

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 !

Contents

Our values.....	5
Introduction from the Chair.....	6
Overview of Developments.....	7
Developments:	
1. Job's Well Community Wellbeing Garden.....	8
2. Wellbeing Gardening Days.....	9
Evaluation Feedback.....	10
Evaluation Infographic.....	11
3. Mindfulness for Wellbeing Course (Pilot).....	12
4. Bereavement Friendship Group (Pilot).....	13
5. Friendship Groups.....	14
6. Staff, Volunteers, Trustees.....	15
7. Treasurer's Report.....	16
Thank you.....	17



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 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 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.