

ACCEPT

England & Wales · Charity number 1101764

Details

Other names ACCEPT MENTAL HEALTH TRUST

Status Registered

Legal form Other

Registered 2004-01-27

Register [View on the Charity Commission register](#)

Contact

Address 6 Sunnydale Road
Hinckley
LE10 0PB

Phone 07964102444

Email aidanalucas@outlook.com

Website www.accept.org.uk

Activities

Objects: A) TO RELIEVE PERSONS WHO ARE IN CONDITIONS OF NEED OR HARDSHIP OR WHO ARE AGED OR SICK (PARTICULARLY BUT NOT EXCLUSIVELY AS A RESULT OF MENTAL ILLNESS OR LEARNING DISABILITY) AND TO RELIEVE THE DISTRESS CAUSED THEREBY IN HINCKLEY ENGLAND AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.

Activities: Vision: Improved mental health for those experiencing difficulties and good mental health for the wider population. Mission: To promote, sustain and develop good mental health. Friendship Groups we have established meet in pubs and cafes. Activities are run at a Community Wellbeing Garden, Barwell, Leics, including Wellbeing Garden Days & Bereavement Friendship Group

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Religious Activities, Other Charitable Purposes
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** HOLLYCROFT, HINCKLEY, LEICESTERSHIRE
- Leicestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£48,413	£41,792	-	-
2023-12-31	£47,777	£34,428	-	-
2022-12-31	£18,581	£25,837	-	-
2021-12-31	£31,401	£37,505	-	-
2020-12-31	£24,225	£24,759	-	-

Trustees

Name	Role	Appointed
Joanne Hall	Chair	2022-11-15
CHRISTOPHER FIRTH		2017-04-04
Shaun Malin		2023-07-17

ACCEPT

England & Wales - Charity number 1101764

Accounts

ANNUAL REPORT 2024



in acceptance lies peace

Vision

Improved mental health for those experiencing difficulties and good mental health for the wider population.

Mission

To promote, sustain and develop good mental health.



ACCEPT

6 Sunnydale Road * Hinckley * Leics * LE10 0PB

Tel: (07964) 102444 * www.accept.org.uk

Registered Charity No: 1101764

AWARDS WINNER

***** Community Innovation *** Better Communities ***
*** Excellence in improving quality of life and well-being ***
*** Green Health *****

ACCEPT is extremely grateful to all who give time and resources towards the work of the charity, including the financial support during 2024 from the following, in alphabetical order:



Carlton Hayes Charity, Comic Relief Community Fund – Awards for All, Edith Murphy Foundation,
Edward Cadbury Trust, Florence Turner Trust, George Ward Charitable Trust, Henry Smith Charity,
Hinckley & Bosworth Borough Council, Westhill Endowment

Individual donators, including through The Big Give

Thank you !

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Founded in 2003

Our values

are based on the belief that:

“ in acceptance lies peace. “

Amy Carmichael



This includes to:

ACCEPT that we are all of significant worth and have unique gifts and abilities.

ACCEPT that we were created for friendship, belonging and community.

ACCEPT that we can grow and develop, even through difficult seasons in life.

ACCEPT that brokenness is our shared humanity, out of which beauty can emerge.

ACCEPT that we are physical, productive, relational, emotional and spiritual beings.

ACCEPT that each of these domains of life affects and is affected by our mental health.

ACCEPT that this life is only a part of our journey.

Introduction from the Chair

2024 marks ACCEPT's 21st birthday, and it has been a particularly impactful year in terms of being able to gather and demonstrate evidence on how individuals who have attended the groups, have significantly benefited, in very life changing ways for some.

External Evaluations of both the 'Wellbeing Garden Group' and 'Bereavement Friendship Group' took place this year, undertaken by the company 'Starby Consulting'. The evaluation process was natural and user friendly to beneficiaries, comprising of both individual and group interviews.

Particularly encouraging was feedback of beneficiaries' experiences before and after joining ACCEPT. I personally was really struck again by the many comments, on the life changing impact of attending and being part of these groups on individual lives. Comments such as "moving from feeling lonely, isolated, fearful not leaving the house and self-harming to gaining self-esteem, finding purpose, improving in mental health, developing new friendships and finding opportunities in both employment and volunteering." (Further details of the evaluations can be found on pages 10-12 for the Wellbeing Garden Group and pages 14-15 for the Bereavement Friendship Group.) **The full evaluation reports from STARBY Consulting are available on request.**

It was wonderful to celebrate ACCEPT's 21st year with both groups coming together for an evening social gathering with food, games, music and lots of fun! Trustees greatly valued the opportunity of meeting beneficiaries, and hearing and seeing firsthand, how attending the groups had helped in many ways. In addition, two Christmas get togethers ended the year in a positive and fun filled manner.

We really appreciate all the financial support received this year, from a variety of supporters, including all those who kindly donated online through the 'BIG GIVE' Christmas Challenge. Thank you so much for your generosity. As you will read further on in the report, it really is life changing for some of the beneficiaries involved.

We are so very thankful to all those whose time, support and commitment enables ACCEPT to fulfil its vision and continue to make a difference...

To conclude, I have taken a quote from an Occupational Therapy Assistant (OTA) which I think sums up well the ethos of the invaluable work of the charity. Especially in a time when loneliness and isolation, has never been so prevalent on such a widespread scale throughout society.

"ACCEPT creates an oasis of acceptance & harmony, building confidence, friendships and a sense of belonging."

Simon Tansey, OTA, Leicestershire Partnership NHS Trust

Joanne Hall
Chair of Trustees

Overview of Developments

Recorded below is an overview of the developments during 2024. Each of the areas are reported in more detail from page 8 onwards. Developments have included:

- 1. Job's Well Community Wellbeing Garden**
ACCEPT's activities take place at this site, which offers the feel of being far into the countryside.
- 2. Wellbeing Garden Group**
19 individuals have grown in a variety of ways, from participating in gardening and other outdoor activities.
- 3. Wellbeing Garden Group External Evaluation Beneficiary Feedback**
Research company, STARBY Consulting, carried out individual and group interviews in August 2024.
- 4. Wellbeing Garden Group External Evaluation Outcomes**
STARBY produced a report of the findings and outcomes.
- 5. Wellbeing Garden Group Infographic of Study**
STARBY created an Infographic showing the outcomes of their evaluation.
- 6. Bereavement Friendship Group**
20 individuals benefitted meeting with others, who have lost a loved one, building new friendships and moving forward with life.
- 7. Bereavement Friendship Group External Evaluation**
STARBY again carried out individual and group interviews.
- 8. Bereavement Friendship Group External Evaluation**
Outcomes found by STARBY, within their report.
- 9. Staff, Volunteers, Trustees**
2 part time staff are responsible for running the charity, supported by trustees & volunteers, including the finance administrator.
- 10. Treasurer's Report**
Income of £49k and expenditure of £39k, resulted in a healthy bank balance of £29k at year end.

1. Job's Well Community Wellbeing Garden

Our activities continue take place at Job's Well Community Wellbeing Garden, in Barwell, which previously was very wild and overgrown, having not been used for over 40 years.

The site offers the feel of being far into the countryside and beneficiaries have described it as a 'safe haven'.



*“ The Wellbeing Garden, overall, has been **holistically life changing** for my residents.”*

**Christy Waring, Local Area Coordinator for Barwell & Earl Shilton
Public Health, Leics County Council**

2. Wellbeing Garden Group

The Wellbeing Garden Group takes place every Tuesday. Individuals experience growth, in a variety of ways, enjoying gardening and other outdoor activities together, whilst connecting with nature.

19 beneficiaries have been involved in 2024. Referrals include from NHS Community Mental Health Teams, NHS Social Prescribers, Social Services and Local Area Co-ordinators.



Individuals often work in two and threes, providing an opportunity to build relationships, as do tea and lunch breaks, in the decked sheltered area, where everyone can look out on the area they've been working on with a feeling of satisfaction, accomplishment and sense of ownership.

“ I’ve met loads of wonderful people, I’ve made friends.....and have a good time, and it’s all because of here. ”

Wellbeing Garden Group Beneficiary

3. Wellbeing Garden Group External Evaluation Beneficiary Feedback

STARBY Consulting carried out individual and group interviews with beneficiaries, who shared some of their feelings BEFORE joining the group, including:

“ Before this ... I wouldn't leave the house ... tried self-harm.”

“ I've been lonely and isolated.”

“ I hadn't done anything in a long time, and I was frightened of absolutely everything.”

Beneficiaries shared with the external evaluator, some of their feelings AFTER joining the group, including:

“ It gave me more confidence.”

“ Having more structure, positive routine within the week for myself.”

“ I'm much happier.”

“ It's gaining self-esteem.”

“ Gives a reason to get out of bed in the morning.”

“ I've met loads of wonderful people, I've made friends.....and have a good time, and it's all because of here.”

“ I know it'll give me a purpose.”

“ I've been getting help with employment service....I just wouldn't have had the confidence without this place.”



4. Wellbeing Garden Group External Evaluation Outcomes

OUTCOMES found from interviews with beneficiaries, carried out by STARBY Consulting, are shown in the infographic on page 12 overleaf, and include the following significant improvements:

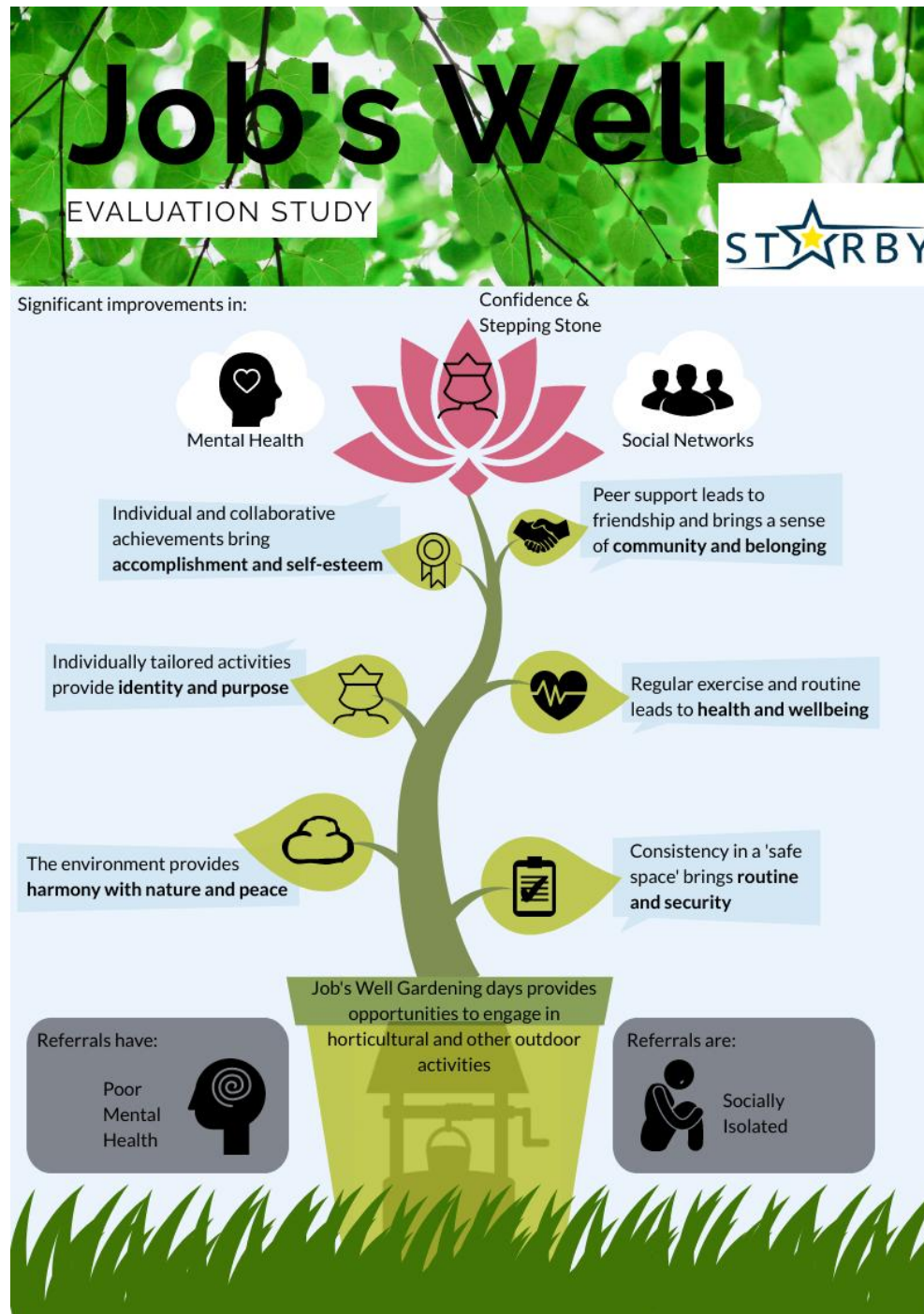


- Mental health, confidence, self-esteem and wellbeing.
- Consistency, structure, security and quality of life.
- Levels of activity, exercise and routine.
- Confidence in being around other people, working as a team, forming new friendships and feeling more a part of the community.
- Harmony with nature and connection with the natural environment.
- Confidence in skills and being involved in purposeful activity.
- Sense of individual and collaborative achievement and shared ownership of how the garden has developed.

Additional OUTCOMES, found by STARBY included:

- Moving into voluntary or paid employment
- Going onto further education or learning.
- Looking after the garden at a local Community House.
- Establishing a community allotment to serve a local foodbank.
- Setting up a gardening group at a GP surgery, after moving location.
- Volunteering at local churches.
- Having the confidence to attend other local groups.
- Connecting more with nature.

5. Infographic of Wellbeing Garden Group Study



Full Evaluation Report, from STARBY Consulting, is available on request.

www.starbyconsulting.co.uk

6. Bereavement Friendship Group

Taking place, throughout the year, on the third Wednesday of each month, opportunity is provided to meet with others, who have lost a loved one to build new friendships and move forward with life. The types of bereavement experienced by the 20 beneficiaries varies and this year has included losing partners, parents, siblings and children.

In response to needs of beneficiaries and following discussion, a change in the format and timing of the group took place. This involves the first half being lighter, around “chit chat”, catching up and building friendships. The second half is for sharing at a deeper level, around where group members are at, in relation to bereavement, so is more “therapeutic” in nature. As members are all at very different stages in their bereavement journey, there is opportunity to leave after the first half but generally members stay for both parts.

Whilst some group members had existing underlying long term mental health issues, others have begun to experience poor mental health, as a result of their bereavements. These have been exacerbated, leading to other types of loss in their life and some have experienced multiple and complex bereavements, including suicide.

Everyone’s experience of bereavement is unique and some group members have lost loved ones very recently, whilst others several years ago. There is clearly an understanding by others going through similar experiences and loneliness is a common theme. It has been encouraging to see friendships form that have met outside of the group, reducing the impact of isolation.

Personalised stones of loved ones of some group members have been placed in the reflection area of the wellbeing garden. The site has been used by individuals on important occasions such as anniversaries.

Referrals for the group have included the Community Mental Health Team, Social Services, Local Area Co-ordinators, Social Prescribers and Funeral Directors. When needed, group members have been accompanied by such staff for their first session.

“ Bereaved clients experiencing mental health issues have reported it to be invaluable to meet with others, with similar experiences, who understand what they have been through and can support one another to move forward in life, following the death of a loved one or multiple complex losses.”

**Michelle White, Occupational Therapist
NHS West Leicestershire Community Mental Health Team**

7. Bereavement Friendship Group External Evaluation Beneficiary Feedback

STARBY Consulting have now made four visits to this group, including during its first year, in 2021, then in 2022. They carried out a further evaluation in August 2024 and feedback from individual and group interviews included:

“ You feel like you’re amongst people who understand my situation.”

“ I’m able to cry if I want.”

“ I get happiness, because you’re with people, whereas I’m not when I’m at home.”

“ It’s a bereavement group but it’s more like friends ... often there’s another lady and we’ll go to her place and take fish and chips and sit outside ... like a social life from it as well. ”

“ It just lifts you when you’re in company because I think if you spend a lot of time on your own, you start to have a lot of negative thoughts and that’s not good.”

“ Many people I realized were staying at home, ... I said if you want, I can come to your house and take you out, if you go with somebody you’re okay.”

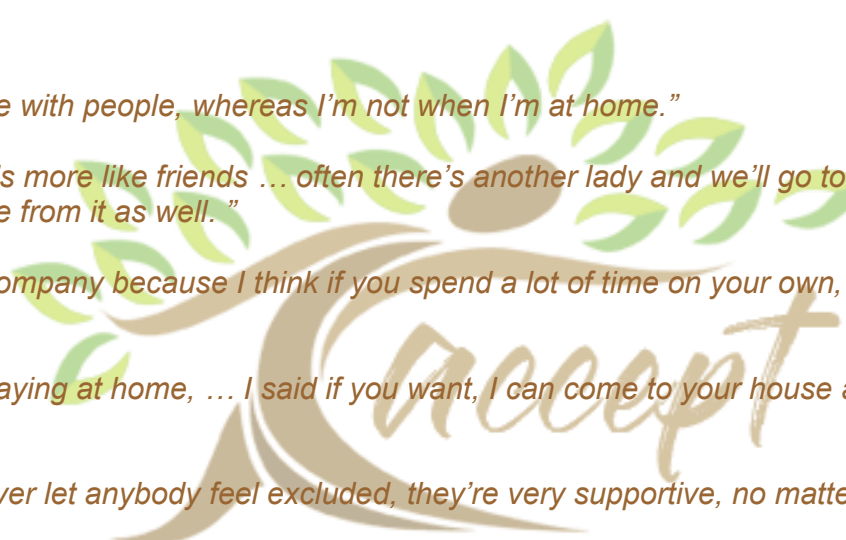
“ [The facilitators] listen, they never let anybody feel excluded, they’re very supportive, no matter what your views are. ”

“ [The facilitators] ... helped me a lot because you have the freedom to express ourselves without anybody frowning. ”

“ I feel lifted, you’re talking to other people who’ve gone through these things.”

“ You’re sharing things all the time and you can put lots of input in or you can be listening but I always come away with at least one thing, that somebody’s just shared an anecdote and I think, yeah that does make sense.”

“ It motivates me to do stuff at home as well ... I haven’t really touched the garden in two years, but I come here and it motivates me, like when I go home now.”



8. Bereavement Friendship Group External Evaluation Outcomes

Outcomes included the following significant improvements:

- Overcoming isolation, as many beneficiaries reported that the group was the only time that they saw anyone.
- Reducing feelings of loneliness and experiencing relief from being around people who understand and are facing similar circumstances.
- Forming solid friendships and meeting with new friends independently outside of the group meeting times.
- Motivation to take on additional activities outside the group, unlocking additional benefits to their physical, mental, and social health.
- Receiving support that would previously have been provided by their late spouse.
- Finding strength and comfort to face challenges from time spent together.
- Improving in mental health, self-esteem and wellbeing.
- Building confidence to attend other social groups and increase social connections.
- Discovering a sense of value, meaning, consistency and an opportunity to contribute.
- Being able to be open and honest, without needing to 'put up a front', due to the safe, relaxed, peaceful and non-judgmental atmosphere.



Feedback from Starby Consulting:

*“ It is evident from the observations and feedback received that the bereavement group delivered by ACCEPT is **highly effective at meeting the needs of people who have experienced bereavement.**”*

“ The relaxed, unstructured, and non-judgmental environment is heralded as the reason that participants enjoy the group so much and are able to engage with it in a way that is meaningful to them. This has been attributed to the facilitators.”

9. ACCEPT Staff, Volunteers & Trustees

A. Founder & Mental Health Lead

Continues to be responsible for the general running of the charity, including overseeing all the activities mentioned in the report.

B. Groups Co-Facilitator

Supports the Founder in building relationships and enabling beneficiaries to grow in a variety of ways.

C. Finance Administrator

Ensures all payments are made from designated funds, alongside keeping a detailed record of all finances and providing reports.

D. Volunteers

The work of the charity could not take place without the weekly commitment of volunteers.

E. Trustees

Meet quarterly to maintain the responsibility of ensuring the charity is running efficiently and keeping on track with plans.



“growth in confidence...greater capacity for positive relationships...greatly reduced feelings of isolation.”

**Kerry Smith, Operations Manager Local Area Coordination
Public Health, Leics County Council**

10. Treasurer's Report

The year end accounts show a very positive outcome in terms of success in obtaining grant funding (£43k) resulting in total income £48k (2023 £47k). When combined with expenditure of £42k (2023 £34k) this resulted in an annual surplus of £7k (2023 £13k) thus helping to contribute to a healthy bank balance of £26k at year end, with funds carried forward for next year.

As Joanne mentioned in her chair's introduction, we are deeply grateful to all our supporters for all the financial provision this year, including a variety of organisations who gave grants, alongside individuals who kindly support us throughout the year, as well as those gave through the 'BIG GIVE' Christmas Challenge, raising £7k, excluding gift aid, which will make a significant difference to us as a small charity.



Mr Christopher Firth
Trustee Treasurer

“ a very positive impact on the mental health of clients we have referred, who are supported to develop skills to rebuild their lives.”

**Michelle White, Occupational Therapist
NHS West Leicestershire Community Mental Health Team**

We are extremely grateful to all those whose time,
support and commitment enables
ACCEPT to fulfil its vision.



in acceptance lies peace

Thank you !



Section A

Independent Examiner's Report

Report to the trustees of

Accept

Accounts for the year
ended

31st December 2024

Charity no

1101764

Responsibilities and basis
of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2024.

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

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

Independent examiner's
statement

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

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

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

Signed:

C. Carlin Bcom FCCA

Date:

9th June 2025

Name:

Mrs Claire Carlin

Professional body:

ACCA

Address:

Key Accountants (Midlands) Ltd

Office 5, The Forest Rock Offices, Whitwick, Leicestershire, LE67 5GQ



Receipts and payments accounts

CC16a

For the period from 01.01.2024 To 31.12.2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Gifts and donations- general	2,939	45,346	-	48,285	45,114
Gifts and donations-gift aid claimed		-	-	-	1,593
Interest received	128	-	-	128	70
Miscellaneous	-	-	-	-	-
Fees received - courses etc		-	-	-	1,000
Total receipts	3,067	45,346	-	48,413	47,777
A3 Payments					
Salaries	4,265	22,621	-	26,885	23,638
Pensions	619	1,249	-	1,867	1,854
Wellbeing garden maintenance	698	6,226	-	6,925	5,254
Furnishings and equipment	359	1,837	-	2,197	878
Utilities including mob phone	484	256	-	740	723
Insurance	293	289	-	583	579
Hospitality and associated costs	252	75	-	328	542
Training and volunteer recruitment	158	-	-	158	400
Consulting/Evaluations	-	1,650	-	1,650	-
Other categories less than £250	354	106	-	460	560
Total payments	7,482	34,310	-	41,792	34,428
Net of receipts/(payments)	(4,415)	11,036	-	6,621	13,349
Cash funds last year end b/f	5,414	14,142	-	19,556	6,206
Cash funds this year end c/f	999	25,178	-	26,177	19,555

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds to nearest £
Cash funds	Lloyds current account	999	4,954	5,953
	Lloyds instant saving account	-	20,225	20,225
	Total cash funds	999	25,178	26,177
Restricted funds		Opening balance to nearest £	Movement to nearest £	Closing balance to nearest £
	Comic Relief	1,658	(1,658)	-
	Awards for All		20,000	20,000
	Westhill Endowment	4,491	(4,491)	-
	Carlton Hayes charity	850	(850)	-
	Big Give	3,614	1,564	5,178
	Hinckley and Bosworth Borough Council	198	(198)	-
	Henry Smith		10,000	-
	Maud Elkington	1,000	(1,000)	-
	FlorenceTurner	500	(500)	-
	Edward Cadbury	4	4	-
	Edith Murphy Foundation	540	(540)	-
	George Ward	1,000	(1,000)	-
	Poors Platt	286	286	-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval

Chris Firth

Mr C Firth
Treasurer

12/06/2025



Section A

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	Big Give	3,614	1,564	5,178
	Hinckley and Bosworth Borough Council	198	(198)	-
	Henry Smith		10,000	-
	Maud Elkington	1,000	(1,000)	-
	FlorenceTurner	500	(500)	-
	Edward Cadbury	4	4	-
	Edith Murphy Foundation	540	(540)	-
	George Ward	1,000	(1,000)	-
	Poors Platt	286	286	-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval

Chris Firth

Mr C Firth
Treasurer

12/06/2025

ACCEPT

England & Wales - Charity number 1101764

Accounts

ANNUAL REPORT 2023



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Vision

Improved mental health
for those experiencing difficulties
and good mental health for the wider population.

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*** Excellence in improving quality of life and well-being ***
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George Ward Charitable Trust

Henry Smith Charity

Hinckley & Bosworth Borough Council

Maud Elkington Trust

Poors Platt Charity

Westhill Endowment

Individual donators, including through The Big Give

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Amy Carmichael

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for friendship, belonging and community.

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that we can grow
and develop, even through difficult seasons in life.

ACCEPT
that brokenness
is our shared humanity, out of which beauty can emerge.

ACCEPT
that we are physical,
productive, relational, emotional and spiritual beings.

ACCEPT
that each of these domains
of life affects and is affected by our mental health.

ACCEPT
that this life is only a part of our journey.

Introduction from the Chair

2023 marks ACCEPT's 20th Anniversary and has been an exciting time of continued growth and development for the charity, as it continues to strive towards improved mental health for those experiencing difficulties and good mental health for the wider population.

The Wellbeing Garden Group continues to see individuals grow in a variety of ways. An external evaluation showed that there were several good outcomes identified which was encouraging. This included improved self esteem and confidence, increased levels of activity and exercise, harmony with nature and the natural environment, increased sense of purpose and achievement. One stand out comment from the evaluation process, which captured and encompasses the heart of ACCEPT was "creating a 'community' as opposed to an 'intervention'". Further details can be found on pages 10 – 11 and the full evaluation report, from STARBY Consulting, is available on request.

The Wellbeing Garden Group, over the last year, has also provided a welcoming learning environment to a plethora of students and new members of staff from the NHS Community Mental Health Teams across Leicestershire, and also other local neighbourhood resources. It clearly demonstrates the effectiveness of this model in improving mental health outcomes for individuals.

The Bereavement Friendship Group began in 2021 in response to an unmet need in the community. It has been evaluated by an outside consultancy from the start. A report, produced last year, shows encouraging outcomes. We are grateful to 'Starby Consulting' for how they made this evaluation process so natural and user friendly to beneficiaries. We look forward to STARBY carrying out an evaluation again, of this group and the Wellbeing Garden Group in 2024.

Team Building Days. This year saw two large NHS Teams visit the wellbeing garden to participate in the 'ACCEPT your Element' course, with very encouraging feedback. Having such an 'income generation' project enables sustainability, with reduced reliance on grants, whilst promoting mental health and wellbeing in the workplace.

We are so thankful to all those whose time, support and commitment enables ACCEPT to fulfil its vision and continue to make a difference...

Joanne Hall
Chair of Trustees

Overview of Developments

Recorded below is an overview of the developments during 2023. Each of the areas are reported in more detail from page 7 onwards. Developments have included:

1. Job's Well Community Wellbeing Garden

ACCEPT's activities take place at this site, which offers the feel of being far into the countryside and has a wooden cabin, with a log burner, alongside sheltered areas to ensure activities are not affected by poor weather.

2. Wellbeing Garden Group

19 individuals have grown in a variety of ways, from participating in gardening and other outdoor activities. Throughout the year, the weekly group has integrated exercise and connecting with nature. Alongside developing friendships and a sense of belonging, this has contributed to improved confidence, self-esteem and mental health.

3. ACCEPT Bereavement Friendship Group

20 individuals benefitted from meeting with others, who have lost a loved one, building new friendships and moving forward with life. The group was evaluated by a research consultancy firm, STARBY, who produced a report of findings last year.

4. 25 Friendship Groups

Over 250 individuals, experiencing difficulties with their mental health, have been involved with 25 Friendship Groups in Leicestershire, Rutland, Worcestershire, Leicester City and Coventry City.

5. Team Building Days

43 individuals from 2 NHS Mental Health Teams participated in the 'ACCEPT your Element' course at the Wellbeing Garden. Both written and verbal feedback was very positive and the income generated has supported our other activities.

6. Staff, Volunteers, Trustees

2 part time staff are responsible for the general running of the charity, with the support of trustees and volunteers, including the finance administrator.

7. Treasurer's Report

Income increased significantly, compared with 2022, to £47,778 enabling more activities and developments, with £19,555 carried forward at the year end.

1. Job's Well Community Wellbeing Garden

Our activities continue take place at Job's Well Community Wellbeing Garden, in Barwell, which was previously very wild and overgrown, having not been used for over 40 years.

Being private and isolated, the site offers the feel of being far into the countryside. A wooden cabin with log burner provides warmth and comfort. Alongside the cabin is a large outdoor, sheltered area, with decking.



The site has been described as a 'safe haven', by individuals who have been referred to ACCEPT, by a variety of organisations, including NHS Community Mental Health Teams.

Clearing and developing the site together has provided the opportunity for beneficiaries to grow in confidence, form friendships and learn a number of transferrable skills.

*" I've gained a group of fantastic friends,
structure and focus to my week. I have opportunity to learn new skills."*

Beneficiary

2. Weekly Wellbeing Garden Days

Wellbeing Garden Days take place every Tuesday. Individuals experience growth, in a variety of ways, enjoying gardening and other outdoor activities together, whilst connecting with nature. 19 beneficiaries have been involved in 2023. Referrals include from NHS Community Mental Health Teams, NHS Social Prescribers, Social Services and Local Area Co-ordinators.



EVALUATION

OUTCOMES found from interviews with beneficiaries, carried out by STARBY Consulting, included the following significant improvements, which are also shown in the infographic on page 11:

- Mental health, confidence, self-esteem and wellbeing.
- Consistency, structure, security and quality of life.
- Levels of activity, exercise and routine.
- Confidence in being around other people, working as a team, forming new friendships and feeling more a part of the community.
- Harmony with nature and connection with the natural environment.
- Confidence in skills and being involved in purposeful activity.
- Sense of individual and collaborative achievement and shared ownership of how the garden has developed.



Additional OUTCOMES, found by STARBY included:

- Moving into voluntary or paid employment
- Going onto further education or learning.
- Looking after the garden at a local Community House.
- Establishing a community allotment to serve a local foodbank.
- Setting up a gardening group at a GP surgery, after moving location.
- Volunteering at local churches.
- Having the confidence to attend other local groups.
- Connecting more with nature.

“ The Wellbeing Garden Group, overall, has been holistically life changing for my residents.”

**Christy Waring, Local Area Coordinator for Barwell & Earl Shilton
Public Health, Leics County Council**

EVALUATION of Wellbeing Garden Group

STARBY Consulting carried out individual and group interviews with beneficiaries, at the Wellbeing Garden Group, which included the following feedback:

“it’s just a place for people to grow ... you see how they change”

“It feels like a really safe, non-judgmental space”

“I started coming ... and it was my saving grace ... just being grounded again”

*“[The facilitator’s] always got time for you ... [they’re] very approachable ...
[they] will ask me
... actually ‘how are you?’ ... I can actually talk and tell [them] ... about how it’s been”*



Feedback from Starby Consulting:

“ In our opinion, one of the strongest attributes of the project is its ability to tailor activities to the individuals and facilitate recovery at their own pace, while achieving all the social benefits of a group activity....

.....by creating a ‘community’ as opposed to an ‘intervention’. “

The individual outcomes measure, overleaf, was also the result of the evaluation.

Full Evaluation Report, from STARBY Consulting, is available on request.

www.starbyconsulting.co.uk

Job's Well

EVALUATION STUDY



Significant improvements in:

Confidence & Stepping Stone



Mental Health



Social Networks

Individual and collaborative achievements bring **accomplishment and self-esteem**



Peer support leads to friendship and brings a sense of **community and belonging**

Individually tailored activities provide **identity and purpose**



Regular exercise and routine leads to **health and wellbeing**

The environment provides **harmony with nature and peace**



Consistency in a 'safe space' brings **routine and security**

Job's Well Gardening days provides opportunities to engage in horticultural and other outdoor activities

Referrals have:

Poor Mental Health

Referrals are:

Socially Isolated

3. BEREAVEMENT Friendship Group

This group commenced as a pilot in April 2021, following the COVID 19 lockdown and takes place every 3 weeks on a Wednesday. It provides the opportunity to meet with others, who have lost a loved one, build new friendships and move forward with life. The types of bereavement experienced by the 20 beneficiaries involved this year, has ranged from losing partners, parents and children.



Whilst some group members had existing underlying long term mental health issues, others have begun to experience poor mental health, as a result of their bereavements. These have been exacerbated, led to other types of loss in their life and some have experienced multiple and complex bereavements, including suicide.

Everyone's experience of bereavement is unique and some group members have lost loved ones very recently, whilst others several years ago. There is clearly an understanding by others going through similar experiences and loneliness is a common theme. It has been encouraging to see friendships form that have met outside of the group, reducing the impact of isolation.

Following discussion with group members this year, the format of the meeting was changed to having both a 'friendship' and a 'therapeutic' focus, taking into account that members are in different places in their bereavement. Group members can choose to stay for just the first half, if they wish and leave for the second half, which involves sharing on a deeper level, around bereavement.

Personalised stones of loved ones of some group members have been placed in the reflection area of the wellbeing garden. The site has been used by individuals on important occasions such as anniversaries.

Referrals for the group have included the Community Mental Health Team (CMHT), Social Services, Local Area Co-ordinators, Social Prescribers and Funeral Directors. When needed, group members have been accompanied by such staff for their first session.

From the start of this project, which began as a pilot last year, STARBY Consulting, who specialise in project evaluation, have been visiting to carry out analysis and produced an evaluation report in June, last year, which can be found overleaf.

“ Bereaved clients experiencing mental health issues have reported it to be invaluable to meet with others, with similar experiences, who understand what they have been through and can support one another to move forward in life, following the death of a loved one or multiple complex losses.”

**Michelle White, Occupational Therapist
NHS West Leicestershire Community Mental Health Team**

EVALUATION of Bereavement Friendship Group

STARBY Consulting carried three visits, over the group's first year (sessions 2, 4, and 12), and, from individual and group interviews, produced a report last year.

Outcomes included the following significant improvements:

- Overcoming isolation, as many beneficiaries reported that the group was the only time that they saw anyone.
- Reducing feelings of loneliness and experiencing relief from being around people who understand and are facing similar circumstances.
- Receiving support that would previously have been provided by their late spouse.
- Finding strength and comfort to face challenges from time spent together.
- Meeting with new friends independently outside of the group meeting times, both in pairs and as a large group.
- Improving in mental health, self-esteem and wellbeing.
- Building confidence to attend other social groups and increase social connections.
- Discovering a sense of value, meaning, consistency and an opportunity to contribute.
- Being able to be open and honest, without needing to 'put up a front', due to the safe, relaxed, peaceful and non-judgmental atmosphere.

Beneficiaries included those who have experienced:

- The loss of partners, parents and younger siblings.
- The loss of a child, due to suicide.
- Multiple and complex bereavements.
- Poor mental health, as a result of their bereavements.
- Long term mental health issues, which have been exacerbated by bereavement and led to other types of loss in their life.

Feedback from Starby Consulting:

" It is evident from the observations and feedback received that the bereavement group delivered by ACCEPT is

highly effective at meeting the needs of people who have experienced bereavement.

The relaxed, unstructured, and non-judgmental environment is heralded as the reason that participants enjoy the group so much and are able to engage with it in a way that is meaningful to them.

This has been attributed to the facilitators.

Although participants could not think of any improvements that could be made to the group, many asked to meet more frequently."

Full Evaluation Report, from STARBY Consulting, is available on request.

www.starbyconsulting.co.uk

4. Friendship Groups



Establishing Friendship Groups, for adults experiencing mental health issues, was one of ACCEPT's main charitable activities for some years.

25 Friendship Groups were formed in Leicestershire, Rutland, Worcestershire, Leicester City and Coventry City, working with amazing partners to whom we are so grateful, including the NHS, Social Services and local churches.

Friendship Groups continue to meet on a weekly basis in community settings, such as pubs and cafes. Whilst the NHS and Social Services were initially involved in making referrals and establishing the groups, they have developed organically and run independently of statutory services.

Although we are very aware, including through evaluation carried out, that the groups respond effectively to isolation and poor mental health, we made the difficult decision to no longer actively set up Friendship Groups. Factors informing this decision included recognising that other charities were now providing similar and expanding services. responding to this need, including Renew Wellbeing Centres. Although a slightly different model, these centres are based on the same values, needs and are successfully being franchised across the UK.

We will continue to offer support and guidance to existing groups, when required, and anyone seeking us out to use the model. However, we are no longer involved with establishing new Friendship Groups, based on this model, as we were previously.

“ The ACCEPT group to me has been a lifeline and the best thing I’ve ever attended. I know that I’m going to be surrounded by friends who understand how I’m feeling and that is priceless.”

Feedback from Group Member

5. Team Building Days

In this fun income generating workshop, team members, from local organisations, are enabled to recognise one another's unique personalities, using the metaphor of nature; earth, air, water and fire. This helps teams to understand one another more, improve the way they communicate and work as a team, enhancing wellbeing in the workplace. The workshop lends itself to our community wellbeing garden, in Barwell, with having all the elements to hand, alongside 4 different sheltered area for break out groups.

24 NHS staff working with adults experiencing mental health issues across Leicestershire attended a day's workshop in June.

19 NHS staff working with older people experiencing mental health issues across Leicestershire attended in November, when they made good use of the open fire.



The feedback was very positive in both and also identified by ACCEPT staff were improvements to how the workshop could be even better.

“ Fantastic session, which was amazing ! This is one of the best team days I have been to.”

*“ Having managed a team for a number of years, I found it the best training experienced to date in helping me understand myself and my team; their individual characters and how to effectively encourage, correct and request actions from them.
My staff still refer to the training as being the best for helping them work better together.”*

Feedback from two participants

6. ACCEPT Staff, Volunteers & Trustees

A. Founder & Mental Health Lead

Continues to be responsible for the general running of the charity, including overseeing all the activities mentioned in the report.

B. Groups Co-Facilitator

Supports the Founder in building relationships and enabling beneficiaries to grow in a variety of ways.

C. Finance Administrator

The Finance Administrator works on a voluntary basis and keeps a record of all finances, deals with payroll and provides reports and ensures appropriate payments are made.

D. Volunteers

The work of the Wellbeing Garden Days as well as Friendship Groups could not take place without the weekly commitment of volunteers.

E. Trustees

Trustees, meeting every quarter, continue to maintain the responsibility of ensuring the charity is running efficiently and keeping on track with plans.



7. Treasurer's Report

This year there were much higher levels of income at £47,778, higher than budgeted: £30,500, and what we received in 2022, £18,500.

Total expenditure of £34,428, was also higher than budgeted, £30,350 than that spent last year, £28,837, much of this can be expected as the higher income and funding reflected more project activity and especially spending on the development of the Wellbeing Garden.

We made a surplus of £13,350, greater than budgeted. This resulted in a bank/funds balance of £19,555 at year end, again much better than 31 December 2022 when it was £6,206, The balance carried forward into 2024 included £5,412 of unrestricted funding. Two grant givers have also funded us over 2023 and 2024, with second tranches of money due in 2024, which gives us extra financial security for 2024.

Mr Christopher Firth
Trustee Treasurer

Thank you

We are extremely grateful to all those whose time,
support and commitment enables
ACCEPT to fulfil its vision.



in acceptance lies peace

ACCEPT

6 Sunnydale Road * Hinckley * Leics * LE10 0PB

Tel: (07964) 102444 * www.accept.org.uk

Registered Charity No: 1101764



Section A

Independent Examiner's Report

Report to the trustees of

Accept

Accounts for the year
ended

31st December 2023

Charity no

1101764

Responsibilities and basis
of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2023.

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

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

Independent examiner's
statement

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

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

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

Signed: C. Carlin BCom FCA

Date: 25th July 2024

Name: Mrs Claire Carlin

Professional body: ACCA

Address: Key Accountants (Midlands) Ltd

Office 5, The Forest Rock Offices, Whitwick, Leicestershire, LE67 5GQ



Receipts and payments accounts

For the period from

01.01.2023

To

31.12.2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Gifts and donations - general	4,996	40,118	-	45,114	16,855
Gifts and donations - gift aided	1,593	-	-	1,593	1,725
Interest received	70	-	-	70	1
Miscellaneous	-	-	-	-	-
Fees received - courses etc	1,000	-	-	1,000	-
Total receipts	7,659	40,118	-	47,777	18,581
A3 Payments					
Salaries	727	22,912	-	23,638	18,437
Pensions	287	1,567	-	1,854	998
Wellbeing garden maintenance	1,127	4,128	-	5,254	2,455
Furnishings and equipment	28	850	-	878	1,448
Utilities including mobile phone	410	313	-	723	377
Insurance	-	579	-	579	564
Hospitality and associated costs	238	304	-	542	257
Training and volunteer recruitment	349	51	-	400	492
Other categories less than £250	515	46	-	560	809
Total payments	3,680	30,748	-	34,428	25,837
Net of receipts/(payments)	3,979	9,370	-	13,349	- 7,256
Cash funds last year end b/f	1,433	4,773	-	6,206	13,462
Cash funds this year end c/f	5,412	14,143	-	19,554	6,206

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds to nearest £
Cash funds	Lloyds current account	4,863	550	-
	Lloyds instant savings account	-	14,141	-
	Total cash funds	4,863	14,691	19,554
Restricted funds		Opening balance to nearest £	Movement to nearest £	Closing balance to nearest £
	Comic Relief	-	1,658	1,658
	Awards for All	-	10,000	-
	Westhill Endowment	-	4,491	4,491
	Carlton Hayes Charity	-	850	850
	Big Give	-	3,614	3,614
	Hinckley and Bosworth Borough Council	-	198	198
	Henry Smith	-	10,000	-
	Maud Elkington	1,000	-	1,000
	Florence Turner	500	-	500
	Edward Cadbury	-	4	4
	Edith Maud Foundation	1,000	460	540
	George Ward	1,000	-	1,000
Poors Platt	2,273	1,987	286	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name
Mr C Firth

Date of approval
29/07/24



Section A

Independent Examiner's Report

Report to the trustees of

Accept

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ended

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Date: 25th July 2024

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Address: Key Accountants (Midlands) Ltd

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To

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	Big Give	-	3,614	3,614
	Hinckley and Bosworth Borough Council	-	198	198
	Henry Smith	-	10,000	-
	Maud Elkington	1,000	-	1,000
	Florence Turner	500	-	500
	Edward Cadbury	-	4	4
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	George Ward	1,000	-	1,000
Poors Platt	2,273	1,987	286	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name
Mr C Firth

Date of approval
29/07/24

ACCEPT

England & Wales - Charity number 1101764

Accounts

ANNUAL REPORT 2021



in acceptance lies peace

Registered Charity No: 1101764

Vision

Improved mental health
for those experiencing difficulties
and good mental health for the wider population.

Mission

To promote, sustain and develop good mental health.



AWARDS WINNER

*** Community Innovation *** Better Communities ***
*** Excellence in improving quality of life and well-being ***
*** Green Health ***

ACCEPT

6 Sunnydale Road * Hinckley * Leics * LE10 0PB

Tel: (07964) 102444 * www.accept.org.uk

Registered Charity No: 1101764

ACCEPT is extremely grateful to all who
give time and resources towards the work of the charity,
including the
financial support
during 2021 from the following:



Individual donators, including through The Big Give

Thank you !

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Founded in 2003


Our values

are based on the belief that:

“ in acceptance lies peace. “

Amy Carmichael

This includes to:



ACCEPT
that we are all
of significant worth and have unique gifts and abilities.

ACCEPT
that we were created
for friendship, belonging and community.

ACCEPT
that we can grow
and develop, even through difficult seasons in life.

ACCEPT
that brokenness
is our shared humanity, out of which beauty can emerge.

ACCEPT
that we are physical,
productive, relational, emotional and spiritual beings.

ACCEPT
that each of these domains
of life affects and is affected by our mental health.

ACCEPT
that this life is only a part of our journey.

Introduction from the Chair

2021 has been a year of growth after a period of pruning back in 2019 and maintenance in 2020. Like everyone we were again affected by the Covid Pandemic. Although we were still subject to restrictions, we were able to undertake two new pilot projects alongside the weekly Wellbeing Garden Days which ran throughout.

Undertaking projects as pilots enables ACCEPT to ensure the work is effective, sustainable and responding to unmet need. To this end, the Mindfulness Course Pilot, initially planned for 2020 was finally able to continue. The various reflective spaces in the Wellbeing Garden proved ideal for the course to be taught and space for beneficiaries to take mindful moments.

A second pilot scheme, the Bereavement Friendship Group began this year and came in response to an unmet need in the community which was reported by partners including the local NHS Community Mental Health Team. It is a real privilege to journey with people experiencing bereavement on a variety of levels including multiple and complex bereavements. This project is being evaluated from the start with initial encouraging outcomes in relation to overcoming isolation through valuable new friendships which are forming. Beneficiaries commented they felt they were really understood by others in the group.

An external evaluation of the Wellbeing Garden showed that there were several good outcomes identified which was encouraging. This included improved self-esteem and confidence; increased levels of activity and exercise; harmony with nature and the natural environment; increased sense of purpose and achievement. We are grateful to Starby Consulting for how they made this evaluation process so natural and user friendly to beneficiaries. Also for the infographic, which is a great evaluation tool. In their report they made the following comment which seems to sum up what ACCEPT is about:

“.....creating a ‘community’ as opposed to an ‘intervention’.

On a more practical level a new website has been developed with support from a Consultant funded by Lloyds Foundation, to whom we are most grateful. We also took part in the BIG GIVE for the first time which enabled us to widen our supporter base with the value of the gift being doubled by donors within the BIG GIVE.

We are grateful to Aidan and Frankie Lucas who hold the project together along with the volunteers, private donors and funders all of which make the activities run by ACCEPT possible. We look forward to seeing further growth in 2022.

Rev Sue Steer
Chair of Trustees

Overview of Developments

Recorded below is an overview of the developments during 2021. Each of the areas are reported in more detail from page 7 onwards. Developments have included:

1. Job's Well Community Wellbeing Garden

ACCEPT's activities take place at this site, which offers the feel of being far into the countryside and has a wooden cabin, with a log burner, alongside sheltered area to ensure activities are not affected by poor weather.

2. Wellbeing Gardening Days

13 individuals have grown in a variety of ways, from participating in gardening and other outdoor activities. Throughout the year, the weekly group has integrated exercise and connecting with nature. Alongside developing friendships and a sense of belonging, this has contributed to improved confidence, self-esteem and mental health, highlighted in this year's evaluation.

3. ACCEPT Mindfulness for Wellbeing Course (Pilot)

7 individuals developed personally, from a 6 week course, by learning ways to live more in the moment, rather than focusing on past regrets and future anxieties, alongside dealing with emotions and difficulties in ways in which they are kinder to themselves.

4. ACCEPT Bereavement Friendship Group (Pilot)

10 individuals benefitted from this this new initiative, by meeting with others, who have lost a loved one, building new friendships and moving forward with life.

5. 25 Friendship Groups

251 individuals, experiencing difficulties with their mental health, have been involved with 25 Friendship Groups in Leicestershire, Rutland, Worcestershire. Leicester City and Coventry City. Due to COVID 19, these groups were put on hold, from the first lockdown, March 2020, but volunteers maintained communication with group members.

6. Staff, Volunteers, Trustees

2 part time staff are have been responsible for the general running of the charity, with the support of trustees and volunteers, including the finance administrator.

7. Treasurer's Report

Income rose by 24% compared with 2020 to £31k, enabling more activities and developments, with £13k of funds carried forward at the year end.

1. Job's Well Community Wellbeing Garden



Our activities take place at Job's Well Community Wellbeing Garden. The plot of land, 1,646 square metres, in Barwell, was very wild and overgrown, having not been used for over 40 years. Being private and isolated, the site offers the feel of being far into the countryside. A wooden cabin with log burner, provides warmth and comfort, especially on cold, wet days and ensures activities at the site are not

disrupted by poor weather. Alongside the cabin (24x13ft), is a large outdoor, sheltered area, with decking.

The site has been described as a 'safe haven', by individuals who have been referred to ACCEPT, by NHS Community Mental Health Teams and Social Services. Clearing and developing the site together has provided the opportunity for beneficiaries to grow in confidence, form friendships and learn a number of transferrable skills.

Reflection Area

In 2020, we began to develop a reflection area, that lends itself more to reflection, contemplation, mindfulness practices and remembering loved ones, who have died.

Pilot Projects

Building on the success of our weekly wellbeing gardening days, at the site, we have begun the process of exploring and 'piloting' other activities, that will most effectively respond to unmet need, fit within our vision and which we feel best placed to deliver.

Evaluation

In 2021, a research consultancy firm, STARBY, evaluated two of our projects and produced a report of findings. The evaluation process including individual and group interviews with beneficiaries.

"ACCEPT's unique, holistic approach to mental healthcare, along with the quiet, safe space that they have created....provides a much needed service in the county. This helps individuals to learn invaluable skills, work towards achieving their personal goals and improve their wellbeing. "

Louise Monk, Mental Health Reablement Worker, Social Services

2. Weekly Wellbeing Gardening Days

Wellbeing Gardening Days take place every Tuesday, throughout the year. Individuals experience growth, in a variety of ways, enjoying gardening and other outdoor activities together, whilst connecting with nature. Referrals are received from NHS Community Mental Health Teams, and Social Services and 13 adults have been involved in 2021.



EVALUATION, August 2021

OUTCOMES found from interviews with beneficiaries, carried out by STARBY Consulting, included the following significant improvements, which are also shown in the infographic on page 11:

- Mental health, confidence, self-esteem and wellbeing.
- Consistency, structure, security and quality of life.
- Levels of activity, exercise and routine.
- Confidence in being around other people, working as a team, forming new friendships and feeling more a part of the community.
- Harmony with nature and connection with the natural environment.
- Confidence in skills and being involved in purposeful activity.
- Sense of individual and collaborative achievement and shared ownership of how the garden has developed.



Additional OUTCOMES, found by STARBY, included:

- Moving into voluntary or paid employment
- Going onto further education or learning.
- Looking after the garden at a local Community House.
- Establishing a community allotment to serve a local foodbank.
- Setting up a gardening group at a GP surgery, after moving location.
- Volunteering at local churches.
- Having the confidence to attend other local groups.
- Connecting more with nature.

EVALUATION, August 2021

STARBY Consulting carried out individual and group interviews with beneficiaries, at the Wellbeing Gardening Day, which included the following feedback:

“it’s just a place for people to grow ... you see how they change”

“It feels like a really safe, non-judgmental space”

“I started coming ... and it was my saving grace ... just being grounded again”

*“[The facilitator’s] always got time for you ... [they’re] very approachable ...
[they] will ask me
... actually ‘how are you?’ ... I can actually talk and tell [them] ... about how it’s been”*



Feedback from Starby Consulting:

“ In our opinion, one of the strongest attributes of the project is its ability to tailor activities to the individuals and facilitate recovery at their own pace, while achieving all the social benefits of a group activity....

.....by creating a ‘community’ as opposed to an ‘intervention’. “

The individual outcomes measure, overleaf, was also the result of the evaluation.

Full Evaluation Report, from STARBY Consulting, is available on request.

www.starbyconsulting.co.uk

Job's Well

EVALUATION STUDY



Significant improvements in:

Confidence & Stepping Stone



Mental Health



Social Networks

Individual and collaborative achievements bring **accomplishment and self-esteem**



Peer support leads to friendship and brings a sense of **community and belonging**

Individually tailored activities provide **identity and purpose**



Regular exercise and routine leads to **health and wellbeing**

The environment provides **harmony with nature and peace**



Consistency in a 'safe space' brings **routine and security**

Job's Well Gardening days provides opportunities to engage in horticultural and other outdoor activities

Referrals have:

Poor Mental Health

Referrals are:

Socially Isolated

3. Mindfulness for Wellbeing Courses (Pilot)



At the end of 2019, ACCEPT ran its first Mindfulness for Wellbeing Course, as part of a pilot project. The second course was due to commence in April 2020, but was postponed until June 2021 due to COVID 19.

Referrals were received from the NHS Community Mental Health Team and Social Services and a group was run for 7 participants, which all took place outside, in different areas of the wellbeing garden.

The course involves learning a variety of ways to:

ACCEPT ourselves, rather than condemning and judging ourselves.
ACCEPT our emotions more, and how we respond to them, rather than fighting them.
ACCEPT that we can choose to live more in the moment and look at life differently.

Evaluation took place at the end of the course and benefits for participants included:

- Developing a range of skills, which improved mental health.
- Practicing a variety of techniques in a safe, peaceful space which can be transferred to daily living.
- Recognising that it is a choice to focus attention to the present moment, rather than living with past regrets and anxieties about the future.
- Learning ways of becoming kinder to themselves, with less judgements about themselves and others.
- Beginning to look at the same everyday situations, including difficulties, through a different 'lens'.
- Increased self-awareness, improved levels of self-esteem and confidence, with a reduction in symptoms of anxiety, depression, stress and effects of abuse.
- Forming new friendships, with others, who have similar experiences.

4. BEREAVEMENT Friendship Group (Pilot)

This pilot commenced in April 2021 and takes place on the last Wednesday of each month.

It provides the opportunity to meet with others, who have lost a loved one, build new friendships and move forward with life.

The types of bereavement experienced by the 10 beneficiaries involved has ranged from losing partners, parents and children.



Whilst some group members had existing underlying long term mental health issues have begun to experience poor mental health, as a result of their bereavements, others. These have been exacerbated, led to other types of loss in their life and some have experienced multiple and complex bereavements, including suicide.

The impact of COVID 19 has also had a significant impact on people's mental health and the bereavement process. COVID restrictions have disrupted the grieving process, on a number of levels, including the inability to visit loved ones, towards the end of their lives, funerals with limited numbers and no opportunity to have a wake.

Everyone's experience of bereavement is unique and some group members have lost loved ones very recently, whilst others several years ago. There is clearly an understanding by others going through similar experiences and loneliness is a common theme. It has been encouraging to see friendships form that have met outside of the group, reducing the impact of isolation.

Referrals for the group have come from the Community Mental Health Team (CMHT), Social Services, Funeral Directors and the local area co-ordinator.

From the start of this pilot, STARBY consulting, who specialise in project evaluation, have been visiting to carry out analysis and will produce an evaluation report in due course.

5. Friendship Groups



Establishing Friendship Groups, for adults experiencing mental health issues, was one of ACCEPT's main charitable activities for some years.

25 Friendship Groups were formed in Leicestershire, Rutland, Worcestershire, Leicester City and Coventry City, working with amazing partners to whom we are so grateful, including the NHS, Social Services and local churches.

Friendship Groups continue to meet on a weekly basis in community settings, such as pubs and cafes. Whilst the NHS and Social Services were initially involved in making referrals and establishing the groups, they have developed organically and run independently of statutory services.

Although we are very aware, including through evaluation carried out, that the groups respond effectively to isolation and poor mental health, we made the difficult decision to no longer actively set up Friendship Groups. Factors informing this decision included recognising that other charities were now providing similar and expanding services. Responding to this need, including Renew Wellbeing Centres. Although a slightly different model, these centres are based on the same values, needs and are successfully being franchised across the UK.

We will continue to offer support and guidance to existing groups and anyone seeking us out to use the model. However, we will now no longer be involved with establishing new Friendship Groups, based on this model, in the way that we were previously.

“ The ACCEPT group to me has been a lifeline and the best thing I’ve ever attended. I know that I’m going to be surrounded by friends who understand how I’m feeling and that is priceless.”

Feedback from Group Member

6. ACCEPT Staff, Volunteers & Trustees

A. Founder & Mental Health Lead

Continues to be responsible for the general running of the charity, including overseeing all the activities mentioned in the report.

B. Groups Co-Facilitator

Supports the Founder in building relationships and enabling beneficiaries to grow in a variety of ways.

C. Finance Administrator

The Finance Administrator works on a voluntary basis and keeps a record of all finances, provides reports and ensures appropriate payments are made.

D. Volunteers

The work of the Wellbeing Gardening Days as well as Friendship Groups could not take place without the weekly commitment of volunteers.

E. Trustees

Trustees continue to maintain the responsibility of ensuring the charity is running efficiently and keeping on track with plans.



We are extremely grateful to all those whose time, support and commitment enables ACCEPT to fulfil its vision.

7. Treasurer's Report

Income: It was encouraging that our income rose by 24% compared with 2020 to £31k. We benefited from an extra £19k in restricted income, mainly grants, as well as £12k in unrestricted funds.

Expenditure: The increased inflows of income has enabled us to fund more activities and developments at the Wellbeing garden. However, with expenditure increasing more than income, this left us with an annual deficit of -£6k.

Funds carried forward: the annual deficit resulted in a reduced level of £13k of funds carried forward at the year end, of this over £12k was in restricted funds leaving us with a low level of unrestricted funds, however, there was over £1k of Gift Aid still to reclaim which will boost this.

Mr Christopher Firth
Trustee Treasurer



Thank you

for your interest and support

On behalf of all involved with



in acceptance lies peace

ACCEPT

6 Sunnydale Road * Hinckley * Leics * LE10 0PB

Tel: (07964) 102444 * www.accept.org.uk

Registered Charity No: 1101764



Financial Statements
for the
Year Ending 31st December 2021

ACCEPT

Registered Charity Number 1101764

6 Sunnydale Road Hinkley Leicestershire LE10 0PB

*Accounts Independently Examined by: Ian Finlay, Chartered Accountant, ITF accountants,
Lutterworth, Leicestershire LE17 4DJ Oct 28th 2022*

Statement of Financial Activities

	Unrestricted	Restricted	Total	2020
	Funds	Funds	Funds	Total
Income and endowments from:				
Donations and legacies	10,779	19,613	30,931	17,740
Income from charitable activities	210		210	
Investments	0		0	3
Other income	799		799	6,481
Total income	11,788	19,613	31,401	24,225
Expenditure on:				
Raising funds				
Expenditure on charitable activities	18,298	19,207	37,505	23,834
Other expenditure				924
Total expenditure	18,298	19,207	37,505	24,759
Net income / (expenditure) resources before transfer	(6,510)	406	(6,104)	(534)
Transfers				
Net movement in funds	(6,510)	406	(6,104)	(534)
Total funds brought forward	7,359	12,207	19,566	20,100
Total funds carried forward	848	12,613	13,461	19,566
Represented by				
Unrestricted				
General fund	848	—	848	7,359
Restricted				
Awards for all 2020	—	—	—	707
Awards for all 2021	—	10,000	10,000	—
Community Fund	—	—	—	10,000
Shire Grant LCC	—	—	—	1,500
Big Give	—	2,613	2,457	—
Totals	848	12,613	13,461	19,566

Balance sheet

	2021	2020
Current Assets		
Lloyds Current Account	12,029	13,135
Lloyds Instant Savings Account	1,425	6,425
Stewardship High Rate Deposit	6	6
Total Current assets	13,461	19,566
Excess / (deficit) to date	(6,104)	(14,913)
Starting balances	19,566	34,480
Total Reserves	13,461	19,566
Represented by funds		
Unrestricted	848	7,359
Restricted	12,613	12,207
Total	13,461	19,566

Statement of assets and liabilities

	General	Restricted	2021	2020
Current assets				
Lloyds Current	0	12,029	12,029	9,303
Lloyds Instant Savings	842	583	1,425	10,790
Stewardship High Rate Deposit	6	0	6	6
Totals	848	12,613	13,461	19,566

Restricted Fund movement

	Opening	Incoming	Outgoing	Closing
Awards for All 2020	707	0	707	0
Awards for All 2021	0	10,000	0	10,000
Community Fund	10,000	0	10,000	0
Big Give	0	2,613	0	2,613
Shire Grant LCC	1500	0	1500	0
Allen Lane Foundation	0	6,000	6000	0
Helen Jean Cope Charity	0	500	500	0
Maud Elkington Charitable Trust	0	500	500	0
Grand total	12,207	19,613	19,207	12,613

Analysis of income and expenditure

	General	Restricted	2021	2020
Income Donations and legacies				
Gifts and Donations received - General	8,578	17,168	25,747	17,380
Gifts and Donations received-Gift Aided	2,200	2,445	4,645	360
Gift Aid Refund				
Total	10,778	19,613	30,931	17,740
Income from charitable activities				
Fees Received - Courses etc	210	0	210	0
Total				0
Investments				
Interest	1	0	1	3
Total	1	0	3	3
Other income				
Fundraising				
Miscellaneous	799	0	799	6,481
Total	799	0	799	6,481
INCOME TOTAL	11,788	19,613	31,401	24,225,

Expenditure

Raising funds

	General	Restricted	2021	2020
Fundraising				
Total				

Expenditure on charitable activities

	General	Restricted	2021	2020
Salaries	12,223	17,034	29,257	16,650
Pensions	1095	141	1,236	981
Travel Expenses		26	26	78
Expenses (Misc)		-8	-8	159
Wellbeing Garden Maint & Upkeep	3,496	762	4,258	2,722
Furnishings & Equipment	34	30	64	1,346
Utilities	106	45	151	57
Telephone	118	60	178	174
Hospitality & Associated Costs	32	83	115	131
DBS's		129	129	146
Training & Volunteer Recruitment		73	73	0
Stationery & Postage	21	6	27	20
Software	134	60	194	59
Miscellaneous	984	270	1,253	1,396
Total	7,601	16,233	36,956	23,834

Other expenditure

Insurance	53	496	549	694
Bookkeeping			0	229
Total	53	496	549	924
EXPENDITURE TOTAL	18,298	19,207	37,505	24,759



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Accept

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

1101764

Set out on pages

1 to 2.

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2021**.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

Date:

28/10/2022

Name:

Ian Finlay BA FCCA

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

Fellow of the Association of Chartered Certified Accountants (ACCA)

Address:

4 Brook Lane, Lutterworth, Leicestershire, LE17 4FZ

Section B**Disclosure**

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

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

None to disclose.