

NO PANIC SHEFFIELD

England & Wales · Charity number 1160004

Details

Status Registered

Legal form Other

Registered 2015-01-19

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

Contact

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Activities

Objects: THE CHARITY'S OBJECTS ARE THE RELIEF AND REHABILITATION, OF THOSE SUFFERING FROM PHOBIAS, OBSESSIVE COMPULSIVE DISORDER AND OTHER RELATED ANXIETY DISORDERS, WHICH INCLUDES THOSE WHO ARE SUFFERING FROM TRANQUILLISER WITHDRAWAL PROBLEMS.

Activities: We provide self help groups for people with anxiety related disorders. The meetings take place in Sheffield city centre on Wednesday evenings 6.30 - 8.30pm fortnightly. We also have on-line groups. The meetings are open to anyone over 18y with anxiety, and are led by a trained volunteer facilitator. At the meeting the group explore positive ways of managing anxiety .

Classification

- **How:** Provides Services
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£5,726	£4,357	-	-
2024-03-31	£7,078	£1,838	-	-
2023-03-31	£2,591	£2,226	-	-
2022-03-31	£1,110	£1,130	-	-
2021-03-31	£2,114	£1,051	-	-

Trustees

Name	Role	Appointed
BRENDAN MCMENAMIN		2013-04-23
Lorien Emmett		2018-05-18