considering a Business Arm to the Charity in Order to Increase Resource

Our actions will:

- provide clever growth of the organisation.
- develop a business arm to support growth.
- get resourcing right in order to increase organisational capacity.
- monetise current opportunities.
- demonstrate impact.

Extending Reach and Market Penetration of Existing Products

Our actions will:

- extend our reach beyond 100,000 young people per year.
- focus on our marketing resources and strategy to help us deliver our objectives.
- extend work with schools and colleges and explore extending work to the upper end of junior schools and universities.
- work with school nurses and GPs, School Mental Health Team professionals, and other primary care professionals to provide tools for early awareness and early intervention.
- find opportunities to work with statutory organisations such as the NHS, DfE, RCGP, and Public Health England.
- explore International opportunities such as the US, Canadian, and Australian market where app downloads are high.



stem4 Family

This year, the stem4 team has grown larger than ever!

We now have a CEO, 9 Trustees, and 9 members of the Management Team:



Dr. Nihara Krause
CEO



Caroline Cox
Head of Fundraising



Liz Davies
Finance Manager



Rita Nagy
Administrator / Project
Manager



Philippa Beeson
Education Coordinator /
Safeguarding Lead



Anna Clingan
Communications
Coordinator



Katie Donell
Digital Lead



Rosie Adkins
Community Partnerships
Manager



Yvette Nieslony
Lead Technical Officer /
Data Protection Officer



Rachel Edwards
Digital Coordinator



Angela McKenzie



Debbie Ward



Katie Meech



Franz Ranero



Sthen Wiseman



Andrew Sales



Dr. Annie Murphy



Serkan Gurgin



Jo Manley

Thank You to Our Supporters

stem4 would like to extend sincere thanks and gratitude to the very many individuals, groups, schools, partners, grant makers, and volunteers who have helped make a difference this year. We couldn't have done it without you. We apologise for not being able to mention everyone individually as there are too many, but they include:

- CIBC
- Co-op Community Fund
- Waitrose Community Matters Wimbledon
- Peel Hunt LLP
- Allen & Overy
- Escapade Silverstone
- Arnold Clark Community Fund
- Banham Charitable Foundation
- WhoSki
- The Wimbledon Wishing Tree–Alli Love and Julie Lenon
- Books with a Conscience
- Doctor Care Anywhere
- Farmani Group
- Lexis Nexis
- SME Capital
- Stanmore Contractors
- The TK Maxx and Homesense Foundation
- Usborne Publishing Ltd
- Mizuho International plc
- Willis Re
- The MINDCRAFT–Tim Harris and Simon Calver
- The Andor Charitable Trust
- The Beaverbrook Foundation
- The Childwick Trust
- Edgar E Lawley Foundation
- Harris Charitable Trust
- Oxygen House Foundation
- Pastest Charitable Trust
- The Grace Trust
- London Dynamo
- FA Premier League
- Roehampton Club
- St George's Hospital Pharmacy
- Ursuline High School Wimbledon
- Wimbledon Women's Institute
- Sevenoaks Youth Council
- Diespeker & Co
- HMA Digital
- Merkle
- Senso Communications
- Terra Firma Media
- Videobop
- AWP Creatives
- Comic Relief
- Paul Hamlyn Foundation
- Postcode Neighbourhood Lottery
- Freestyle Print
- ORCHA
- NOMINET
- Generations Foundation
- Wimbledon Business Centre
- Wimbledon Windmilers
- Boomerang
- Pro Bono Economics

A huge thank you also to each and every individual who volunteered, took part in a fundraising event, sponsored, or supported stem4 in any personal capacity this year. We couldn't have done it without you.

Principal Risks and Uncertainties

The trustees have responsibility for reviewing the risk management process. In addition to the stem4 Strategic Risk Register to monitor progress on strategies to mitigate risks, there is a Clinical Risk Register for each of our digital products alongside a Hazard Log and an Operational Risk Register. Each risk is listed with an action, mitigation steps, and procedures. Risks include operational, financial, and reputational. Insurance cover is reviewed annually.

Our key risks at this time include:

1. Ongoing Implications of COVID-19

The pandemic continues to have a significant impact on the nation's mental health. Around 8.5 million adults in the UK are predicted to need mental ill health support (The Centre for Mental Health 2020). This group will include not only young people aged 18–25, but also their parents and carers, as well as teachers and health care workers. The rise in children and young people's ill mental health continues to be 1 in 6 5–15 year olds, according to latest figures released by NHS Digital 2021. As demand grows, so does concern regarding the resources available to meet need. The pandemic has also revealed disparities of access to high quality mental health care, cultural suitability stigma, lack of parity and accessibility to diverse groups, as well as geographical disparities and ongoing discrimination and lack of awareness of mental health. The impact of loneliness and poverty on mental health, as well as the effects of long Covid on the population's mental health, is yet to be researched. Training opportunities for specialised mental health professions has reduced over the years and retention of all NHS workers was significantly impacted post-pandemic. Whilst there is certainly a place for digital products to extend capacity and enhance care, young people also need face to face contact to assess, engage, treat, and manage risk.

Our digital delivery continues its accelerated progress but requires further resourcing in terms of staff, training, and time. Our progress in getting our products to the NHS has been hampered by having to focus on pandemic consequences and reduced access to NHS Trusts, Public Health England, and to GPs who have been fully involved in the COVID-19 response, including extensive immunisation programmes.

With generous support from funders and the creativity of our Head of Fundraising, we have moved events and activities to digital. As well, the whole team, together with the backing of the trustees, has increased our digital capacity so that our position is significantly stronger than forecast at the start. Our financial monitoring and review remain diligent, and we are continuing to work towards meeting our capacity building plans to ensure we remain strong.

2. Safeguarding

We are committed to protecting all young people who are involved with our charity alongside staff, volunteers, trustees, partner agencies, and the community with which we work. Due to the nature of our services, safeguarding is a day-to-day consideration in our activities and we work with child protection agencies where needed.

In 2019–20, we reviewed our safeguarding practices across the charity and updated our safeguarding and digital safeguarding policies and processes to ensure we adapt and

continuously monitor and improve the way in which we safeguard people. This included reviewing our safeguarding framework for all our safeguarding work, appointing a dedicated Safeguarding Trustee and Designated Safeguarding Lead role, e-training our Designated Safeguarding Lead, as well as carrying out e-safeguarding training for all our trustees and staff. All staff, volunteers, and ambassadors have DBS checks.

3. Managing Our Data and Cyber Security

With cybercrime increasing all the time, failure to secure our information systems from attack could lead to loss of service, loss of data, and even put people at risk, leading to reputational damage, regulatory breach, and fines.

We have appointed a Data Security Officer who will work with our Digital Lead to provide oversight of our data and cyber security risk management, and all our staff and volunteers are required to follow IT policies and procedures. We are constantly reminded that cyber security is not just the responsibility of the Data Security Officer but a responsibility for us all to be aware of and act on. There are regular internal updates on cyber security risks and online data protection. We have recently and will continue to review our systems, policies, and procedures to ensure a privacy-led culture is embedded across the organisation and will look towards third party training and support next year.

4. Ensuring the Clinical Safety of our Apps

Clinical Safety is taken extremely seriously at stem4 and all our apps follow strict clinical safety guidelines and protocols, including Hazard Logs and mitigations which are reviewed annually. Whilst these have been done in collaboration with partner Ethos, Clinical Safety Specialists providing the clinical safety overview with Dr. Krause, stem4 decided to train an in-house team. The Digital Team was trained in understanding and implementing NHS standard DCB0129—Clinical Risk Management, whilst Dr. Krause was trained as an NHS standards recognised Clinical Safety Officer.

stem4 FINANCES



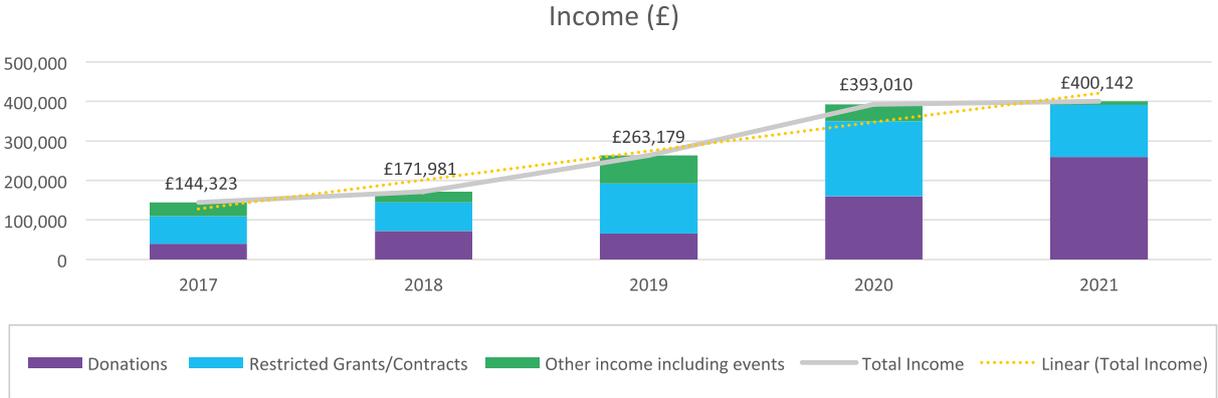
stem4 Finances

Where Our Money Comes From

We raise funds from a variety of sources. Having a diverse number of income streams is a very important part of our long term strategy. Grants, trusts, corporate partners, individual donations, and community fundraising all continue to play a key role in funding charitable activities.

stem4 is proud to have continued to demonstrate resilience and adaptability in response to the challenges faced by the pandemic. We are very grateful for the funding we have received from all our supporters and grantmakers.

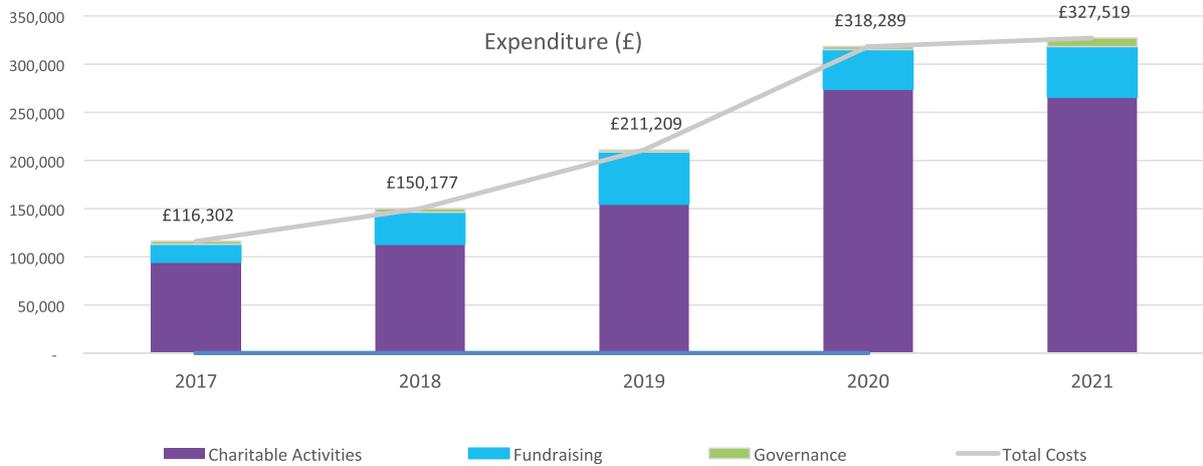
Looking ahead, we have grown enormously in the last few years and we will look for further 'clever' growth, including exploring commercial opportunities within the charity and through our newly-established business arm, stem4 wellbeing CIC. This will allow us to continue to invest in infrastructure and governance as we grow, and to support our core costs to allow us to sustainably deliver our charitable activities.



Where Do We Spend Our Money?

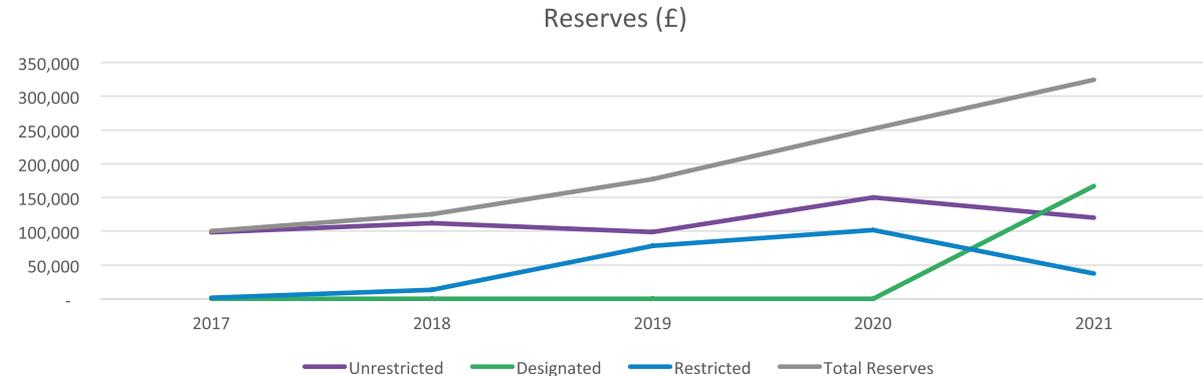
A high proportion is spent directly on charitable activities (85% in the last two years). Of this, 60–70% is spent on mental health apps (Calm Harm, Clear Fear, Combined Minds, and Move Mood). More recently, COVID-related support has been in demand and last year, 22% of spend went to supporting new initiatives. Education spend is a growing area, in particular digital delivery, with online conferences to parents, teachers, and health professionals and expanded use by schools of stem4’s Head Ed teaching resource. We continue to invest in surveys, impact evaluations, and campaigns (e.g., Youth Mental Health Day), as well as key areas of governance, including clinical safety and safeguarding.

Looking ahead, in line with our strategic aims, we will continue to deliver on core existing programmes, expand in key areas of need, and invest in infrastructure to support growth.



Our Reserves

We understand the importance as a charity of building a strong reserve base. Our reserves are pivotal as a strategic enabler for us to continue to fund our growing number of digital products, our education programme, and targeted projects. stem4’s trustees monitor reserves closely, balancing the need to maintain levels in line with reserves policy against the application of funds to planned charitable work. In 2021, the trustees reviewed future projects and designated unrestricted funds above the reserves policy towards these areas.



stem4’s independently reviewed Report and Accounts for the year ended 30th September 2021 can be found on pages 31 to 57.

Charity Registration No. 1144506

Company Registration No. 07779151 (England and Wales)

STEM4 LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

STEM4 LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr N S Krause Mr F J Ranero Mr A G Sales Ms D V Ward Ms S E Wiseman Dr A Murphy Mr S Girgin	(Appointed 22 March 2021) (Appointed 13 September 2021)
Charity number	1144506	
Company number	07779151	
Registered office	51 St Georges Road Wimbledon London SW19 4EA	
Independent examiner	Azets Audit Services Ashcombe Court Woolsack Way Godalming Surrey United Kingdom GU7 1LQ	

STEM4 LIMITED

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STEM4 LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The trustees present their report and financial statements for the year ended 30 September 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charity has established expenditure to achieve its objectives for public benefit to improve the lives of young people through early detection and intervention of common mental health problems – eating disorders, anxiety & depression, self-harm and addiction.

stem4 provides a direct response to the growing number of young people being affected by these conditions and the goal is to empower them to make positive changes early in their lives to prevent enduring physical and psychological effects as well as offer them evidence-based early intervention to help manage their symptoms either as they wait for treatment or as possible treatment if they do not meet the threshold required for help. The coronavirus pandemic has significantly impacted on the mental health of children and young people, with isolation, bereavement, loss of learning opportunities, changes in interpersonal connections and worsening mental ill health because of the lack of access to services. Devastating racial inequalities have also been noticed because of the pandemic with mental ill health impact rising in these communities

We review the forecast expenditure annually to ensure that it reflects the charity's objects and thereby advances public benefit. The beneficiaries of our programme are ultimately young people and those at risk of developing mental ill health in the future as well as their families and their schools. We also offer mental health training in conference format to GPs and school nurses to increase the network of early support.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the year the charity has continued to expand its digital offerings, supporting more young people, as set down in the business plan. COVID19 related support has been a focus with additional resources added to the website, several webinars and resources for parents, resources for young people and coaches associated with sports clubs, translations of COVID19 booklets into 6 different languages for young people and parents, work with schools and colleges with diverse populations, creating a short video to help young people and their families who were anxious about getting the vaccination to learn to relax available in local vaccination centres and additional videos and booklets on how to use the stem4 apps safely and effectively over the pandemic. A number of coronavirus support funds supported stem4 in these endeavours including the National Lottery Fund, the National Postcode fund, extended Comic Relief COVID19 fund as an extension to those charities who had received a Tech for Good Fund and Wooden Spoon a rugby grant-giving association. There has continued to be an increased focus on promoting awareness including Youth Mental Health Day in September 2021.

The charity extended its collaborations with third parties to provide customised, licensed versions of the 'Calm Harm' and 'Clear Fear' apps to support specific user groups in managing self-harm and anxiety in more localised settings. These included existing licensee as well as a new partnership with 'Good Thinking' a digital platform set up in collaboration with NHS North and East Trusts supported by the Mayor of London for young Londoners and their families. Good Thinking have three licensed stem4 apps, Clear Fear, Combined Minds and Move Mood.

STEM4 LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Two new apps were developed in the year - 'Combined Minds' for families and friends, funded by individual donations, and the 'Move Mood' (depression) app funded through a Tech for Good grant from Comic Relief/Paul Hamlyn. The stem4 digital portfolio has flourished with the release of the Move Mood app at the start of 2021. There was an escalation of downloads of Head Ed and Head Ed Light for home learning recommended by the Department of Education COVID19 home learning resources hub. Oak Education, an extensive home learning portal for primary schools also featured stem4 education resources and Surrey University engaged in including stem4 resources in their student mental health portal. stem4 were delighted to welcome a new community partnerships manager who enabled several joint working projects including with a pilot group of universities, education resources and immunisation centres.

The stem4 digital team developed expertise in clinical safety through training offered by NHS accredited company Ethos. This means that the clinical safety standards required for each app can now be developed and monitored in-house. stem4 have also worked with a postgraduate researcher with the University of Adelaide on penetration testing of our apps which have all met safety standards.

Two national surveys carried out for stem4 by Senso on young people's mental health impacted by the pandemic and a teacher survey made it to many national and international newspapers, journals and news channels and stem4 were proud to report back based on the results of research carried out on our behalf by Probono Economics on the health economic costs of waiting lists on statutory services. We continue to progress the NHS ethics approved research study, being carried out for stem4 by research organisation Informed Thinking into the effectiveness of Clear Fear.

During the year, the charity was recognised for its work, winning the 2021 Digital Health Tech News award.

The charity held a virtual AGM in the year confirming the appointment of a new trustee and reappointing Azets as accountants to perform the charity's independent review.

Financial review

Total income for the year to 30 September 2021 was £400,142 (2020: £393,010) with associated expenditure of £327,519 (2020: £318,289) giving a surplus for the year of £72,623 (2020: £74,721).

Income increased by £7,132. Donations in the year were gratefully received from individuals, schools, corporates, trusts, and local community groups. Grant funding helped to further drive COVID-related support and extend the reach of stem4 digital products. In addition, the charity continued to generate new funding from contracts providing customised versions of their apps to service providers.

Expenditure rose by £9,230. This was in line with planned developments as well as funded projects, including the charity's multi-targeted response to COVID-19.

Total Funds at 30 September 2021 were £324,567 (2020: £251,944). Restricted Funds fell to £37,709 (2020: £101,896) reflecting the delivery in the year of a number of time-critical projects particularly COVID-related support. Unrestricted Funds rose to £286,858 (2020: £150,048) reflecting the significant commitment of our donors in addressing the urgent need to support Young People, Parents, Teachers and Health Professionals and the value of stem4's digital offerings.

Designated Funds: stem4's trustees monitor reserves closely, balancing the need to maintain levels in line with reserves policy against the application of funds to planned charitable work. Funds over the charity's reserve policy of £120,000 have been designated by trustees. £116,858 has been designated to priority projects including the upgrade and enhancement of existing apps, and investment in wellbeing and resilience tools, and £50,000 to the organisational growth needs of the charity. These funds expect to be expended in the next 12-18 months.

STEM4 LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The charity's cost base continues to grow as new apps and digital education services are released with associated maintenance, quality control and clinical risk management, effectiveness evaluation and support requirements including the incorporation of feedback from the fast-growing user base. The charity continues to adapt and explore regular, sustainable funding initiatives to support the provision of its expanded portfolio of products and services and future growth plans and in September 2021 established a subsidiary, stem4 wellbeing CIC, to harness further opportunities and to provide financial support back to the charity.

The charity would like to thank individuals, schools, corporates and grant-makers for their important support in the year as well as the organisations that have generously offered their services on a pro-bono basis.

Reserves policy

The trustees aim to maintain a sufficient level of free reserves in unrestricted funds to safeguard the organisation, protect options for future development and to achieve the following:

- The option to develop new services or expand current ones in line with the changing needs of the community
- To ensure that delays in the receipt of expected income do not interrupt services or cause serious financial difficulty for the charity; and
- The ability to survive unexpected setbacks and problems arising from internal or external causes.

The trustees review reserves at least quarterly and the policy threshold annually to ensure that there are sufficient funds to maintain the charity's financial stability and ongoing development. The current policy approved in July 2021 requires target free reserves to be maintained to cover six months' unrestricted operational expenditure. The trustees consider this to be the best way of furthering the charity's objectives. After making allowance for any restricted funds, and funds designated by trustees, the charity's free reserves at 30 September 2021 were £120,000. This aligns to the trustees' policy for reserves.

Risk management

The trustees have considered the major risks to which the charity is exposed. They have reviewed the risks as well as the policies, procedures, systems and controls in place to mitigate these risks.

Plans for future periods

The charity aims to consolidate, develop and expand core work. On the education side, this will include developing further links with schools, colleges and other educational institutions. Focus will be to widen our educational remit through the Head Ed digital programme that can be used in schools by teachers and by continuing to provide face-to-face mental health literacy through digital and where pandemic rules permit, real life conference and training programmes to our various audiences – students, parents and carers, teachers, health care professionals. We will continue to evaluate the effectiveness of the education programme through educator surveys and feedback and explore potential funding opportunities.

On the mental health app side, we will endeavour to establish links with the NHS, other health organisations, compatible charities, corporates. We will continue to evaluate, update effectiveness and workings of as well as provide efficacy data on existing digital products and explore further additions to our app portfolio based on need. We will also follow through with continuing to offer clinical safety and effectiveness to the highest standards through following ongoing developments in digital safety and aim to seek to develop ongoing collaborative work with statutory providers in health and education.

STEM4 LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

The work we have done during the pandemic has strengthened our focus on communities where there are high levels of need including BAME and LGBTQ+ communities and we have expanded the numbers of schools/colleges we work with. We will continue to develop the work we offer to these communities and expand reach and impact. We anticipate the need for significant support and rehabilitation work to help children and young people's mental health recover post pandemic and are preparing to assess need and provide support for emerging conditions, especially in the light of traditional resources such as the NHS being further stretched.

We will continue to work co-collaboratively in order to co-produce our resources and will develop our community support functions. We will also look to promote youth engagement and views through forming a Youth Committee and by adding to our digital and clinical teams.

We will aim to specifically extend reach and market penetration of existing resources with a continued goal to reach 100,000 of our audience annually. We have a range of plans to help with this including expanding the age ranges we work with including universities and the upper end of junior schools as well as different population groups, especially those most vulnerable and who lack access to high quality mental health support. We will focus further on our marketing, digital marketing and social media and communication strategies and explore more opportunities in areas where our app downloads are high. We will continue to be the hosts of National Youth Mental Health Day annually as well as release at least two national research surveys per year.

We will develop the newly-established CIC arm of the charity as part of our growth and sustainability model and work towards resourcing it to be operational. In addition to mental ill health, we will have further clear focus on enhancing and developing well-being and resilience, especially post pandemic, and will develop a clear recovery plan to help support the growth of positive mental health in the communities we work with. This will require additional team resources and a larger office space.

The charity will continue to be compliant with data change regulations and update all relevant policies as required. This will include relevant training and updates on data protection, GDPR and cybersecurity.

The charity has taken steps to provide safeguarding training to all stem4 members including trustees and ambassadors, as well as review and agree on safeguarding protocols and procedures. There is a clear digital safeguarding policy, a safeguarding log, a trustee with safeguarding responsibility and the designated safeguarding lead (DSL) receives ongoing training and supervision from a specialist safeguarding consultant. A commitment to an annual safeguarding training programme has also been made.

The charity is also taking steps to have training in clinical safety management for our apps and will have a training programme to have an internal clinical safety officer, data protection and compliance officer as well as agreed clinical risk management protocols and procedures validated by an NHS approved body.

STEM4 LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Structure, governance and management

The Trust is a registered charity (number 1144506) and a limited company (number 07779151). The charity was established through active fundraising and seeks to continue the charitable work through the careful stewardship of fundraised resources.

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

Dr N S Krause	
Ms A C McKenzie	(Resigned 7 February 2022)
Ms C T C Meech	(Resigned 14 September 2021)
Mr F J Ranero	
Mr A G Sales	
Ms J L Trainor	(Resigned 31 December 2020)
Ms D V Ward	
Ms S E Wiseman	
Dr A Murphy	(Appointed 22 March 2021)
Mr S Girgin	(Appointed 13 September 2021)

Under its Articles of Association, the charity is able to appoint new trustees and re-elect existing trustees. At each annual general meeting, one third of the existing trustees who have been longest in the office since their last appointment must retire by rotation and are required to be replaced by new trustee appointments. Trustees who are up for retirement can be recommended for re-election by the other trustees at each annual general meeting. The Articles of Association provides for a minimum of 3 trustees, subject to no maximum limit. Without prejudice to the trustee rotation process, new trustees may be appointed at any time by way of an ordinary resolution of the trustees during a general meeting.

At the quarterly trustees' meetings, the trustees agree the broad strategy and areas of activity for the Charity, including consideration of service development, investment, reserves and risk management policies and performance. The specifics of service development, delivery and outcome evaluation are led by the Chairman and CEO.

The trustees formally approved arrangements complying with the ICSA guide 'Recruitment, Appointment and Induction of Charity Trustees'. The trustees have also developed a code of conduct for stem4 trustees, including formal statements of roles and responsibilities and provision for trustee training. The final decision about the selection of new trustees and committee members is a matter for the trustees.

On appointment new trustees sign a model trustee declaration statement committing them to giving their time and expertise. The induction process has been changed to follow the ICSA good practice guide with a formal induction programme for any newly appointed trustee which includes an initial meeting with the Chair and trustees; this includes discussion of the powers and responsibilities of the trustee board and the committee. The welcome pack includes a brief history of the charity, trustee board and committee minutes, a copy of the annual report and accounts, a copy of the governing trust deed and a copy of the Charity Commission's guidance 'The Essential Trustee: What You Need to Know' and 'Charities and Public Benefit'.

All trustees give of their time freely and no trustee remuneration was paid in the year. Details of trustee expenses and related party transactions are disclosed in a note to the accounts. Trustees are required to disclose all relevant interests and register them with the Chief Executive and in accordance with the Trust's policy, withdraw from decisions where a conflict of interest arises.

The charity is a member of the Merton Voluntary Sector (MVS). The MVS provides helpful information on good practice, changes in the law affecting charities and acts as an authoritative lobby on behalf of the charitable foundations with the government and regulators for voluntary organisations based in Merton.

STEM4 LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

The Trustees report was approved by the Board of Trustees.

Nihara Krause

Dr N S Krause

Dated: *18/5/2022*

STEM4 LIMITED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STEM4 LIMITED

I report to the trustees on my examination of the financial statements (which comprise the Statement of Financial Activities, Balance and related notes) of stem4 Limited (the charity) for the year ended 30 September 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Debra Saunders
FCA
Azets Audit Services
Ashcombe Court
Woolsack Way
Godalming
Surrey
GU7 1LQ
United Kingdom

Dated: 24 May 2022

STEM4 LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Current financial year

	Notes	Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
Income from:						
Donations and legacies	2	263,003	-	-	263,003	159,571
Charitable activities	3	9,057	-	128,082	137,139	233,439
Total income		272,060	-	128,082	400,142	393,010
Expenditure on:						
Raising funds	4	(52,427)	-	-	(52,427)	(40,329)
Charitable activities	5	(128,643)	-	(146,449)	(275,092)	(277,960)
Total resources expended		(181,070)	-	(146,449)	(327,519)	(318,289)
Net incoming/(outgoing) resources before transfers		90,990	-	(18,367)	72,623	74,721
Gross transfers between funds		(121,038)	166,858	(45,820)	-	-
Net (expenditure)/income for the year/ Net movement in funds		(30,048)	166,858	(64,187)	72,623	74,721
Fund balances at 1 October 2020		150,048	-	101,896	251,944	177,223
Fund balances at 30 September 2021		120,000	166,858	37,709	324,567	251,944

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

STEM4 LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2021

Prior financial year

		Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
	Notes			
<u>Income from:</u>				
Donations and legacies	2	159,571	-	159,571
Charitable activities	3	43,447	189,992	233,439
Total income		203,018	189,992	393,010
<u>Expenditure on:</u>				
Raising funds	4	(36,250)	(4,079)	(40,329)
Charitable activities	5	(123,705)	(154,255)	(277,960)
Total resources expended		(159,955)	(158,334)	(318,289)
Net incoming/(outgoing) resources before transfers		43,063	31,658	74,721
Gross transfers between funds		8,320	(8,320)	-
Net (expenditure)/income for the year/ Net movement in funds		51,383	23,338	74,721
Fund balances at 1 October 2019		98,665	78,558	177,223
Fund balances at 30 September 2020		150,048	101,896	251,944

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

STEM4 LIMITED

BALANCE SHEET

AS AT 30 SEPTEMBER 2021

	Notes	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	9		3,980		6,786
Investments	10		100		-
			<u>4,080</u>		<u>6,786</u>
Current assets					
Debtors	12	5,758		31,334	
Cash at bank and in hand		334,320		266,214	
		<u>340,078</u>		<u>297,548</u>	
Creditors: amounts falling due within one year	13	(19,591)		(52,390)	
Net current assets			320,487		245,158
Total assets less current liabilities			<u>324,567</u>		<u>251,944</u>
Income funds					
Restricted funds	15		37,709		101,896
<u>Unrestricted funds</u>					
Designated funds		166,858		-	
General unrestricted funds		120,000		150,048	
		<u>286,858</u>		<u>150,048</u>	
			<u>324,567</u>		<u>251,944</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 September 2021.

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

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

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

The financial statements were approved by the Trustees on 18/5/2022

Nihara Krause

Dr N S Krause
Trustee

Company Registration No. 07779151

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2021

1 Accounting policies

Charity information

stem4 Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 St Georges Road, Wimbledon, London, SW19 4EA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Assets for distribution are recognised only when distributed. Assets given for use by the charity are recognised when receivable. Stocks of undistributed donated goods are not valued for balance sheet purposes.

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

1 Accounting policies

(Continued)

The charity receives government and other grants in respect of specific projects. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Costs of raising funds includes of fundraising events and production of goods for resale.

Expenditure on charitable activities includes delivery of projects including provision of mental health education and development of software applications.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources. Premises and other overheads have been allocated on the same basis.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Office equipment	25% per annum, straight-line basis
------------------	------------------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the charity. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

1 Accounting policies

(Continued)

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. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

2 Donations and legacies

	2021	2020
	£	£
Donations and gifts (all unrestricted)		
Donations received	256,092	155,551
Gift aid received	6,911	4,020
	<u>263,003</u>	<u>159,571</u>

3 Charitable activities

	2021	2020
	£	£
Activities for generating funds	<u>137,139</u>	<u>233,439</u>
Analysis by fund		
Unrestricted funds - general	9,057	43,447
Restricted funds	<u>128,082</u>	<u>189,992</u>
	<u>137,139</u>	<u>233,439</u>

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

4 Raising funds

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £	Restricted funds 2020 £	Total 2020 £
<u>Fundraising and publicity</u>				
Staging fundraising events	1,255	3,749	-	3,749
Other fundraising costs	3,741	-	-	-
Support costs	47,431	32,426	4,079	36,505
	<u>52,427</u>	<u>36,175</u>	<u>4,079</u>	<u>40,254</u>
<u>Support costs</u>				
Support costs	-	75	-	75
	<u>52,427</u>	<u>36,250</u>	<u>4,079</u>	<u>40,329</u>

5 Charitable activities

	2021 £	2020 £
Charitable activities	120,373	165,602
Share of support costs (see note 6)	145,444	109,405
Share of governance costs (see note 6)	9,275	2,953
	<u>275,092</u>	<u>277,960</u>
Analysis by fund		
Unrestricted funds - general	128,643	123,705
Restricted funds	146,449	154,255
	<u>275,092</u>	<u>277,960</u>

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2021

6 Support costs

	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Staff costs	142,215	-	142,215	97,246	-	97,246
Depreciation	3,949	-	3,949	3,664	-	3,664
Computer expenses	9,762	-	9,762	6,596	-	6,596
Telephone	526	-	526	471	-	471
Other support costs	97	-	97	1,482	-	1,482
Sundry expenses	1,731	-	1,731	640	-	640
Printing, stationery and postage	831	-	831	842	-	842
Travel and subsistence	51	-	51	1,025	-	1,025
Advertising	7,680	-	7,680	10,773	-	10,773
Insurance	1,774	-	1,774	1,141	-	1,141
Office rent costs	19,269	-	19,269	19,750	-	19,750
Other staff costs	4,990	-	4,990	2,280	-	2,280
Independent examination fees	-	1,536	1,536	-	1,560	1,560
Professional fees	-	2,733	2,733	-	300	300
Other governance costs	-	5,006	5,006	-	1,168	1,168
	<u>192,875</u>	<u>9,275</u>	<u>202,150</u>	<u>145,910</u>	<u>3,028</u>	<u>148,938</u>
Analysed between						
Fundraising	47,431	-	47,431	36,505	-	36,505
Trading	-	-	-	-	75	75
Charitable activities	145,444	9,275	154,719	109,405	2,953	112,358
	<u>192,875</u>	<u>9,275</u>	<u>202,150</u>	<u>145,910</u>	<u>3,028</u>	<u>148,938</u>

7 Trustees

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

Travelling expenses of £nil (2020 - £1,111) were reimbursed to Dr. N Krause, a trustee, during the year.

8 Employees

The average monthly number of employees during the year was:

2021	2020
Number	Number
8	5

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

8 Employees (Continued)

Employment costs	2021 £	2020 £
Wages and salaries	135,070	94,465
Social security costs	4,559	1,063
Other pension costs	2,586	1,718
	<u>142,215</u>	<u>97,246</u>

There are no employees who received total employee benefits (excluding employer pension costs) of more than £60,000 per annum (2020 - none).

9 Tangible fixed assets

	Office equipment £
Cost	
At 1 October 2020	18,881
Additions	1,143
At 30 September 2021	<u>20,024</u>
Depreciation and impairment	
At 1 October 2020	12,095
Depreciation charged in the year	3,949
At 30 September 2021	<u>16,044</u>
Carrying amount	
At 30 September 2021	<u>3,980</u>
At 30 September 2020	<u>6,786</u>

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

10 Fixed asset investments

	Other investments
Cost or valuation	
At 1 October 2020	-
Additions	100
	<hr/>
At 30 September 2021	100
	<hr/>
Carrying amount	
At 30 September 2021	100
	<hr/> <hr/>
At 30 September 2020	-
	<hr/> <hr/>

	Notes	2021	2020
		£	£
Other investments comprise:			
Investments in subsidiaries	11	100	-
		<hr/> <hr/>	<hr/> <hr/>

11 Subsidiaries

Details of the charity's subsidiaries at 30 September 2021 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
stem4 wellbeing CIC	England and Wales	Community Interest Company	Ordinary Shares	100.00	

stem4 wellbeing CIC was incorporated on 12 October 2020.

12 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Trade debtors	-	24,400
Other debtors	1,914	3,112
Prepayments and accrued income	3,844	3,822
	<hr/>	<hr/>
	5,758	31,334
	<hr/> <hr/>	<hr/> <hr/>

STEM4 LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

13 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	15,647	49,675
Other creditors	2,444	1,185
Accruals and deferred income	1,500	1,530
	<u>19,591</u>	<u>52,390</u>
	<u><u>19,591</u></u>	<u><u>52,390</u></u>

14 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £2,586 (2020 - £1,718).

STEM4 LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021

15 Movement in Funds

Current year

	Movement in funds				Balance at 30 September 2021 £
	Balance at 1 October 2020 £	Incoming resources £	Resources expended £	Transfers £	
Restricted funds					
Generations Foundation	-	19,226	(14,419)	-	4,807
Comic Relief/Paul Hamlyn Tech for Good (MM)	4,279	-	(4,279)	-	-
Leeds Calm Harm	11,280	-	-	(8,460)	2,820
Comic Relief COVID Recovery	29,641	8,000	(37,641)	-	-
Nominet Reset Mental Health	44,280	7,700	(30,178)	-	21,802
National Lottery Community Fund	10,000	-	(10,000)	-	-
Wimbledon Community Fund	2,416	-	(2,416)	-	-
Good Thinking	-	48,000	(27,540)	(20,460)	-
BNB	-	8,500	(220)	-	8,280
Other contracts	-	16,900	-	(16,900)	-
Postcode Lottery	-	19,756	(19,756)	-	-
Total restricted funds	101,896	128,082	(146,449)	(45,820)	37,709
Unrestricted funds					
Designated funds:					
Digital Projects Fund	-	-	-	116,858	116,858
Organisational Growth Fund	-	-	-	50,000	50,000
Total designated funds	-	-	-	166,858	166,858
General fund	150,048	272,060	(181,070)	(121,038)	120,000
Total unrestricted funds	150,048	272,060	(181,070)	45,820	286,858
Total funds	251,944	400,142	(327,519)	-	324,567

Restricted funds

The Generations Foundation relates to funding provided for office rent.

Comic Relief & Paul Hamlyn Foundation Tech for Good Grant (MM) relates to funding provided for the Depression Management App, Move Mood.

Leeds Calm Harm relates to a contract to provide a version of the Calm Harm app for Leeds City Council. Income has been ringfenced within Restricted funds.

Nominet Reset Mental Health relates to funding awarded to drive digital capacity, marketing outreach, and impact study to reach even more young people and drive sustainability.

Comic Relief COVID and National Lottery were funds provided for a resource translation programme to deliver materials to support parents and students in communities heavily impacted by COVID.

STEM4 LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

15 Movement in Funds

(Continued)

Postcode Lottery relates to funding for adaptations to mental health resource for targeted community support during the pandemic.

BNB relates to funding for a new digital development focusing on building resilience and supporting wellbeing.

Good Thinking relates to licences for Combined Minds, Clear Fear and Move Mood apps.

Other contracts are funds for a version of the Clear Fear app tailored to support the customer's users manage anxiety in a specific setting.

Wimbledon Community Funds were provided for stem4 to deliver a conference for Merton and Wandsworth parents/carers.

Designated Funds

Digital Projects relates to priority projects including the upgrade and enhancement of existing apps, and investment in wellbeing and resilience tools.

Organisational Growth relates to the onboarding additional staff as the charity continues to grow.

These funds expect to be expended in the next 12-18 months.

STEM4 LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

15 Movement in Funds

(Continued)

Prior year

	Movement in funds				Balance at 30 September 2020 £
	Balance at 1 October 2019 £	Incoming resources £	Resources expended £	Transfers £	
Generations Foundation	2,870	16,022	(18,892)	-	-
Comic Relief/Paul Hamlyn Tech for Good (MM)	46,350	14,750	(56,821)	-	4,279
Community Foundation for Surrey	2,708	-	(2,708)	-	-
Leeds Calm Harm	19,600	-	-	(8,320)	11,280
Head Ed (Big Give)	7,030	-	(7,030)	-	-
Comic Relief COVID Recovery	-	32,000	(2,359)	-	29,641
Nominet Reset Mental Health	-	69,300	(25,020)	-	44,280
National Lottery Community Fund	-	10,000	-	-	10,000
CAF Coronavirus Emergency Fund	-	4,000	(4,000)	-	-
Other contracts	-	35,920	(35,920)	-	-
Wimbledon Community Fund	-	3,000	(584)	-	2,416
Wooden Spoon Emergency Funding	-	5,000	(5,000)	-	-
Total Restricted Funds	78,558	189,992	(158,334)	(8,320)	101,896
Unrestricted funds					
Designated funds:					
Digital Project Fund	-	-	-	-	-
Organisational Growth Fund	-	-	-	-	-
Total designated funds	-	-	-	-	-
General fund	98,665	203,018	(159,955)	8,320	150,048
Total unrestricted funds	98,665	203,018	(159,955)	8,320	150,048
Total funds	177,223	393,010	(318,289)	-	251,944

STEM4 LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

16 Analysis of net assets between funds

	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 30 September 2021 are represented by:							
Tangible assets	3,980	-	-	3,980	5,281	1,505	6,786
Investments	100	-	-	100	-	-	-
Current assets/(liabilities)	115,920	166,858	37,709	320,487	144,767	100,391	245,158
	<u>120,000</u>	<u>166,858</u>	<u>37,709</u>	<u>324,567</u>	<u>150,048</u>	<u>101,896</u>	<u>251,944</u>

STEM4 LIMITED

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2021

17 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

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