

ANNUAL REPORT 2023



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 2023 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

Maud Elkington Trust

Poors Platt Charity

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

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.



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: Claire 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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Accept

1101764

Receipts and payments accounts

CC16a

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
		Opening balance to nearest £	Movement to nearest £	Closing balance to nearest £
Restricted funds	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

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FOR ENGLAND AND WALES

Accept

1101764

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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
	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