

THE LOSS FOUNDATION

England & Wales · Charity number 1147362

Details

Other names BEREAVED PARTNERS SUPPORT GROUP, BPSG

Status Registered

Legal form Other

Registered 2012-05-22

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

Contact

Address The Loss Foundation
PO Box 81802
London
N21 9HP

Phone 03002004112

Email hello@thelossfoundation.org

Website www.thelossfoundation.org

Activities

Objects: TO RELIEVE THE SUFFERING OF PERSONS RESIDENT IN THE UK EXPERIENCING BEREAVEMENT OR LOSS FROM CANCER, BY PROVIDING SUPPORT FOR SUCH PERSONS. TO RELIEVE THE SUFFERING OF PERSONS RESIDENT IN THE UK EXPERIENCING BEREAVEMENT OR LOSS FROM CANCER, BY THE PROVISION OF SELF-HELP SUPPORT GROUPS. TO RELIEVE THE SUFFERING OF PERSONS RESIDENT IN THE UK EXPERIENCING BEREAVEMENT OR LOSS FROM CANCER, BY OFFERING INFORMATION ABOUT THE EXPERIENCE OF BEREAVEMENT AND HOW TO ACCESS OTHER FORMS OF SUPPORT.

Activities: The Loss Foundation is a national charity providing bereavement support for people who have had a loved one die from cancer. We provide a variety of support events to help people at any point during their loss to cancer, providing them with the chance to connect with others who share similar experiences.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Scotland
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£143,080	£107,053	-	-
2024-03-31	£93,161	£97,437	-	-
2023-03-31	£67,664	£95,356	-	-
2022-03-31	£85,569	£92,598	-	-
2021-03-31	£146,461	£56,369	-	-

Trustees

Name	Role	Appointed
Sarah Catherine David	Chair	2025-08-26
Colin Ware		2022-09-13
DR KIRSTEN SMITH BSC MSC		2012-05-03
Gavin Pierce O Brien		2026-01-27
Kate Rowlandson		2022-12-06
Rebecca Mahallati		2017-01-07
Sarah Barrick		2018-04-15
Vanessa Babouram		2021-01-04
Victoria Jessop		2025-05-20

THE LOSS FOUNDATION

England & Wales - Charity number 1147362

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	April	2024	To	31	March	2025

Section A Reference and administration details

Charity name

The Loss Foundation

Other names charity is known by

Registered charity number (if any)

1147362

Charity's principal address

6 Welbeck Villas

Highfield Road

London

Postcode

N21 3HN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Vanessa Babouram	Chair		Deepa Patel and Erin Thompson
2	Dr Kirsten Smith			Erin Thompson
3	Shereen Sally			Deepa Patel
4	Rebecca Mahallati			Deepa Patel
5	Peter Osborn			Deepa Patel
6	Sarah Barrick			Deepa Patel
7	Edward Levey			Deepa Patel
8	Kate Rowlandson			Shereen Sally and Erin Thompson
9	Colin Ware			Erin Thompson and Peter Osborn

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Name of chief executive or names of senior staff members (Optional information)

Dr Erin Hope Thompson acts as Director of the charity.

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charity
Trustee selection methods (e.g. appointed by, elected by)	New Trustees are appointed by interview with a selection of The Board of Trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity is governed by a Board of Trustees, who are elected for an initial term of three years and may offer themselves for re-election for one further term of three years. In exceptional circumstances, and where this is considered to be in the best interests of the charity, Trustees may serve for longer periods. Trustees serve on a voluntary basis and act collectively as the charity's governing body, with ultimate responsibility for setting strategy, ensuring good governance, and overseeing the management and administration of the charity.

The Board of Trustees meets four times a year to plan, review, and monitor the overall policy, strategic direction, and financial performance of the charity. Sub-committees may be established and meet more frequently where required to focus on specific areas of work, providing additional oversight and support.

Trustees are responsible for identifying and reviewing the principal risks faced by the charity and for ensuring that appropriate systems and controls are in place to mitigate those risks. The Board recognises that the charity operates in a dynamic environment and that risks may change over time; as such, risk management is treated as an ongoing and active process. A quorum for general meetings is four Trustees. Meetings are chaired by the elected Chair of Trustees, or, in their absence, by another Trustee appointed by those present.

The charity may elect officers and Trustees at general meetings. New Trustees are appointed following a structured recruitment process. This includes:

- identifying a skills gap or area of need within the Board;
- exploring appropriate avenues to identify suitable candidates;
- meetings between the prospective Trustee, the Chair and Director, and at least two existing Trustees; and
- a formal vote by the Board of Trustees to approve the appointment.

The charity employs a small team of paid part-time staff who are responsible for the day-to-day management of the organisation. This includes operational delivery, volunteer coordination, fundraising, and reporting on progress and developments to the Board of Trustees.

The charity's services are delivered by a dedicated team of volunteers who provide bereavement support. Volunteers come from a range of professional backgrounds and receive appropriate bereavement support training. Ongoing supervision and support are provided to ensure high-quality, safe, and effective service delivery.

Summary of the objects of the charity set out in its governing document

Purpose: To provide UK-wide bereavement support for anyone who loses a loved one to cancer.

The aims and objectives of the charity are:

- To provide UK wide access to cancer bereavement support;
- To relieve the suffering of persons resident in the United Kingdom (UK) experiencing bereavement or loss by cancer, by providing support for such persons;
- To relieve the suffering of persons resident in the UK experiencing bereavement or loss from cancer, by offering information about the experience of bereavement and how to access other forms of support.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Review of Services - Local to National Support

The charity has continued its strategic progression from a locally delivered service to a nationally accessible model of bereavement support. This development remains central to our mission and has been strengthened further during the reporting period through expanded online provision, increased in-person activity across multiple locations, and continued investment in evidence-based practice and evaluation.

Our primary focus remains supporting individuals bereaved by cancer. We continue to offer a range of services online, ensuring accessibility to people across the UK, while also growing our in-person provision through Walk and Talk events. Demand for support related to coronavirus bereavement continued to decrease, and provision for this was stopped in January 2025.

To meet the charity's aims and objectives, and to support the ongoing development of national provision, we delivered the following activities during the year:

Support Groups

Online peer bereavement support groups continue to be our core service. During the year, we delivered a total of **86 online support groups**, including both open groups and closed support group "bubbles", which allow the same group of individuals to meet regularly over a period of time. These groups support people bereaved by cancer and are provided free of charge. They continue to be highly valued by participants for offering connection, understanding, and mutual support.

Walk and Talk Events

We increased the delivery of our Walk and Talk events as part of our national growth strategy. These events bring bereaved people together in local communities, combining peer support with the therapeutic benefits of being outdoors. During the year, we hosted **32 Walk and Talk events across multiple locations and cities**, recruiting and training volunteers

to support delivery in new areas. These events play a key role in reducing isolation and building sustainable peer networks.

Grief Support Meetings

In addition to peer support groups, we delivered **23 grief support meetings** focused on helping people better understand grief and develop ways to support themselves through it. These meetings included psychoeducational content and explored themes relating to specific difficulties that can arise following bereavement, offering participants practical tools alongside shared discussion.

Therapeutic Groups and Psychology Provision

We continued to develop our therapeutic provision and launched a feasibility and acceptability project to pilot a randomised controlled trial (RCT) evaluating the effectiveness of our online therapy groups. This project commenced in February 2025, with four therapy groups scheduled to run throughout 2025. Demand for these groups was very high, and facilitators were trained in the therapeutic protocol to ensure consistent and high-quality delivery. 9 therapy group sessions were conducted within this financial year.

Alongside this, we onboarded a Trainee Clinical Psychologist in March 2025 for a six-month specialist placement in collaboration with University College London. This placement pilots the charity's contribution to clinical training, with a focus on grief and bereavement, and supports both service delivery and research activity.

Connect Service

Our one-to-one buddy service, Connect, continued to operate throughout the year. The service aims to pair individuals with similar experiences of loss to offer supportive conversations, meaningful connection, and the potential for longer-term peer relationships.

Training

We continued to provide bereavement training to organisations and individuals, including supporting companies to better respond to grieving customers and employees. Training remains an important area of development for the charity, both in terms of sharing our specialist knowledge of bereavement and evidence-based support, and in building a more sustainable income stream to support our charitable activities.

Information and Resources

Many individuals continue to benefit from the charity's written and video resources, which provide accessible information about grief and bereavement. Following the successful launch of our new website in the previous year, we have continued to expand the range of free resources available and improve signposting to additional support.

Social Media and Outreach

We continued to extend our reach through social media, sharing articles, reflections, event information, and messages of support. Our presence across Facebook, Twitter, and Instagram supports engagement, outreach, and awareness-raising. Investment in a very part-time Social

Media Officer has enabled us to build consistency and reach across these platforms.

Signposting

As a peer-support charity that does not provide 24-hour crisis support, we regularly signpost individuals to other services where additional or urgent support is required, including organisations such as Samaritans. We have further strengthened signposting information available on our website to ensure people can access appropriate help when needed.

Campaigning

We continued to promote our *IWontGoQuiet* campaign, encouraging people to say something rather than nothing when someone is bereaved. While we did not host a dedicated campaigning event during the year, the campaign remains closely aligned with our mission and continues to be reflected in our communications and messaging.

Research and Evaluation

We remain committed to learning from the people who access our services. With appropriate consent, we continue to collect feedback and outcome data to better understand lived experiences of grief and the impact of our support. This feedback informs service development, volunteer training, and continuous improvement.

We have been collaborating on two research projects with University College London, one evaluating the effectiveness of our online therapy group model, and one on exploring the barriers to bereavement support for those who identify as belonging to an ethnic minority.

In addition to ongoing collaboration with University College London, we published findings relating to our in-person groups and commenced new research focused specifically on our online therapy groups. This reflects our commitment to evidence-based practice and robust evaluation.

Governance Development

During the year, we also began recruitment for a new Chair of Trustees, as part of succession planning and to ensure strong leadership and governance as the charity continues to grow.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

POLICIES

The charity maintains a comprehensive Charity Policy document which brings together all organisational policies. This document is reviewed annually and updated as required to ensure it remains current, compliant, and reflective of best practice.

Role-specific Volunteer Handbooks are also in place and provide practical guidance for volunteers, alongside key policies relevant to their roles within the charity. These are regularly updated.

All Trustees, staff, and volunteers are required to sign a confidentiality agreement, confirming their responsibility to protect the confidentiality of service users and the charity's information at all times.

STRATEGY

During the year, the charity has continued to work towards its existing three-year strategy, with a focus on increasing the reach of our support services and strengthening national awareness of the charity and its work. Progress has been made particularly in expanding access to support, growing in-person provision, and increasing recognition of the charity's brand.

The Board has also recognised that the organisation has reached a point of transition and that a refreshed strategic framework will be required to support the next phase of development. Planning is therefore underway to develop a new strategy following the recruitment of a new Chair of Trustees, with the intention that a revised strategy will be designed and launched in 2026.

VOLUNTEERS

The charity is deeply grateful to its dedicated team of volunteers, whose commitment and generosity continue to underpin the delivery of our services. Volunteer numbers increased over the year, and collectively volunteers contributed significant time and expertise, supporting hundreds of individuals through their bereavement.

A new cohort of volunteers was recruited and trained specifically to support the growth of the Walk and Talk service. This builds on the success of the previous year and reflects the charity's ongoing commitment to developing accessible, community-based support.

Looking ahead, the charity aims to continue growing its volunteer base in a sustainable way. Alongside this growth, we have recognised the importance of reviewing the volunteer lifecycle to ensure that volunteers are well supported, valued, and retained. This will include continued investment in training, supervision, and opportunities for professional development, as well as reviewing processes to ensure volunteer wellbeing remains a priority.

Summary of the main achievements of the charity during the year**Support Events and Service Delivery**

During the year, the charity delivered a total of **127 support events**, the majority of which were provided online to ensure accessibility to people across the UK. These events included peer support groups, therapeutic workshops, therapy groups, online social events, and in-person Walk and Talk sessions. Operating with limited financial and staffing resources, the charity continued to meet high levels of demand and deliver consistent, high-quality support to people bereaved by cancer.

The charity also continued to develop its Connect service, enabling increased provision of one-to-one peer support. This service provides an important alternative for individuals whose needs are better met through more personalised support.

Board Development and Governance

The charity continued to benefit from a committed and skilled Board of Trustees with a breadth of experience to support both service delivery and national growth ambitions. While no new Trustees were recruited during the financial year, the Board focused on maintaining stability, effective oversight, and reflective governance.

During the year, the charity began preparing for a period of organisational development and transition, including initiating recruitment for a new Chair of Trustees. This reflects proactive succession planning and recognition of the need for refreshed leadership to support the development of a new strategic direction.

Paid Staff Development

The charity continued to operate with a small team of paid part-time staff, including the Director, Charity Administrator, Fundraiser, and Social Media Officer. This team supported all areas of activity, including service delivery, volunteer coordination, fundraising, communications, and governance. Despite limited capacity, staff enabled the charity to expand reach and develop new areas of work. The charity remains focused on securing funding to allow for future growth in staffing capacity.

Volunteers

The charity is extremely grateful to its dedicated team of volunteers, whose contribution is central to the delivery of services. Over the course of the year, volunteers collectively donated a significant amount of time and expertise, supporting hundreds of individuals through their bereavement. Volunteer commitment and skill enabled the charity to sustain and expand services despite constrained resources.

Research and Evaluation

Research and evaluation remained a key priority throughout the year, supporting the charity's commitment to evidence-based practice and continuous improvement. Ongoing evaluation allowed the charity to

better understand the needs of those accessing support and to measure the outcomes and benefits of its services.

The charity continued collaboration with University College London on two research projects, contributing to learning about bereavement experiences and the effectiveness of peer and therapeutic support models. This work strengthens the quality, credibility, and future development of the charity's services.

Fundraising and Income Generation

Alongside service delivery, the charity undertook a range of fundraising and income-generating activities to support its ongoing work. Income generation during the year focused primarily on grant applications to fund core costs and service development, alongside community fundraising and donations raised through sponsored events.

Despite a challenging economic climate, the charity successfully hosted a comedy night fundraiser and participated in the London to Brighton cycle ride, both of which generated valuable unrestricted income.

The charity also expanded its provision of grief support training to organisations, delivering its largest volume of training within a single year. This enabled the charity to share its specialist knowledge more widely while contributing to a more sustainable income model.

In addition, the charity successfully expanded the range of resources available to purchase through its website, including bespoke sympathy cards, worksheets, and bereavement resources. This initiative provided supporters with meaningful ways to engage with the charity and generated a modest but valuable source of unrestricted income, supporting financial resilience.

Overall Performance

Overall, the charity delivered a significant programme of activity during the year, achieving meaningful impact with limited financial and staffing resources. The year was characterised by sustained service delivery, growth in reach, increased research activity, and preparation for organisational change, positioning the charity well for the next phase of development and strategic planning.

Brief statement of the charity's policy on reserves

The Trustees have reviewed the charity's reserves policy and consider it appropriate to hold free reserves equivalent to approximately three months of operating expenditure. This level of reserves is intended to ensure the charity can meet its financial obligations as they fall due and maintain continuity of services in the event of unforeseen circumstances, fluctuations in income, or delays in funding.

The Trustees monitor reserves as part of regular financial oversight and will review the policy annually to ensure it remains appropriate in light of the charity's activities, financial position, and future plans.

Details of any funds materially in deficit

n/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During the year, the charity's income was generated primarily through a combination of grant funding, individual donations, and income from the delivery of bereavement training to organisations. These streams together formed the main sources of funding for the charity and supported both service delivery and organisational development.

The majority of income received was unrestricted, enabling the charity to allocate funds flexibly in line with its charitable objectives and to meet core operational costs. Where grant funding was restricted, funds were applied in accordance with the relevant funding agreements and used specifically to support the delivery and development of agreed services and activities.

Expenditure during the year was largely focused on core costs associated with running and developing the charity and its support services, including staffing, volunteer support, and service delivery costs. While the charity's model enables support services to be delivered with relatively low direct costs, ensuring the sustainability and quality of these services remains a priority for the Trustees.

Section F

Other optional information

Future plans

During 2025/26, the charity will continue to build on its progress towards delivering accessible, high-quality bereavement support on a national basis, while ensuring sustainability and good governance.

The charity's key plans for the year ahead include:

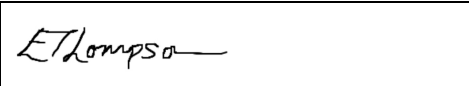
- Continuing to develop nationally accessible support services, with a particular focus on expanding in-person provision through Walk and Talk events in additional locations across the UK.
- Increasing awareness of the charity's services and brand, including strengthening links with partner organisations and services to improve referral pathways.
- Continuing research and evaluation activity to strengthen evidence-based practice, including progressing analysis of data collected through the pilot randomised controlled trial evaluating online therapy group support.
- Expanding the charity's pool of trained volunteers to support growth in services, alongside ongoing investment in training, supervision, and volunteer wellbeing.
- Further developing and expanding the corporate training programme, sharing specialist knowledge of grief and bereavement while supporting more sustainable income generation.
- Increasing income diversification through the sale of resources and merchandise via the charity's website, alongside the development of recorded webinars to provide accessible, paid training content.
- Continuing to provide bereavement support related to coronavirus loss where there is ongoing demand.
- Strengthening governance and leadership capacity through continued Board development, including progression of Chair recruitment and preparation for the development of a refreshed organisational strategy.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Erin Hope Thompson	
Position (e.g. Secretary, Chair, etc)	Director	
Date	22/01/2026	



THE LOSS FOUNDATION 1147362

Receipts and payments accounts

CC16a

For the period from 01-Apr-24 To 3/31/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowmen t funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, legacies, grants	63,789	12,000	-	75,789	69,797
Fundraising and fundraising events	10,193	-	-	10,193	10,116
Fees for charitable services	6,975	-	-	6,975	2,405
Gift Aid	2,159	-	-	2,159	1,755
Interest on deposit accounts	-	-	-	-	-
Training	38,645	-	-	38,645	7,377
Merchandise	7,709	-	-	7,709	1,201
Other	1,611	-	-	1,611	510
Sub total (Gross income for AR)	131,080	12,000	-	143,080	93,161

A2 Asset and investment sales, (see table).	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts 131,080 12,000 - 143,080 93,161

A3 Payments

					Last year
Fundraising costs	5,900.28	-	-	5,900	7,969
Wages / salaries / NI / pension	69,758.25	6,000	-	75,758	71,518
Consultancy / professional fees	-	-	-	-	-
Bank interest / charges / Insurance	1,396.00	-	-	1,396	565
Office rent	92.00	-	-	92	236
Training / Conferences	135.00	-	-	135	-
Telephone	409.08	-	-	409	384
Research	12.00	-	-	12	-
Internet/website/email	380.39	-	-	380	290
Printing/postage/stationary/tech tools	3,401.63	-	-	3,402	761
Membership	492.68	-	-	493	334
Equipment	785.90	-	-	786	464
Cost of charitable activities	8,095.06	6,000	-	14,095	10,520
Volunteer expenses	331.95	-	-	332	129
Advertising	1,932.31	-	-	1,932	1,325
Merchandise	327.50	-	-	328	-
Board / governance	365.21	-	-	365	678
Team expenses / wellbeing	488.13	-	-	488	617
Other	749.78	-	-	750	1,649
Sub total	95,053	12,000	-	107,053	97,437

A4 Asset and investment purchases, (see table)	-	-	-	-	-
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	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	95,053	12,000	-	107,053	97,437
Net of receipts/(payments)	36,027	-	-	36,027	- 4,277
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	60,039	-	-	60,039	64,315
Cash funds this year end	96,065	-	-	96,065	60,039

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	96,065	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
	<i>Shereen Sally</i>	Shereen Sally	22/01/2026	

Independent examiner's report to the trustees of 'The Loss Foundation'

I report on the accounts of the Charity for the year ended 31 March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act;
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - a) to keep accounting records in accordance with section 130 of the 2011 Act and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name and signature: Ribhu Agrawal



Relevant professional qualification or body: FCCA (Association of Chartered Certified Accountants)

Address: Flat 20 Best House, Matthews Close, Wembley, HA9 8FE

Date: 14 January 2026

THE LOSS FOUNDATION

England & Wales - Charity number 1147362

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	April	2023	To	31	March	2024

Section A Reference and administration details

Charity name

The Loss Foundation

Other names charity is known by

Registered charity number (if any)

1147362

Charity's principal address

6 Welbeck Villas

Highfield Road

London

Postcode

N21 3HN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Vanessa Babouram	Chair		Deepa Patel and Erin Thompson
2	Dr Kirsten Smith			Erin Thompson
3	Shereen Sally			Deepa Patel
4	Rebecca Mahallati			Deepa Patel
5	Peter Osborn			Deepa Patel
6	Sarah Barrick			Deepa Patel
7	Edward Levey			Deepa Patel
8	Kate Rowlandson			Shereen Sally and Erin Thompson
9	Colin Ware			Erin Thompson and Peter Osborn

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Name of chief executive or names of senior staff members (Optional information)

Dr Erin Hope Thompson acts as Director of the charity.

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charity
Trustee selection methods (e.g. appointed by, elected by)	New Trustees are appointed by interview with a selection of The Board of Trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees are elected for an initial term of three years and may offer themselves for a further period of three years. The Trustees are a voluntary management committee and have ultimate responsibility for the charity. The Trustees meet 4 times a year to plan, control and monitor the overall policy and direction of the charity. Subcommittees of Trustees may meet more frequently to work on specific tasks.

The Trustees understand that they have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees recognise that in the dynamic environment in which the charity operates the risks encountered are continually changing.

No business shall be transacted at any general meeting unless a quorum is present of 4 members. General meetings are chaired by the person who has been elected as Chair (unless the Chair is unavailable and Trustees appoint another attendee).

The charity can elect officers and other Trustees in general meetings. New Trustees are invited on to the Board when; a) an area of need has been recognised and discussed on the Board, b) avenues are explored to secure a new Trustee fitting for that role, c) a meeting is arranged between the potential new Trustee with the Chair and/or Director, d) if all requirements are met, the Board agree to the new membership.

We have paid members of part-time staff who are responsible for the day-to-day running of the organisation, volunteer management, seeking funding, and reporting progress and developments to the Board of Trustees.

The next level of organisation lies within the charity's volunteers who run the bereavement services. The volunteers are made up of a range of professionals. All volunteers receive bereavement support training and access supervision for their work.

Summary of the objects of the charity set out in its governing document

Purpose: To provide UK-wide bereavement support for anyone who loses a loved one to cancer.

The aims and objectives of the charity are:

- To provide UK wide access to cancer bereavement support;
- To relieve the suffering of persons resident in the United Kingdom (UK) experiencing bereavement or loss by cancer, by providing support for such persons;
- To relieve the suffering of persons resident in the UK experiencing bereavement or loss from cancer, by offering information about the experience of bereavement and how to access other forms of support.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

REVIEW OF SERVICES – Local to National Support

Growing from local to national provision has been a development in the pipeline for the Charity in recent years.

The majority of our support services continued to be held online during this period in time, alongside the growth of our Walk and Talk events that we host in-person. We continued to be a charity focused on providing bereavement support to those who have experienced the death of a loved one to cancer, however, we continued to provide a small provision of support groups to those bereaved by coronavirus. We provided these in line with demand, which continues to reduce over time.

To meet the main aims and objectives of the charity whilst continuing to work towards a growing model of national support, we have carried out the following activities:

Support Groups

Over the course of the year we have provided peer bereavement support groups free of charge to individuals who are bereaved by cancer or coronavirus. We ran a total of 95 peer support groups over the course of the year. This included continuing to run specific themed support groups, e.g. parent loss to cancer, partner loss to cancer, as well as one-off support groups and support group bubbles (meeting with the same collection of people on a monthly basis).

Social Events

We discontinued the running of our online social get togethers given the shift to hosting more in-person get togethers. We hosted one online social get together on Christmas Day to support those who were alone or in need of connection during a difficult time of year.

Walk and Talks

We focused our efforts on increasing our Walk and Talk events, which are the target of our national growth. The aim is to create communities

across the UK bringing people together in loss and creating friendships and connections, alongside the therapeutic benefits of nature. During this financial year we hosted 19 events across several cities. These events have involved recruiting and training new volunteers in new locations for us.

Therapeutic Workshops

We continued to run our online therapeutic workshops, led by our Clinical Psychologists and aimed at helping people to cope with grief related difficulties. We ran 11 online workshops. The workshop design came from our evidence based therapeutic groups, and we are continuing to evaluate the benefits of the workshops. These have been a highly beneficial service, offering a lot of support and psychoeducation in short windows of time, and bringing people together.

Connect Service

We have continued to provide our buddy service, Connect. The goal of Connect is to pair up individuals with similar losses for supportive conversations, meaningful connections, and perhaps the start of a friendship.

Training

We continued to provide training across the year, to both organisations and individuals. This largely included training mental health professionals and providing continued professional development. This is an area of development for the charity that we plan to extend over the coming year. Our aim is to provide more training to share our knowledge of bereavement experiences and evidence-based support for it, whilst creating a stable avenue of income for the charity.

Information

In addition to our in-person support, many people have continued to benefit from information, articles and videos on our website that focus on the experience of bereavement. We successfully launched a new website during this financial year, which houses significantly more information and free resources for those who are grieving.

Social Media

We extended our support more widely on our social media channels, offering articles, quotes, advice, event info and pictures. Our main social media avenues are Facebook, Twitter and Instagram. We have continued with our investment in a very part-time Social Media Officer who works to build our presence across social media and helps with outreach.

Signposting

We have been able to signpost people to other services when necessary for their benefit and mental health. As a peer-support service that is not available 24-hour support, we regularly signpost to other support services, such as Samaritans. We now house more information on our website on other support services.

Campaigning

Following on from previous years, we have continued to advertise our IWontGoQuiet, campaign, encouraging people to say something rather than nothing when someone is bereaved. We have not been able to host a campaigning event during the past year, but continue to hold this campaign close to our mission.

Research

Over the course of the year we continued to collect information from people taking part in our support events (with permission). This allows us to learn more about peoples' authentic experiences of grief and associated difficulties, as well as the benefits of the support we provide. Feedback from users also allows to gauge which elements of our support are being well received and which elements need tweaking, and we use this type of feedback to inform our volunteer training. We are committed to continuously improving our support and resources.

We have also started collaboration with UCL to do research together to help further learn about bereavement support and to evaluate the data we collect.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

POLICIES

We have a Charity Policy document that houses all of our policies and is updated regularly and reviewed annually.

We also have Volunteer Handbooks designed specifically for volunteers and their roles, which also houses some of our charity policies they need to know.

All those involved in the charity are required to sign a confidentiality statement, stating that they will not break the confidentiality of our users or charity.

STRATEGY

We have continued working towards our 3-year strategy, with the aim of accomplishing our target goals, including;

- UK wide access to cancer bereavement support;
- Providing connection geographically for those with similar losses;
- Continuously develop research and therapeutic interventions;
- Become a go-to organisation for grief support training;
- Create national recognition of TLF brand;
- Establish diverse and sustainable fundraising/income portfolio.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers, which has increased in size over the past year. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

In this time period we have taken on a new cohort of volunteers specifically targeted at our new support service, Walk and Talks. This is an extension of our Walk and Talk progress last year, which proved successful, hence the continued recruitment and growth.

We will aim to steadily increase numbers of volunteers each year, and to continuously provide training and continued professional development.

Summary of the main achievements of the charity during the year

SUPPORT EVENTS

Over the course of the year we provided 128 support events, the majority of which were hosted remotely. This includes our peer support groups, workshops, therapy groups, online social events and in-person walks. We also continued to develop our Connect service further, allowing us to provide more 1-2-1 support for our beneficiaries.

BOARD DEVELOPMENT AND RESTRUCTURE

We have continued to benefit from a Board with varied expertise to help guide our discussions around supporting people and growing nationally.

We have not recruited any new Trustees in this financial year.

PAID STAFF DEVELOPMENT

We have continued with our part time staff roles of Director, Charity Administrator, Fundraiser and Social Media Officer during this period. We aim to continue raising money to be able to expand our team.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

RESEARCH AND EVALUATION

Carrying out research and evaluation has enabled us to better measure the need for support, the benefit of our support and to collect tangible outcomes for our work. We continue to evaluate our support so that we can be sure we are providing gold standard support at all times. We are also collaborating with UCL on two research projects to better learn about our impact.

FUNDRAISING

In addition to the support services we have provided to individuals who have lost a loved one to cancer, we have undertaken activities to generate funds for the charity. This has mainly been through the seeking of grants to cover our maintenance and development costs, as well as donations raised through sporting and sponsored events.

We hosted a comedy night fundraiser that helped us raise funds for our services, and we hosted some places in the London to Brighton bike ride, which also helped us raise funds.

We largely applied for grants over the year to help fund our increased support.

Brief statement of the charity's policy on reserves

The Trustees have agreed that the charity is currently not of sufficient size to justify a formal reserves policy, however, this will be reviewed on an annual basis. We work to always having three months average monthly spend available at all times.

Details of any funds materially in deficit

n/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We secured a small amount of income from small grants, individual donations and fundraising. We expect that these avenues will continue into next year.

Our expenditure has been allocated to key objectives of the charity.

Our main expenditure over the past year has been related to the core costs of running and developing our support services and charity. The costs of running our support services are low but remain a priority.

Section F

Other optional information

Future plans

Our main plans for the year 2024/25 are as follows:

- To continue developing our national reaching service, focusing on in-person support specifically with our Walk and Talk events.
- To increase awareness for our charity's brand and services, and linking with services and organisations across the UK.
- Continue with research and evaluation.
- To secure a Patron/s to help raise awareness of our charity.
- Expand our pool of volunteers.
- Expand our corporate training support programme.
- Launch the sale of merchandise on our website to increase income streams.
- Carry out activities in line with our three-year strategy.
- To continue providing covid loss support where there is demand.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Erin Thompson	
Full name(s)	Erin Thompson	
Position (e.g. Secretary, Chair, etc)	Director	
Date	28/01/2025	



THE LOSS FOUNDATION	1147362
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CC16a

Receipts and payments accounts

For the period from	01-Apr-23	To	3/31/2024
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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					
Donations, legacies, grants	48,047	21,750	-	69,797	50,354
Fundraising and fundraising events	10,116	-	-	10,116	-
Fees for charitable services	2,405	-	-	2,405	7,947
Gift Aid	1,755	-	-	1,755	1,444
Interest on deposit accounts	-	-	-	-	-
Training	7,377	-	-	7,377	7,868
Merchandise	1,201	-	-	1,201	-
Other	510	-	-	510	51
Sub total (Gross income for AR)	71,411	21,750	-	93,161	67,664

A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts	71,411	21,750	-	93,161	67,664
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A3 Payments

					Last year
Fundraising costs	7,969.01	-	-	7,969	5,064
Wages / salaries / NI / pension	57,018.11	14,500	-	71,518	60,802
Consultancy / professional fees	-	-	-	-	-
Bank interest / charges / Insurance	564.67	-	-	565	533
Office rent	236.00	-	-	236	623
Training / Conferences	-	-	-	-	-
Telephone	383.84	-	-	384	432
Research	-	-	-	-	140
Internet/website/email	289.78	-	-	290	271
Printing/postage/stationary/tech tools	760.75	-	-	761	896
Membership	333.71	-	-	334	262
Equipment	464.12	-	-	464	109
Cost of charitable activities	3,269.55	7,250	-	10,520	22,496
Volunteer expenses	128.60	-	-	129	256
Advertising	1,325.31	-	-	1,325	2,192
Merchandise	-	-	-	-	-
Board / governance	677.80	-	-	678	1,150
Team expenses / wellbeing	616.85	-	-	617	130
Other	1,649.16	-	-	1,649	-
Sub total	75,687	21,750	-	97,437	95,356

A4 Asset and investment purchases, (see table)

	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	75,687	21,750	-	97,437	95,356
Net of receipts/(payments)	- 4,277	-	-	- 4,277	- 27,692
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	64,315	-	-	64,315	92,006
Cash funds this year end	60,039	-	-	60,039	64,314

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	60,039	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Shereen Sally	Shereen Sally	12/11/2024	

Independent examiner's report to the trustees of 'The Loss Foundation'

I report on the accounts of the Charity for the year ended 31 March 2024.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act;
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - a) to keep accounting records in accordance with section 130 of the 2011 Act and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Ribhu Agrawal

Relevant professional qualification or body: FCCA (Association of Chartered Certified Accountants)

Address: Flat 20 Best House, Matthews Close, Wembley, HA9 8FE

Date: 28 Jan 2025



THE LOSS FOUNDATION

England & Wales - Charity number 1147362

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	April	2022	To	31	March	2023

Section A Reference and administration details

Charity name

The Loss Foundation

Other names charity is known by

Registered charity number (if any)

1147362

Charity's principal address

6 Welbeck Villas

Highfield Road

London

Postcode

N21 3HN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Vanessa Babouram - Chair			Deepa Patel and Erin Thompson
2	Dr Kirsten Smith			Erin Thompson
3	Shereen Sally			Deepa Patel
5	Francine Bear		Finished service May 2022	Deepa Patel
6	Ruth Barnett		Finished service May 2022	Deepa Patel
7	Rebecca Mahallati			Deepa Patel
8	Peter Osborn			Deepa Patel
9	Sarah Barrick			Deepa Patel
10	Edward Levey			Deepa Patel
11	Kate Rowlandson		Appointed December 2022	Shereen Sally and Erin Thompson
12	Colin Ware		Appointed September 2022	Erin Thompson and Peter Osborn

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Name of chief executive or names of senior staff members (Optional information)

Dr Erin Hope Thompson acts as Director of the charity.

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charity
Trustee selection methods (e.g. appointed by, elected by)	New Trustees are appointed by interview with a selection of The Board of Trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees are elected for an initial term of three years and may offer themselves for a further period of three years. The Trustees are a voluntary management committee and have ultimate responsibility for the charity. The Trustees meet 4-6 times a year to plan, control and monitor the overall policy and direction of the charity.

The Trustees understand that they have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees recognise that in the dynamic environment in which the charity operates the risks encountered are continually changing.

No business shall be transacted at any general meeting unless a quorum is present of 4 members. General meetings are chaired by the person who has been elected as Chair (unless the Chair is unavailable and Trustees appoint another attendee).

The charity can elect officers and other Trustees in general meetings. New Trustees are invited on to the Board when; a) an area of need has been recognised and discussed on the Board, b) avenues are explored to secure a new Trustee fitting for that role, c) a meeting is arranged between the potential new Trustee with the Chair and/or Director, d) if all requirements are met, the Board agree to the new membership.

We have paid members of part-time staff who are responsible for the day-to-day running of the organisation, volunteer management, seeking funding, and reporting progress and developments to the Board of Trustees.

The next level of organisation lies within the charity's volunteers who run the bereavement services. The volunteers are made up of a range of professionals. All volunteers receive bereavement support training and access supervision for their work.

Summary of the objects of the charity set out in its governing document

Purpose: To provide UK-wide bereavement support for anyone who loses a loved one to cancer.

The aims and objectives of the charity are to provide support to people experiencing bereavement or loss as a result of cancer in the UK through:

- the provision of peer support groups and other grief support events;
- providing spaces for people to connect with others with a similar loss;
- offering information and education about the experience of bereavement and associated difficulties;
- signposting to other forms of support.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

REVIEW OF SERVICES – Local to National Support

Growing from local to national provision has been a development in the pipeline for the Charity in recent years.

The majority of our support services continued to be held online during this period in time, alongside some In Memory walks that we hosted in-person. We continued to be a charity focused on providing bereavement support to those who have experienced the death of a loved one to cancer, however, we continued to provide a small provision of support groups to those bereaved by coronavirus. We provided these in line with demand.

To meet the main aims and objectives of the charity whilst continuing to work towards a growing model of national support, we have carried out the following activities:

Support Groups

Over the course of the year we have provided peer bereavement support groups free of charge to individuals who are bereaved by cancer or coronavirus. We ran a total of 88 peer support groups over the course of the year. This included continuing to run specific themed support groups, e.g. parent loss to cancer, partner loss to cancer, as well as one-off support groups and support group bubbles (meeting with the same collection of people on a monthly basis).

Social Events

We continued to provide social events for people to access informal peer support outside of a facilitated event with online get togethers. We ran 7 online social get togethers over the course of the year, providing opportunities for people to come together for peer support both online and in-person. We also hosted an online social get together on Christmas

Day, which is a particularly difficult time of year for people who are grieving.

Therapeutic Workshops

We continued to run our online therapeutic workshops, led by our Clinical Psychologists and aimed at helping people to cope with grief related difficulties. We ran 12 online workshops. The workshop design came from our evidence based therapeutic groups, and we are continuing to evaluate the benefits of the workshops. These have been a highly beneficial service, offering a lot of support and psychoeducation in a short windows of time, and bringing people together.

Connect Service

We have continued to provide our buddy service, Connect. The goal of Connect is to pair up individuals with similar losses for supportive conversations, meaningful connections, and perhaps the start of a friendship.

Walk and Talks

We launched a new service this year, Walk and Talks, which are informal walks hosted for people who want to connect to others in loss. The aim is to create communities across the UK bringing people together in loss and creating friendships and connections, alongside the therapeutic benefits of nature.

Training

We continued to provide training across the year, to both organisations and individuals. This largely included training mental health professionals and providing continued professional development. This is an area of development for the charity that we plan to extend over the coming year. Our aim is to provide more training to share our knowledge of bereavement experiences and evidence-based support for it, whilst creating a stable avenue of income for the charity.

Information

In addition to our in-person support, many people have continued to benefit from information, articles and videos on our website that focus on the experience of bereavement. Our plan is to launch a new website in the coming year.

Social Media

We extended our support more widely on our social media channels, offering articles, quotes, advice, event info and pictures. Our main social media avenues are Facebook, Twitter and Instagram. We hired a part-time Social Media Officer at the end of the current period to expand our social media presence with the aim of helping more people hear about our services. This is an area we will evaluate in the coming year.

Signposting

We have been able to signpost people to other services and make referrals to other professionals when necessary for their benefit and mental health. We have noticed that as our organisation continues to grow, we receive increasing numbers of emails and calls regarding

support. As a peer-support service that is not available 24-hour support, we regularly signpost to other support services, such as Samaritans.

Campaigning

Following on from previous years, we have continued to advertise our IWontGoQuiet, campaign, encouraging people to say something rather than nothing when someone is bereaved. We have not been able to host a campaigning event during the past year, but aim to do so in the coming year.

Research

Over the course of the year we continued to collect information from people taking part in our support events (with permission and all made anonymous). This allows us to learn more about peoples' authentic experiences of grief and associated difficulties, as well as the benefits of the support we provide. Feedback from users also allows to gauge which elements of our support are being well received and which elements need tweaking, and we use this type of feedback to inform our volunteer training. We are committed to continuously improving our support and resources.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

POLICIES

We have a Charity Policy Handbook that houses all of our policies and is regularly updated.

All volunteers receive the Policy Handbook as well as a Volunteer's Handbook, outlining their role and responsibilities.

STRATEGY

We have been working towards our 3-year strategy, created last year, with the aim of accomplishing our target goals, including;

- UK wide access to cancer bereavement support;
- Providing connection geographically for those with similar losses;
- Continuously develop research and therapeutic interventions;
- Become a go-to organisation for grief support training;
- Create national recognition of TLF brand;
- Establish diverse and sustainable fundraising/income portfolio.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers, which has increased in size over the past year. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

In this time period we have taken on a new cohort of volunteers specifically targeted at our new support service, Walk and Talks. We recruited 11 volunteers and trained them specifically for this role. We will aim to evaluate the service and recruit further volunteers if the project is successful.

We will aim to steadily increase numbers of volunteers each year, and to continuously provide training and continued professional development.

Summary of the main achievements of the charity during the year**SUPPORT EVENTS**

Over the course of the year we provided 132 support events, the majority of which were hosted remotely. This includes our peer support groups, workshops, therapy groups, online social events and in-person walks. We also continued to develop our Connect service further, allowing us to provide more 1-2-1 support for our beneficiaries.

BOARD DEVELOPMENT AND RESTRUCTURE

We have continued to benefit from a Board with varied expertise to help guide our discussions around supporting people and growing nationally.

We had two Board members step down from their roles after a full six years of service, and we had two new Trustees join the Board with expertise around data management and volunteer management.

PAID STAFF DEVELOPMENT

We have continued with our part time staff roles of Director, Charity Administrator and Fundraiser, and took on a part-time Social Media Officer during this period too. We aim to continue raising money to be able to expand our team.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

RESEARCH AND EVALUATION

Carrying out research and evaluation has enabled us to better measure the need for support, the benefit of our support and to collect tangible outcomes for our work. We continue to evaluate our support so that we can be sure we are providing gold standard support at all times.

FUNDRAISING

In addition to the support services we have provided to individuals who have lost a loved one to cancer, we have undertaken activities to generate funds for the charity. This has mainly been through the seeking of grants to cover our maintenance and development costs, as well as donations raised through sporting and sponsored events.

We did not host a large fundraiser during this time but aim to do so in the coming year.

We largely applied for grants over the year to help fund our increased support.

Our income reduced in the current year compared to the previous financial year, largely due to two larger grants in the previous year. We continue to explore how we can invest into benefitting from more avenues of income.

Brief statement of the charity's policy on reserves

The Trustees have agreed that the charity is currently not of sufficient size to justify a formal reserves policy, however, this will be reviewed on an annual basis. We work to always having three months average monthly spend available at all times.

Details of any funds materially in deficit

n/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We secured a small amount of income from small grants, individual donations and fundraising. We expect that these avenues will continue into next year.

Our expenditure has been allocated to key objectives of the charity.

Our main expenditure over the past year has been related to the core costs of running and developing our support services and charity. The costs of running our support services are low but remain a priority.

Section F

Other optional information

Future plans

Our main plans for the year 2023/24 are as follows:

- To continue developing our national reaching service, focusing on in-person support specifically with our Walk and Talk events.
- To increase awareness for our charity's brand and services, and linking with services and organisations across the UK.
- Continue with research and evaluation.
- To secure a Patron/s to help raise awareness of our charity.
- Expand our pool of volunteers.
- Expand our corporate training support programme.
- Launch a new website.
- Carry out activities in line with our three-year strategy.
- To continue providing covid loss support where there is demand.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Erin Thompson	
Full name(s)	Erin Thompson	
Position (e.g. Secretary, Chair, etc)	Director	
Date	24/01/2024	



THE LOSS FOUNDATION 1147362

Receipts and payments accounts

CC16a

For the period from 01-Apr-22 To 3/31/2023

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					
Donations, legacies, grants	37,609	12,745	-	50,354	74,042
Fundraising and fundraising events	-	-	-	-	5,418
Fees for charitable services	7,947	-	-	7,947	-
Gift Aid	1,444	-	-	1,444	1,594
Interest on deposit accounts	-	-	-	-	-
Training	7,868	-	-	7,868	4,152
Other	51	-	-	51	363
	-	-	-	-	-
Sub total (Gross income for AR)	54,919	12,745	-	67,664	85,569

A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts 54,919 12,745 - 67,664 85,569

					Last year
A3 Payments					
Fundraising costs	5,063.57	-	-	5,064	3,051
Wages / salaries / NI / pension	55,802.47	5,000.00	-	60,802	68,087
Consultancy / professional fees	-	-	-	-	-
Bank interest / charges / Insurance	533.10	-	-	533	429
Office rent	623.00	-	-	623	34
Training / Conferences	-	-	-	-	522
Telephone	431.89	-	-	432	603
Research	140.00	-	-	140	-
Internet/website/email	270.70	-	-	271	449
Printing/postage/stationary/tech tools	896.12	-	-	896	3,815
Membership	261.80	-	-	262	648
Equipment	108.90	-	-	109	1,197
Cost of charitable activities	14,900.92	7,595.00	-	22,496	8,289
Volunteer expenses	105.56	150.00	-	256	377
Advertising	2,192.37	-	-	2,192	2,852
Merchandise	-	-	-	-	73
Board / governance	1,149.87	-	-	1,150	1,821
Team expenses / wellbeing	130.31	-	-	130	197
Other	-	-	-	-	155
Sub total	82,611	12,745	-	95,356	92,598

A4 Asset and investment purchases, (see table)

	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	82,611	12,745	-	95,356	92,598
Net of receipts/(payments)	- 27,691	-	-	- 27,691	- 7,029
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	92,006	-	-	92,006	99,035
Cash funds this year end	64,314	-	-	64,314	92,006

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

Categories	Details	Unrestrict d funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	64,314	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestrict d funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Shereen Sally</i>	Shereen Sally	01/12/2023

Independent examiner's report to the trustees of 'The Loss Foundation'

I report on the accounts of the Charity for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act;
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - a) to keep accounting records in accordance with section 130 of the 2011 Act and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Mr Ribhu Agrawal



Relevant professional qualification or body: FCCA (Association of Chartered Certified Accountants)

Address: Flat 20 Best House, Matthews Close, Wembley, HA9 8FE

Date: 31/01/2024

THE LOSS FOUNDATION

England & Wales - Charity number 1147362

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2021		31	March	2022

Section A Reference and administration details

Charity name

The Loss Foundation

Other names charity is known by

Registered charity number (if any)

1147362

Charity's principal address

6 Welbeck Villas

Highfield Road

London

Postcode

N21 3HN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Kirsten Smith			Erin Thompson
2	Deepa Patel	Chair	Until December 2021	Erin Thompson and All Trustees
3	Shereen Sally			Deepa Patel
4	Francine Bear			Deepa Patel
5	Ruth Barnett			Deepa Patel
6	Rebecca Mahallati			Deepa Patel
7	Peter Osborne			Deepa Patel
8	Sarah Barrick			Deepa Patel
9	Edward Levey			Deepa Patel
10	Vanessa Babouram	Intermin Chair (from January 2022)		Deepa Patel

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Name of chief executive or names of senior staff members (Optional information)

Dr Erin Hope Thompson acts as Director of the charity.

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charity
Trustee selection methods (e.g. appointed by, elected by)	New Trustees are appointed by interview with a selection of The Board of Trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees are elected for an initial term of three years and may offer themselves for a further period of three years. The Trustees are a voluntary management committee and have ultimate responsibility for the charity. The Trustees meet 4-6 times a year to plan, control and monitor the overall policy and direction of the charity.

The Trustees understand that they have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees recognise that in the dynamic environment in which the charity operates the risks encountered are continually changing.

No business shall be transacted at any general meeting unless a quorum is present of 4 members. General meetings are chaired by the person who has been elected as Chair (unless the Chair is unavailable and Trustees appoint another attendee).

The charity can elect officers and other Trustees in general meetings. New Trustees are invited on to the Board when; a) an area of need has been recognised and discussed on the Board, b) avenues are explored to secure a new Trustee fitting for that role, c) a meeting is arranged between the potential new Trustee with the Chair and/or Director, d) if all requirements are met, the Board agree to the new membership.

We have paid members of part-time staff who are responsible for the day-to-day running of the organisation, volunteer management, seeking funding, and reporting progress and developments to the Board of Trustees.

The next level of organisation lies within the charity's volunteers who run the bereavement services. The volunteers are made up of a range of professionals. All volunteers receive bereavement support training and access supervision for their work.

Summary of the objects of the charity set out in its governing document

Purpose: To provide UK-wide bereavement support for anyone who loses a loved one to cancer.

The aims and objectives of the charity are to provide support to people experiencing bereavement or loss as a result of cancer in the UK through:

- the provision of peer support groups and other grief support events;
- providing spaces for people to connect with others with a similar loss;
- offering information and education about the experience of bereavement and associated difficulties;
- signposting to other forms of support.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

REVIEW OF SERVICES – Local to National Support

Growing from local to national provision has been a development in the pipeline for our Charity in recent years. The Coronavirus pandemic continued to significantly contributed to this developing across the year.

During the pandemic all of our support events shifted online, which allowed us to support people across the whole country remotely. As well as continuing to be a charity focused on providing bereavement support to those who lose a loved one to cancer, we opened up our support to those bereaved by coronavirus. This allowed us to do our part in helping respond to the global pandemic. We continued providing this provision during the year.

To meet the main aims and objectives of the charity whilst continuing to work towards national support and responding to the pandemic, we have carried out the following activities:

Support Groups

Over the course of the year we have provided peer bereavement support groups free of charge to individuals who are bereaved by cancer or coronavirus. We ran a total of 78 peer support groups over the course of the year. This included continuing to run specific themed support groups, e.g. parent loss to cancer, partner loss to cancer, as well as one-off support groups and support group bubbles (meeting with the same collection of people on a monthly basis).

Social Events

We continued to provide social events for people to access informal peer support outside of a facilitated event with online get togethers. We ran 10 social events over the course of the year, providing opportunities for people to come together for peer support both online and in-person. We also hosted an online social get together on Christmas Day, which is a particularly difficult time of year for people who are grieving.

Therapeutic Workshops

We continued to run our online therapeutic workshops, led by our Clinical Psychologists and aimed at helping people to cope with grief related difficulties. We ran 12 online workshops. The workshop design came from our evidence based therapeutic groups, and we are currently continuing to evaluate the benefits of the workshops. These have been a

highly beneficial service, offering a lot of support and psychoeducation in a short windows of time, and bringing people together.

Connect Service

We had a research psychologist for part of the year whom continued to develop our Connect service, in which we match people with similar losses for 1-2-1 supportive conversations. She helped us expand the service and connect people across the country for more individualised peer support.

Training

We have continued to provide training across the year, to both organisations and individuals. This largely included training mental health professionals and providing continued professional development. We are increasingly becoming a go-to organisation to provide training on bereavement support and associated difficulties as well as training in having difficult conversations. This is an area we plan to extend over the coming year.

Information

In addition to our in-person support, many people have continued to benefit from information, articles and videos on our website that focus on the experience of bereavement.

Social Media

We extended our support more widely on our social media channels, offering articles, quotes, advice, event info and pictures. We have continued to take on volunteers where we can to help develop this area so that we can reach more people and spread brand awareness. Our main social media avenues are Facebook, Twitter and Instagram.

Signposting

We have been able to signpost people to other services and make referrals to other professionals when necessary for their benefit and mental health. We have noticed that as our organisation continues to grow, we receive increasing numbers of emails and calls regarding support. As a peer-support service that is not available 24-hour support, we regularly signpost to other support services, such as Samaritans.

Campaigning

Following on from previous years, we have continued to advertise our IWontGoQuiet, campaign, encouraging people to say something rather than nothing when someone is bereaved. We have not been able to host a campaigning event during the past year, largely due to the continued difficulties with the pandemic.

Research

Over the course of the year we continued to collect information from people taking part in our support events (with permission and all made anonymous). This allows us to learn more about peoples' authentic experiences of grief and associated difficulties, as well as the benefits of the support we provide. Feedback from users also allows to gauge which elements of our support are being well received and which elements need tweaking, and we use this type of feedback to inform our volunteer training. We are committed to continuously improving our support and resources.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

POLICIES

We have a Charity Policy Handbook that houses all of our policies and is regularly updated.

All volunteers receive the Policy Handbook as well as a Volunteer's Handbook, outlining their role and responsibilities.

STRATEGY

A group of Trustees dedicated a large proportion of their time to developing our new 3-year strategy, which allowed us to re-identify our larger purpose as a charity and to develop 6 main streams of focus for the coming years.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers, which has increased in size over the past year. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

We will aim to increase numbers of volunteers each year, and to continuously provide training and continued professional development.

Summary of the main achievements of the charity during the year**SUPPORT EVENTS**

Over the course of the year we provided 127 support events, the majority of which were hosted remotely. This includes our peer support groups, workshops, therapy groups, online social events and in-person walks. We also continued to develop our Connect service further, allowing us to provide more 1-2-1 support for our beneficiaries.

BOARD DEVELOPMENT AND RESTRUCTURE

We have continued to benefit from a Board with varied expertise to help guide our discussions around supporting people and growing nationally.

Our long-standing Chair, Deepa Patel, stepped down from the position of Chair of the Charity, and one of our Trustees has stepped into the Interim Chair role (Vanessa Babouram).

PAID STAFF DEVELOPMENT

For the first time in our history we took on a part-time fundraiser to help us explore fundraising avenues and strategy. During the course of the year we had up to four paid part-time roles: administrator, Director, fundraiser, and Assistant Research Psychologist. We aim to continue raising money to be able to expand our team.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

RESEARCH AND EVALUATION

Carrying out research and evaluation has enabled us to better measure the need for support, the benefit of our support and to collect tangible outcomes for our work. We continue to evaluate our support so that we can be sure we are providing gold standard support at all times.

FUNDRAISING

In addition to the support services we have provided to individuals who have lost a loved one to cancer, we have undertaken activities to generate funds for the charity. This has mainly been through the seeking of grants to cover our maintenance and development costs, as well as donations raised through sporting and sponsored events.

We did host one community fundraising event but the numbers in attendance were hindered by the pandemic.

We largely applied for grants over the year to help fund our increased support.

Our income reduced in the current year compared to the previous financial year, largely due to two larger grants in the previous year. We continue to explore how we can invest into benefitting from more avenues of income.

STRATEGY

Our new 3-year strategy provides a benchmark of focus and activity and we will work towards this collectively to help us reach our wider charitable purpose.

Brief statement of the charity's policy on reserves

The Trustees have agreed that the charity is currently not of sufficient size to justify a formal reserves policy, however, this will be reviewed on an annual basis. We work to always having three months average monthly spend available at all times.

Details of any funds materially in deficit

n/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We secured a small amount of income from small grants, individual donations and fundraising. We expect that these avenues will continue into next year.

Our expenditure has been allocated to key objectives of the charity.

Our main expenditure over the past year has been related to the core costs of running and developing our support services and charity. The costs of running our support services are low but remain a priority.

Section F

Other optional information

Future plans

Our main plans for the year 2022/23 are as follows:

- To continue developing our national reaching service, focusing on in-person support
- To develop our Connect programme nationally
- To continue providing covid loss support where there is demand
- To increase awareness for our charity's services and link with services and organisations across the UK
- Continue with research and evaluation
- Expand our pool of volunteers
- Expand our training support programme
- Invest in a fundraising strategy with the help of a fundraiser
- Carry out activities in line with our three-year strategy

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Erin Thompson	
Full name(s)	Erin Thompson	
Position (e.g. Secretary, Chair, etc)	Director	
Date	24/01/2023	



THE LOSS FOUNDATION		1147362		CC16a
Receipts and payments accounts				
For the period from	01-Apr-21	To	3/31/2022	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowmen t funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, legacies, grants	60,452	13,590	-	74,042	115,089
Fundraising and fundraising events	5,418	-	-	5,418	11,747
Fees for charitable services	-	-	-	-	-
Gift Aid	1,594	-	-	1,594	17,353
Interest on deposit accounts	-	-	-	-	878
Training	4,152	-	-	4,152	-
Other	363	-	-	363	1,394
	-	-	-	-	-
Sub total (Gross income for AR)	71,979	13,590	-	85,569	146,461

A2 Asset and investment sales, (see table).	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts	71,979	13,590	-	85,569	146,461
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					Last year
A3 Payments					
Fundraising costs	3,050.63	-	-	3,051	463
Wages / salaries / NI / pension	68,086.60	-	-	68,087	42,441
Consultancy / professional fees	-	-	-	-	900
Bank interest / charges / Insurance	429.32	-	-	429	290
Office rent	34.00	-	-	34	535
Training / Conferences	521.79	-	-	522	-
Telephone	603.44	-	-	603	394
Research	-	-	-	-	-
Internet/website/email	449.45	-	-	449	755
Printing/postage/stationary/tech tools	3,814.53	-	-	3,815	755
Membership	647.99	-	-	648	757
Equipment	1,197.35	-	-	1,197	1,350
Cost of charitable activities	8,289.13	-	-	8,289	4,201
Volunteer expenses	376.54	-	-	377	-
Advertising	2,852.01	-	-	2,852	1,947
Merchandise	73.20	-	-	73	-
Board / governance	1,820.80	-	-	1,821	1,190
Team expenses / wellbeing	196.58	-	-	197	51
Other	154.78	-	-	155	342
Sub total	92,598	-	-	92,598	56,369

A4 Asset and investment purchases, (see table)	-	-	-	-	-
---	---	---	---	---	---

	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	92,598	-	-	92,598	56,369
Net of receipts/(payments)	- 20,620	13,590	-	- 7,030	90,092
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	99,035	-	-	99,035	8,943
Cash funds this year end	78,415	13,590	-	92,005	99,035

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	8,534	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
Shereen Sally	Shereen Sally	01/11/2022

Independent examiner's report to the trustees of 'The Loss Foundation'

I report on the accounts of the Trust for the year ended 31 March 2022.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - a) to keep accounting records in accordance with section 130 of the 2011 Act and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Mr R. Agrawal



Relevant professional qualification or body: FCCA (Association of Chartered Certified Accountants)

Address: Flat 20 Best House, Matthews Close, Wembley, HA9 8FE

Date: 11th January 2023

THE LOSS FOUNDATION

England & Wales - Charity number 1147362

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2020		31	March	2021

Section A Reference and administration details

Charity name

The Loss Foundation

Other names charity is known by

Registered charity number (if any)

1147362

Charity's principal address

6 Welbeck Villas

Highfield Road

London

Postcode

N21 3HN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Kirsten Smith			Erin Thompson
2	Deepa Patel			Erin Thompson and All Trustees
3	Shereen Sally			Deepa Patel
4	Francine Bear			Deepa Patel
5	Ruth Barnett			Deepa Patel
6	Rebecca Mahallati			Deepa Patel
7	Peter Osborne			Deepa Patel
8	Sarah Barrick			Deepa Patel
9	Edward Levey			Deepa Patel
10	Vanessa Babouram		From January 2021	Deepa Patel

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Name of chief executive or names of senior staff members (Optional information)

Dr Erin Hope Thompson acts as Director of the charity.

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charity
Trustee selection methods (e.g. appointed by, elected by)	New Trustees are appointed by interview with a selection of The Board of Trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees are elected for an initial term of three years and may offer themselves for a further period of three years. The Trustees are a voluntary management committee and have ultimate responsibility for the charity. The Trustees meet 4-6 times a year to plan, control and monitor the overall policy and direction of the charity.

The trustees understand that they have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees recognise that in the dynamic environment in which the charity operates the risks encountered are continually changing.

No business shall be transacted at any general meeting unless a quorum is present of 4 members. General meetings are chaired by the person who has been elected as Chair (unless the Chair is unavailable and Trustees appoint another attendee).

The charity can elect officers and other trustees in general meetings. New trustees are invited on to the Board when; a) an area of need has been recognised and discussed on the Board, b) avenues are explored to secure a new Trustee fitting for that role, c) a meeting is arranged between the potential new Trustee with the Chair and/or Director, d) if all requirements are met, the Board agree to the new membership.

We have paid members of part-time staff who are responsible for the day-to-day running of the organisation, volunteer management, seeking funding, and reporting progress and developments to the Board of Trustees.

The next level of organisation lies within the charity's volunteers who run the bereavement services. The volunteers are made up of psychologists, doctors, counsellors and other professionals. All volunteers receive bereavement support training. The volunteers undergo training, run the support services and access supervision for their work.

Summary of the objects of the charity set out in its governing document

Vision: Providing gold standard support for everyone bereaved by cancer and tackling the taboo of grief in society.

Mission: Providing accessible and varied support to people bereaved by cancer and helping them learn to compassionately support themselves, carrying out research to learn best practice in grief support, and campaigning to break the taboo of grief in society.

In acknowledging the vision and mission, the aims and objectives of the charity are to provide support to people experiencing bereavement or loss as a result of cancer in the UK through:

- the provision of self-help support groups and other events;
- providing spaces for people to grieve with peer support available;
- offering information about the experience of bereavement;
- signposting to other forms of support.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Trustees confirm that they have reviewed the guidance contained in the Charity Commission's general guidance on providing public benefit.

REVIEW OF SERVICES – Local to National Support

Growing from local to national provision has been a development in the pipeline for our Charity in recent years. The Coronavirus pandemic significantly contributed to this developing across the year.

In response to the pandemic we shifted all of our support events online, which allowed us to support people across the whole country remotely. As well as continuing to be a charity focused on providing bereavement support to those who lose a loved one to cancer, we opened up our support to those bereaved by coronavirus. This allowed us to do our part in helping respond to the global pandemic.

To meet the main aims and objectives of the charity whilst continuing to work towards national support and responding to the pandemic, we have carried out the following activities:

Support Groups

Over the course of the year we have provided peer bereavement support groups free of charge to individuals who are bereaved by cancer or coronavirus. We ran a total of 52 peer support groups over the course of the year. This included continuing to run specific themed support groups, e.g. parent loss to cancer, partner loss to cancer.

Social Events

We continued to provide social events for people to access informal peer support outside of a facilitated event with online get togethers. We ran 9 social events over the course of the year, providing opportunities for people to come together for peer support in times of global isolation. We also hosted an online get together on Christmas Day, which is a particularly difficult time of year for people who are grieving.

Therapeutic Workshops

We adapted our therapeutic workshops to be hosted online, aimed at helping people to cope with grief related difficulties. We ran 4 online workshops. The workshop design came from our evidence based

therapeutic groups, and we are currently evaluating the benefits of the workshops. These have been a highly beneficial addition to our services, offering a lot of support and psychoeducation in a short amount of time, and bringing people together.

Connect Service

We hired an assistant research psychologist to develop our Connect service, in which we match people with similar losses for 1-2-1 supportive conversations. After piloting the service several times, we are looking to expand the service and connect people across the country for more individualised peer support.

Training

Our training remit expanded significantly over the last year. As the world experienced more loss we became a go-to organisation to provide training on providing bereavement support and associated difficulties. This largely included training mental health professionals and providing continued professional development for them, as well as training organisations. This is an area we plan to extend over the coming year.

Information

In addition to our in-person support, many people have continued to benefit from information and articles on our website that focus on the experience of bereavement.

Social Media

We extended our support more widely on our social media channels, offering articles, quotes, advice, event info and pictures. We also took on a volunteer to help develop this area for us so that we could reach more people and spread brand awareness. Our main social media avenues are Facebook and Twitter and Instagram.

Signposting

We have been able to signpost people to other services and make referrals to other professionals when necessary for their benefit and mental health. We have noticed that as our organisation continues to grow, we receive increasing numbers of emails and calls regarding support. As a peer-support service that is not available 24-hour support, we regularly signpost to other support services, such as Samaritans.

Campaigning

Following on from previous years, we have continued to advertise our IWontGoQuiet, campaign, encouraging people to say something rather than nothing when someone is bereaved. We have not been able to host a campaigning event during the pandemic.

Research

Over the course of the year we continued to collect information from people taking part in our support events (with permission and all made anonymous). This allows us to learn more about those who need our support so that we can target those most in need, and it allows us to continuously evaluate the benefits of our support so that we can continue to improve it and share our resources more widely.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

POLICIES

We have a Charity Policy Handbook that houses all of our policies and is regularly updated.

All volunteers receive the Policy Handbook as well as a Volunteer's Handbook, outlining their role and responsibilities.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteer psychologists and other professionals. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

Our volume of volunteers increased significantly over the last year so that we could meet the demand for support during the global pandemic. We will aim to increase numbers of volunteers each year.

Summary of the main achievements of the charity during the year**SUPPORT EVENTS**

Over the course of the year we provided 65 support events, all hosted remotely. This includes all of our support groups, social events, and workshops. We also started to develop our Connect service further, allowing us to reach and support more people.

BOARD DEVELOPMENT AND RESTRUCTURE

We have continued to benefit from a Board with varied expertise to help guide our discussions around supporting people and growing nationally.

The Board were committed to the Charity providing as much support as possible to those in need during the global pandemic, hence our extension of support to those bereaved by coronavirus. The Board were proud of the Charity's ability to adapt to providing support online so quickly, and were keen that we continue to respond to the feedback of our users' in adapting approaches where possible to remain responsive, sensitive and compassionate.

PAID STAFF DEVELOPMENT

Our Head of Strategic Development completed her contract with the Charity and evolved into becoming a Trustee with the Charity. We continued to have three paid part-time roles: administrator, Director, and Assistant Research Psychologist. We aim to take on a fundraiser for our next paid role.

VOLUNTEERS

We are extremely grateful to our dedicated team of volunteers. Over the course of the year they have donated a huge amount of time collectively and helped support hundreds of people during their bereavement.

RESEARCH AND EVALUATION

Carrying out research projects in collaboration with leading universities has enabled us to better measure the need for support, the benefit of our support and to collect tangible outcomes for our work. We continue to evaluate our support so that we can be sure we are providing gold standard support at all times.

FUNDRAISING

In addition to the support services we have provided to individuals who have lost a loved one to cancer, we have undertaken activities to generate funds for the charity. This has mainly been through the seeking of grants to cover our maintenance and development costs, as well as donations raised through sporting and sponsored events.

We were unable to host our annual fundraising event due to the pandemic, but did host an online version, which raised some funds for us.

We largely applied for grants over the year to help fund our increased support.

Brief statement of the charity’s policy on reserves

The Trustees have agreed that the charity is currently not of sufficient size to justify a formal reserves policy, however, this will be reviewed on an annual basis. We work to always having three months average monthly spend available at all times.

Details of any funds materially in deficit

n/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity’s principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity’s principal source of funds in the current year have been via two larger grants.

We also secure a small amount of income from small grants, individual donations and fundraising. We expect that these avenues will continue into next year.

Our expenditure has been allocated to key objectives of the charity.

Our main expenditure over the past year has been related to the core costs of running and developing our support services, and the wages of our three members of staff. The costs of running our support services are low but remain a priority.

Section F

Other optional information

Future plans

Our main plans for the year 2021/22 are as follows:

- To continue developing our now national reaching service
- To develop our Connect programme nationally
- To continue providing both cancer and covid loss support
- To pilot running bereavement therapy groups remotely
- To increase awareness for our charity's services and link with services and organisations across England
- Continue with research and evaluation
- Expand our pool of volunteers
- Expand our training support programme
- Create hire a fundraiser and create a sustainable fundraising strategy
- Create a new 3 year strategy

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Deepa Patel	
Full name(s)	Deepa Patel	
Position (e.g. Secretary, Chair, etc)	Chair	
Date	18/11/2021	



THE LOSS FOUNDATION		1147362	CC16a
Receipts and payments accounts			
For the period from	01-Apr-20	To	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowmen t funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, legacies, grants	115,089	-	-	115,089	8,379
Fundraising and fundraising events	11,747	-	-	11,747	43,208
Fees for charitable services	-	-	-	-	-
Training	17,353	-	-	17,353	975
Gift Aid	878	-	-	878	-
Interest on deposit accounts	-	-	-	-	
Other	1,394	-	-	1,394	512
	-	-	-	-	-
Sub total (Gross income for AR)	146,461	-	-	146,461	53,075

A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts	146,461	-	-	146,461	53,075
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A3 Payments					
Fundraising costs	463.04	-	-	463	6,750
Wages / salaries / NI / pension	42,440.94	-	-	42,441	43,417
Consultancy / professional fees	900.00	-	-	900	0
Bank interest / charges / Insurance	290.08	-	-	290	673.73
Office rent	534.60	-	-	535	4,452
Training / Conferences	-	-	-	-	1,060
Telephone	394.23	-	-	394	414.59
Research	-	-	-	-	0
Internet/website/email	754.82	-	-	755	1,416
Printing/postage/stationary/tech tools	755.02	-	-	755	339
Membership	757.00	-	-	757	5286.77
Equipment	1,349.52	-	-	1,350	0
Cost of charitable activities	4,200.74	-	-	4,201	1880.42
Volunteer expenses	-	-	-	-	16.01

Advertising	1,946.51	-	-	1,947	836.4
Merchandise	-	-	-	-	0
Board / governance	1,190.00	-	-	1,190	0
Team expenses / wellbeing	50.79			51	0
Other	341.54			342	3.99
Sub total	56,369	-	-	56,369	66,546

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	56,369	-	-	56,369	66,546
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Net of receipts/(payments)	90,092	-	-	90,092	- 13,471
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,943	-	-	8,943	23,295
Cash funds this year end	99,035	-	-	99,035	9,825

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	99,035	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)

B4 Assets retained for the charity's own use

		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
<i>Shereen Sally</i>	Shereen Sally	15/12/2021

Check (0)

-

Check (0) -

To add up to bank accounts at end of year

Independent examiner's report to the trustees of 'The Loss Foundation'

I report on the accounts of the Trust for the year ended 31 March 2021.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - a) to keep accounting records in accordance with section 130 of the 2011 Act and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Mr Ribhu Agrawal

Relevant professional qualification or body: ACCA Member

Address: Flat 20 Best House, Matthews Close, Wembley, HA9 8FE

Date: 15th December 2021