

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:

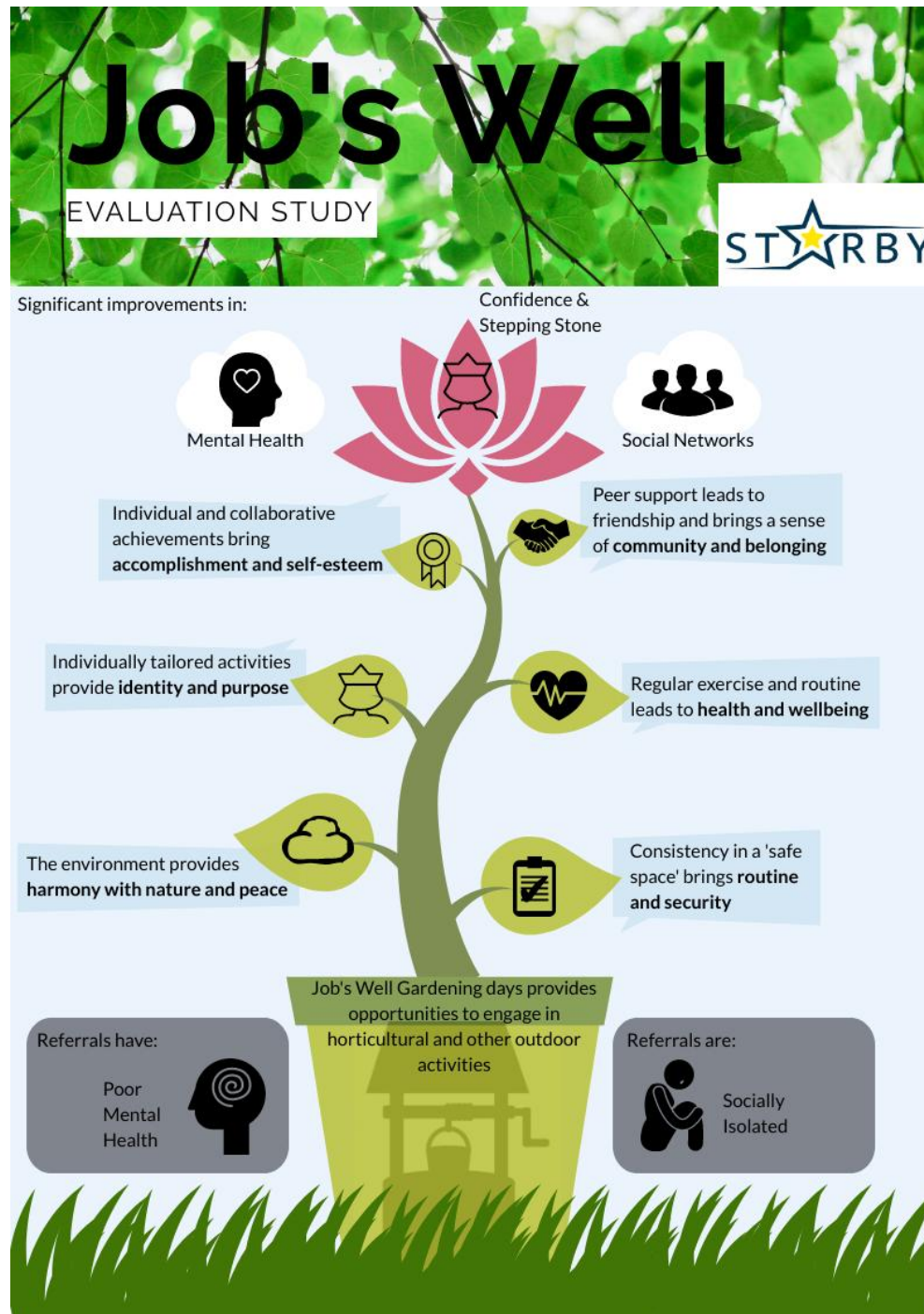


- Mental health, confidence, self-esteem and wellbeing.
- Consistency, structure, security and quality of life.
- Levels of activity, exercise and routine.
- Confidence in being around other people, working as a team, forming new friendships and feeling more a part of the community.
- Harmony with nature 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

Independent Examiner's Report

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Name:

Mrs Claire Carlin

Professional body:

ACCA

Address:

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	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