



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.

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	3/31/2021	

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	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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)	-
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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