

TANDEM IN OXFORDSHIRE

England & Wales · Charity number 1078112

Details

Other names	TANDEM
Status	Registered
Legal form	Other
Registered	1999-11-08
Register	View on the Charity Commission register

Contact

Address	The Michael Young Building Restore Manzil Way Cowley Road Oxford OX4 1YH
Phone	07756 815152
Email	hello@tandembefriending.gmail.com
Website	http://www.tandembefriending.org.uk/

Activities

Objects: THE RELIEF OF PERSONS WITH MENTAL DISTRESS BY THE PROVISION OF A BEFRIENDING SERVICE WITHIN OXFORDSHIRE

Activities: Mental health befriending project.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** OXFORDSHIRE
- Oxfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£16,255	£25,682	-	-
2024-03-31	£26,121	£25,902	-	-
2023-03-31	£37,805	£34,040	-	-
2022-03-31	£17,244	£14,689	-	-
2021-03-31	£14,294	£15,408	-	-

Trustees

Name	Role	Appointed
Anna Chappell		2024-06-20
Belinda Jack		2020-10-15
Elizabeth Jean Shatford		2018-10-18
PRUE SYKES		
Paul Lewis		2022-06-09
Sophie Noble Fenwick		2025-07-15
TREVOR LOWE		

TANDEM IN OXFORDSHIRE

England & Wales - Charity number 1078112

Accounts



Trustees' Annual Report for the period

From 1st April 2023
To 31st March 2024

Period start date
Period end date

Charity name: Tandem in Oxfordshire

Charity registration number: 1078112

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The object for which the Charity was established is the relief of persons with mental distress by the provision of a befriending service in Oxfordshire.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The recruitment and training of volunteers who are matched in befriending partnerships with local people who have suffered a breakdown in their mental health.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The charity has continued to develop and support befriending partnerships, in addition to running a weekly Social Group for those awaiting partnerships. Recorded outcomes of our service users show an increase in social activity, a decrease in isolation and loneliness, an increase in confidence and involvement in their local community.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	In 2023-24 our income satisfactorily marginally exceeded our expenditure.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held to cover the possibility of the charity being forced to wind up.
Amount of reserves held	Para 1.22	£6000
Reasons for holding zero reserves	Para 1.22	0
Details of fund materially in deficit	Para 1.24	0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The only uncertainty is the one we always live with – lack of funding. However we have survived for 25 years!

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution dated 13.10.1999
How is the charity constituted? (e.g. unincorporated association , CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	By election at our Annual General Meeting

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Tandem in Oxfordshire
Other name the charity uses	Tandem
Registered charity number	1078112
Charity's principal address	Restore, Manzil Way, Cowley Road, Oxford OX4 1YH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Paul Lewis	Chair		
2	Prue Sykes	Secretary		
3	Anna Chappell	Treasurer	20.06.2024	
4	Elizabeth Shatford			
5	Trevor Lowe			
6	Belinda Jack			
7	Diana Roberts			
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19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Paul Lewis	Prue Sykes
Full name(s)	Paul Lewis	Prue Sykes
Position (eg Secretary, Chair, etc)	Chair	
Date	25/11/2024	



MENTAL HEALTH BEFRIENDING FOR OXFORD

Registered address: c/o Restore, The Michael Young Building, Manzil Way, Cowley Road, Oxford OX4 1YH
07775 918533 enquiries.tandembefriending@gmail.com

www.tandembefriending.org.uk [facebook/TandemBefriending](https://www.facebook.com/TandemBefriending) Registered charity: 1078112

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Receipts and Payments Account

For the period 1 st April to 31 st March 2024	23/24
Opening balance (current account)	18,290.85
Receipts	
Donations	1,121.04
Grants	24,310.00
Restricted Grants	0.00
Standing orders	690.00
Salary overpayment	0.00
Total receipts	26,121.04
Total receipts including opening balance	44,411.89
Payments	
Co-ordinator's salary + PAYE	18,379.90
Co-ordinator's pension	466.55
Social Group	1,861.89
Volunteer's expenses	534.40
Insurance	277.88
Advertising, fees, publicity (inc. film)	4,065.74
Bookkeeping service	315.45
Total payments	25,901.91
Closing balance cash account	18,509.98
Balance at NatWest bank 31 03 2024	18,509.98
Savings account (Redwood)	16,108.76
Total cash and savings	34,618.74

These accounts have been signed off by:

Signed Lesley French Dated 26th April 2024 Independent Examiner

Signed Paul Lewis Dated 20th May 2024 Chairman



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name

Tandem in Oxfordshire

On accounts for the year ended

March 2024

Charity no (if any)

1078112

Set out on pages

20(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023DD / MM / YYYY.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

20.6.24

Name:

Lesley French

Relevant professional qualification(s) or body (if any):

IER

1

October 2018

Address:

25 Poplar Grove

Garsington

Oxford OX44 9BP

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

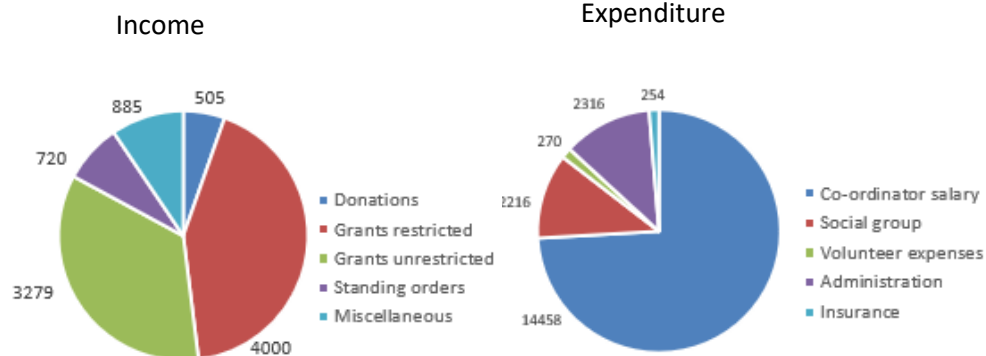
Give here brief details of any items that the examiner wishes to disclose.

TANDEM IN OXFORDSHIRE

England & Wales - Charity number 1078112

Accounts

Summary of Annual Accounts for 2022-23



MENTAL HEALTH BEFRIENDING
FOR OXFORD

Annual Report 2023

Tandem accounts 2022-23

	2022-23	2020-21
Income	9,389	17,244
Brought forward	28,416	25,861
Total	37,805	43,105
Expenses	19,514	14,689
Total	19,514	14,689
Closing balance		
Cash	18,291	28,416
Savings account	15,749	15,596
Total	34,040	44,012

Our policy during 2022-23 was to reduce our reserves, which had accumulated during covid when our expenses were much reduced. During the coming year we will be seeking three-year funding from two previous supporters to ensure our sustainability, and resuming our normal fundraising pattern.

Treasurer

We are extremely grateful for the support of the the Oxford University Community Fund, Oxfordshire County Council, St Aldates Parochial the Oxfordshire Community Foundation, Janet McCrae and Ian Lowe.



The mental health befriending service for Oxford

Registered address:

c/o Restore, The Michael Young Building, Manzil Way, Cowley Road, Oxford OX4 1YH

07756 815152/07774 749675 hello@tandembefriending@gmail.com

www.tandembefriending.org.uk Registered charity: 1078112

Chair's Annual Report

Although befriending has a relatively low profile compared to many other mental health interventions, the fact is that there is solid evidence that it helps people in different ways. We hear a lot these days about mental health and about loneliness and social isolation, but very little attention is paid to initiatives like Tandem. Well, we know that social isolation has very far reaching consequences for the people that suffer it and, in our small way, we are trying to do something about it. I heard a news report that there is greatly increased sickness amongst NHS staff at the moment, and that the biggest single cause is mental health problems, illustrating how such problems can affect anyone if they are exposed to stressful circumstances.

In the meantime, there have been developments in our service and we are sorry to be losing Joanna Hamilton as Co-ordinator. We will miss her for her enthusiasm, level of engagement and her magic touch with the group activities. We are extremely grateful for all her hard work. Following on from that, we have decided that we are now in a position to extend the hours of co-ordinator time, and we have found two excellent replacements to share the role, Melissa Damico and Sally Harris. We warmly welcome them to Tandem and look forward to working with them.

It's been a year of consolidation for us one way and another - we have been able to create enough new partnerships and we are expecting to be able to increase the number from now on. Of course, that depends to a large extent on our volunteers and we have had reasonable success in recruitment. We could always do with more, of course, and we are very grateful to those who have helped to make Tandem successful and effective this year.

The social group has been a big success again. Joanna has been instrumental in this, but also congratulations are due to the members for providing mutual support and creating such a positive atmosphere. Thanks also to those who took part in making our promotional video - hope you enjoyed that.

Thank you also to the committee members for their valuable input and a warm welcome to Diana Roberts, our new recruit. Finally, we are entirely dependent

on non statutory funds, donations, so sincere thanks to all those individuals and companies who contributed and kept Tandem going.



Trevor Lowe, acting Chair

Tandem befriending partnerships

As Trevor acknowledges in his report, Tandem couldn't exist without our volunteers, and equally couldn't exist without our service users. When so much service provision is 'six weeks and you're out' we are glad to be able to offer longer term support – some partnerships are only needed for a short time, others for rather longer, and in the past year several have taken really big steps forward on the path to recovery. Congratulations to those who have moved on to voluntary and to paid work, and thanks to all for helping to make Tandem a friendly and supportive organisation.

Special thanks this year to the partnership of James and Dan, whose interview for South News made a great impact, and is posted on our website.

We have an exciting year ahead of us.



Tandem Social Group

continues to be a valuable and valued part of our service and has gone full steam ahead after the covid interruptions. Recent meetings have included parks, museums, and gardens, with a popular innovation of board games at Restore – and many thanks are due to Alice's Tea Party, which always has a warm welcome for our Social Group.



MENTAL HEALTH BEFRIENDING FOR OXFORD

Registered address: c/o Restore, The Michael Young Building, Manzil Way, Cowley Road, Oxford OX4 1YH
07775 918533 enquiries.tandembefriending@gmail.com
www.tandembefriending.org.uk facebook/TandemBefriending Registered charity: 1078112

Receipt and Payments Account

For the period 1st April 2022 to 31st March 2023

	<u>22/23</u>	<u>21/22</u>
Opening balance (current account)	28,416	25,861
<u>Receipts</u>		
Donations:	503	6,024
Grants:	3,279	5,500
Restricted Grants	4,000	5,500
Standing orders:	720	720
Total receipts	9,389	17,244
Total receipts including opening balance	37,805	43,105
<u>Payments</u>		
Co-ordinator's salary + PAYE	13,968	11,029.54
Co-ordinator's pension	489	0.00
Social Group	2,216	1,610
Volunteer's expenses	270	75
Insurance	254	237.64
Advertising, fees, publicity	2,154	1,737
Bookkeeping service	162	0.00
Total payments	19,515	14,689
Closing balance cash account	18,291	28,416
Balance at NatWest Bank 31 03 2023	18291	28,416
Savings account (Redwood)	15,749	15,596
Total cash and savings	<u>34,040</u>	<u>44,012</u>

These accounts have been signed off by:.....Lesley French.....Independent Examiner

Signed.....

Trevor Lowe Chairman

Dated...4th July 2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Tandem in Oxfordshire

**On accounts for the year
ended**

March 2023 **Charity no
(if any)** 1078112

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023 DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- ~~accounting records were not kept in accordance with section 130 of the Act or~~
- ~~the accounts do not accord with the accounting records~~

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

* Please delete the words in the brackets if they do not apply.

Signed:  **Date:** 23/1/24

Name: MRS LESLEY FRENCH

**Relevant professional
qualification(s) or body
(if any):**

Address: 25 POPLAR CLOSE
GARSINGTON
OXFORD OX44 9BP

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).