

THE PHOENIX PROJECT IPSWICH

England & Wales · Charity number 1153748

Details

Status Registered

Legal form CIO

Registered 2013-09-10

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

Contact

Address 34 Palmerston Road
Ipswich
IP4 2NU

Phone 07976768763

Email ip.phoenix@virginmedia.com

Activities

Objects: TO RELIEVE THE NEEDS OF PEOPLE WITH MENTAL HEALTH ISSUES BY ASSISTING IN THEIR TREATMENT AND CARE AND SUPPORTING THEIR RECOVERY THROUGH THERAPEUTIC AND EDUCATIONAL ACTIVITIES.

Activities: Supports mental wellbeing for adults in the Ipswich area by providing therapeutic and educational activities that promote the maintenance and recovery of mental wellbeing.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment, Recreation
- **Who:** People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** SUFFOLK
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£23,195	£21,908	-	-
2024-03-31	£22,866	£19,444	-	-
2023-03-31	£16,022	£14,589	-	-
2022-03-31	£13,042	£21,783	-	-
2021-03-31	£25,580	£20,088	-	-

Trustees

Name	Role	Appointed
Catherine Frances Taylor		2021-12-07
David Plowman		2022-08-09
Hilary Catherine Offord		2024-11-26
Robert Rainbird		2016-12-16
Treacy Corbett		2016-10-24

THE PHOENIX PROJECT IPSWICH

England & Wales - Charity number 1153748

Accounts

THE PHOENIX PROJECT



THE
PHOENIX
PROJECT
IPSWICH

Charity no. 1153748

phoenixprojectipswich.com

ANNUAL REPORT
2025



Supported through



SUFFOLK
Community
Foundation



Suffolk
County Council



THE PHOENIX PROJECT 2025

The Phoenix Project trustees would like to welcome you to our annual report 2025.

We would like to take this opportunity to thank all those who have supported the Phoenix Project over the past year.

This year the Phoenix Project has welcomed many new members and we look forward to welcoming all members new and old in the coming year.

It has been a busy year for the Phoenix Project. Earlier in the year we had a memorial day for John King (Phoenix Project Co-Founder) with the installation of a beautiful bench. This has given everyone a peaceful place to gather their thoughts as well as a lasting legacy of John.

The True Thoughts project has been producing many beautiful pieces of creative work as well as radio content. The Phoenix Project has also taken over the Quakers greenhouse so that members can grow their own fruit and vegetables. Also new this year were Qigong classes that have been running on a Friday morning.

There are many more wonderful activities that the Phoenix Project has been involved in and we hope that you enjoy reading about them.

Tracy Corbett - Chair of Trustees



"Honesty. Community. Kindness. Friendship. Hope. Strength. Compassion. Peace. Loyalty. Tolerance. They're all good words that we believe in here at the Phoenix Project."

Robert

"Thanks to everyone for being there today. I really appreciate the efforts made to keep The Phoenix going. I'm just beginning to emerge from the usual winter depressive state. Thanks everyone, for being there for yourselves, and for me."

John

"The Phoenix Project is a very valuable part of the wider community and I feel proud to be involved with the group."

Robert

Tracy originally came along to the Phoenix Project's creative sessions because she wanted to learn new things and be part of a community...

"I have received great support from facilitator and peers which has really helped to combat isolation. I always feel included no matter what level of skill I have & definitely feel like a valued member of the community."

Tracy

A HEARTFELT TRIBUTE TO JOHN KING



A big Phoenix THANK YOU to Mandy who made the bench with so much love, patience and perfectionism.



"You can sit on this bench & you can forget all your troubles. You can relax. You're under no pressure. No one judges you here and you feel completely at home. A home from home I'd say."

Mandy inscribed the words below into the bench. The words were contributed by project members.

Robert (quoted above) said that these words represent all the values that we believe in here at the Phoenix Project!

A bench to celebrate and remember our beautiful friend

On a beautiful summers' day in July, we gathered to celebrate John and to officially unveil the beautiful bench dedicated to his memory. It was a lovely garden party - we decorated the bench and ourselves! We all wore Hawaiian garlands, bright colours and Hawaiian shirts (very much John's style). We blew bubbles, played music, shared stories of John and enjoyed a lovely lunch together.

Back in 2009 John was on a mission, to establish a meeting place where people could find friendship and support to help improve mental well-being. He was a compassionate man and a good friend to so many.

He was very proud of the Phoenix Project and how we have grown into the charity we are today. Thank you, John, for your love and commitment to the Phoenix Project. You made a positive difference to so many people struggling with their mental health.

Long may your legacy continue.

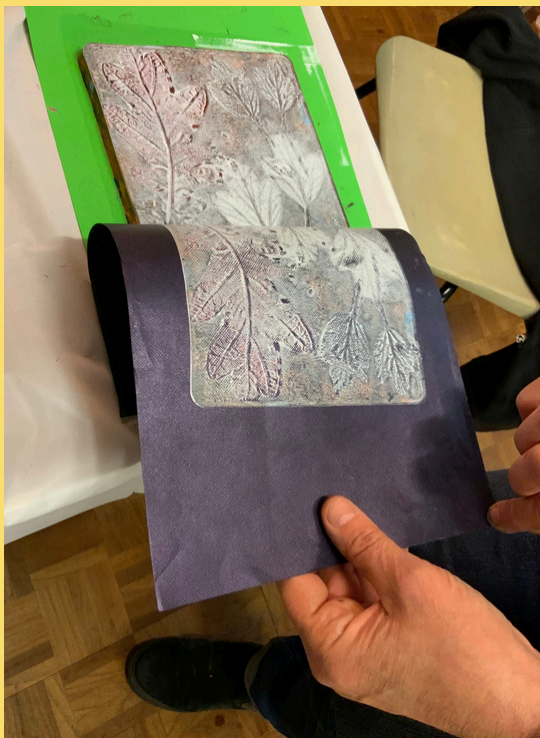
Donna Hayward



Honesty * Community * Rest * Kindness * Friendship * Hope * Strength * Compassion
Peace * Loyalty * Tolerance

THE PHOENIX PROJECT 2025

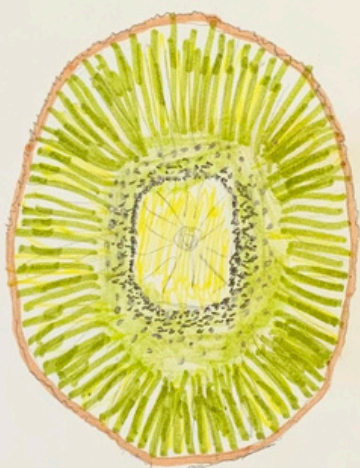
True-Thoughts-This Afternoon.
I'M IN THE PARK. 3:15pm
Yes, I'am here with about 11 of
us, we are here in christchurch
Park This Friday Afterno on
The 20TH June 2025. The Lot of us are
here sitting in The white-painted
wooden Bandstand, It's a very
warm, Hot Summers day here
in Ipsusich -Theres a little -nice
cool-breeze -a moving Through The
Park and That helps me and us
cool down a Lot. Its 29centigrade
today in Ipswich and in LONDON Also
sadly -we all will have soon to go
back-Home. -yes its quite -wonder
full to be here -us all -in This-great
Park.
Winston Bay ross



TRUE THOUGHTS CREATIVE ACTIVITIES



Saw your Seeds



The Courage Fruit

- courage
- Self belief
- Patience
- Self Love
- Success
- Growth

Friday afternoons at the Quakers have been filled with all sorts of creative activities including gel plate printing, mask making, mindful walks, creative writing, singing, painting butterflies, sewing (lavender bags and felt leaves), sharing and writing poems, designing fruits and rope making!

We have enjoyed visits from Ipswich Museum and have ventured out to Christchurch Mansion and the Hive to see art and photography shows. We even made seed bombs & had a go at planting trees!

Jon Fuller kindly volunteered to lead a music making and percussion session for us back in May and Carl has been really busy helping us with our garden project. We have had a few visits from Jeremy, co-presenter of the Clearwater radio show which goes out live on ICR FM. We have been sending Jeremy some of our recordings from Friday group creative conversations to be aired as part of his show!



QIGONG



Qigong:
'A way to get to know
your body!'

During 2025 we have been offering Qigong sessions to Phoenix Project members on Friday mornings in the lovely light and calming space that is the Quakers main hall. Since sessions started, 23 Phoenix members have benefitted from taking part & learning gentle, relaxing movements to help ground, balance, open the body and release tension.

Sessions at the beginning of the year were supported by Suffolk Libraries and funded as part of their 'Moving Minds' programme.

"Despite having mobility issues I've been able to participate in all of the sessions & have thoroughly enjoyed them. The gentle exercises work really well to help with my recovery & are so beneficial in reducing anxiety."

Tracy



BRIGHTEN THE CORNERS



One of the highlights of the year was a group visit to the Brighten the Corners Festival in June.

Paul and Kevin volunteered to be part of the Brighten the Corners crew and had the job of giving out programmes and helping festival goers find their way between the town centre venues.



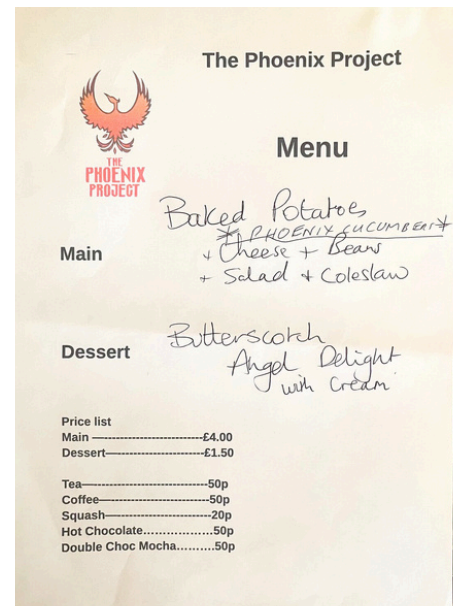
THE PHOENIX GARDEN PROJECT



Our garden project has definitely been one of the highlights of the year - from sowing seeds, to looking after seedlings, potting on into bigger pots and watering weekly to watching our plants grow and fruit.

"We've renovated a greenhouse where people have learned to grow food that we've eaten in our lunch club."

Towards the end of the year we had a visit from Susannah from ActivGardens. She told the group more about ActivGardens and how they could get involved and gave us a few ideas for development of our garden project into next year..



Phoenix cucumbers on the menu!



"We had a lovely planting session on Friday afternoon. Between us we planted tomatoes, cucumber, peppers and chilli peppers. Thank you to Carl for all his amazing help with organising and guiding the planting and for making a start on clearing out the greenhouse!

We now have trays of seeds being looked after at home by a few group members and a whole proliferation of cress!"

We were able to keep up to date on garden progress via our facebook group.



"I really enjoyed the show. All the photos were amazing - so much talent - and they showed what a vibrant place Norwich road really is."

GROUP VISITS TO IPSWICH ART SHOWS

A PORTRAIT OF NORWICH ROAD

In July 2025 a group of people from the Phoenix Project took a trip to the Hive (a local community hub) to see a photography exhibition. The photographs on display portrayed what life is like for those who live and work on Norwich Road, Ipswich.

There were photographs of local businesses showing the beautiful diversity that Norwich Road embraces, including delicatessens with their kaleidoscope of colours and customers of all different ethnicities and cultures. Another photograph showed the Portuguese cafe which serves all different blends of coffee and delicious home made cakes. Further up the road a photograph shows the dressmaker/tailors shop which has everything that anyone could imagine, from beautiful fabrics to an assortment of threads and needles. From freshly baked bread and cakes to fruit and vegetables from around the world this myriad of small shops are not just the hub of the local community but are frequented by people from all over Ipswich. The items they sell are as diverse as the people who live and work here.



Also in the exhibition were portraits of some of the residents of Norwich road. I was particularly struck by a black and white photograph of a gentleman portraying a lifetime of experiences and stories.

The photographs in the exhibition showed a hidden side of Norwich Road that you would usually drive straight past. There is so much more to this street than a row of shops and houses. There is a community made up of very special people, with unique cultures and stories. I came away from the exhibition wanting to know more about Norwich Road and its beautifully diverse cultures.

Written by Tracy

"I learned that we may be from different backgrounds and speak different languages but we all share a common bond in wanting to belong."



In March a group of us (above) went over to Ipswich Library to see the Curious Minds art show. Jonathan (pictured right) had some of his lovely work in the show!

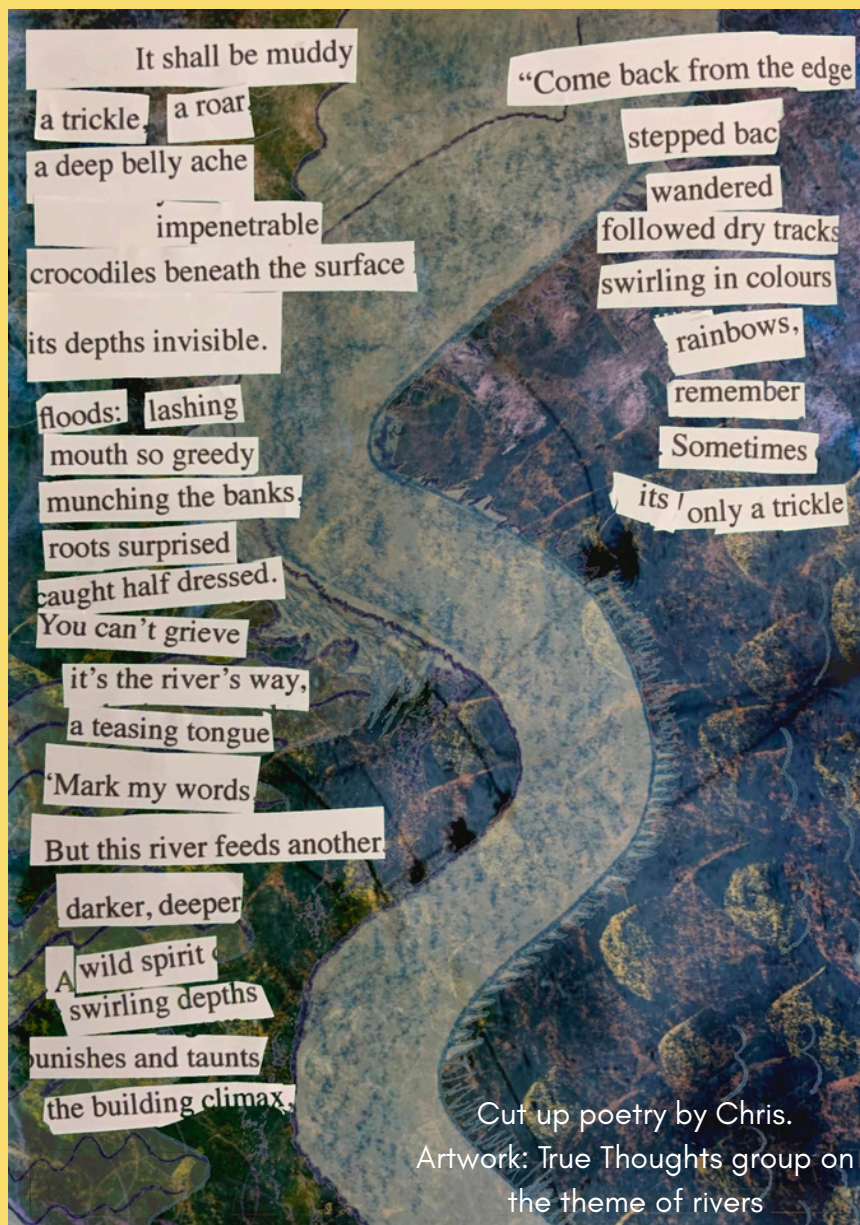
In February we took a walk over to Christchurch Mansion to see John Ferguson's Suffolk Creatives exhibition.



Tranquility

As dawn breaks the sun rises
Dancing over the sea
Making it twinkle
Like a thousand sparklers.
The waves lap gently onto the shore;
Fishermen are dotted all along the beach.
All is calm and peaceful.
At night the tide turns.
Ebony water lashes the beach,
The waves roaring angrily
The wind whipping them into a frenzy.
The morning calm turns to fear,
The moon eerily shadowed by the drifting fog,
It's cold and unwelcoming.
Oh how I long for the morning to return
And chase all my fears away.

by Tracy



Cut up poetry by Chris.
Artwork: True Thoughts group on
the theme of rivers

FAVOURITE PHOENIX LUNCHES

Shepherds Pie
Chicken Korma
Winter Veg Stew with
crusty bread
Lentil Dhal
Spaghetti Bolognese
Lasagne
Apple Pie with Custard
Eton Mess
Brownies

*"I enjoyed loads of grub today. Veggie
Chilli Con Carne - very nice too! Two
platefuls, yummy!"*

John



Ending 2025 in fine Phoenix Project style - Christmas raffle and a sing song!

THE PHOENIX MUSEUM

Back in March and April we had two great visits from Alison and Jade from Ipswich Museum with their Ipswich in a Box collections, covering aspects of social and natural history. These were really well attended sessions.

As a result of these visits we ran a series of True Thoughts sessions inspired by some of the objects we'd seen. We painted our own butterflies inspired by the butterfly collection. We thought about how can we support butterflies as many are now endangered species. We had a great discussion about bands we remembered playing in Ipswich at the Baths, the Manor Ballroom & the Gaumont (now Regent). The Byrds, Jimi Hendrix and the Beatles all played in Ipswich!! We also talked about Ipswich's industrial past. Some group members had memories of working at the Phillips and Piper Clothing Works which later became Piper's Court.

Tracy brought in a set of Jacks - a playground game from the 1970s to add to our Phoenix Museum of objects that connect us to our past. She told us about her memories of the game and a few of us had a go at playing it!



This 'Reality Check Ruby' doll was brought in by Donna for our Phoenix Museum. Below right - Robert with his 1976 Cricket Almanac & below Jon's Corgi Messerschmitt.

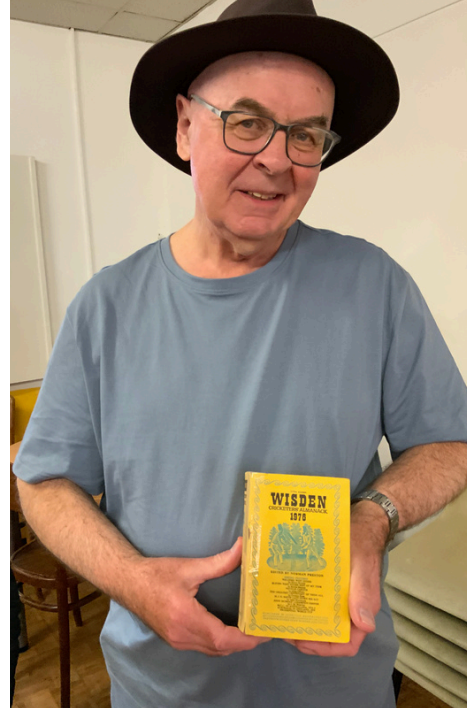


I enjoyed the presentation at True Thoughts - very interesting. If you think you know everything about Ipswich... you're wrong!

John



Inspired by our visit from Ipswich Museum we had a go at rope making - separating out and twisting together the fibres from a flax plant. Between 1625 - 1821 Ipswich was a significant centre for rope-making, driven by the needs of its shipbuilding industry and the maritime trade along the River Orwell.



Volunteer Spotlight : Robert and Hilary

Volunteers play a vital role in the running of the Phoenix Project - welcoming members, supporting creative sessions & helping to prepare weekly lunches.

"I've been involved with the Phoenix Project since its inception in 2009 as a natural follow on from working with both John and Donna at East Suffolk MIND. At that point I was involved on a support basis and attended trustee meetings as part of my remit with NSPCC.

When I retired in 2011 and moved away I remained in contact with both John and Donna. I returned to the area in 2019. I paid a visit to the Project one Friday morning and caught up with members and recent events. My interest remained particularly around the ways in which members managed to meet up during the latter stages of Covid. I visited the Project a few times after that, getting to know more members.

The summer of 2024 brought us some really sad news when John died. I began to volunteer at the project on a regular basis, initially to help Donna and the volunteers to keep the Project running. I've now been volunteering regularly for 18 months and I've temporarily held the post of Secretary of the Trustees. I find the weekly Project meetings enjoyable and gain more awareness each week of the interactions between members and how they interlink with each other.

"I'm certainly worn out when I get home on a Friday but hey, washing up is a bit of a treat when I spend the rest of the week filling my dishwasher!"



Hilary at the Phoenix lunch counter - apron in hand!

Hilary

**Volunteers
needed**

If you're interested in becoming a Phoenix volunteer we'd love to hear from you!



"Hello, my name is Robert Rainbird, and I am a Trustee with the Phoenix Project. I have been involved with the Phoenix Project for about 12 years, first as a service user and then latterly as a Trustee. The Phoenix Project are a very valuable part of the wider community and I feel proud to be involved with the group.

Being a people person I like to think that I am reliable and approachable and present a friendly face to everyone involved with the project, be it service users, staff and other volunteers alike.

One of the highlights of the past year for me has been taking part in 'True Thoughts' which together with the regular Qigong sessions goes from strength to strength. In conclusion, I would like to say I have made some valuable friendships during my time with the Project."

FINANCIAL REPORT

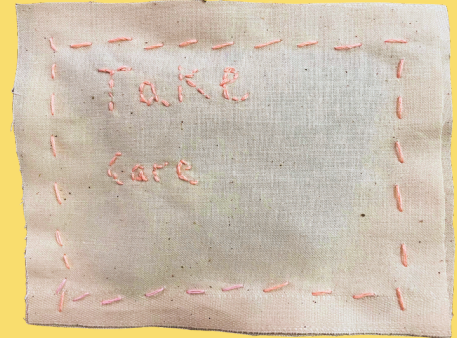
INCOME RECEIVED FOR FINANCIAL YEAR 2024/25

Donations	£1,502.26
Catering	£2,346.57
Peoples Health Trust supported through Health Lottery	£7,466.00
East - Active Communities fund	
Suffolk County Council - locality funds	£1,980.00
Suffolk and NE Essex ICB	£9,900.00
TOTAL	£23,194.83



THE
PHOENIX
PROJECT

IPSWICH
Charity number 1153748



Contact Us:

ip.phoenix@virginmedia.com

07976 768763

The Phoenix Project
The Quaker Meeting House
39 Fonnereau Road
Ipswich IP1 3JH

www.phoenixprojectipswich.com
facebook.com/truethoughtsradio
facebook.com/thephoenixprojectipswich



Bruce (Director ICM), Gulshan (High Sheriff), Carl (Phoenix Project member),
Donna (Project Coordinator)

Thank you to all our funders for their support!

Phoenix Project board of trustees:

Tracy Corbett - Chair
David Plowman - Treasurer
Hilary Offord - Secretary
Robert Rainbird - Trustee
Cad Taylor - Trustee



PHOENIX PROJECT INCOME AND EXPENDITURE 2024/25

GENERAL PHOENIX (NON-RESTRICTED ACCOUNT)

balance b/f from previous year £ 5,148.46

INCOME

	£
Income from service users and catering	£ 2,346.57
Donations	£ 1,502.26
Raffle	£ -
Tombola	£ -

total income **£ 3,848.83**

EXPENDITURE

	£
Room Hire	£ 1,460.00
Sessional work	£ 2,235.00
Catering Expenses	£ 351.78
Stationery	£ 30.00
Costs of Governance	£ 621.70
Phone	£ 43.74
Equipment	£ 411.62
Service Users Activities	£ 75.59
Web Subscriptions and Domain	£ 232.00

total **£ 5,461.43**

Balance of account as at 31st March 2025 **£ 3,535.86**

PEOPLE'S HEALTH TRUST - TRUE THOUGHTS (Restricted Account)

balance b/f from previous year £ 3,565.80

INCOME **£ 7,466.00**

total **£ 7,466.00**

Balance of account as at 31st March 2025 **£ 0.00**

EXPENDITURE

Stationery	£ 19.55
Sessional Work	£ 8,400.00
Publicity	£ 152.00
Volunteer expenses	£ 405.00
Venue Hire	£ 1,002.00
Phone	£ 131.22
website	£ 30.00
laptops	£ -
project management	£ -
Events	£ 859.07

Refreshments **£ 32.96**
total **£ 11,031.80**

Suffolk County Council Locality Funds (restricted)

Income **£1,980.00**

total **£ 1,980.00**

Balance of account as at 31st March 2025 **£0.00**

Expenditure

Venue Hire	£ 980.00
Lunch Club Coordinator	£ 1,000.00

total **£ 1,980.00**

Suffolk and NE ESSEX ICB (restricted)

Income £ **9,900.00**

total £ **9,900.00**

Balance of account as at March 31st 2025 £ **6,465.00**

Expenditure

Venue Hire	£	840.00
Project Coordinator	£	1,105.00
Lunch Club Facilitator	£	660.00
Creative coordinator	£	360.00
Volunteer expenses	£	470.00
Safeguarding training	£	-
total	£	3,435.00

TOTAL OF ALL ACCOUNTS

INCOME £ **23,194.83**

EXPENDITURE £ **21,908.23**

BALANCE B/F from 2023/24 £ **8,714.26**

BALANCE OF ALL ACCOUNTS AS AT 31st March 2025 £ **10,000.86**

THE PHOENIX PROJECT IPSWICH

England & Wales - Charity number 1153748

Accounts

THE PHOENIX PROJECT



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ANNUAL REPORT
2024



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Ipswich
Community
Media



THE PHOENIX PROJECT 2024

Hello and welcome to this years Phoenix Project annual report!

We would like to extend a big thank you to Ipswich Community Media (ICM), The Hive, our funders, trustees, volunteers and members for their continued support.

This year has been a very challenging one for the Phoenix Project with the very sad loss of a vital and much loved member of the Phoenix Project staff, John King. We would like to dedicate this annual report to the memory of John.

Moving forward, we would like to say welcome and thank you to Mandy Ginn who has taken on the role of head cook. Mandy consistently serves up very healthy, delicious meals, which the members are really enjoying.

This year the Phoenix Project has continued to thrive, welcoming and supporting many members old and new. The following report is just a snapshot of some of the wonderful groups that are running, and the trips we have taken throughout the past year. We at the Phoenix Project look forward to continuing with these groups, as well as introducing new groups that support our members health and wellbeing. We hope you enjoy reading about some of the activities that have taken place this past year.

Tracy Corbett - Chair of Trustees



"If it wasn't for this project I wouldn't leave the house."

T.

"I've enjoyed trips out and going to Christchurch Park and various art exhibitions.

Oh, and not to forget - I like the art sessions, music, mindfulness and meditations."

W.B.

"I enjoy the social and art aspects. I am enjoying meditating and try to do some on my own as well. The music we do together is also good. I like spending time there."

J.F.

"I come along to improve my mental health, care for my wellbeing and make some 'me time'."

K.W.

"It's helpful to chat to people with various experiences and enjoy and improve ourselves."

M.R.

With John's sudden passing I wondered how I was going to pull myself and the Phoenix Project through such a devastatingly sad time? What kept me going was the knowledge that John was incredibly proud of the project and was passionate about the value and need for support in our community. John was a very dear friend, and it was old friends that helped us through when we needed them the most.

We needed someone to 'hit the floor running' to step in quickly to head up the community lunch at Phoenix Club and by a wonderful stroke of luck we managed to find the perfect person for the job, Mandy Ginn, whom I have known for 18 years. When I heard she was available to step in I knew that we had struck gold! Passionate about cooking tasty and nutritious food, Mandy has a wealth of experience - cooking at the former Museum Street Café and The Food Museum in Stowmarket. She also worked in St Audreys Hospital rehab and elderly mental health units and has vast experience of work in community health care. She has a 'can do' positive attitude, goes the extra mile and is lots of fun to be around. Many Thanks Mandy - you are doing a great job. Welcome to our Phoenix family!



Hilary Offord, whom John and I have known since we worked at East Suffolk Mind many moons ago, helped us to establish the Phoenix Project. She has vast experience of working in the community as trustee of Ipswich play bus, the furniture project and her work with NSPCC and youth projects. Hilary stepped in to help us, providing much needed pastoral support and helping in the kitchen, with food shopping and anything else we needed help with. We are so pleased that she is now joining us as a regular volunteer and is also joining our board of Trustees as Secretary.

Many thanks to Cad Taylor for stepping in and helping us through this difficult year, helping at Phoenix Club and bringing as always, her positive vibes and support. Cad remains on our board of Trustees but will be taking a little break to take care of her wonderful new baby daughter, Orla. Welcome to the world Orla and well done and congratulations to Cad and Omid!

Michelle Brace, our True Thoughts facilitator, is a valuable team member and has helped us all to maintain well being through creative activities, mindfulness and meditation. Thanks Michelle for helping us and offering extra support when we needed it the most.

David Plowman has been a wonderful support to Phoenix and helps regularly in the club as well as through his work as treasurer on our board of trustees. Our volunteers Len Bridges, Tracy Corbett, Robert Rainbird and Christine Bugg have also been amazing with their continued support and hard work at Phoenix Club.

Our partners at ICM have been invaluable to Phoenix Project and Bruce MacGregor, as always, has been a great friend and support, volunteering his time to go the extra mile to keep us all going at Phoenix. Many thanks to all Phoenix friends, funders, volunteers, members and partners. We couldn't continue without you!

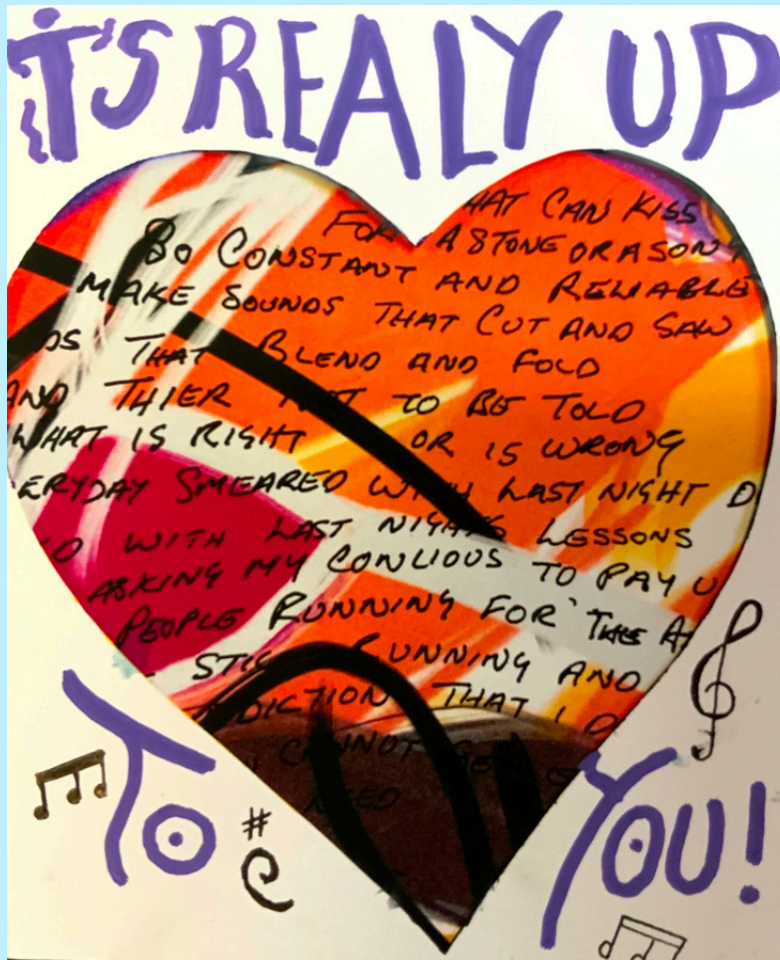


Donna Garrod

Phoenix Project coordinator

THE PHOENIX PROJECT 2024





creative activities

In Friday afternoon True Thoughts sessions the group had a go at a whole range of creative activities from collage to weaving, painting abstract watercolour landscapes, printing hearts and drawing and painting flowers. We spent a few weeks playing with making fun collaboartive work - using charcoal and fuzzy felt & experimented with still life line drawings made without looking at the paper!

Christine Bugg has been at the club every week with creative activities for everyone including making Birthday cards for club members, bunting for our Phoenix Connects event & decorations for the Phoenix Christmas tree at St Mary Le Tower church!



MOVEMENT & MINDFULNESS

TRUE THOUGHTS

FRIDAYS 2 - 4PM
OCTOBER 25TH
NOVEMBER 1ST, 15TH, 22ND, 29TH
DECEMBER 6TH

CREATIVITY & MINDFULNESS FOR WELLBEING

QUAKER MEETING HOUSE
IPSWICH, IP1 3JH

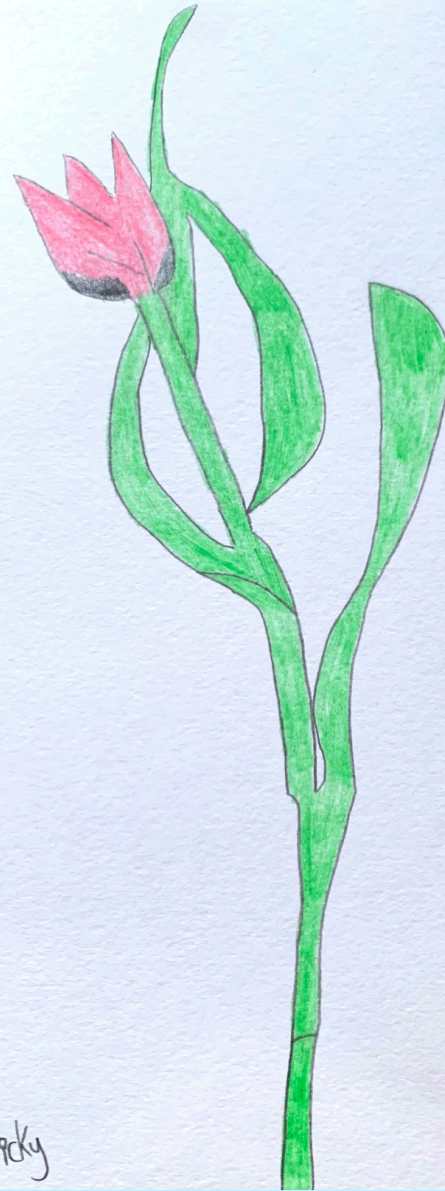
CONNECT SOCIALISE
BUILD CONFIDENCE & COMMUNITY

1-1 SUPPORT

For more information please call 07976 768763
or email us at ip.phoenix@virginmedia.com
WWW.PHOENIXPROJECTIPSWICH.COM



Before we begin our True Thoughts creative sessions on Friday afternoons we often do a few warm up exercises to get our bodies' moving after lunch. We follow this with a meditation exercise to relax and ground ourselves. We often do a short piece of writing in sessions too to help bring us into the present moment. We make a note of things we are aware of - sounds, sensations, the light in the room.. We also sometimes include recording of our shared thoughts on different topics - the places we love & the glimmers of 'delight' we have noticed during the week.



Vicky

I am aware of sound
The world is silent
No tears just breeze
Trauma is there
But my oasis is here

Winston Bayross - TRUE THOUGHT'S MEETING - FRI 9TH Feb 24.

1. BE GOOD - EVERY DAY
EVEN THOU - IT'S VERY HARD TO DO.
2. AND ALWAYS BELIEVE - IN YOURSELF.
3. AND TRY TO DO - WHAT YOU'VE GOT TO DO.
4. BE PATIENT - WITH YOURSELF -
5. AND TRY TO KEEP WELL - IN BODY AND MIND.
6. OH! AND YES - BE GOOD - TO YOURSELF.
7. I BELIEVE - IN A GOD - DO YOU? - SAY YOUR PRAYERS.

FLOWERS IN THE SPRING!
ROSE'S ARE RED,
VIOLETS ARE BLUE,
LILLIE'S ARE WHITE,
AND I BELIEVE, I LOVE YOU.
BY WINSTON BAYROSS.

Thank you to Winston & Jeremy for their written pieces and to Vicky for the flower & collage



Breathe

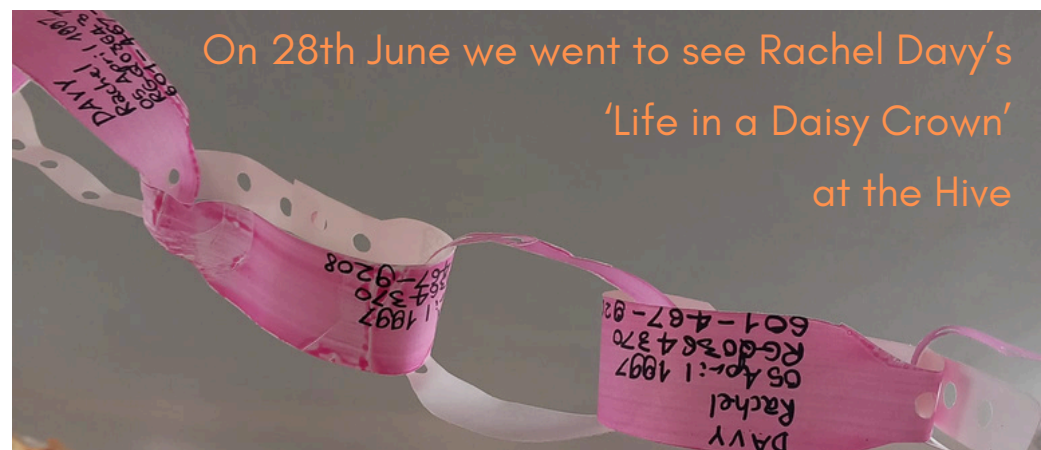
GROUP VISITS TO IPSWICH ART SHOWS

AN EYE FOR LIFE

On 19th July the True Thoughts group headed over to Christchurch Park for a picnic in the bandstand and a visit to John Ferguson's photographic exhibition 'An Eye for Life'. Everybody brought picnic food. Len had made some lovely quiches and we shared strawberries and sunshine! The show was really interesting and inspiring. There was a section with portraits of people from Ipswich and some faces we recognised. After the show we popped into Christchurch Mansion cafe and shared pots of tea.

"We constantly fail to see what sometimes is right in front of us; that there's another world inside our own that we often overlook."

John Ferguson

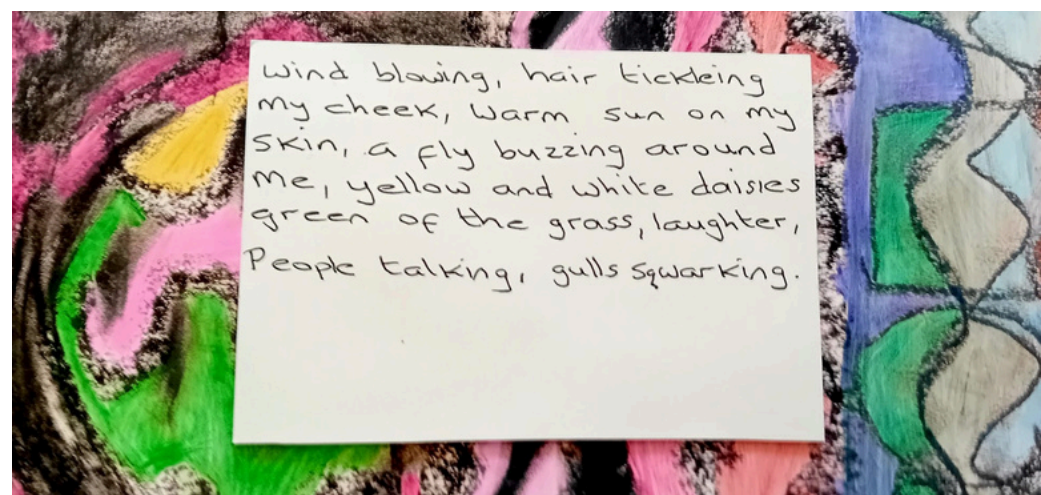


"What a great artist, it was lovely to go and see this today with the group"

Donna-Marie Elliott

Looking ahead to 2025

Sadly there will be no more Phoenix Friends on Tuesdays for the foreseeable future but we will be back with Friday afternoon True Thoughts sessions in the New Year. We have plans to do some creative work with Ipswich Museum and will be completing the artwork we've been making together for the NHS Woodlands reception. Below is a colourful piece of work by Tracy Corbett - watercolour onto charcoal background as a border for a piece of mindful writing from a summer's day in the Quakers garden!



SAFE & WELCOMING PLACES TO GO



On Friday 14th June the True Thoughts group braved the rain and ventured out to the Brighton the Corners Festival in the centre of town. We recorded a conversation about how being at a safe and welcoming local festival like BTC can help us feel connected. You can listen to the whole interview on the True Thoughts page:

www.phoenixprojectipswich.com/true-thoughts



"I think just listening to the music and feeling the vibe & being outside together, whether it's raining or sunny is good for people."

Jayne Duff

"It's nice to have local things that everyone can get to. You can feel a part of the community. It's a safe space & everyone's on the same page - listening to the music. It teleports you to a different place."

Andrew

PASS IT ON COLLECTIVE

In 2024 members of the True Thoughts group went along to South Street studios on Thursday afternoons to take part in Pass It On Collective creative media activities. As well as refresher training with Sam Brilliant in use of the radio studio, members of the collective learned how to use the new Rodecaster, edit stories on the Phoenix website, upload files to Soundcloud & transcribe interviews using AI. The group also planned, recorded and edited a series of interviews on the theme of 'Safe & Welcoming Places to Go'. Conversations with Activ Gardens, Geek Retreat & the Coffee Crawl were promoted on ICM social media & went out on BBC Radio Suffolk during Mental Health Awareness Week!

To read & listen to all the stories in this series go to:

www.phoenixprojectipswich.com/news/the-hive-a-safe-welcoming-and-creative-place-to-be



PHOENIX CONNECTS

On Tuesday 17th September Phoenix Project members welcomed guests to the Smokehouse, South Street for their showcase event!

In the run up to Phoenix Connects group members met to help with planning and preparations and to rehearse songs for the Connected Voices Phoenix Choir! Carl, Jon and Winston also had the experience of spending a day in the recording studio at South Street. Carl recorded one of his own songs 'Never Go Back', Winston recorded the Buddy Holly classic 'Heartbeat' and Jon Fuller worked with Mandy and Donna to arrange and record a version of 'Love Song' - a song originally by Lesley Duncan, later recorded by Elton John.

The daytime open studio event attracted guests from community organisations including Inside Out, the Caribbean Men's Mental Health group, the Hive, Ipswich Museum and Ipswich Community Media. Phoenix members did a brilliant job of hosting - showing guests around the venue and talking to them about the Phoenix Project's creative and media work.



"Having the opportunity to perform at True Thoughts events has been so good for me and has built my confidence up so much. I'm glad I stepped outside of my comfort zone. I would like to do more of this.."

Carl Swallow

Halil ordered Turkish food for everyone who had been helping at the event!!

The evening event went really well with poetry readings by Christine and Michelle and freestyle spoken word performances by Gary (Cheese & Ham Sandwich) and Jeremy (a very moving tribute to John King). Len (aka Johnny Cash) performed 'Ring of Fire' whilst Winston entertained us with some spontaneous jokes and a karaoke performance of 'So Far Away' (Dire Straits). Carl sung and played a short set of his favourite songs (with backing vocals by Jeremy and Kirk) and the night was topped and tailed with an original musical performance by Jon Fuller. We were treated to a rendition of 'Born in the NHS' written specially for the event by Bruce, a world premier of recent studio recordings by Phoenix members and a stirring version of 'Lean on Me' by the Connected Voices Phoenix Choir.

To read the full story & watch the 'Love Song' video featuring artwork by the True Thoughts group go to: www.phoenixprojectipswich.com/news/phoenix-connects



Phoenix Member Spotlight : Carl Swallow

I heard about True thoughts through a friend who was already attending. I went along and really liked the project. It offers a calm and safe space to meet others on a similar path to my own – maintaining well-being. Everyone has their struggles but all are united by a sense of seeking self-improvement.

I am in my early forties and about ten years ago my mental health challenges first really started with me having a break down. I was diagnosed with schizophrenia following admission to hospital. On leaving hospital I moved into supported housing and had a couple of relapses. I struggled with feeling overwhelmed by life and what was going on in the world. I found it hard to quieten my mind down and had a terrible time where I couldn't sleep properly for a month and the voices I had in my head were relentless. I had struggles with gambling and excessive use of alcohol and drugs. This was a dark time in my life, but I do remember that music really helped me. Listening to it and playing guitar, which I have always loved, did give me some respite and hope that things would change. I am pleased to say that with support for the last 4 years I have been keeping well.

"This project has helped me with my personal growth, I feel that I have a voice within the group, that I am listened to and in turn it is good to share and hear other people's ideas and points of view"



I feel the project reinforces the direction I had already decided to take in maintaining well-being. The mindfulness and meditation has been so helpful and I now meditate first thing in the morning when I wake. I am trying to balance my energy levels, to have periods of rest and I like to use my notebook to record my thoughts and remind myself of my purpose, objectives and what I am trying to achieve, what are my priorities?

I recognise that I am artistic, autistic and have an addictive personality and what helps me to stay well is to achieve a balance by way of physical exercise, being creative and social whereas before I was either very 'all or nothing' and felt overloaded. I know now that I have personal responsibility, but I am not responsible for everybody and everything which was so exhausting to me. I like my own space.

Having the opportunity to perform at True Thoughts events has been so good for me and has built my confidence up so much – being with friends and knowing that everyone is friendly and 'on my side' so to speak. I loved the experience of recording a song I had written, I felt quite anxious about the process of going into a studio, but the technician was so friendly at Punch Studios, and I soon felt relaxed. I am glad that I stepped outside of my comfort zone. I would like to do more of this, and I am feeling also that I might be able to take my guitar along to some 'open mic' nights in the not-too distant future. I feel inspired to practice my guitar regularly now and improve my skills with singing and playing guitar. I have enjoyed making music with other group members such as J.F. and we plan to have some 'jamming sessions' together soon.



"There is nothing I don't like about this project!"

I have really enjoyed making some art at the creative sessions – it's been fun and social as well. I also like going with the group to local galleries and enjoyed 'Brighten the Corners' festival. I avoided going out for a long time as I felt I needed to stay away from pubs but at the festival everyone is there primarily for the music. There are some good music venues that feel comfortable to be at. I also go to 'Coffee Crawl' social, which I discovered through True Thoughts.

A Personal Reflection

by Tracy Corbett

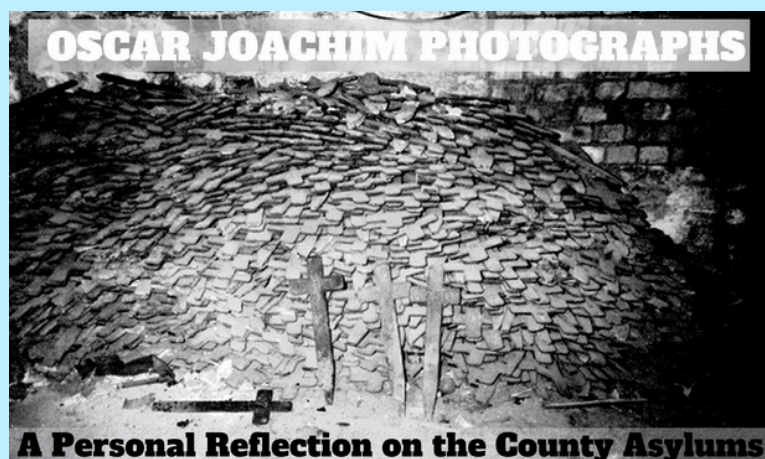
Oscar Joachim's exhibition for me, was the highlight of the year. I would like to take this opportunity to thank Oscar for showing our group around his beautiful and thought provoking exhibition and for taking the time to answer the many questions the group had.



At the start of November the True Thoughts project took a trip out to the Hive on Norwich Road to see the Oscar Joachim photography exhibition titled "A Personal Reflection on the County Asylums". Oscar's exhibition was a photographic history of St Audreys and St Clements psychiatric hospitals. It was a fascinating walk through the old asylums to the more modern St Clements hospitals. The photographs were beautifully taken and the majority were natural photographs as opposed to posed photographs.

The photograph that really struck a chord with me was the one below of all the metal crosses piled high. Oscar explained that they were removed from the graves of the patients who had died in the asylum when burial space ran out so that the graves could be reused. This photograph made me very emotional because it made me feel that all these people had been forgotten, their lives disregarded. All that was left to mark their final resting place now lay in a heap with hundreds of other crosses.

A second photograph that struck a chord showed how the wards were laid out with rows of beds in each dormitory. I know some may feel this left patients with no privacy but for me the modern psychiatric units of today don't allow for a community feeling and shared experiences. Also, during the days of St Audreys, many people came from large families where it would have been the norm to share a room and in many cases a bed. Having wards with beds in rows gave the asylums a more homely feel.



The show included many pictures of past patients when they had trips out from St Audreys and St Clements hospitals. It was lovely to see patients and workers outside the asylum setting. I feel this was the best therapy they could have had. The expressions on the patients' faces contrasted greatly with the photographs taken in the asylums - they looked happier and more relaxed.

There were also photographs of the grounds around the asylums which patients could use to walk in or just to sit and relax. Studies have now shown communing with nature is really beneficial to mental wellbeing.

FINANCIAL REPORT



Charity no. 1153748

INCOME RECEIVED FOR FINANCIAL YEAR 2023/24

Phoenix Project - fund raising, donations and catering	£4,199.98
Peoples Health Trust supported through Health Lottery East - Active Communities fund	£18,666
TOTAL	£22,865.98



Contact Us:

ip.phoenix@virginmedia.com

07976 768763

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www.phoenixprojectipswich.com

[facebook.com/truethoughtsradio](https://www.facebook.com/truethoughtsradio)

[facebook.com/thePhoenixProjectIpswich](https://www.facebook.com/thePhoenixProjectIpswich)



Watercolour of poppies in a field by Donna-Marie Elliott

Thank you to all our funders for their support!

Phoenix Project board of trustees:

Tracy Corbett - Chair

David Plowman - Treasurer

Hilary Offord - Secretary

Robert Rainbird - Trustee

Cad Taylor - Trustee



PHOENIX PROJECT INCOME AND EXPENDITURE 2023/24

GENERAL PHOENIX (NON-RESTRICTED ACCOUNT)

Balance from 2022/22	4,387.70		
INCOME	£	EXPENDITURE	£
<i>Income from service users and catering</i>	4064.95	<i>Room Hire</i>	2118.00
<i>Donations</i>	135.03	<i>Sessional work</i>	0.00
<i>Raffle</i>	0.00	<i>Catering Expenses</i>	0.00
<i>Tombola</i>	0.00	<i>Stationery</i>	0.00
		<i>Costs of Governance</i>	205.40
		<i>Equipment</i>	270.82
		<i>Service Users Activities</i>	845.00
Total	4199.98	Total	3439.22
Balance of account as at 30th April 2024	5148.46		

PEOPLE'S HEALTH TRUST - TRUE THOUGHTS (Restricted Account)

Balance from 2022/23	904.87		
INCOME	£	EXPENDITURE	£
<i>Grant</i>	18666.00	<i>Stationery</i>	10.00
		<i>Sessional Work</i>	12240.00
		<i>Publicity</i>	131.00
		<i>Volunteer expenses</i>	400.00
		<i>Venue Hire</i>	1626.00
		<i>Admin</i>	386.41
		<i>Laptops</i>	0.00
		<i>Project managemen</i>	427.52
		<i>Refreshments</i>	184.14
		<i>Events</i>	600.00
Total	18666.00	Total	16005.07
Balance of account as at 30th April 2024	3565.80		

TOTAL OF ALL ACCOUNTS

INCOME	22865.98	EXPENDITURE	19444.29
Total Balance from 2022/23	5,292.57		

BALANCE OF ALL ACCOUNTS AS AT 30th April 2024 **£8,714.26**

THE PHOENIX PROJECT IPSWICH

England & Wales - Charity number 1153748

Accounts

THE PHOENIX PROJECT



Charity no. 1153748

ANNUAL REPORT
FOR 2023



Supported through

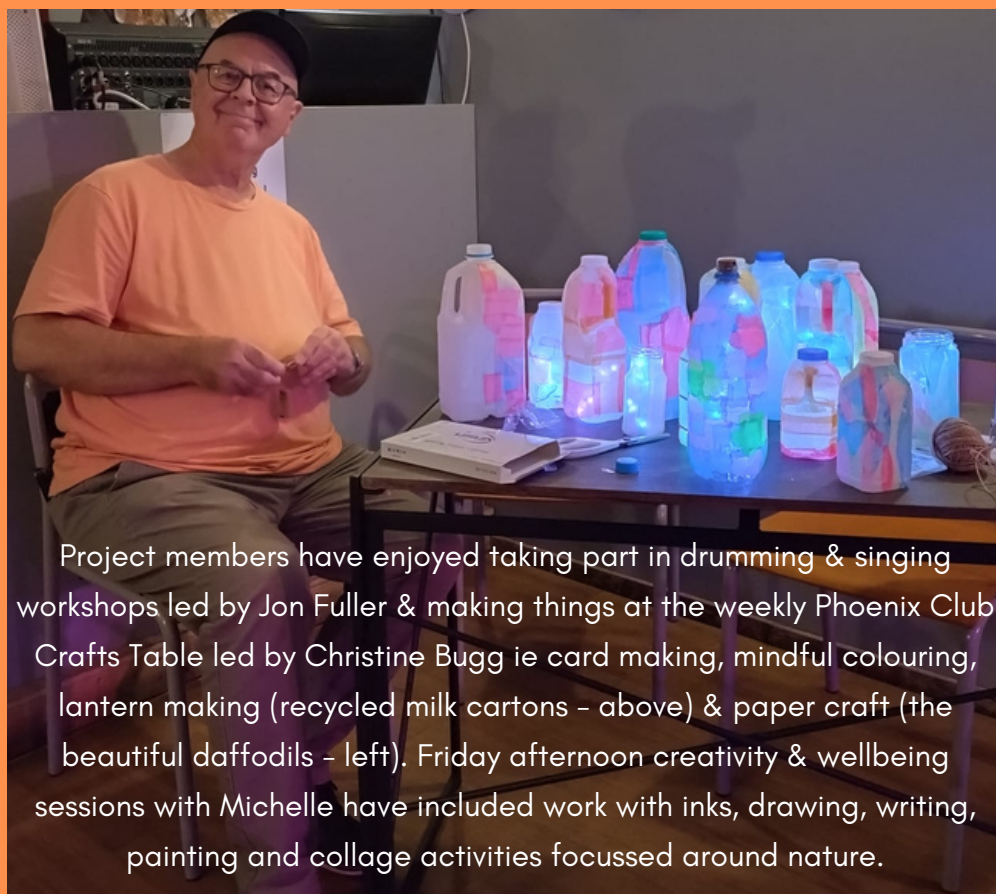


SUFFOLK
Community
Foundation



THE PHOENIX PROJECT 2023

creative activities



Project members have enjoyed taking part in drumming & singing workshops led by Jon Fuller & making things at the weekly Phoenix Club Crafts Table led by Christine Bugg ie card making, mindful colouring, lantern making (recycled milk cartons - above) & paper craft (the beautiful daffodils - left). Friday afternoon creativity & wellbeing sessions with Michelle have included work with inks, drawing, writing, painting and collage activities focussed around nature.

THE PHOENIX PROJECT 2023

We warmly welcome you to our Annual Report 2023. The board of trustees would like to thank everyone who has contributed to the continued success of Phoenix Project, True Thoughts & Phoenix Friends; our dedicated volunteers, staff team, project members, funders and supporters.

The Phoenix Project continues to benefit from our partnership work with Ipswich Community Media, The Hive, The Smokehouse and Unlocked Creative and we thank them for their support and expertise and are looking forward to continued success in the year ahead.

The Phoenix Club, Phoenix Friends and True Thoughts projects have continued to provide valuable connection and well being support and this year we have been delighted to welcome many new members into our community. We have also been reaching out to make the connections with other specialist support organisations so that members can be signposted to appropriate services.

This year Phoenix Project and True Thoughts have ventured out to the theatre, Walton on the Naze and art exhibitions & have been offering in house craft and music activities. We also produced our own art exhibition & live music event. We hope you enjoy reading about all of the highlights of the last year.

Many thanks to all who contributed to this report.

Tracy Corbett - Chair

“I do enjoy True Thoughts - it is very good. I enjoyed trips to Christchurch Park and museum and enjoy the social side.”

H.K.

“Very inclusive and friendly. High point of my week!”

P.G.

“I enjoy the creative activities we do & I like the mindfulness and reflective techniques. I find it helpful for my wellbeing.”

V.C.

“It’s helpful to chat to people with various experiences and enjoy and improve ourselves.”

M.R.

“I am really impressed by the ideas and enterprise of the group!”

R.R.

LANDSCAPE REBELS

Visits to Christchurch Park and Mansion

The Phoenix Project are very lucky to have Christchurch Park just across the road from their meeting place in Fonnereau Road. Over the course of the year the True Thoughts Friday afternoon group made several visits to the park as part of their creativity and wellbeing sessions - to explore the textures of nature, to take photos and to visit exhibitions at Christchurch Mansion.

In February we went to see Landscape Rebels. We made a film of our trip which you can view on our YouTube channel: <https://youtu.be/T8HCsQfqiTg> and a collective piece of collaged artwork, inspired by the work of Mary Warsop 'Nine Suffolk Scenes'. This was shown in our Take a Walk on the Wild Side exhibition in October.

In April, for Earth Day, we spent some time writing 'Postcards to the Earth'. These were read aloud, recorded and added to photos we'd taken in the park to create a series of 'Dear Earth' mini movies.

We also recorded a piece about Christchurch Park in one of our Thursday afternoon creative media sessions at South Street. We talked about how it inspires us and contributes to our sense of wellbeing.

Winston Bayross. True Thought's Friday 20TH July 23.

Yes, we went to The ART exhibition which was called Animals at christchurch Mansion, we went last Friday at about 1:30pm. and after ward's - we all went to have TEA & Coffee's & cake etc. Sudyly it was a rainy day, we all got wet. as we finished our TEA's and went outside at 4:30pm to go - Home. It was a very good ART Exhibition of many Paintings - some paintings were by John Constable etc etc. This Art exhibition is on till next year. I Hope to go back to look at The Paintings again etc etc.
Animals in The Gallery.



GREAT EXPECTATIONS

Review by Gary Jackaman

True Thoughts had 'great expectations' of their Colchester Mercury theatre trip that took place in May 2023. The True Thoughts project, accompanied by Donna, John and Michelle went to Colchester by train after their Friday afternoon session to witness a truly sensational performance of Charles Dickens' Great Expectations.

The play depicted Pip as a young man who leaves his family to pursue a life of wonder and opportunity in London. Along the way, as Pip strives to become the perfect gentleman, he soon learns that high living comes with a price. His pursuit of love does not run smoothly as Estella's cruel put downs and reluctance to concede her true feelings to such a kind soul leaves him many times with his heart broken unable to comprehend how complicated life can be and how unforgiving a coveting of a relationship can become. Therein lies a happy ending as a besotted Pip learns that Estella is ready to open her heart and asks to be forgiven for her previous indifference.

We all thoroughly enjoyed the performance and the six fantastic cast members deservedly enjoyed the standing ovation they received.

Thank you so much to those who contributed and performed in the award winning '**Points Win Prizes**' film which won us the prize of theatre vouchers so we could all attend the show. Thanks also to Donna & Michelle whose kindness love generosity and huge support enabled us to go out for an evening we will always remember.



GREAT EXPECTATIONS
by Charles Dickens
MERCURY
Great Expectations
Fri 26 May 2023 at 19:30
Doors open approx. 30 minutes before start time.
Venue: Theatre
Age guidance: 12+
Standard - £13.00
Michelle Brace 23-EL-DWC3
A17

Fri 12 - Sat 27 May
Charles Dickens' best-loved novel is brought to life on stage in this thrilling adaptation from **Gale Chids Daly**, directed by the Mercury's Creative Director, **Ryan McBryde** (*The Comedy of Errors, Baskerville, Oliver!*).
Pip, a blacksmith's apprentice and orphan, dreams of becoming a London gentleman. When his wish is granted by a mysterious benefactor, his life becomes one extraordinary encounter after another. He is plunged into a world of dark secrets and cruel twists of fate, where beautiful girls are used as weapons and nothing is more important than knowing who you are and remembering where you came from.
Featuring some of the most iconic characters in literature, join us on a gripping journey as Pip unravels the truth behind his own great expectations in the gloomy corners of Miss Havesham's Satis House.

CREATIVES
Writer Gale Chids Daly
Director Ryan McBryde
Designer Libby Todd
Lighting Designer Rajiv Pottani
Sound Designer/Composer Stefan Janik
Movement Director Chihito Kawasaki
Casting Director Natalie Galloway c/o Pippa Ailion Casting
Assistant Director (Birkbeck Placement) Emmy Briggs

CAST
Pip Stanton Wright
Narrator 1 Gareth Kannerley
Narrator 2 Sam Lupton
Narrator 3 Emily Pollet
Narrator 4 Bessy Ewa
Narrator 5 Jim Fish
Age guidance 12+

Super Off-Peak Day Return
Valid for one Journey from Ipswich to Colchester/Colchester Town
See restrictions nre.co.uk/D1
Adult Standard Class

social arrangement with
Day Return
Journey
Colchester Town
Return
Date of travel 26-MAY-23
Date of travel 26-MAY-23
nre.co.uk/D1

THE PHOENIX PROJECT 2023

Walton on the Naze



In September the Phoenix Project took a trip to Walton on the Naze. The lovely pictures here were taken by Scott Ferrer, including one from the top of the tower. Some prints of his work were exhibited in the Take A Walk on the Wild Side exhibition at the Hive in October.

BRIGHTEN THE CORNERS FESTIVAL

On 9th June, as part of our Friday afternoon True Thoughts session, around 15 project members ventured into the centre of Ipswich to the Brighten the Corners Festival.

Everyone set off in the sunshine to the Ancient House to pick up their festival wristbands and then headed to the Corn Hill to watch performances by Esme Emerson, Bridget and the rap artists Purple Loft.

Donna and three members of the True Thoughts group got involved in volunteering for the festival as event stewards. The job included handing out badges, programmes and making sure the audience knew how to get to the various venues.

PHOENIX FRIENDS

Phoenix Friends is a peer support group that runs bi-weekly. Over the last year we have seen an increase in the number of people attending, with many new faces. Phoenix Friends has a relaxed atmosphere where people with mental health issues come together to support each other over a reasonably priced cooked breakfast. There are between 20 to 25 members who attend on a regular basis. Some come just to chat with others and reduce the feelings of isolation that so often accompany mental illness. Others come to take part in quizzes and have fun solving crosswords brought in by members. Phoenix Friends is a volunteer led group that has been running for about five years. We look forward to continuing for many years to come!



Dates for Phoenix Friends 2024

Tuesdays 11 - 1 on:

January 9th, 23rd

February 6th, 20th

March 5th, 19th

April 2nd, 16th, 30th

May 14th, 28th

June 11th, 25th

July 9th, 23rd

August 6th, 20th

September 3rd, 17th

October 1st, 15th, 29th

November 12th, 26th

December 10th

PHOENIX RISING

For full story check out:

www.phoenixprojectipswich.com/news/phoenix-rising

On World Mental Health Day - Tuesday 10th October 2023 - the Phoenix Project hosted their own event at the Smokehouse, Ipswich. It was a really relaxed night with a warm and welcoming atmosphere. Around 30-40 group members & friends attended.

The venue was decorated beautifully by table and courtyard lights made with project member Christine on Fridays at the Phoenix Club and we had a spread of lovely food in the bar made by John King.



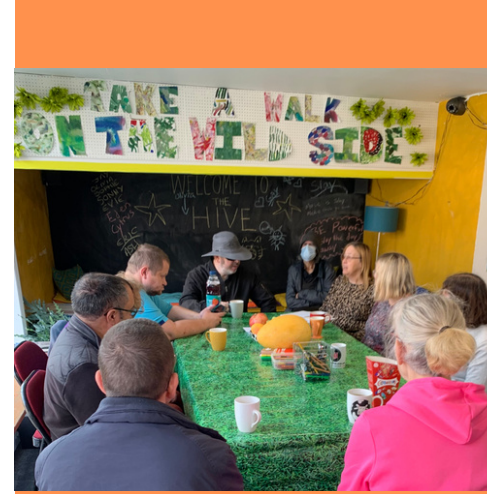
Event photos by project member Colin Hindle

TAKE A WALK ON THE WILD SIDE

The Phoenix Project's art show - Take a Walk on the Wild Side - opened at the Hive in Ipswich on World Mental Health Day, 10th October 2023 following a 'private view' for group members and guests on Monday 9th.

The show included drawings, acrylic, oil and ink paintings, collage work, crafts, mindful writings and photography. All of the work on show had a connection with nature. Some had been submitted by individual group members, other pieces were created during our True Thoughts creative mindfulness sessions on Friday afternoons at the Friend's Meeting House.

The exhibition attracted groups and individual visitors including local artists and health professionals, guests from the New Skill Centre, Radio Suffolk, South Street Kids, Ipswich Community Media and the Hive community. Phoenix Project members supported the exhibition throughout the week. They welcomed guests at our private view and engaged with visitors telling them more about the work and some of the ideas and processes behind it.



To read the full story go to: www.phoenixprojectipswich.com/news/take-a-walk-on-the-wild-side

Volunteer Spotlight : Jon Fuller

Project member Jon Fuller took a lead at the Phoenix Project in 2023. He ran a number of group music sessions and led rehearsals for the Phoenix Project choir. He made use of his musical talents to put together a new arrangement of 'Phoenix Rising' for the group to sing at their World Mental Health Day event in October and got involved in helping to organise the event. Jon, who talked about his desire to "make someone's day a little happier through music," spoke to Michelle after the event to reflect on how everything had gone.

Jon mentioned that when he led group creative sessions previously he felt a bit unsure of himself. This time around he said he felt much more confident and was aware of the distance he'd travelled in himself to be able to stand 'in front of a load of people' and lead a session.

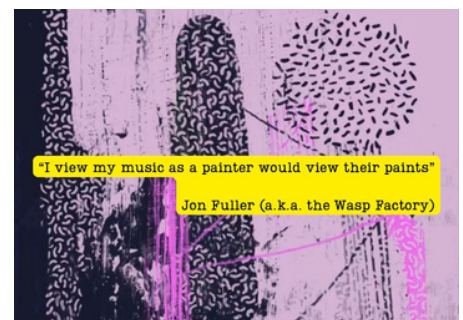
"I did the very same thing about a year ago and I was bricking it. I got loads of things wrong and I made mistakes. It didn't go so well. A bit like a comic who has a flat gig where nobody laughs - you've got to take that on the chin and you really have got to try and keep going. I know it's hard sometimes. I mean don't be afraid every now and again to go home and feel sorry for yourself. You don't set up camp there - you just pass through and learn."

Jon told Michelle that his reactions to situations have changed a lot and that this experience has given him a lot of strength. He said he has learned how to 'hold on steady and keep moving forward' despite the doubt. He said there is definitely an element of anxiety involved in doing something like this - 'is it done, is it good enough, is the timing right and ultimately am I good enough?' but that the experience has also made him question himself 'in a good way.'

As well as leading music jams with the group Jon worked on restructuring the lyrics (originally written with the group by Ginny and John) to the song 'Phoenix Rising'. Jon's new more funky, upbeat version with a Doors-esque break towards the end was performed live by the Phoenix Project Choir at their World Mental Health Day event..

Jon's latest quest is learning a new keyboard programming system. He is learning this through a process of trial and error "just like I learned guitar and alot of the keyboards I now play."

'Music requires us to look inside ourselves. It's magic because you can't see it and yet it can make the hairs stand up on the back of your neck'.



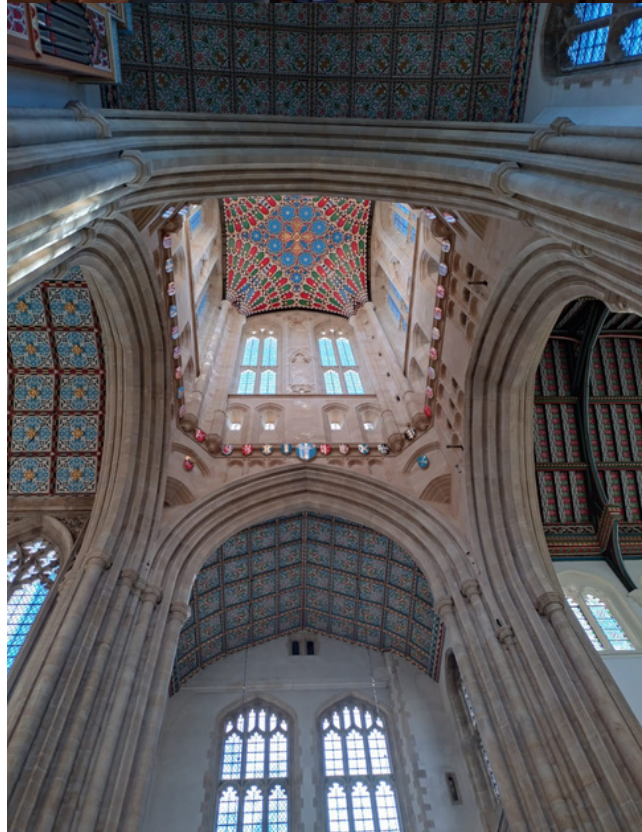
A BUSY PHOENIX DECEMBER

Karaoke fundraiser - Friday 1st December was an opportunity to have a fun afternoon whilst supporting our partners Ipswich Community Media with their 'Big Give' fundraiser. We raised the roof and £55 (which was then matched by 'Big Give'). Thanks to all who came along to sing and support!

Christmas outing - Wednesday 6th December saw 30 project members travel 25 miles up the A14 to the historic cathedral city of Bury St Edmunds. The day's highlights included visiting St Edmundsbury Cathedral, the Abbey Gardens, Moyes Hall Museum and the ancient market place, shops and cafes.

Xmas Party - Friday 15th December saw a stellar line up of talented project members performing for our entertainment. Many thanks to Carl Swallow, Matt Hawksley, Gary Jackaman and Jeremy and Suzanne Frost for their musical talents. In addition we enjoyed poetry from Winston Bayross, impressions from Jonathan Ward and a DJ set from the talented Jayasarule (Jake Marsden). Special thanks to Jon Fuller who took the lead role in organising, planning and arranging music for this festive treat!

We tucked into a delicious buffet prepared by our hard working volunteers - Clive Bullard, Tracy Corbett and Len Bridges supported by kitchen maestro John King. We topped off the party with more karaoke delights!



DECEMBER

FRIDAY 1ST:
FUND RAISING KARAOKE (FOR ICM)
2 - 4PM AT THE QUAKERS

WEDNESDAY 6TH:
OUTING TO BURY ST EDMUNDS
LEAVE CROWN ST. LAYBY 10.30AM
RETURN FROM BURY ST EDMUNDS AT 4PM
COST £10 (BOOK & PAY IN ADVANCE)

FRIDAY 8TH:
TRUE THOUGHTS LAST MEETING BEFORE XMAS
1 - 4PM AT THE QUAKERS

TUESDAY 12TH:
PHOENIX FRIENDS LAST MEETING BEFORE XMAS
11AM - 1PM AT THE QUAKERS

FRIDAY 15TH:
XMAS PARTY AT THE PHOENIX CLUB
10 AM - 3 PM
BUFFET £2.50 (PAY ON THE DAY)

FRIDAY 22ND:
XMAS MEAL AT PHOENIX CLUB
10 AM - 2 PM
£5 (PLEASE BOOK & PAY IN ADVANCE)

FRIDAY 29TH:
PHOENIX CLUB OPEN 10 AM - 2 PM



FINANCIAL REPORT



Charity no. 1153748

INCOME RECEIVED FOR FINANCIAL YEAR 2022/23

Phoenix Project - fund raising, donations and catering	£2,822.11
Ipswich Borough Council - Community Cash grant	£2,000
Peoples Health Trust supported through Health Lottery East - Active Communities fund	£11,200
TOTAL	£16,022.11



Thank you to all our funders for their support.

Phoenix Project board of trustees:

Tracy Corbett - Chair
David Plowman - Treasurer
Cad Taylor - Secretary
Robert Rainbird

Contact Us:

ip.phoenix@virginmedia.com

07976 768763

The Phoenix Project
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facebook.com/truethoughtsradio
facebook.com/thephoenixprojectipswich

PHOENIX PROJECT INCOME AND EXPENDITURE 2022/23

GENERAL PHOENIX (NON-RESTRICTED ACCOUNT)

balance b/f from previous year	£3,859.91		
INCOME	£	EXPENDITURE	£
Income from service users and catering	2534.11	Room Hire	1095.00
Donations	288.00	Sessional work	738.00
Raffle	0.00	Catering Expenses	0.00
Tombola	0.00	Stationery	0.00
		Costs of Governance	336.04
		Equipment	0.00
		Service Users Activities	0.00
		Phone	125.28
		True Thoughts	0.00
total income	2822.11	total	2294.32
Balance of account as at 31st March 2023	4387.70		

IPSWICH BOROUGH COUNCIL COMMUNITY CASH (RESTRICTED ACCOUNT)

balance b/f from previous year	0.00		
INCOME	£	EXPENDITURE	£
total income	2000.00	Staff	695.00
		Room Hire	1305.00
Balance of account as at 31st March 2023	0.00	Total	2000.00

PEOPLE'S HEALTH TRUST - TRUE THOUGHTS (Restricted Account)

balance b/f from previous year	0.00		
INCOME	£	EXPENDITURE	£
	11200.00	Stationery	160.43
		Sessional Work	8900.00
		Publicity	38.00
		Volunteer expenses	0.00
		Venue Hire	960.00
		website	163.20
		laptops	0.00
		project management	0.00
		Refreshments	73.50
total	11200.00	total	10295.13
Balance of account as at 31st March 2023	904.87		

TOTAL OF ALL ACCOUNTS

INCOME	16022.11	EXPENDITURE	14589.45
BALANCE B/F from 2021/22	4520.99		
BALANCE OF ALL ACCOUNTS AS AT 31st March 2023		£5,953.65	

THE PHOENIX PROJECT IPSWICH

England & Wales - Charity number 1153748

Accounts

THE PHOENIX PROJECT



Charity no. 1153748

ANNUAL REPORT
FOR 2022



funded through



SUFFOLK
Community
Foundation



THE PHOENIX PROJECT 2022

We warmly welcome you to our Annual Report 2022. The board of trustees would like to thank everyone who has contributed to the continued success of Phoenix project; our dedicated volunteers, staff team, project members, funders and supporters.

The Phoenix Project continues to benefit from our partnership work with Ipswich Community Media, The Hive, Out Loud Music and Unlocked Creative and we thank them for their support and expertise, and are looking forward to continued success in the year ahead.

We send our best wishes and many thanks to Malcolm Exworth who stood down as treasurer on our board of trustees after 12 years of support and dedication to the Phoenix Project, and welcome David Plowman who joined us last year as treasurer.

The Phoenix Club, Phoenix Friends and True Thoughts projects have continued to provide valuable connection and well being support to the local community and this year has seen us able to enjoy more community engagement moving forward from the pandemic, we hope you enjoy reading about some of the highlights of the last year.

Many thanks to all who contributed to this report.

Donna Garrod – Project Organiser

Tracy Corbett – Chair person

"The friendship, the feeling of belonging, and the excellent food. Just amazing, thank you." - Gary

"I really enjoy meeting friends here and eating lunch together." - Vera

"The Phoenix Project helps me to meet people and socialise. Helps me with my depression and anxiety, one of the only few places in town to mix with other people with mental health issues." - Clive

CHRISTMAS PARTY 2022

We had a brilliant Christmas party at the Phoenix Club featuring live music from Harry, Jon, Donna, Caitlin and people joining in on percussion, a DJ set from Jake, and not forgetting karaoke! The decorations were all handmade during in our True Thoughts sessions. Plus there was a lovely buffet!



THE PHOENIX PROJECT 2022



In December 2021 I brought some of my card making supplies into the Phoenix Project for something to do while waiting for dinner. Then in January 2022 I was asked if I would like to do craft every week. We have made cards for Valentines, Birthdays and Easter. Little Easter bunny bags, glass jar lanterns, decopatch pots, leaf printing, painted suncatchers, and Mark kindly taught some of us how to crochet. Then finished the year making Christmas cards and decorations.

This year I'm planning on doing some collage pictures, Easter Bonnets and Baskets and decorated paper plates, rock painting, and of course I'm always looking for new ideas for things we can all do together.

I would just like to add something my dear daughter said when I was telling her that I was going to be doing craft for the Phoenix Project. She said it was like someone had flipped a switch and I had come alive again, after losing her dear dad.

CHRISTINE
Member of the project



BBC Voices produce weekly radio shows for BBC Radio Suffolk and Norfolk. We were invited by Amy Nomvula (series producer) to take over the air waves for an hour as part of The Friday Night Show with Sophie Little, broadcast live on air in Suffolk and Norfolk on Friday 4th November at 7 pm.

A small group from True Thoughts was formed at very short notice - Paul, Winston, Tracy and myself.

We created a play list of uplifting tracks, chatted about ourselves, True Thoughts and Phoenix Project and introduced our personally chosen tracks.

The show is produced in Norwich, so we were very kindly supported by Cad Taylor at BBC Radio Suffolk to connect remotely via their studio in central Ipswich. We had a fantastic evening - dancing and singing in the studio and enjoying a lovely positive vibe. The team did an excellent job - chatting on a live show to a big audience! The experience and skills learnt from all our previous True Thoughts shows and guesting on BBC Radio Suffolk programmes really paid off. I went home after the show feeling very proud and upbeat about our community.

DONNA GARROD



All Aboard the Steam Train From the Phoenix to Bressingham

The Phoenix Project had a wonderful outing at the Bressingham Steam Museum and Gardens. Such wonder and splendour awaited us on our arrival, as the gardens provided a beautiful backdrop to the steam museum which was a sight to behold.

It was like being taken back in time, steam engines, the very history of train travel could be visited at different parts of the site. A most welcoming cafe staffed with the friendliest staff served food that was a sight to marvel. Scones so large and delicious they were so moreish and delectable.

Our keen train enthusiasts and dear friends Colin and Dave captured the day splendidly. Our great group who are from a wide range of ages thoroughly enjoyed the day so much we were even afforded the privilege of reliving the great Dads Army exhibit, which for us fans it took us all back to the marvellous comedy show we all held so dear to our hearts.

The steam train rides were wonderful and allowed us to sample the local wildlife and see Bressingham in its full majesty. We were taken back to our childhoods with the carousel where many enjoyed the rides so much so that many in the group performed funny movements and pulled funny faces for all of our amusement.

A great day and a huge thank you to Donna, Tracy, Clive, Rob and John for a fantastic day out.

WORDS BY GARY JACKAMAN

PHOTOS BY COLIN HINDLE

Members of the project



Film Competition Winners!

In June The Phoenix Project and True thoughts members took part in a film competition ran by Suffolk and North East Essex ICS called 'Talk the Talk'. We got together to share ideas and experiences about the wellbeing services available.

There were many amazing points and ideas that came from the group about making a film, in the end we decided to use a quiz show format to raise some of the points and ideas that the group came up with. It was quite a difficult task as there were only 3 weeks to come up with an idea for the film as well as make and produce it.

Another challenge was that the competition rules meant we had to get our points across in only 2 minutes! (We could have made a feature film from everyone's great ideas.) The title of our film was 'Points Win Prizes' the title idea came about from the mental health assessment system used to assess and award benefits and the scoring system such as P.I.P (personal independence payment). The film consisted of a quiz master and 2 teams of contestants who were asked questions such as 'How do you get a face-to-face appointment with a G.P?' and 'What do you call person with a mental health condition?' Points were awarded for each correct answer and there were a list of prizes that could be won. The twist at the end of the film was that despite both teams winning points, the prizes were not available in our area.

In July the judging panel met to review the films submitted and choose the winners of each category. I am proud to say that Phoenix project won the category for the most creative film!

Thank you and well done to all those who took part in raising awareness of the lack of health resources in our area and the challenges people face, also promoting the Phoenix Project and it's work. Many thanks also to The Hive for hosting and supporting this project.

TRACY

Chairperson of the trustees,
volunteer and member



A Wall for Joy

Over the summer members of the Phoenix Project's True Thoughts group met at the Hive. Inspired by the invitation to take part in this exhibition, we went on a quest to seek out signs of joy as we go about our lives. Each week we reported back to the group sharing descriptions of the joys & life treasures they found.

We gathered signs of joy together to make into a mega collection of 49 *'things that make our hearts sing!'*

We discovered that by focussing on these little life gems and by giving each other full attention as we speak about them that we were able to raise the vibe of our group - helping everyone to feel a little bit better in themselves or at the very least, a little bit more connected.



As well as conversation our sessions have included relaxation, free-writing, painting and collage. We've used all of these elements as layers in our work which we've made into mini artwork tags for sharing our signs of joy.

MICHELLE BRACE

Course Facilitator



"What have you noticed that makes your heart sing?"

"What in your life / in your community makes you feel happy & connected?"



Let's Rock!

The UK's biggest retro festival series Let's Rock came to Ipswich on Saturday 10th September at Trinity Park. Featuring headline sets from the iconic Adam Ant, electropop pioneers OMD and loads more!

Some members of the Phoenix Project went a long and this is what they had to say!

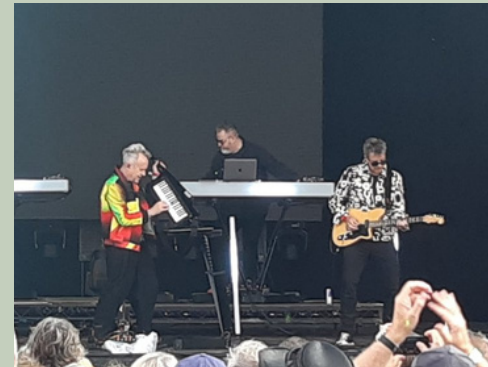
This was funded through Suffolk Community Foundation as part of the Queen's Platinum Jubilee celebrations.



"I went to Let's Rock Ipswich mainly to see OMD "Orchestral Manoeuvres in the Dark". Been a fan since 1982, I also enjoyed the other bands that were performing on the day." - Colin

"I went, ended up having Granddaughter Violet come with me as Len changed his mind last minute. I loved Adam Ant!" - Christine

"I went with Bryan and met up with John, Tracy and Clive :)" - Donna



Winston loves writing poems, songs and articles for True Thoughts radio shows. He has compiled a collection of these (all beautifully hand written) and created a little book of gems both old and new. Here's a song from 'The Winston Bayross Collection 2022'.

Everything You Do

Everything you do, everything you do
Means a lot for me and you
Yes, everything you do, is for me and you!
And I wish you every success and happiness,
congratulations are coming your way
I feel life will be brighter everyday
Oh! can't you hear me sing
It's just for you, mmm yeah, it's just for you, you, you, you
Yes, everything you do. Everything you do
Means a lot to me and you
Everything is going to be alright
We ain't gonna lose this fight
Oh! can't you hear me sing
It's just for you, mmm oh yeah, it's just for you, you, you,
you.

WINSTON BAYROSS

Member of the project





Charity no. 1153748

INCOME RECEIVED FOR FINANCIAL YEAR 2021/2022

Phoenix Project - fund raising, donations and catering	£2200.22
Ipswich Borough Council - Community cash	£2500
Ipswich Borough Council - Suffolk Community Restart	£2059.50
People's Health Trust - Active Communities	£6233.00
TOTAL	£12,992.72

Thank you to all our funders for their support.

Phoenix Project board of trustees:

Tracy Corbett - Chair

David Plowman - Treasurer

Cad Taylor - Secretary

Robert Rainbird

Contact Us

ip.phoenix@virginmedia.com

07976 768763

The Phoenix Project
The Quaker Meeting House
39 Fonnereau Rd,
Ipswich IP1 3JH

www.phoenixprojectipswich.com

facebook.com/truethoughtsradio

facebook.com/thephoenixprojectipswich

PHOENIX PROJECT INCOME AND EXPENDITURE 2021/22

GENERAL PHOENIX (NON-RESTRICTED ACCOUNT)

balance b/f from previous year £3,480.93

INCOME EXPENDITURE

£ £

Income from service users and catering 1812.22 Room Hire 8.00 Donations 0.00 Sessional work 0.15 Raffle 50.00 Catering Expenses 828.60 Tombola
0.00 Stationery 0.00 Costs of Governance 390.40
Equipment 0.00
Service Users Activities 11.50
Phone 81.39
True Thoughts 163.20

total income 1862.22 total 1483.24 Balance of account as at 31st March 2022 3859.91

IPSWICH BOROUGH COUNCIL COMMUNITY CASH (RESTRICTED ACCOUNT)

balance b/f from previous year 0.00

INCOME EXPENDITURE

£ £

total income 2500.00 Staff 1410 Room Hire 1090

Balance of account as at 31st March 2022 0.00 Total 2500.00 **IBC SUFFOLK COMMUNITY RESTART FUND (RESTRICTED ACCOUNT)**

)

balance b/f from previous year 0.00

INCOME EXPENDITURE

£ £

total income 2059.50 Add Room Hire 439.20 PPE/Kitchen Equipment 312.63

Galaxy tablets 468.98
2059.61

Balance of account as at 31st March 2022 -0.11

LOTTERY COMMUNITY FUND - LOCAL CONNECTIONS

balance b/f from previous year 1064.80 EXPENDITURE £ Phone £10

INCOME Staff Costs £1,000 £ Room Hire 54.8

total income 0.00 total 1064.80 Balance of account as at 31st March 2022 0.00

SUFFOLK COMMUNITY FOUNDATION REVIVING OUR COMMUNITIES

balance b/f from previous year 5000.00

INCOME EXPENDITURE

£ £

total income 0.00 Staff Costs 4480.00 Volunteer Expenses 80.88

Operational/Activity costs 188.35
Post, phone, printing 250.77

5000.00

Balance of account as at 31st March 2022 0.00

RESTRICTED ACCOUNT (SOCIAL GROUP)

balance b/f from previous year 366.29

INCOME EXPENDITURE

Service User Activity 30.00

Donations From Phoenix Exhibition 388.00 Room hire 44.00 Craft Supplies 0.00

Catering Expenses 19.10

total 388.00 total 93.10 Balance of account as at 31st March 2022 661.19

PEOPLE'S HEALTH TRUST - TRUE THOUGHTS (Restricted Account)

3348.93

balance b/f from previous year

INCOME EXPENDITURE Stationery

6233.00 0.00

Sessional Work

Refreshments

Publicity

Volunteer expenses

0.00

8794.85 0.00

307.08 0.00

0.00

480.00 0.00

Venue Hire

website

laptops

project management

total 6233.00 total 9581.93 Balance of account as at 31st March 2022 0.00

TOTAL OF ALL ACCOUNTS

INCOME 13042.72 EXPENDITURE 21782.68 BALANCE B/F from 2019/20 13260.95

BALANCE OF ALL ACCOUNTS AS AT 31st MARCH 2022 £4,520.99

Adjustments as at 31st March 2012 £

Pathfinder (cheque not yet cashed) 68.00
 Room Hire Feb(cheque not yet cashed) 160.00
 Session fee March(cheque not cashed) 375.00
Total cheques not cashed 603.00
Income not yet paid in 64.13

<p>BANK AT 27th JANUARY 2014 7748.44 BALANCE OF ACCOUNTS 27th JANUARY 2014 7755.35 BANK IN EXCESS OF BALANCE OF ACCOUNTS -6.91 Normal adjustment bank too low by £6.91</p> <p style="text-align: center;">BALANCE ACHIEVED !!!!</p>	<p>Cash Deposit adjustments extra 10p deposited 23/7/2011 in error 0.10 paid in £1.00 too little on 29/10/2011 1.00 Paid in 0.09 too little 29/3/2012 0.09 Total adj (too little paid in) 0.99</p> <p>Total adj on income side 65.12 Bank in excess of ac (603.00-65.12) 537.88</p> <p>BALANCE ACHIEVED !!</p>
---	---

<p>£ BANK AT 19th NOVEMBER 2013 10406.23 BALANCE OF ACCOUNTS 15TH NOVEMBER 2013 10413.14</p> <p>BANK IN EXCESS OF BALANCE OF ACCOUNTS -6.91</p> <p>OUTSTANDING CHEQUES (</p> <p>MONEY NOT YET BANKED ()</p> <p>OVERALL ADJUSTMENT I.e.bank too high or accounts too low 0</p> <p>Chasing OVERALL ADJUSTMENT I.e.bank too high or accounts too low Total adj (too little paid in)on income side CORRECTION FROM 2011/12 0.99 Chasing</p> <p>Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR 5.92</p>	<p>£</p> <p>BANK AT 31st MARCH 2013 BALANCE OF ACCOUNTS 31st March 2013</p> <p>BANK IN EXCESS OF BALANCE OF ACCOUNTS</p> <p>OUTSTANDING CHEQUES(room hire 160+16path+750 sess)</p> <p>MONEY NOT YET BANKED (53.06+124.45)</p> <p>Total adj (too little paid in)on income side CORRECTION FROM 2011/12</p> <p>6.02 too little -0.10 too much paid in on 1/3/2013</p> <p>Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR</p>
---	--

BALANCE ACHIEVED !!!!

748.49=741.58+0.99+5.92 SO BALANCE ACHIEVED !!!

NB A/c's SHOW ROOM HIRE AS £2 LESS THAN IT SHOULD BE AS CHEQUE TO QUAKERS WRONG WAS WRITTEN OUT FOR £1050 BUT SHOULD HAVE BEEN £1052 AWAIT RESPONSE FROM QUAKERS

<p>BANK AT 14th AUGUST 2013 12457.31 BALANCE OF ACCOUNTS 24th SEP</p> <p>BANK IN EXCESS OF BALANCE OF ACCOUNTS 1437.66</p> <p>OUTSTANDING CHEQUES (2118 MONEY NOT YET BANKED () 673.43</p> <p>OVERALL ADJUSTMENT I.e.bank too high or accounts too low 1444.57 Chasin Total adj (too little paid in)on income side CORRECTION FROM 2011/12 0.99</p> <p>Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR 5.92</p> <p>1444.57=1437.66+6.91 SO BALANCE ACHIEVED !!!</p>	<p>BANK AT 22nd MAY 2013 BALANCE OF ACCOUNTS 31st May 2013</p> <p>BANK IN EXCESS OF BALANCE OF ACCOUNTS</p> <p>OUTSTANDING CHEQUES (375+375) MONEY NOT YET BANKED (70.81)</p> <p>OVERALL ADJUSTMENT I.e.bank too high or accounts too low Chasing</p> <p>Total adj (too little paid in)on income side CORRECTION FROM 2011/12 Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR</p>
--	--

2781.37 2039.79

679.19=672.28+0.99+5.92 SO BALANCE ACHIEVED !!
 926.00
 177.51
 748.49
 5.91
 £ 0.99

BANK AT 10th JUNE 2013 12507.49
 BALANCE OF ACCOUNTS 19th JULY 2013 4520.99 5.92 BANK IN EXCESS OF BALANCE OF ACCOUNTS 7986.50

OUTSTANDING CHEQUES (740.00

MONEY NOT YET BANKED () 1087.38

OVERALL ADJUSTMENT I.e.bank too high or accounts too low -347.38

Chasing 8333.88

Total adj (too little paid in)on income side CORRECTION FROM 2011/12 0.99

£

6.02 too
 little
 -0.10 too
 much
 paid in on

Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR 5.92

1/3/2013 3182.52
 12861.78
 -9679.26

354.29=347.38+0.99+5.92 SO BALANCE ACHIEVED !!!

750

70.81

679.19
 -10358.45
 0.99

6.02 too little -0.10 too much paid in on
 1/3/2013
 5.92

6.02 too little -0.10 too much paid in on 1/3/2013

PHOENIX INCOME SUMMARY 2021/22

£

GENERAL PHOENIX (non-restricted)	1812.22
Friday Receipts	0.00
Market Stall	0.00
Donations	50.00
Raffle	0.00
Quiz Night / Karaoke	0.00
Tombola	0.00
Massage	
total income	1862.22

IPSWICH BOROUGH COUNCIL (restricted)

total income	2500.00
---------------------	----------------

IBC SUFFOLK COMMUNITY RESTART FUND(restricted)

total income 2059.50

LOCAL CONNECTIONS- LOTTERY FUND (restricted)

total income

SUFFOLKCOMMUNITY FUND LOTTERY (restricted)

total income

0.00

SOCIAL GROUP (Restricted)	total income	
		0.00

	388.00
TRUE THOUGHTS (Restricted)	
total income	

TOTAL INCOME (All Accounts excl transfers)	6233.00

13042.72

PHOENIX EXPENDITURE SUMMARY 2021/22

GENERAL PHOENIX (non-restricted)	0.15
Sessional Work	8.00
Room Hire	828.60
Catering Expenses	390.40
Governance Costs	81.39
Phone	0.00
Stationery	0.00
Equipment	163.20
True Thoughts	11.50
Service User Activities	

TOTAL GENERAL PHOENIX (non-restricted)	1483.24
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<u>IPSWICH BOROUGH COUNCIL (restricted) TOTAL</u>	2500.00
<u>IPSWICH BOROUGH COUNCIL (restricted)</u>	2500.00

--

IBC SUFFOLK COMMUNITY RESTART FUND(restricted)	
IT Support	720.00
Add Room Hire	439.20
PPE/Kitchen Equipment	312.63
2 Galaxy Tablets	468.98
Contactless Payment Device	118.80
TOTAL IBC SUFFOLK COMMUNITY RESTART FUND(restricted)	2059.61

<u>LOCAL CONNECTIONS LOTTERY FUND (restricted)</u>	
	1064.80

LOCAL CONNECTIONS -LOTTERY FUND (restricted)

SUFFOLK COMMUNITY FUND REVIVING OUR COMMUNITIES

<u>Staff Costs</u>	80.88
<u>Volunteer expenses</u>	
<u>Operational/Activity costs</u>	188.35
<u>Post. Phone, printing</u>	250.77

TOTAL SUFFOLK COMMUNITY FUND REVIVING OUR COMMUNITIES

1064.80

4480.00
5000.00

SOCIAL GROUP (Restricted)	30.00
Service User Activities	44.00
Room Hire	19.10
Catering Expenses	0.00
Craft Supplies	

TOTAL SOCIAL GROUP (Restricted)	93.10
---	--------------

TRUETHOUGHTS(Restricted)	
SessionalWork	8794.85
Publicity	0.00
VolunteerExpenses	0.00
VenueHire	0.00
Website	307.08
Laptops	0.00
ProjectManagement	480.00
Stationery	0.00
Refreshments	0.00
Events	0.00
TOTALTRUETHOUGHTS	9581.93

TOTAL OF ALL EXPENDITURE	21782.68
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THE PHOENIX PROJECT IPSWICH

England & Wales - Charity number 1153748

Accounts

THE PHOENIX PROJECT



Charity no. 1153748

ANNUAL REPORT
FOR 2021

Photo from
Summer Exhibition



funded
through



 Department for
Digital, Culture,
Media & Sport

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND



THE PHOENIX PROJECT 2021

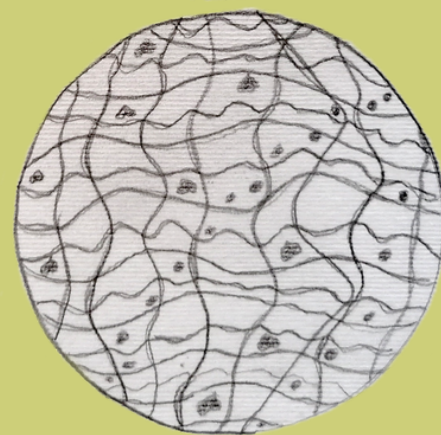
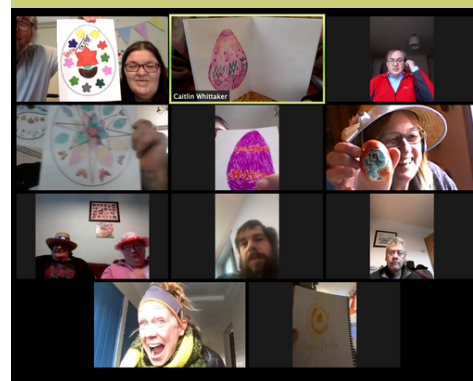
Lockdown #3 + Staying Connected *Jan 2021*

2021 started with the third lockdown, the Phoenix Project continued to maintain contact and support through these challenging times via texts, phone calls, newsletters and door step visits. This was of vital importance for those living alone and not able to join us online.

Our well-established Facebook group and weekly online meetings provided valuable connection and personal support. We created content for True Thoughts radio show, music playlists, poetry, art and film which reflected personal experiences of these times and gave opportunity for creative expression, helping people to improve and maintain their wellbeing.

Mindful Making Creative Online Project *Jan - March 2021*

The Mindful Making online workshops provided additional wellbeing support through the use of creative media. People felt less isolated through engaging with regular activity, developing friendships and support networks and feeling part of a supportive community. Participants developed technical skills that increased confidence with digital technology and media which also helped people to connect with the wider world.



Starting to meet face to face *March - Sept 2021*

The end of March saw some gradual easing of lockdown restrictions. We were able to meet outdoors in small groups, of particular value to those who couldn't access our social media platforms.

In the early Summer we held small outdoor acoustic music sessions in the garden of The Quakers Meeting House and in August we held our exhibition in The Central Library in Ipswich, showcasing all the creative work created by our members since the first lockdown in March 2020, a very proud moment for all!

Phoenix Club Reopening *August 2021*

By the end of the Summer, the Phoenix Club was able to open its doors again to welcome back members, staff and volunteers who worked very hard to ensure that face to face support could resume whilst keeping everyone safe. We worked in partnership with Human Us to provide digital support drop-in sessions to help to improve skills and confidence with digital devices. We also held some more acoustic workshops which have always been popular at the club.

Support from ICM

Throughout the last year we have continued to work in close partnership with Ipswich Community Media, their support and expertise has really enhanced the opportunities for engagement for all our members, working together to tackle social isolation and improve mental wellbeing during these most challenging of times.

DONNA GARROD

Project Organiser / Facilitator



It's been so rewarding working with the Phoenix Project in 2021 – the exhibition in August was definitely a highlight of the year! It was great to have a group to work with every week online in February and March (Mindful Making) keen to take part in creative activities and willing to try out a variety of approaches to making art work. It was lovely to see everyone's work on display in our online gallery – a collection of drawings, collages, map making and mark making – and it was great that we could stay connected with each other in between sessions via the facebook group.

The **Mindful Making Creative Challenge** we set for the wider group, shared via a printed **Newsletter**, brought out so much incredible creative work. Paintings, writings, photos, sculptures and other hand made objects by group members were gathered together from across town and prepared for exhibiting upstairs in the Ipswich Library.

Getting ready for the exhibition was a mammoth team effort. It was so utterly worth it to see such a great display of creativity communicating, amongst other things, many 'true thoughts' about the lived experience of mental health. To see the group's work in a lovely, light gallery space on big canvases, on little foamex boards and in proper frames was a joy and hopefully signalled to group members that their work, their words and pictures, their creativity are valued and important. I feel this exhibition really spoke to people and struck a chord, particularly with those who may have, at some point in their lives, experienced mental health struggles themselves.

MICHELLE BRACE

Project Facilitator

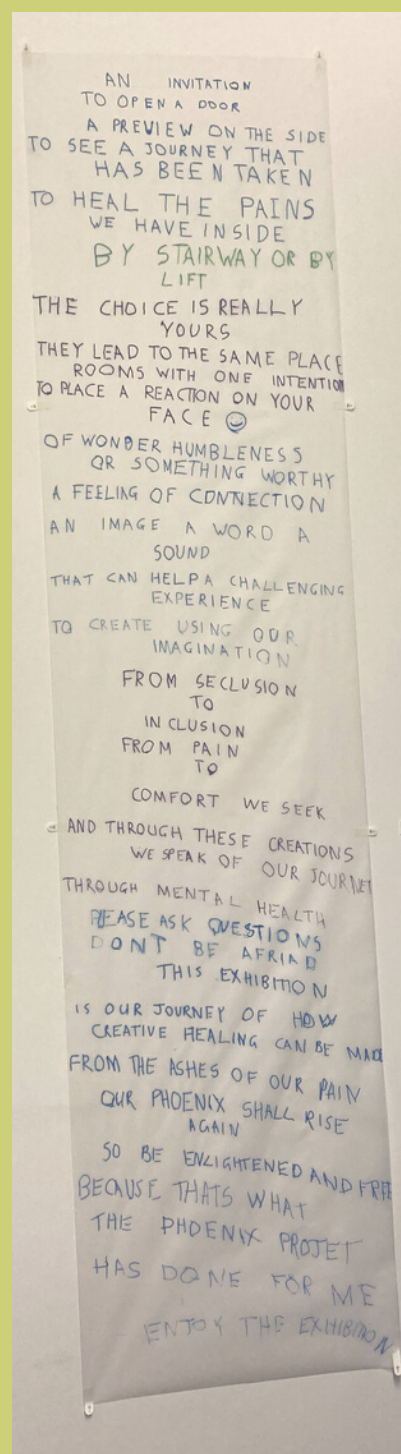
This past year has been a difficult one for everyone but I'm so proud of how much we achieved and how the group continued to be creative and supportive. The summer exhibition was a highlight and something I think we definitely want to do again, from the vast amount of work that was created, to the production team setting up the gallery.

In September I facilitated a **Digital Skills** drop-in clinic which adapted to individual needs every week. It really highlighted the digital divide, with issues ranging from banking apps to online accounts.

CAITLIN WHITTAKER

Technical Support and Project Facilitator

Jeremy's Poem



My name is Treacy and I am blessed to hold three roles within the Phoenix Project. Firstly as chairperson of the trustees, secondly as a volunteer and thirdly as a member of the phoenix project. Whilst I really enjoy being chair of the trustees, for me the most important of my roles are as a member and volunteer. As a member and volunteer I feel privileged to be part of an all inclusive group, a family. Other members and volunteers make me feel a part of something very special. Because of the support I receive from those at the project, I know that whether it is a good day or a bad day I will be accepted and supported.

I have been with the phoenix project for six years now and it has become a very important part of my life. The Phoenix Project offers help, support and friendship - we are a project that welcomes anyone who comes through our doors. Along with help, support and advice we offer a very reasonably priced nourishing hot meal on a Friday which is served at 12 and hope to restart our Phoenix Friends group on alternate Tuesdays 11-1 in the near future. Several times a year we also offer different courses from information and technology to arts/crafts and music to mention a few. Covid has had a profound effect on everyone but especially on those with mental health conditions. During lockdown we were unable to meet up as usual but kept in touch with members through zoom, phone calls, texts and when possible socially distanced meet-ups. I look forward to many more years of being not only a trustee but a volunteer and member of the Phoenix Project.

TREACY

Chairperson of the trustees, volunteer and member

I am extremely proud of True Thoughts Radio, and everything that we have achieved over the years - hundreds of radio shows and confidence, stories and positive sharing of experiences to help others in recovery or just a way to remind ourselves we are not alone.

When Donna asked me last year if I would like to be a trustee for Phoenix, I leapt at the opportunity. I was sure I could help bring ideas, partners and potential funding ideas to the table. I love the Phoenix club, the team, the people that come, and the ethos. Bringing people together, eating, talking, creating things, supporting our wellbeing, generally having fun etc whilst also being able to open our hearts to each other when we need to, well, it all sounded good to me.



Lockdown was obviously an extremely challenging time for everyone, the club wasn't open, projects were not running, so everyone should feel proud to just get through this really difficult time, we all missed each other and had to navigate a new world.

But, for some time, there were surprising and unexpected positives! Winston is a brilliant artist, a writer and a radio presenter, lockdown meant he was stuck in a flat in Ipswich and not able to get to all his weekly appointments such as, church, the club, the library etc. This was really testing, so we would make sure that we visited Winston regularly to check up and take food round.

One day I was at home working when I got a call from an unknown answer, I picked up and to my enormous surprise it was WINSTON! He had managed to get a phone, get some credit, and make a call - this was an absolute first and I was so excited to tell Caitlin, Donna & John. Well, it wasn't long before Winston had not only nailed the art of calling, but he was in full swing with sending a text! It's hard to express how exciting this is, especially because at some level this is all so normal to many people, but it is very intimidating if you haven't had to do it before.

Many of you know that Winston is a radio addict! He listens all day, including many of the local shows on BBC Suffolk, but a few in particular are his favourites - Foz and Nick Risby, who does the late show - well, before too long Winston had learnt to text these shows and be able to request music - Nick loved getting messages from Winston and even had him a few times choose the FAB FIVE tracks for the nights show.

I see this as one of the great outcomes of a miserable time, making Winston more in touch, even though he was still stuck at home. Winston even managed to teach himself how to take photos on the phone and record the songs that he had written! Well done Winston - we are all proud of you!

CAD TAYLOR

Trustee and supporter



A LOCKDOWN SUCCESS STORY

INCOME RECEIVED FOR FINANCIAL YEAR 2020/2021

National Lottery Community Fund - Local Connections	£2,500
Suffolk Community Foundation - Reviving Our Communities	£5,000
Ipswich Borough Council - Community Cash	£2,500
People's Health Trust - Active Communities	£15,580
TOTAL	£25,580

Thank you to all our funders for their support.

Phoenix Trustees:

Treacy Corbett (Chair)

Malcolm Exworth (Treasurer)

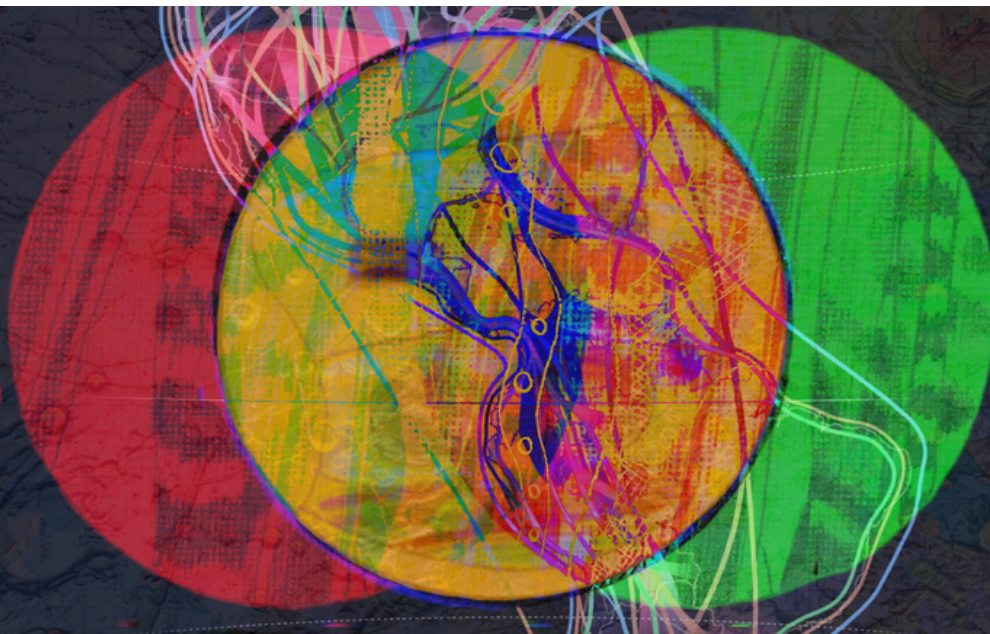
Cad Taylor (Secretary)

Robert Rainbird

Many thanks from all at the Phoenix Project to Sue Poole, who stepped down this year as a Trustee, after nearly 12 years as our secretary.



Charity no. 1153748



I certify that these are a true and accurate position of the acc
(Ipswich) Project as at 31st March 2021

Signed : M. Exworth
Name : MALCOLM EXWORTH
Position : Treasurer and Trust

PHOENIX PROJECT INCOME AND EXPENDITURE 2020/21

GENERAL PHOENIX (NON-RESTRICTED ACCOUNT)

balance b/f from previous year	£3,877.95		
INCOME	£	EXPENDITURE	£
Income from service users and catering	0.00	Room Hire	0.00
Donations	0.00	Sessional work	0.00
Raffle	0.00	Catering Expenses	0.00
Tombola	0.00	Stationery	52.02
		Costs of Governance	190.00
		Equipment	0.00
		Service Users Activities	0.00
		Phone	155.00
		True Thoughts	0.00
total income	0.00	total	397.02

Balance of account as at 29th March 2021 3480.93

LOCAL CONNECTIONS-LOTTERY FUND (RESTRICTED ACCOUNT)

balance b/f from previous year	0.00		
INCOME	£	EXPENDITURE	£
total income	2500.00		1435.20

Balance of account as at 29th March 2021 1064.80

SUFFOLK COMMUNITY FUND LOTTERY (RESTRICTED ACCOUNT)

balance b/f from previous year	0.00		
INCOME	£	EXPENDITURE	£
total income	5000.00		0

Balance of account as at 29th March 2021 5000.00

RESTRICTED ACCOUNT (SOCIAL GROUP)

balance b/f from previous year	385.65		
INCOME		EXPENDITURE	
From Phoenix Friends	0.00	Service User Activity	0.00
		Room hire	0.00
		Craft Supplies	19.36
		Catering Expenses	0.00
total	0.00	total	19.36

Balance of account as at 29th March 2021 366.29

IPSWICH BOROUGH COUNCIL (Restricted Account)

balance b/f from previous year			
INCOME		EXPENDITURE	
	2500.00	Room Hire	0.00
		Sessional work	2400.00
		Phone	100.00
total	2500.00	total	2500.00

Balance of account as at 29th March 2021 0.00

PORT COMMUNITY FUND (Restricted Account)

balance b/f from previous year			
INCOME		EXPENDITURE	
	0.00	Room Hire	0.00
		Sessional work	0.00
total	0.00	total	0.00

Balance of account as at 29th March 2021 0.00

TRUE THOUGHTS (Restricted Account)

balance b/f from previous year	3005.76		
INCOME		EXPENDITURE	
	15580.00	Stationery	261.35
		Sessional Work	13855.48
		Publicity	0.00
		Volunteer expenses	0.00
		Venue Hire	0.00
		website	0.00
		laptops	0.00
		project management	1120.00
		Refreshments	0.00
total	18585.76	total	15236.83

Balance of account as at 29th March 2021 3348.93

SUFFOLK GIVING (Restricted Account)

balance b/f from previous year 500.00

INCOME

0.00
total 0.00

EXPENDITURE

500.00
total 500.00

Balance of account as at 29th March 2021 0.00

TOTAL OF ALL ACCOUNTS

INCOME 25580.00 EXPENDITURE 20088.41

BALANCE B/F from 2019/20 7769.36

BALANCE OF ALL ACCOUNTS AS AT 29th MARCH 2021 £13,260.95

13260.95

Adjustments as at 31st March 2012

£ Pathfinder (cheque not yet cashed) 68.00
 Room Hire Feb(cheque not yet cashed) 160.00

Session fee March(cheque not cashed) 375.00

Total cheques not cashed 603.00

Income not yet paid in 64.13

Cash Deposit adjustments

extra 10p deposited 23/7/2011 in error 0.10
 paid in £1.00 too little on 29/10/2011 1.00
 Paid in 0.09 too little 29/3/2012 0.09

Total adj (too little paid in) 0.99

Total adj on income side 65.12

Bank in excess of ac (603.00-65.12) 537.88

BALANCE ACHIEVED !!

BANK AT 27th JANUARY 2014	7748.44
BALANCE OF ACCOUNTS 27th JANUARY 2014	7755.35
BANK IN EXCESS OF BALANCE OF ACCOUNTS	-6.91
Normal adjustment bank too low by £6.91	
BALANCE ACHIEVED !!!!	

BANK AT 19th NOVEMBER 2013	£	10406.23
BALANCE OF ACCOUNTS 15th NOVEMBER 2013		10413.14
BANK IN EXCESS OF BALANCE OF ACCOUNTS		-6.90999999999985
OUTSTANDING CHEQUES (
MONEY NOT YET BANKED ()		
OVERALL ADJUSTMENT I.e.bank too high or accounts too low		0
Chasing		
Total adj (too little paid in)on income side CORRECTION FROM 2011/12		0.99
		6.02 too little -0.10 too much paid in on
Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR		5.92 1/3/2013
BALANCE ACHIEVED !!!!		
NB A/c's SHOW ROOM HIRE AS £2 LESS THAN IT SHOULD BE AS CHEQUE TO QUAKERS WRONG WAS WRITTEN OUT FOR £1050 BUT SHOULD HAVE BEEN £1052 AWAIT RESPONSE FROM QUAKERS		

BANK AT 14th AUGUST 2013	£	12457.31
BALANCE OF ACCOUNTS 24th SEPTEMBER 2013		11019.65
BANK IN EXCESS OF BALANCE OF ACCOUNTS		1437.66
OUTSTANDING CHEQUES (2118
MONEY NOT YET BANKED ()		673.43
OVERALL ADJUSTMENT I.e.bank too high or accounts too low		1444.57
Chasing		
Total adj (too little paid in)on income side CORRECTION FROM 2011/12		0.99
		6.02 too little -0.10 too much paid in on
Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR		5.92 1/3/2013

BANK AT 31st MARCH 2013	£	
BALANCE OF ACCOUNTS 31st March 2013		
BANK IN EXCESS OF BALANCE OF ACCOUNTS		
OUTSTANDING CHEQUES(room hire 160+16path+750 sess)		
MONEY NOT YET BANKED (53.06+124.45)		
OVERALL ADJUSTMENT I.e.bank too high or accounts too low		
Chasing		2781.37
Total adj (too little paid in)on income side CORRECTION FROM 2011/12		2039.79
Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR		741.58
748.49=741.58+0.99+5.92 SO BALANCE ACHIEVED !!!		
		926.00
		177.51
		748.49
		6.91
		<u>0.99</u>
		5.92

BANK AT 22nd MAY 2013		
BALANCE OF ACCOUNTS 31st May 2013		
BANK IN EXCESS OF BALANCE OF ACCOUNTS		
OUTSTANDING CHEQUES (375+375)		
MONEY NOT YET BANKED (70.81)		
OVERALL ADJUSTMENT I.e.bank too high or accounts too low		
Chasing	£	3182.52
Total adj (too little paid in)on income side CORRECTION FROM 2011/12		12861.78
Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR		-9679.26

1444.57=1437.66+6.91
SO BALANCE ACHIEVED !!!

BANK AT 10th JUNE 2013	£	12507.49
BALANCE OF ACCOUNTS 19th JULY 2013		13260.95

BANK IN EXCESS OF BALANCE OF ACCOUNTS -753.46

OUTSTANDING CHEQUES (740.00

MONEY NOT YET BANKED () 1087.38

OVERALL ADJUSTMENT i.e. bank too high or accounts too low -347.38

Clasring -406.08

Total adj (too little paid in)on income side CORRECTION FROM 2011/12 0.99

	6.02 too
	little -0.10
	too much
	paid in on
Total adj (too little paid in)on income side CORRECTION FOR THIS YEAR	5.92 1/3/2013

354.29=347.38+0.99+5.92 SO BALANCE ACHIEVED !!!

679.19=672.28+0.99+5.92

750

70.81

679.19

-10358.45

0.99

5.92

1/3/2013

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

6.02 too little -0.10 too much paid in on

1/3/2013

5.92

PHOENIX INCOME SUMMARY 2020/21

GENERAL PHOENIX (non-restricted)
Friday Receipts
Market Stall
Donations
Raffle
Quiz Night / Karaoke
Tombola
Massage
total income

LOCAL CONNECTS - LOTTERY FUND (restricted)
total income

SUFFOLKCOMMUNITY FUND LOTTERY (restricted)
total income

SOCIAL GROUP (Restricted)
total income

IPSWICH BOROUGH COUNCIL (Restricted)
total income

PORT COMMUNITY FUND (Restricted)
total income

SUFFOLK GIVING (Restricted)
total income

TRUE THOUGHTS (Restricted)
total income

TOTAL INCOME (All Accounts excl transfers)
--

£

0.00
0.00
0.00
0.00
0.00
0.00
0.00
0.00

2500.00

5000.00

0.00

2500.00

0.00

0.00

15580.00

25580.00

PHOENIX EXPENDITURE 2020/21

		General Phoenix (Non-Restricted)								Local Connections-Lottery fund	Social Group (Restricted)				Ipswich Borough Council			Port Community Fund		Suffolk Giving	True Thoughts												
Date	Payee	Cheque Number	Amount	Systemal Work	Room Hire	Catering Expenses	Costs of Governance	Phone	Stationery	Equipment	True Thoughts	Service User Activities	Service User Activities	Room Hire	Catering Expenses	Craft Supplies/Stationery	Room Hire	Phone and stationery	Systemal Work	Room Hire	Systemal Work	Systemal work	Publicity	Volunteer Expenses	Venue Hire	Website	Laptops	Project Management	Stationery	Refreshments	Events		
Apr 3, 20	Donna Garrod	690	630.00																			630.00											
Apr 3, 20	Bruce Mac Gregor	693	240.00																														
Apr 7, 20	Ipswich Community Media	694	360.00																														
Apr 13, 20	Caillin Whitaker	692	375.00																														
May 6, 20	John Ramirez	698	150.00																														
May 6, 20	Out Loud Music	697	300.00																														
May 6, 20	Ipswich Community Media	700	320.00																														
May 6, 20	Donna Garrod	699	385.00																														
May 29, 20	Donna Garrod	703	200.00																														
May 29, 20	Unlocked Creative	702	600.00																														
Jun 12, 20	Post Office	Cash	23.70								23.70																						
Jul 14, 20	Ipswich Borough Council	Cash	28.32								28.32																						
Jul 15, 20	Phone	Cash	155.00					155.00																									
Jul 14, 20	Donna Garrod	705	160.00																														
Jul 25, 20	Caillin Whitaker	707	250.00																														
Jul 25, 20	Donna Garrod	708	250.00																														
Jul 31, 20	Policy Bee Insurance	709	190.00				190.00																										
Jul 31, 20	Donna Garrod	711	200.00																														
Aug 14, 20	Unlocked Creative	712	870.00																														
Aug 14, 20	Caillin Whitaker	713	1658.88																														
Sep 3, 20	Bruce Mac Gregor	714	880.00																														
Sep 24, 20	Donna Garrod	715	375.00																														
Sep 24, 20	Caillin Whitaker	717	480.48																														
Sep 24, 20	Donna Garrod	719	117.47																														
Sep 25, 20	Donna Garrod	720	440.00																														
Dec 1, 20	John King	721	43.00																														
Jan 5, 21	Caillin Whitaker	722	1080.00																														
Jan 5, 21	Donna Garrod	723	900.00																														
Feb 5, 21	Unlocked Creative	724	1255.00																														
Feb 17, 21	Donna Garrod	726	1200.00																														
Feb 17, 21	John King	725	1500.00																														
Feb 17, 21	EE	728	30.00																														
Mar 2, 21	EE	8,Order	10.00																														
Mar 12, 21	Donna Garrod	729	300.00																														
Mar 15, 21	Donna Garrod	730	36.36																														
Mar 25, 21	Caillin Whitaker	731	1880.00																														
Mar 29, 21	Donna Garrod	732	1680.00																														
Mar 31, 21	John King	733	300.00																														
Apr 8, 21	Donna Garrod	734	195.20																														
Mar 31, 21	Donna Garrod	737	40.00																														
TOTAL		20088.41		0.00	0.00	0.00	190.00	155.00	52.02	0.00	0.00	0.00	1435.20	0.00	0.00	0.00	19.36	0.00	100.00	2400.00	0.00	0.00	500.00	13855.48	0.00	0.00	0.00	0.00	0.00	1120.00	261.35	0.00	0.00

397.02

1435.20

19.36

2500.00

0.00

500.00

GRAND TOTAL 15236.83

20088.41

PHOENIX EXPENDITURE SUMMARY 2020/21

GENERAL PHOENIX (non-restricted)
Sessional Work
Room Hire
Catering Expenses
Governance Costs
Phone
Stationery
Equipment
True Thoughts
Service User Activities
TOTAL GENERAL PHOENIX (non-restricted)

LOCAL CONNECTIONS -LOTTERY FUND (restricted)

TOTAL LOCAL CONNECTIONS-LOTTERY FUND (restricted)

SOCIAL GROUP (Restricted)
Service User Activities
Room Hire
Catering Expenses
Craft Supplies
TOTAL SOCIAL GROUP (Restricted)

IPSWICH BOROUGH COUNCIL (Restricted)
Phone
Room Hire
Sessional Work
TOTAL IPSWICH BOROUGH COUNCIL (Restricted)

PORT COMMUNITY FUND (Restricted)
Room Hire
Sessional Work
TOTAL PORT COMMUNITY FUND (Restricted)

SUFFOLK GIVING (Restricted)
For True Thoughts
TOTAL SUFFOLK GIVING

TRUE THOUGHTS (Restricted)
Sessional Work
Publicity
Volunteer Expenses
Venue Hire
Website
Laptops
Project Management

Stationery
Refreshments
Events
TOTAL TRUE THOUGHTS

TOTAL OF ALL EXPENDITURE

261.35
0.00
0.00
15236.83

20088.41

Section A Receipts and Payments

Unrestricted Funds Restricted Funds Endowment Funds Total Funds

A1 Receipts

Income from Service Users	3572			3572
Grants and Donations	115	14348		14463
Raffles and tombolas	351			351
Sub total	4038	14348		18386
Total Receipts	4038	14348		

A3 Payments

Room Hire	206	2001		2207
Staff wages	2494	7331		9825
Catering costs	1891	240		2131
Stationery/Admin costs	57	98		155
Governance Costs	178	0		178
Equipment	0	1733		1733
Service User Activities	10	3		13
Telephone charges	20	0		20
True thoughts				0
Publicity and Marketing	0	0		0
Volunteer Expenses	0	0		0
Website		144		144

Sub total	4856	11550	16406
Total Payments	4856	11550	16406
Net of receipts/(payments)	-818	2798	
A5 Transfers between funds	-689	689	
A6 Cash funds last year end	4696	405	
Cash funds this year end	3878	3891	

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

	Unrestricted funds	Restricted funds
B1 Cash Funds		
Lloyds Bank	3878	3891
Total cash funds	3878	3891



Last Year

4582
4070
8652

8652

3738
16104
2022
158
552
0
1014
20
173
149
35

23965

23965

-23965

0

5101



Section A Receipts and Payments

Unrestricted Funds Restricted Funds Endowment Funds Total Funds

A1 Receipts

Income from Service Users	0		0
Grants and Donations	0	25580	25580
Raffles and tombolas	0		0
			0
Sub total	0	25580	25580
Total Receipts	0	25580	25580

A3 Payments

Room Hire			0
Staff wages		18190	18190
Catering costs			0
Stationery/Admin costs	52	280	332
Governance Costs	190		190
Equipment			0
Service User Activities			0
Telephone charges	155	100	255
True thoughts		1120	1120
Publicity and Marketing			0
Volunteer Expenses			0
Website			0

Sub total	397	19690	20087
Total Payments	397	19690	20087
Net of receipts/(payments)	-397	5890	
A5 Transfers between funds	0	0	0
A6 Cash funds last year end	3878	3891	7769
Cash funds this year end	3481	9779	13260

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

	Unrestricted funds	Restricted funds
B1 Cash Funds		
Lloyds Bank	3481	9779
Total cash funds	3481	9779



Last Year

3572
14463
351
18386

18386

2207
9825
2131
155
178
1733
13
20
0
0
0

16406

16406

0

5101



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PHOENIX PROJECT IPSWICH
CHARITY NO: 1153748

I report on the accounts for the year ended 31 Mar 21.

Respective responsibilities of trustees and examiner

The 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 Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- 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 the 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 statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- 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.

Signed: _____

C L Bartram MAAT
20 Woolner Close
Hadleigh
Suffolk
IP7 5SY

Dated: _____

5 Oct 21