



Growing Communities • Transforming Lives

TRUST LINKS LIMITED REPORT AND ACCOUNTS

For the Year Ended 31 March 2023

Charity Registration No. 1092324

Company Registration No. 04351216 (England and Wales)





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@TrustLinksltd



@TrustLinksCharity

THE REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

Introduction

The Trustees, who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year ended 31 March 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in January 2019.

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 company's governing document, the 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)".

Reference and administrative details

The full name of the charity is Trust Links Limited.

The legal registration details are:

Date of incorporation	10/01/2002
Charity Registration Number	1092324
Company Registration Number	4351216
The Registered Office is	47 Fairfax Drive Westcliff-on-Sea Essex SS0 9AG

Trustees	Mr M W Anderson	(Appointed 18 July 2023)
	Ms R Bengier	(Appointed 12 October 2022)
	Mrs J Bliss	(Appointed 12 October 2022)
	Mrs V C Bloomfield	(Appointed 18 July 2023)
	Mr P M Bridges	
	Mr H Burgess	
	Mr J Hodge	(Appointed 12 October 2022)
	Ms J Phillips	
	Mr K Spencer	
	Mrs P M Stratford	(Appointed 12 October 2022)

Secretary Mr M King

Charity number 1092324

Company number 04351216

Registered office 47 Fairfax Drive
Westcliff on Sea
Essex
SS0 9AG

Auditor Maynard Heady LLP
Matrix House
12 - 16 Lionel Road
Canvey Island
Essex
SS8 9DE

Bankers The Co-operative Bank
PO Box 250
Skelmersdale
WN8 6WT



OBJECTIVES AND ACTIVITIES

Trust Links Limited aims to support vulnerable and disadvantaged people in Essex, particularly those with mental health problems, learning disabilities and physical disabilities and carers, and to provide and support environmental education and awareness.

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Our vision is for a person-centred approach to mental health and wellbeing, enabling people to lead their lives well, where communities are empowered to help and support each other. Trust Links's mission is transforming mental health and wellbeing through inclusive and supportive environments, Trust Links works

collaboratively to empower local communities and maximise our impact.

Our values are:

- Inclusive – welcoming and respectful
- Together – focus on recovery, growth and empowerment
- Rooted in our community
- Environment – nature and nurture

Our strategic aims are:

- Delivery of positive impact for people in the community
- To be recognised as a leading mental health charity
- and Creating a sustainable organisation in terms of finance, people, infrastructure, and energy and the environment.



Our services and projects have continued to grow and develop during the year, helping to support the mental health, wellbeing and environmental education and engagement with increasing numbers of people in Essex. As we are in the post-COVID phase, experiencing the cost of living crisis and facing a Climate Emergency, there has never been greater awareness of mental health need and demand for mental health support and Trust Links services. The Trust Links team has stepped up to this challenge, delivering a wide range of projects for people of all ages.

During the year, Trust Links was recognised for our work with a range of nominations and awards. We were a finalist in the Rochford District Business Awards.

We were honoured to receive one of the trees from the 'Tree of Trees' from the Queen's Platinum Jubilee, which was outside Buckingham Palace. We planted the tree at a ceremony at the Trust Links Shoeburyness site, attended by Deputy Lieutenant Susie Cornell MBE, who was representing the HM Lord-Lieutenant of Essex.



The Growing Together Westcliff, Shoeburyness and Thundersley sites all won the Green Flag Community Awards, recognising the hard work that our members, volunteers and staff put in to tending and developing the green spaces for our local communities.

Our corporate partner IMS won the silver award for corporate cause video in the Charity Film Awards, for their film featuring their volunteering with Trust Links Shoeburyness.

We were proud to celebrate that our inspirational patron Jill Allen-King OBE won the Lifetime Achievement Award at the Pride of Britain Awards.

The new Growing Together Basildon site has been under construction, with the project's launch in May 2023. This is the culmination of 7 years working with Basildon Council, the Essex LDP and a range of partners in the planning, development and building of the community garden.



Agreement is in place for the development of the Gunny site on Canvey Island in partnership with the Big Local Canvey Island. Discussions are also well underway for the development of Growing Together sites in Thurrock and Chelmsford too. We have also been working with Havens Hospice in the design of their community garden space at their new hospice in Southend.

We have been working with local charities CAST, Welcome to the UK and other groups to increase the ethnic diversity of people accessing Trust Links services and to identify the barriers for BAME communities, particularly refugees and asylum seekers, from accessing mental health support.

Our online community continued to grow across our social media platforms, and our primary channel, Facebook, now exceeds 4,000 followers to potentially engage with. Throughout the year we achieved good press publicity in the local newspaper and online, and our Shoeburyness garden was chosen to feature on the cover of the Essex Community Foundation annual review.

Throughout the year our communications team have been busy planning a new website with Six Red Squares. The aim is to make our project information, referrals and donations quickly accessible. We are excited to launch the site in June 2023.

We have seen an increase in the level of interest in corporate volunteering support and hosted several groups at St Laurence Orchard, as well as at Thundersley ahead of the Tea Party launch event. We successfully renovated the main building at Thundersley with the generous support of local businesses, community groups and funders. A range of companies and individuals donated money and products, as well as gifting their time and expertise to help transform the space.

Engagement with events has increased following the pandemic, and our community events remain popular. We have had local businesses attend, volunteer and sponsor key events too.

We are grateful for the continued support of local Lions, Masons, Rotary and Round Table groups, as well as local supermarket and their community champions.



2022/23

TrustLinks

 Staff
 **63**

 Volunteers
 **166**

Full Time Equivalent: 43.3

4878

SUPPORTED PEOPLE



With **3178** people 'actively engaging' across all projects

Growing Together

2022/2023



462 Members engaging With the service





186 Newly enrolled members

Sessions run:


448
Individual member days


43
Women's group sessions


48
Music group sessions


48
Art group sessions


46
Yoga sessions

686 Individual sessions provided (including member days, women's group, yoga, football, courses and workshops)

Outcome Measures:

felt they had a meaningful structure to their week **85%**

felt part of a community **85%**

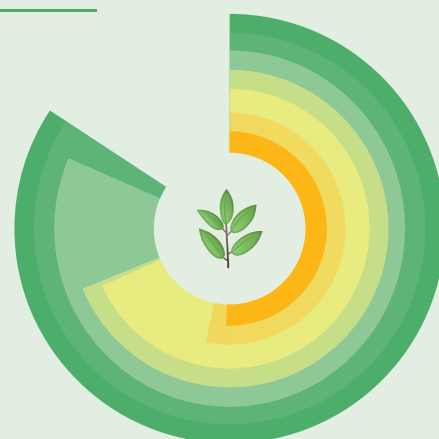
felt they were learning new skills **82%**

felt more comfortable meeting new people **69%**

68%
felt they were improving or maintaining their physical fitness

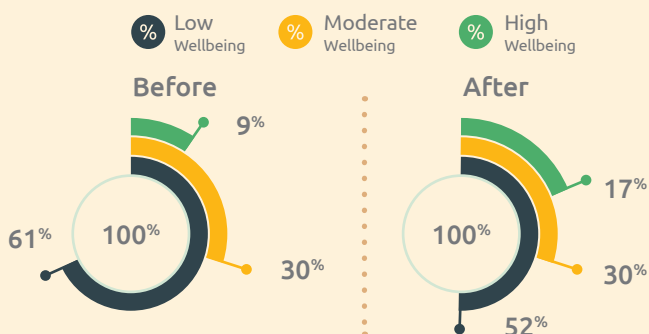
53%
felt they were progressing to employment or supported volunteering

51%
felt less dependent on other people or services



Children, Youth & Families 2022/2023

Proportions of wellbeing before and after intervention:



Learning Together
67
young people supported

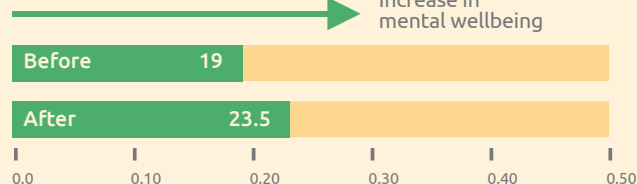


Families Growing Together
131
Parent/Guardian/Care-givers



Youth Links
134 **91**
young people registered regularly engaging

Mean SWEMWBS* score:



Talking Together



61 Befriendees

53 Befriender Volunteers



REACH Recovery College & Wellbeing Hub

2022/2023



Outcome Measures:

1449

Referrals into the service

1214

Courses, workshops or positive activity sessions delivered

1633

People receiving 1-1 support sessions

414

People engaging with Depression and Suicide Pathway

21
Gained employment

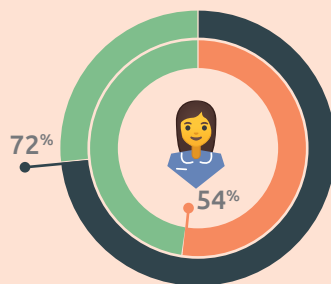
26
into further education

22
into volunteering

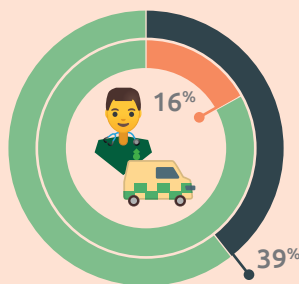
29
Maintaining employment

Percentage of individuals accessing Primary and Secondary services and A&E attendances.
(Baseline vs Follow up CSRI Data**)

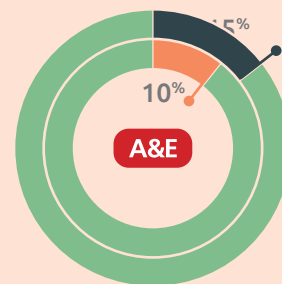
Initial Assessment
First Review



Primary Care Services

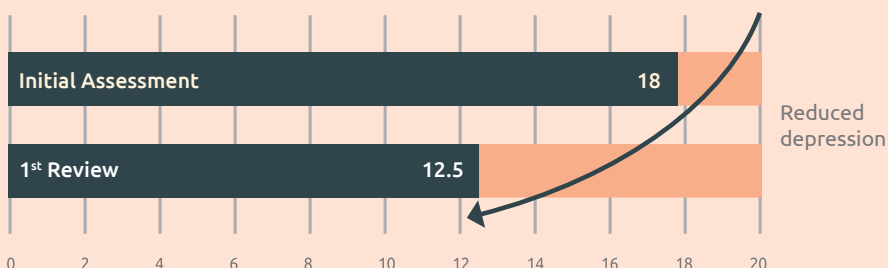


Secondary Care Services



A&E Attendances

PHQ-9* Average Scores:**
Initial Assessment vs 1st Review (6 weeks)

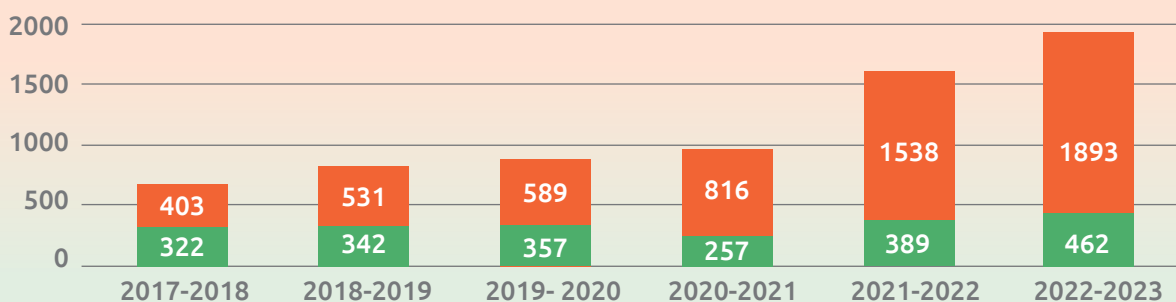


TrustLinks

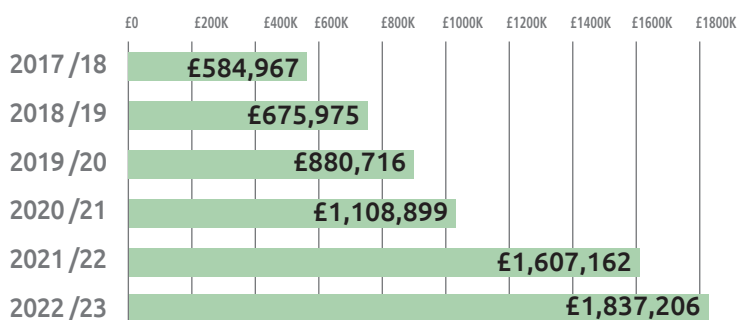


Number of members engaging with Growing Together and REACH 2017-2023

Growing Together
REACH

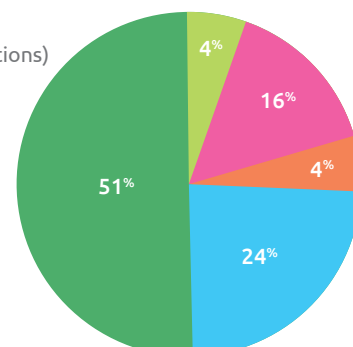


Trust Links Income



Funding mix:

- 51% Grants (Trusts & Foundations)
- 24% NHS & Council contracts
- 04% Personal Budgets
- 16% National Lottery Community Fund
- 04% Gifts & Donations



The Growing Together projects have been busier than ever. Each garden has continued to evolve and thrive, with therapeutic gardening for adults with mental health issues and mild learning disabilities at the heart of our offer. In total we have 477 adults registered with the Growing Together service. Many have been referred this year, whilst some have been members for several years.

Growing Together Westcliff

Growing Together Westcliff continues to be our flagship garden. The project has been busy throughout the year, with 220 members attending and benefiting from the service. Members enjoyed the range of activities on offer alongside horticulture including art, music, yoga, creative writing, employment support, cooking and woodwork. The site hosted our May Fayre and Christmas Fayre, engaging the wider public in seasonal activities and providing an opportunity for fundraising to support the charity.

A range of specialist workshops and projects have been run at Growing Together Westcliff. Highlights include Heritage Dye Garden workshops in partnership with local artists, where members and guests planted a traditional dye garden and learnt to dye material using natural products grown in the garden. We ran a series of workshops for people living with Long COVID. These workshops included cyanotype printing, sound bath, and tending house plants.





“

Maggie has been suffering from Long COVID for 18 months, resulting in her having to give up her job and feeling depressed and lonely. Maggie attended the Long COVID peer workshops at Growing Together Westcliff; she particularly enjoyed engaging with the cyanotype printing. Maggie said: *“Doing this type of activity distracts the brain while my body recovers. The real benefit of the workshop was being with other people who are also experiencing Long COVID. It can be really isolating and frustrating living with Long COVID. I was stuck at home for a year and sometimes had real difficulty moving my legs. People thought I was making the illness up and I began to doubt myself. So it is brilliant to be here and meet with other people who have similar experiences and feelings: there has been nothing like this around here for people living with Long COVID.”*

”



The Menterprise project, funded by the DWP, is working with 25 men with mental health issues to build confidence, self-esteem and employability with a view to progressing to volunteering and employment. One of the Menterprise groups focussed on woodwork,

recycling and upcycling unwanted wood, building and selling furniture. The other Menterprise group worked with our trustee Henry Burgess from Henry Burgers to develop skills in catering and hospitality.

“

Ben enrolled on the ‘Menterprise’ course and is absolutely thriving because of it. Ben joined Growing Together in August 2022. In his time at Growing Together, he has come on leaps and bounds in terms of his confidence and sense of self-worth. He particularly enjoys the sessions run by Henry and has excelled through his engagement with the group. As Ben was making such great progress on the Menterprise cooking group, Henry offered Ben a trial shift at Henry Burgers, and has subsequently offered Ben a part-time role in the restaurant. Ben said: *“If it wasn’t for Trust Links and the Menterprise course, I wouldn’t be where I am today. Thank you for suggesting the course because without your help I wouldn’t have the confidence to do any of what I have achieved. I am really proud of myself.”*



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Growing Together Shoeburyness

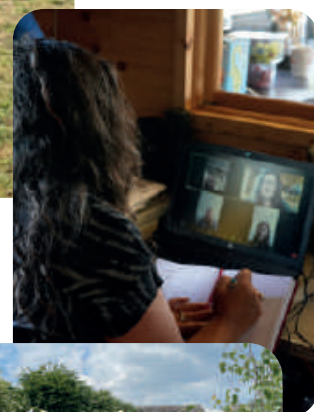
Growing Together Shoeburyness continued to be well maintained and very well used, with 66 adults with mental health issues and mild learning disabilities regularly engaging with the therapeutic gardening at the project. We run adult days on Tuesday and Thursday,

a women's group on Wednesday afternoons, Dig It Youth on Wednesday evenings, Families Growing Together on Mondays and REACH on Fridays at the site. Home education groups and the Southend YMCA Bump to Breast Group also use the space regularly.

“

Katie is from Shoeburyness and has been attending the Growing Together project for two years. Katie has Learning Disabilities, Asperger's and anxiety made worse following the COVID lockdowns. After Christmas 2021 Katie went to her GP and was recommended a therapist via Zoom. It then was suggested that she give Trust Links a call. Katie spoke with Anna who explained what was on offer in the garden and invited Katie to come and have a look around. Katie was very nervous on the first visit but felt comfortable enough to come back again. Katie now comes into the garden twice a week, at first working alone and now making many friends and enjoying the laughs and jokes with other members as her confidence grows. Katie is now working hard to gain her Level 1 Diploma in Horticulture. This would previously have seemed too difficult for Katie but, with the extra support from staff, she is doing very well in every module so far. Katie said, ***“The Growing Together garden makes me feel good. There is always someone to listen to any concerns or worries I have.”*** Recently, she was able to seek guidance with DWP support from Karen. Katie's mother has visited the garden and enjoyed a morning watching how relaxed and confident Katie is now, completing gardening tasks with such perfection and attention to detail.

”



The Summer Fayre in July was a highlight of the year, welcoming hundreds of people from the local community to the garden.





Our team delivered the City & Guilds accredited Level 1 Diploma in Practical Horticulture at Growing Together Shoeburyness each Tuesday.



“

Dean has been a Trust Links Growing Together member for 4 years. He had spent a lot of his formative years moving around schools and homes. He was eventually excluded from mainstream education and didn't have any formal training after that. This meant that he didn't get any qualifications and now has difficulty reading, writing and processing information, as well as short-term memory loss caused by drug abuse. Dean was very hesitant about joining

the course, but after realising it was mainly a practical course, he said he would give it a go. However, he strongly believed that he wouldn't be able to pass any of the assessments. Dean has so far completed all of the nine assessments, and been able to answer the questions around the theory. His belief in himself is still wavering, and at times he has said that he might not continue the course. He has, however, come every week and despite the challenges, stayed for the whole day.

”



Growing Together Thundersley

Growing Together Thundersley is well established with therapeutic community garden days on a Friday, with 43 regular members. The Community Shed is enjoyed on a Wednesday. We ran the Cooking Together course over 6 weeks, enabling our members to learn to cook healthy and fresh food on a limited budget.



The Thundersley building was fully refurbished during the year, with thanks to the huge efforts of a range of corporate partners and volunteers. This enables the site to host our REACH sessions, Youth Links group, meetings and activities delivered by external partners.



Growing Together Rochford

Growing Together Rochford has been maintained to a high standard. 21 members enjoy accessing the project on a Friday and benefit from a healthy hot lunch cooked by REACH members. Rochford also hosted the Cooking Together course.

A party was held in May 2022 to celebrate the Queen's Platinum Jubilee, which was well attended by members from across Trust Links's projects as well as local councillors and supporters.

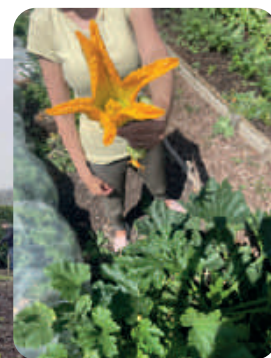


We hosted the popular Seed Potato Day at Rochford in February, run in partnership with South East Essex Organic Gardeners. The Essex Asian Women's Association once again provided a delicious curry at the event.



Cressing Temple

Growing Together Cressing Temple, located between Witham and Braintree, continues to be enjoyed each Friday, with 21 members engaging with the project. We contributed funding towards the development of a new composting toilet on the site and are working in partnership with Essex County Council and The Friends of Cressing Temple on the development of new purpose built facilities on the site.



“

John has been attending Growing Together Cressing Temple for around 8 months. When he first joined he was suffering from severe depression whilst grieving the loss of his second wife, having also been widowed once before. He had been unable to leave his house for months on end. Since joining the Growing Together project, his confidence and self-worth have improved significantly. He now tends to his own allotment on a regular basis, something he had not had the motivation to do for some time.

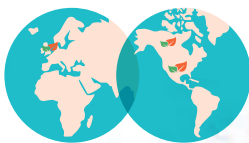
“Growing Together has made me feel part of a community and [helped me] build friendships. I look forward to Fridays and enjoy passing on my knowledge of gardening to others who are newer to gardening. I had been on the verge of totally giving up on everything, I still have days on which I am very low, but knowing I have support from Growing Together staff and members alike gets me through the dark moments. Trust Links saved my life and gives me hope and a zest for life I had lost.”

”



Let's Grow Together

Let's Grow Together aims to share the model and success of the Growing Together with other groups and organisations beyond Essex, so that they do not have to reinvent the wheel and can learn from and replicate our approach in their own areas and contexts. Following the success of the initial Let's Grow Together course, we have commenced a second course with a new cohort of charities, community groups and individuals on the programme. 20 people have joined the course, which includes the delivery of six learning sessions on Zoom, one-to-one mentoring, and a comprehensive manual. Programme participants are from across the UK as well as the USA and Canada.



“

“Last year we received a grant to build a community garden in a local school and with lots of contributions and support from the local community we completed it after Christmas. However, the next challenge was to recruit a team of volunteer gardeners to care for the site so we turned to Let's Grow Together project to get ideas how to recruit, organise and retain volunteers. The programme is proving helpful in providing both instruction and invaluable networking opportunities with other project leaders from a wide range of organisations, projects and locations across the UK and North America.”

Paul, participant of Let's Grow Together 2023

”



St Laurence Orchard

The 100 year old St Laurence Orchard continues to be maintained for the benefit of wildlife, people and the harvest. Regular work parties during the Spring, Summer and Autumn helped to maintain the Orchard, looking after the century old trees alongside the newer trees and wide variety of species in the one acre space. Blossom Day in April celebrated the fruiting trees, Apple Day in October brought people together for the harvest, and Wassailing in January woke the trees up for the new year with traditional singing and a procession through the Orchard and meadow.



“

“When I was looking for a volunteering opportunity, I wanted to ensure it would be both rewarding for our team and knowing it would help the local community. Trust Links ticked both these boxes. We had the benefit of spending a lovely day, in an historic orchard, knowing our hard work would bring benefit to others. If you’re looking for a good team building event, that you can look back on with pride, then look no further than supporting Trust Links.” - Steve Ling, Manager at NatWest.

”



Following the installation of the composting toilet and toolstore in the adjacent meadow area, we have been delighted to install a new classroom. This provides an essential shelter for people on work parties and an educational space for workshops and groups, helping the Orchard to be far more accessible and usable over the coming months and years.



Greening Projects



During the year we launched new Greening projects in Basildon and Southend. We have purchased a welfare van with tool storage, seating area and toilet. Our team drives to urban areas and estates of Southend and Basildon, working with residents and community groups to maintain and develop unloved outdoor spaces. This has included planting bulbs and trees, developing wildlife habitats, building raised beds, weeding and planting up neglected garden areas. The project aims to improve physical health, mental health, community connection and pride, as well as helping to improve the natural environment and nature recovery in our urban spaces.





“

Lee previously worked as a graphic designer, but his work came to a halt during the pandemic. This allowed him to re-evaluate things and he now wants to pursue a career that involves working outdoors. Lee first came across Trust Links via Facebook and then attended the Spring Forward event to find out more. He felt that volunteering with Trust Links could provide him with an opportunity to gain the skills he needs for a nature-based career; by attending Spring Forward and speaking with the Volunteer Manager, Lee joined the weekly Northlands Park community gardening morning that is

co-organised by Greening Basildon and Environmental Activities Volunteering. Lee has been attending for several weeks; he enjoys the structure and routine that it provides and feels a sense of satisfaction from knowing that he is helping give a previously neglected area of the park some much needed attention. “It’s nice to be doing something in nature and improving the local area for residents. I’m looking forward to learning new skills as the weeks go on.” Lee has OCD and he has noticed that being busy during the gardening mornings helps with this. He has since become a member of Growing Together Basildon too.

”

Basildon Environmental Activities Volunteering

Working with Creative Basildon, ATF and BBWCVS, we have been awarded Arts Council England funding for a project in Basildon to engage people in environmental volunteering. Our project co-ordinator works with residents, community groups, schools and local businesses to facilitate their engagement with environmental activities. Volunteering days have included tree planting, maintenance in parks, litter picking, creating wildlife habitats and nature recovery projects. We will be working closely with those in the arts and sports sector to promote more volunteering opportunities in Basildon over the coming year.

“

“My 7-year-old son is home schooled; it’s been such a pleasure to bring him along to the Northlands Park gardening group. We use this experience together as a way of learning about biology, geography, maths and other important subjects. A real hands-on learning experience, we love it!”

Quote from a mother who attends Environmental Activities Volunteering Northlands Park gardening group in Basildon, which is held every Thursday morning.

”



Eco Days

Our **Eco Days** project runs regular workshops and learning sessions to help people minimise their negative impact on the environment and help them take positive climate change action. The workshops have been delivered across Castle Point and Rochford and also delivered in central Southend in partnership with Milton Community Partnership. Environmental workshops have included: Repair café; Make do and Mend sewing workshops; energy saving information sessions; foraging, cooking and preserving; gardening for food and encouraging wildlife rich habitats. During the course of the year we delivered 23 Eco Days workshops, with 320 attendances.

We also established a dedicated Eco Days Facebook page, which gained 381 followers and posts reaching nearly 5,000 over the course of a month. We are excited to expand Eco Days to other parts of Essex over the next year.





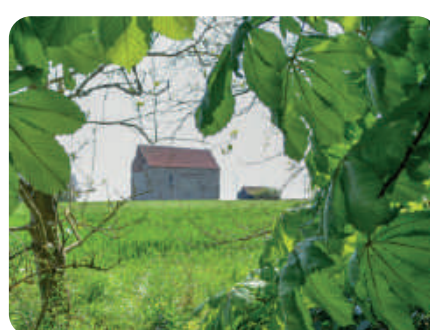
“

A group has been regularly attending the Thundersley workshops who are very keen to learn new skills. People have been telling stories about how their grandparents grew their own, blackberry picking and swapped with neighbours for jam making, but then it became easier for their parents to just buy jam so that connection with seasonal produce and local food has been lost. They have resolved to pass on the skills they learnt to children, grandchildren and friends. One participant said the sauerkraut and rhubarb jam making workshops were interesting and informative. “I think it’s really important to revisit these old skills.” As a food professional, she said a lot of this knowledge and skills have been lost in the food industry.

”



We partnered with Othona in Bradwell-on-Sea to organise the Essex Green Weekend, which took place in May 2022. About 200 people attended the weekend, which included skill sharing workshops, talks, music and activities for children.





REACH Wellbeing Hub

The REACH Wellbeing Hub has continued to be in great demand, with a high number of referrals from the Primary Care Mental Health Nurses, social prescribers, social services and other agencies. We respond with an initial assessment, signposting to other specialist agencies where appropriate. Members access a weekly call or meeting for a fixed number of weeks if required.

A dedicated Outreach Worker provided additional capacity to support the Primary Care Mental Health Nurse on Canvey Island.

We delivered the Depression and Suicide Prevention Pathway, responding to people referred by Primary Care with up to 6 weekly telephone calls to support the wellbeing and recovery of individuals.



“

Dee self-referred to REACH wanting to engage with courses, but it quickly became evident that she was extremely low. Dee had had a traumatic childhood and had ended up in care. She said she had no role models on how to behave, look after herself or deal with life's problems in a positive way and said was a case of fighting to survive. Dee became dependent on alcohol and mixing as she calls it with 'undesirables.' She also suffers from COPD and back problems. She was grieving the loss of her boyfriend and had a Debt Relief Order, with most of the debt coming from funeral expenses for him. Dee was working with Step Change on her debt issues and STARS on her alcoholism.

Dee worked with the Depression and Suicide Prevention Pathway. Immediate issues included being unable to heat her home and eat regularly. Her Project Worker supported Dee to get an Emergency Living Fund grant, supermarket vouchers from the Southend Emergency Fund grant. She was assessed for a Personal Independence Payment (PIP) and her Project Worker advocated for back pay to be awarded, which was awarded and paid over a six month period.

Thanks to the regular and consistent support from REACH, Dee's PHQ-9 score improved from 20 (severe) to 8 (mild). Her 16 SWEMWBS score increased to 29. She has abstained from self-harm (cutting) and taking overdoses for four months, meaning that she has not needed to attend A&E. Alcohol intake has reduced and she continues to engage with the drug and alcohol service. Dee stated that engaging with REACH has saved her life and given her purpose again.

”

We delivered and sustained a range of support groups and peer groups through the REACH Wellbeing Hub across Southend, Castle Point, Rochford and online on the Zoom platform. Groups included a walking group, meditation, art and crafts, music, bouldering at Indi Rock and gardening.



The Wellbeing Hub received 1,449 referrals to the Hub and associated projects in the year. 553 of these referrals went via the Depression and Suicide Prevention Pathway.



Due to the increased demand on the service, additional funding has been awarded by the NHS for four extra project workers over the next year to help process the backlog of referrals and provide extra support to our members.

REACH Recovery College

The REACH team have delivered a wide range of courses and workshops across South East Essex and online. Courses were developed and delivered in co-production with people with lived experience of mental health issues. Workshops and courses spanned a range of subjects and issues including: Managing Anxiety; Dealing with Panic Attacks; Confidence and Self-Esteem; Cookery; Mindfulness; and Digital Arts.





“

Heidi (53) came into REACH presenting with CPTSD, anxiety and depression. She felt isolated and thought that people didn't necessarily understand her. She struggled to meet new people and socialise, as she felt anxious about what people may think of her. Her main focus at Trust Links, was to engage with REACH courses and workshops, specifically workshops around Core Beliefs and Self Compassion, progressing to engaging with activities in the community. She also wanted to work on herself and find that inner passion that she had lost years before.

Heidi found the Self Compassion course very rewarding, which led to her reigniting the inner spark for physical activities. She found that being kind to her self improved her mental wellbeing, which then helped build her confidence to join sporting activities which included rowing and indoor bouldering at Indi Rock. The Indi Rock sessions lasted for 6 weeks, and by the end of the course, Indi Rock staff suggested she join an advanced course because they felt her climbing had improved to a very high standard – she has since continued to attend Indi Rock. She joined the Wellbeing Journal course and she found journalling very beneficial when she is feeling vulnerable and anxious. She previously journalled before she came to Trust Links, but since joining the course she does this daily as this helps stabilise her mental health. She also joined the Labyrinth Workshop to which she said ***“It was such a beautiful and profound experience. I also met a few other people, which I found quite hard but I successfully managed how I felt and didn't leave and I'm glad that I didn't. I'm looking forward to the next one.”***

Heidi then joined the Progression Pathway to discuss volunteering options. She was volunteering for SAVS as part of the community garden project and wanted extra responsibility. Heidi applied for 2 roles with SAVS, one working on the Dementia Awareness Project and another assisting the Muddy Hub Project. Since doing this, she feels as if she is part of a community within SAVS and now has ambitions to potentially work in mental health in the future. Her mental health has improved and she doesn't feel that she needs to attend the courses anymore, as she has learnt the core skills to maintain her mental health.

”



REACH Recovery College successfully delivered courses to 951 students during the year and provided 1214 individual course, workshop and group sessions.

An analysis of outcomes for the REACH Wellbeing Hub and Recovery College suggests that engagement with the service is having a positive impact on individuals mental health and wellbeing, with average SWEMWBS (Short Warwick-Edinburgh Mental Well-being Scale) scores increasing from 11.7 to 20.8. PHQ-9 (Patient Health Questionnaire depression measurement tool) depression scale scores dropped from an average of 18 (moderately severe depression) to 12.5 (moderate depression), and secondary care usage dropped from 39% of individuals to 16% of individuals accessing secondary care services. In addition to this, Accident & Emergency attendances for mental health crises reduced from 15% of individuals attending in the previous 3 months to 10%, demonstrating a reduction in demand on costly NHS services. REACH supported 21 members in gaining employment, 26 into further education, 22 into volunteering posts and 29 members to maintain their existing employment.





Talking Together and Trust Links Counselling

Following its establishment during the initial part of the COVID pandemic, we have continued the Talking Together befriending project to link people who are isolated and suffering with their mental health with a trained befriender. We have recruited, trained and supported befriending volunteers, matching them up with people that would benefit from a weekly telephone call. During the year we worked with 53 volunteers and 61 befriendees.

“

Mark (55) has diagnoses of anxiety, depression, trauma, has experienced complex loss and grief, and has physical challenges in arthritis, and kidney issues. Mark is supported through Talking Together befriending and paired with Sonia who offers a weekly call on a Sunday morning. Mark reported that Sonia is ‘an angel’, ‘a fantastic support, and ‘great listener’. Mark has disclosed on a few occasions that he is from a music ‘sex, drugs and rock and roll’ lifestyle and doesn’t have many friends as his old cohort are ‘all still on it’, taking class A drugs. Mark visited Growing Together Westcliff and is considering becoming a member. He said “You’ve got an amazing community here, it’s blessed.”

”

We continue to work through the development of counselling services and piloted a low cost counselling offer. We are continuing to work through options for this project.





Learning Together

Learning Together ran throughout the year, providing educational and therapeutic activities for young people that have struggled to engage with mainstream school. We provided positive activities and psychoeducation in a safe and nurturing environment, and as a result 15 of the young people in attendance have re-engaged with school on some level, with 11

young people returning to school on a full-time basis. In addition to funding from BBC Children in Need, Learning Together is now also funded by the NHS so that additional sessions can be offered in partnership with more schools. Learning Together has supported 90 young people, with 67 attending at least once over the financial year.

“

This feedback was emailed unprompted by a parent:

"My son is 14 and has a diagnosis of Tourette's Syndrome, Autism and Severe Anxiety. His anxiety got so bad that I would drive him to school. He would become so distressed on the journey he would cry. Sometimes was physically sick and be unable to exit the car and walk across the car park and go into school. He has not been able to attend school properly for the last three years. He has had trouble socialising and in all aspects of his life. We often described him as existing not living.

We introduced zones of regulation and did a small steps programme where we would literally chunk his journey into very very small steps. It took around five months to get him to be able to put his foot on the floor in the playground/car park. He is now EOTAS [Education otherwise than in/at school]. My son has been attending Trust Links for two months. He comes along on a Monday, Tuesday and Wednesday he gets out of the car. He takes 20 or 30 paces into the building (on his own). He signs in (on his own). He participates in the activities that the organisers have put on for him and the other young people that come to use their service.

The sessions that my son has attended have been fun creative and he has learned new skills. He has also had sessions on things like managing stress, frustration, anger and all of the sessions have helped him enormously. Your staff and the sessions you have provided have helped my son to feel comfortable and confident enough to leave the house and socialise again. Your sessions along with the home tutoring have allowed him to enjoy learning again and he is now living and not just existing. As a family we are extremely grateful for the work you have done with our son. He still has his struggles and will always need some support but you have helped him in so many ways we just wanted you to know."

”



Families Growing Together

Working in partnership with A Better Start Southend, **Families Growing Together** has continued to grow through the year, with sessions for families with children under 4 years at our Shoeburyness site each Monday and at Westcliff on Fridays. The children enjoy the sandpits, mud kitchens and willow dens at each site, and the range of other facilities to appeal to toddlers and their families, including a magical story time area. We worked with 107 families, comprising 120 parents or care givers and 130 children. The Christmas event for families at Westcliff was a great success, with a chance for the children to meet Father Christmas himself! We established the Dads Group on Saturday mornings, alternating between Westcliff and Shoeburyness. We have had 30 dads attend the group, with activities including crafts, gardening, woodwork, junk modelling and brunch.



“

When Ann first attended Families Growing Together, she expressed difficulties in her relationship with T's father and explained she was feeling isolated and did not feel supported by him with their son. Ann was diagnosed with depression and a medication change contributed towards her lower mood and irritability.

Ann attended Families Growing Together weekly, had regular conversations with staff who encouraged Ann to speak to her GP with the presenting mental health difficulties and supported her with side effects. Activities provided by Families Growing Together allowed Ann to spend quality time with T in a positive, outdoor environment. Ann has built friendships with other parents, that have extended outside the sessions and Ann sees them regularly during the week. Ann said coming to Families Growing Together *“is like coming to see her family.”*

Ann now has an outlet to speak about her feelings and has built trusting relationships with staff who have supported her whilst moving out from T's father and into her own home. Ann now has a good relationship with her GP and continues to have discussions about her improving mental health.

”

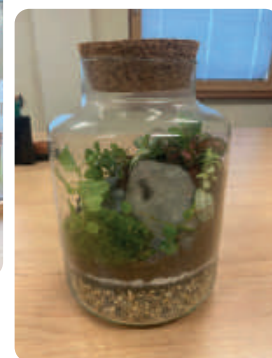




Youth Links

Youth Links has gone from strength to strength, delivering peer support and positive activity groups for young people of secondary school age to improve mental health and wellbeing. We deliver two sessions at Westcliff each week and once per week at Thundersley. We have worked with 95 young people,

of which 41 have regularly attended Youth Links sessions in Westcliff and Thundersley. In addition to the centre-based delivery, we have enjoyed a number of trips including art workshops, charity shop trips, library visits and a successful “Youth Fest” summer party.





“

El started attending Youth Links towards the end of 2021. El has autism and gender dysphoria and came to youth group as a way to make new friends who were supportive of her identity. El was immediately comfortable talking to all members of the group, was quickly accepted and joined a group of friends. A few months after she joined the group El attempted suicide. The staff and other members of the group offered support to her and her family whilst she recovered in hospital, and the group wrote ‘get well soon’ cards. El made a full recovery and returned to the group with her friends a couple of months after being hospitalised. Trust Links have been able to offer one-to-one support to El on her return to the group and have been able to talk about similar issues with the wider group, helping to reduce the chances of it happening to El or another member of the group again.

”



We have been awarded funding from Essex County Council Councillors to expand Youth Links to Rochford and Rayleigh and maintain delivery in Thundersley over the next year.

Dig It Youth

Dig It Youth ran from April to October each week at Growing Together Shoeburyness on Wednesdays. The group was thoroughly enjoyed by the young people that attended, with activities including gardening, crafts, drama and cooking. 24 young people attended from the local area.



ACHIEVEMENT AND PERFORMANCE

The gross income for the period April 2022 to March 2023 amounted to £1,837,206 from the Charity's own generated income, grants, donations and commissioned services. Resources expanded for the same period totalled £1,564,458 with the majority being applied to staffing costs in support of projects and the Charity's administration.

Trust Links continues to explore new opportunities, whilst endeavouring to sustain projects that are having a positive effect on people's outcomes and wellbeing.

Included within the £1,837,206 of gross income was £264,907 for capital funding for the new gardens in Vange. From this, £298,702 was spent on the project, which has led to a large surplus in the Statement of Financial Activities due to the expenditure being capitalised and included within Tangible assets on the balance sheet. The restricted fixed asset fund has increased to £515,640 from £196,849 in 2022.

FINANCIAL REVIEW

Policies on reserves

The Board has established an objective whereby the General Unrestricted Funds (being the Unrestricted Funds not committed to or invested in fixed assets) held by the charity at the year-end should, if possible, be equal to 50% (six months) of the budgeted expenditure (other than capital expenditure) for the forthcoming year.

At this level of General Unrestricted Reserves, the Board believes it would be able to continue the current activities of the charity in the event of a significant short term drop in funding, although it would of course be necessary to consider how the funding would be replaced and / or activities changed if the shortfall was prolonged.

The General Unrestricted Reserves of £305,455 at 31 March 2023 represent approximately 17% (2 months) of the total expenditure budget (excluding capital expenditure) for the year ended 31 March 2024. This represents a small decrease from the 18% (2 months) reported for the Year Ending 31st March 2022 as a result of the increase in the budgeted expenditure for 2024 as compared to 2023. The Board are endeavouring to gradually increase this towards the objective of 50% (six months) over the coming years, while recognising that this may not be achievable every year if existing activities are to be sustained. The ever increasing demand for the activities of the charity over the past year have been such that it has not proved possible to make any progress during the current year, but it remains the Trustee's aim for future years.

Although the current level of reserves is below the objective, the Trustees believe, having taken into account the level of contracted income and promised grant income for the forthcoming year, that this is not inconsistent with their overall risk management strategy.

Principal funding sources and how expenditure in the year under review has supported the key objectives of the charity

Apart from expertise in many areas, a charity needs to have a healthy funding base to succeed in its objectives. Trust Links has been fortunate to obtain funding from a variety of sources since its inception.

We have been grateful to receive financial support from a number of sources, which are included in the Statement of Financial Activities forming part of this report.

During this year we have been successful in obtaining a broad range of funding sources to sustain and develop our projects including grants, commissioning, personal budgets, generated income and donations. We have also been awarded multi-year contracts and grants for many of our projects for the next few years, although fundraising will always be required to sustain and extend our vital work. We are further diversifying our income through investing in corporate and community fundraising and individual giving.

The investment policy and objectives, including the extent (if any) to which social, environmental or ethical considerations are taken into account

Trust Links is at present not able to consider specialist investment in any funds with a view to producing both income and capital growth. Most of its current income is applied to the costs of running the organisation, but if and when the receipt of income indicates that a sufficient surplus is being achieved, the Board will take professional advice with regard to the most appropriate investment opportunities.

Availability and adequacy of assets of each of the funds

The Board of Trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Share Capital

The company is limited by guarantee and therefore has no share capital.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Nature of the Governing Document and constitution of the charity

The charity is controlled by its governing document, a deed of trust, and constitutes a company limited by guarantee, as defined by Companies Act 2006.

The methods adopted for the recruitment and appointment of new trustees

The charity actively seeks to recruit trustees from as wide a spectrum as possible, the principal criteria being that they are supportive of the aims of Trust Links.

Those interested in becoming trustees are encouraged to take the opportunity to discuss the role and the work of the charity with other trustees and with members of staff and to visit our projects. Opportunities for understanding the charity and contributing to its work are made available to trustees.

We have successfully recruited additional trustees with skills in governance, business, lived experience of mental health issues, and legal, further strengthening our board of trustees.

Board of Directors / Trustees

We regularly review the composition of our trustee board to ensure we have a wide range of skills and experience. Some of our longer standing trustees retired from their roles; they were thanked at the Annual General Meeting for their contribution over many years.

Staffing

We recognise and appreciate the commitment and dedication of all staff through times of change and their continuing efforts to support the aims of Trust Links and its members. We have continued to put extra support in place to protect and promote the wellbeing of staff whilst working from home and dealing with the additional demands on our services.

Volunteers

Volunteers provide valuable support to the running of all Trust Links projects. We have a full-time Volunteer Co-ordinator, to ensure that high calibre volunteers are recruited, inducted, trained and supported. During the year we were fortunate to have 166 active volunteers, including 53 Talking Together befriending volunteers, 49 Growing Together garden volunteers, qualified counsellors, Eco Days volunteers and events volunteers. We recruited 94 new volunteers over the 12 month period. We are grateful to them for their commitment and support, making a significant contribution to the success of Trust Links in our communities.

The major risks to which the charity is exposed and reviews and systems to mitigate risks

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Board has conducted a review of the major risks which the charity is exposed to and the systems in place to mitigate the risk. Internal risks are minimised by the implementation and regular monitoring of approved policies, procedures and protocols across Trust Links. These documents and their implementation are regularly reviewed to ensure not only compliance with legal and other requirements, but also so that they continue to meet the needs of the organisation and its clients.

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:

Mr M W Anderson – Chair of Property Sub Committee	(Appointed 18 July 2023)
Mr R Bates	(Resigned 12 October 2022)
Ms R Bengier	(Appointed 12 October 2022)
Mrs J Bliss – Chair of Trustees from 1 January 2023	(Appointed 12 October 2022)
Mrs V C Bloomfield	(Appointed 18 July 2023)
Mr P Bridges	
Mr H Burgess	
Mr W Choudhry	(Resigned 29 November 2022)
Ms L Eddy	(Resigned 25 September 2023)
Mr C Flood	(Resigned 15 March 2023)
Mr J Hodge	(Appointed 12 October 2022)
Ms E Hoggart	(Appointed 12 October 2022 and resigned 28 April 2023)
Mr D Muslin	(Appointed 12 October 2022 and resigned 4 May 2023)
Mr R Olver Chair to 31 December 2022	(Resigned 31 December 2022)
Ms J Phillips	
Mr K Spencer – Treasurer and Chair of Finance Sub Committee	
Mrs P Stratford – Vice Chair of Trustees from 1 January 2023 and Chair of HR Sub Committee	(Appointed 12 October 2022)
Mr P Taylor	(Resigned 14 November 2022)
Mr C Turrell – Vice Chair of Trustees to 12 October 2022	(Resigned 12 October 2022)
Company secretary	
Mr M A King	
Patron	
Mrs J Allen-King OBE	

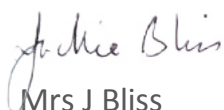
Auditor

In accordance with the company's articles, a resolution proposing that Maynard Heady LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.



Mrs J Bliss

Trustee

Dated 9 October 2023

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing these financial statements the Board is required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' Report and the responsibility of the independent examiner in relation to the Trustees' Report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.



INDEPENDENT AUDITOR'S REPORT

Opinion

We have audited the financial statements of Trust Links Limited (the 'company') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of trustees' responsibilities, the Trustees, who are also the directors of the company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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

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

- Enquiry of management, those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

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

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Stephanie Caten FCA CTA (Senior Statutory Auditor)

for and on behalf of Maynard Heady LLP

9 October 2023

**Chartered Accountants
Statutory Auditor**

**Matrix House
12 - 16 Lionel Road
Canvey Island
Essex
SS8 9DE**

STATEMENT OF FINANCIAL ACTIVITIES

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and legacies	3	61,563	6,439	68,002	168,735	5,698	174,433
Charitable activities	4	113,770	1,652,881	1,766,651	66,001	1,357,637	1,423,638
Investments	5	2,553	-	2,553	1,951	-	1,951
Total income		177,886	1,659,320	1,837,206	236,687	1,363,335	1,600,022
Expenditure on:							
Charitable activities	6	178,654	1,385,804	1,564,458	74,034	1,361,988	1,436,022
Other	10	-	-	-	1,484	-	1,484
Total resources expended		178,654	1,385,804	1,564,458	75,518	1,361,988	1,437,506
Net (expenditure)/income for the year/							
Net movement in funds		(768)	273,516	272,748	161,169	1,347	162,516
Fund balances at 1 April 2022							
		517,650	285,872	803,522	356,481	284,525	641,006
Fund balances at 31 March 2023							
		516,882	559,388	1,076,270	517,650	285,872	803,522

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

All income and expenditure derives from continuing activities.

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

BALANCE SHEET

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	12		727,067		409,802
Current assets					
Debtors	13	121,881		68,201	
Cash at bank and in hand		796,122		574,664	
		918,003		642,865	
Creditors: amounts falling due within one year	14	(568,800)		(249,145)	
Net current assets			349,203		393,720
Total assets less current liabilities			1,076,270		803,522
Creditors: amounts falling due after more than one year	15		-		-
Net assets			1,076,270		803,522
Income funds					
<u>Restricted funds</u>					
General restricted funds		43,748		89,023	
Fixed asset funds		515,640		196,849	
	17		559,388		285,872
<u>Unrestricted funds</u>					
General unrestricted funds		305,455		304,697	
Fixed asset funds		211,427		212,953	
	18		516,882		517,650
			1,076,270		803,522

The financial statements were approved by the Trustees on 9/10/23

J. Bliss

Mrs J Bliss
Trustee

Company Registration No. 04351216

STATEMENT OF CASH FLOWS

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash generated from operations	20		570,614		165,686
Investing activities					
Purchase of tangible fixed assets		(351,727)		(34,216)	
Proceeds on disposal of subsidiaries		-		1	
Investment income received		2,571		1,933	
Net cash used in investing activities			(349,156)		(32,282)
Financing activities					
Repayment of bank loans		-		(139,976)	
Net cash used in financing activities			-		(139,976)
Net increase/(decrease) in cash and cash equivalents			221,458		(6,572)
Cash and cash equivalents at beginning of year			574,664		581,236
Cash and cash equivalents at end of year			796,122		574,664

NOTES TO THE FINANCIAL STATEMENTS

1 Accounting policies

Charity information

Trust Links Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 47 Fairfax Drive, Westcliff on Sea, Essex, SS0 9AG.

1.1 Accounting convention

The financial statements have been prepared in accordance with the company's deed of trust, 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 company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the company. 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 company 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.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used.

1.4 Income

Nature of income

Categories of Income

Income recognition

Gross income represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Income is categorised as income from exchange transactions (contract income) and income from non-exchange transactions (gifts), investment income and other income.

Income from exchange transactions is received by the charity for goods or services supplied under contract or where entitlement is subject to fulfilling performance related conditions. The income the charity receives is approximately equal in value to the goods or services supplied by the charity to the purchaser.

1 Accounting policies**(Continued)**

Income from a non-exchange transaction is where the charity receives value from the donor without providing equal value in exchange, and includes donations of money, goods and services freely given without giving equal value in exchange.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met. All income is accounted for gross, before deducting any related fees or costs.

Income from legacies

Income from legacies is recognised when the charity has sufficient evidence that a gift has been left to them, that where required, probate has been granted, the executor is satisfied that the property in question will not be required to satisfy claims in the estate, that it is probable that the amount will be received by the charity, and the amount to be received can be estimated with sufficient accuracy, and that any conditions attached to the legacy are either within the control of the charity or have been met.

Where a payment is received from an estate or is notified as receivable by the executors after the reporting date and before the accounts are authorised for issue but it is clear that the payment had been agreed by the executors prior to the end of the reporting period, then the amount concerned is treated as an adjusting event and accrued as income in the accounting period if receipt is probable.

Where the charity has established entitlement to a legacy but there is uncertainty as to the amount of the payment, details of the legacy are disclosed as a contingent asset until the criteria for income recognition are met. Where a legacy is subject to the interest of a life tenant, the legacy is not recognised as income until the death of the life tenant.

If it is doubtful that full settlement of a legacy debtor will be received, then an adjustment is made to reduce the amount of the legacy debtor and legacy income rather than charging the adjustment as expenditure in the Statement of Financial Activities.

1 Accounting policies**(Continued)****Donated goods, facilities and services**

Donated fixed assets are recognised at the current fair value. All such donations are recognised as donation income, and debited to fixed assets.

Donated goods that are not fixed assets are accounted for at a fair value, unless it is impractical to reliably measure the value of the donated items.

In the absence of any direct evidence of fair value of donated goods, then a value is derived from the cost of the item to the donor or, in the case of goods that are expected to be sold, the estimated resale value after deducting any anticipated costs of sales.

If it is impracticable to measure the fair value of goods donated for resale, or the costs of valuation outweigh the benefits, the donated goods are recognised as income when sold, with an equivalent amount being recognised as an expense.

The costs of goods donated for distribution to beneficiaries is deemed to be the fair value of those goods upon receipt. When the goods are distributed freely or for a nominal consideration, then the carrying amount is adjusted at the time of sale, to the value at the point of distribution and the adjustment is shown as a cost of donations made.

The carrying amount of any stock held for distribution is assessed for impairment at the reporting date. All donated goods are recognised as donation income, and debited to trading stock. When trading stock is subsequently sold, or appropriated to meet an expense, then the carrying value of the stock is recognised as an expense. In accordance with the SORP, goods donated for distribution to beneficiaries, or for consumption by the charity are included in 'legacies and donations'. Goods donated for resale are included in 'Income from other trading activities'.

The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt. If the goods held are to be distributed freely or for a nominal consideration, then the carrying amount is subsequently adjusted to reflect the lower of deemed cost adjusted for any loss of service potential and replacement cost. Replacement cost is the economic cost incurred if the charity was to replace the service potential of the donated goods at its own expense in the most economic manner.

Donated services and facilities (including seconded staff and use of property) are included in the accounts on the basis of the value of the gift to the charity.

All donated services and facilities are recognised as donation income when received, (provided the value of the gift can be measured reliably) and recognised as an expense with an equivalent value.

1 Accounting policies

(Continued)

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

1.5 Expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Staffing - on the basis of time spent in connection with any particular activity.

Staffing - on a per capita basis, based on the number of people employed within any particular activity.

Premises related costs - on the proportion of floor area occupied by a particular activity.

Non specific support costs - on the basis of the usage of resources, in terms of time taken, capacity used, request made or other measures

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:

Freehold land and buildings	2% straight line
Plant and equipment	25% straight line
Computer equipment	33.33% straight line
Motor vehicles	25% straight line

1 Accounting policies

(Continued)

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 the statement of financial activities.

Accounting for capital grants and fixed asset funds.

Gifts of tangible fixed assets or grants of a capital nature, given for the purposes of acquiring specific assets to be fully utilised in the furtherance of the objects of the charity, are credited to fixed asset funds after the donated asset has been received or sums have been properly expended on the restricted purpose.

Where the terms of the gift require the charity to hold the asset on an ongoing basis for a specific purpose, then the fixed asset fund so created is categorised as a restricted fixed asset fund, and the relevant restrictions are noted in the fixed asset note 9.

Where the terms of the gift are met once the asset is acquired, so allowing the charity to use the asset on an unrestricted basis, including the right to receive the proceeds of any future sale of the asset on an unrestricted basis, then the fixed asset fund so created is categorised as a designated fixed asset fund.

When assets are acquired for the furtherance of the charity's objects, utilising the charity's own unrestricted funds, a transfer is made from unrestricted funds to a designated fixed asset fund.

Whether acquired with unrestricted or restricted funds, the asset acquired is initially shown in the balance sheet at the full cost of acquisition or subsequent revaluation.

As the related assets are depreciated, in accordance with the depreciation policy, in order to reflect the diminution in the asset, a transfer is made from the relevant fixed asset funds to either unrestricted or restricted revenue funds, as appropriate to the terms of the original gift, if any.

The effect of this policy is that the aggregate of all fixed asset funds shall equate to the net book value of fixed assets.

In the first year that this policy was adopted, a transfer to fixed asset funds was made equivalent to the net book value of the assets.

Any residual liability to the donor arising from, for example, the asset's future sale, is disclosed as a contingent liability unless the event that would trigger repayment of the grant becomes probable in which case a liability for repayment is recognised.

Insofar as this policy relates to Government grants and to the extent that it may be a departure from the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), such departure is justified on the basis that it is in order to comply with the SORP.

1.7 Impairment of fixed assets

At each reporting end date, the company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

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.

1 Accounting policies**(Continued)****1.9 Financial instruments**

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

1.10 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 company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the company's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023 £	2023 £	2023 £	2022 £	2022 £	2022 £
Donations and gifts	55,929	6,414	62,343	28,735	5,698	34,433
Exceptional one-off donation	5,634	25	5,659	140,000	-	140,000
	<u>61,563</u>	<u>6,439</u>	<u>68,002</u>	<u>168,735</u>	<u>5,698</u>	<u>174,433</u>

4 Charitable activities

	Plant sales	Events, training and courses	Charges for day services	Grant income	Contracts and commission income	Total 2023	Total 2022
	2023	2023	2023	2023	2023		
	£	£	£	£	£	£	£
Recovery College	-	-	-	123,107	236,361	359,468	342,251
Trust Links	941	2,550	2,602	437,961	4,403	448,457	311,007
Growing Together	1,018	400	74,129	627,749	-	703,296	430,525
Wellbeing Hub	-	-	-	45,650	209,780	255,430	339,855
	<u>1,959</u>	<u>2,950</u>	<u>76,731</u>	<u>1,234,467</u>	<u>450,544</u>	<u>1,766,651</u>	<u>1,423,638</u>
Analysis by fund							
Unrestricted funds	1,959	2,950	76,731	27,727	4,403	113,770	66,001
Restricted funds	-	-	-	1,206,740	446,141	1,652,881	1,357,637
	<u>1,958</u>	<u>2,950</u>	<u>76,731</u>	<u>1,234,467</u>	<u>450,544</u>	<u>1,766,651</u>	<u>1,423,638</u>

4 Charitable activities - Income

(Continued)

For the year ended 31 March 2022

	Plant sales	Events, training and courses	Charges for day services	Grant income	Contracts and commission income	Total 2022
	£	£	£	£	£	£
Recovery College	-	-	-	98,250	244,001	342,251
Trust Links	122	500	263	302,976	7,146	311,007
Growing Together	1,774	1,000	43,197	384,555	-	430,526
Wellbeing Hub	-	-	-	137,715	202,140	339,855
	<u>1,896</u>	<u>1,500</u>	<u>43,460</u>	<u>923,496</u>	<u>453,287</u>	<u>1,423,639</u>
Analysis by fund						
Unrestricted funds	1,896	500	43,460	13,000	7,146	66,002
Restricted funds	-	1,000	-	910,496	446,141	1,357,637
	<u>1,896</u>	<u>1,500</u>	<u>43,460</u>	<u>923,496</u>	<u>453,287</u>	<u>1,423,639</u>

5 Investments

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Interest receivable	<u>2,553</u>	<u>1,951</u>

6 Charitable activities - Expenditure

	Plant sales	Events, Charges for training and day courses	Charges for day services	Grant income	Contracts and commission income	Total 2023	Total 2022
	2023	2023	2023	2023	2023		
	£	£	£	£	£	£	£
Staff costs	26,474	1,600	57,407	715,610	439,462	1,240,553	1,150,979
Various other expenses	18,000	-	39,083	111,735	40,200	209,018	180,425
Professional fees	1,255	-	2,722	1,972	1,193	7,142	9,442
Insurance	924	-	2,004	4,988	3,709	11,625	10,298
Utilities	3,484	-	7,559	15,859	6,372	33,274	20,280
Building costs	(3,004)	-	(6,517)	23,320	7,385	21,184	31,471
	<u>47,133</u>	<u>1,600</u>	<u>102,258</u>	<u>873,484</u>	<u>498,321</u>	<u>1,522,796</u>	<u>1,402,895</u>
Share of support costs (see note 7)	111	1,546	4,355	20,934	7,516	34,462	26,252
Share of governance costs (see note 7)	8	111	313	4,939	1,829	7,200	6,875
	<u>47,252</u>	<u>3,257</u>	<u>106,926</u>	<u>899,357</u>	<u>507,666</u>	<u>1,564,458</u>	<u>1,436,022</u>
Analysis by fund							
Unrestricted funds	47,252	3,257	106,926	20,951	268	178,654	74,034
Restricted funds	-	-	-	878,406	507,398	1,385,804	1,361,988
	<u>47,252</u>	<u>3,257</u>	<u>106,926</u>	<u>899,357</u>	<u>507,666</u>	<u>1,564,458</u>	<u>1,436,022</u>

7 Support costs

	Support costs £	Governance costs £	2023 Support costs £	Governance costs £	2022 £
Depreciation	34,462	-	34,462	26,251	26,251
Audit fees	-	7,200	7,200	-	6,840
Bank charges	-	-	-	35	35
	<u>34,462</u>	<u>7,200</u>	<u>41,662</u>	<u>6,875</u>	<u>33,126</u>
Analysed between Charitable activities	<u>34,462</u>	<u>7,200</u>	<u>41,662</u>	<u>6,875</u>	<u>33,126</u>

Governance costs includes payments to the auditors of £7,200 (2022- £6,840) for audit fees.

8 Trustees

K Spencer was reimbursed during the year for a software licence totalling £138 (2022 - £180). No other Trustee (or any persons connected with them) received any remuneration or benefits from the company during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	<u>62</u>	<u>58</u>

Employment costs

	2023 £	2022 £
Wages and salaries	<u>1,240,553</u>	<u>1,150,979</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
£60,000 - £70,000	<u>1</u>	<u>1</u>

Of the employees whose emoluments exceed £60,000, no employees have retirement benefits accruing under defined benefit pension schemes.

10 Other

	Total	Unrestricted funds
	£	
	2023	2022
Mortgage interest	-	1,484

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Tangible fixed assets

	Freehold land and buildings	Plant and equipment	Computer equipment	Motor vehicles	Total
	£	£	£	£	£
Cost					
At 1 April 2022	440,406	70,047	24,178	42,364	576,995
Additions	286,571	44,768	-	20,388	351,727
At 31 March 2023	726,977	114,815	24,178	62,752	928,722
Depreciation and impairment					
At 1 April 2022	55,378	65,382	8,952	37,481	167,193
Depreciation charged in the year	8,808	9,093	8,051	8,510	34,462
At 31 March 2023	64,186	74,475	17,003	45,991	201,655
Carrying amount					
At 31 March 2023	662,791	40,340	7,175	16,761	727,067
At 31 March 2022	385,028	4,665	15,226	4,883	409,802

The Charity is the registered owner of the leasehold for the Shoebury and Vange sites, and both are held at no value.

13 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	94,028	28,165
Other debtors	-	17
Prepayments and accrued income	27,853	40,019
	121,881	68,201

NOTES TO THE FINANCIAL STATEMENTS

14 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Deferred income	16	526,934	203,165
Trade creditors		25,957	28,958
Other creditors		5,635	4,129
Accruals and deferred income		10,274	12,893
		<u>568,800</u>	<u>249,145</u>

15 Creditors: amounts falling due after more than one year

2023 £	2022 £
<u> </u>	<u> </u>

There is a further legal charge over the property of £825,000 which is due to expire on 31 December 2023. This is only repayable if the property is sold prior to 31 December 2023.

16 Deferred income

	2023 £	2022 £
Other deferred income	<u>526,934</u>	<u>203,165</u>

Deferred income is included in the financial statements as follows:

	2023 £	2022 £
Deferred income is included within:		
Current liabilities	<u>526,934</u>	<u>203,165</u>
Movements in the year:		
Deferred income at 1 April 2022	203,165	213,356
Released from previous periods	(167,163)	(174,856)
Resources deferred in the year	<u>490,932</u>	<u>164,665</u>
Deferred income at 31 March 2023	<u>526,934</u>	<u>203,165</u>

NOTES TO THE FINANCIAL STATEMENTS

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds			
	Balance at 1 April 2021	Net income / (expenditure)	Transfers	Balance at 31 March 2022	Balance at 1 April 2022	Net income / (expenditure)	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£
General funds	96,710	1,347	(9,034)	89,023	89,023	273,516	(318,791)	43,748
Fixed asset funds	187,815	-	9,034	196,849	196,849	-	318,791	515,640
	<u>284,526</u>	<u>1,347</u>	<u>-</u>	<u>285,872</u>	<u>285,872</u>	<u>273,516</u>	<u>-</u>	<u>559,388</u>

18 Unrestricted funds

The income funds of the charity include the following unrestricted funds comprising the following unexpended balances:

	Movement in funds				Movement in funds			
	Balance at 1 April 2021	Net income / (expenditure)	Transfers	Balance at 31 March 2022	Balance at 1 April 2022	Net income / (expenditure)	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£
General funds	142,458	161,169	1,070	304,697	304,697	(768)	1,526	305,455
Fixed asset funds	214,023	-	(1,070)	212,953	212,953	-	(1,526)	211,427
	<u>356,481</u>	<u>161,169</u>	<u>-</u>	<u>517,650</u>	<u>517,650</u>	<u>(768)</u>	<u>-</u>	<u>516,882</u>

19 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

20 Cash generated from operations	2023 £	2022 £
Surplus for the year	272,748	162,516
Adjustments for:		
Investment income recognised in statement of financial activities	(2,553)	(1,951)
Depreciation and impairment of tangible fixed assets	34,462	26,251
Movements in working capital:		
(Increase) in debtors	(53,698)	(12,408)
(Decrease)/increase in creditors	(4,114)	1,469
Increase/(decrease) in deferred income	323,769	(10,191)
Cash generated from operations	570,614	165,686