

# Trustees' Annual Report for the period

From		Period start date			To		Period end date		
		Day	Month	Year			Day	Month	Year
		6	April	2020			5	April	2021

## Section A

## Reference and administration details

Charity name

GetYourLifeBack!

Other names charity is known by

GYLB

Registered charity number (if any)

1163888

Charity's principal address

26 Fore Street

Liskeard

Cornwall

Postcode

PL14 3JB

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jo Williams	Chief Trustee		
2	Tim Wright			
3	Carrie-Ann Milton			
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13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	By all trustees and co founders

### Additional governance issues (Optional information)

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

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

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## Section C Objectives and activities

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

Supporting women suffering severe symptoms of hormonal conditions and people suffering from emotional and mental distress.

People suffering ill health are supported through face to face sessions and via telephone and video call on our 15 week Mindfulness-based Learning programme.

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

**Additional details of objectives and activities (Optional information)**

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

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

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

We are working alongside social prescribers in Cornwall helping a wide variety of people from the whole of Cornwall.



## Section E

## Financial review

### Brief statement of the charity's policy on reserves

At present we do not have a policy on reserves, however, we are working on producing one.

### Details of any funds materially in deficit

None

### Further financial review details (Optional information)

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

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

Whilst we fundraise and accept donations our main source of funds come from funders particularly the National Lottery. This enables us to reach people suffering emotional and mental distress who would otherwise slip through the net as they do not qualify for help from CMHT or Outlook SW.

## Section F

## Other optional information

We secured funding to deliver our mindfulness-based learning and the hut in the field projects . Mindfulness-based learning teaches beneficiaries how to deal with adversity, and builds resilience, confidence and self worth. The hut in the field project was to help beneficiaries engage in nature through growing food, wood working projects and mindful movement.

Due to coronavirus lockdowns we could not run the hut in the field or engage volunteers therefore we used the funding ( as approved by the funder ) to contact people countywide via Zoom, FaceTime and phone who were experiencing mental health difficulties.

The charity went above and beyond to support beneficiaries not only by teaching the mindfulness-based learning course but also by being the only people they spoke to in the weeks during lockdown just being a listening ear. We helped them through bereavement, life threatening illness, mental illness, loneliness, feelings of suicide, by being a friendly voice, someone who cared and took time just for them. We helped people get through their darkest moments.

We rely on grant giving organisations and fundraising in supermarkets, which also gave us an opportunity to raise awareness of our charity and how we support beneficiaries, to sustain our great work. Due to lockdowns we have not been able to fundraise in supermarkets.

We work closely with Social Prescribers and have been inundated with beneficiaries and have a waiting list of people needing our services.

We get a lot of compliments from referrers and beneficiaries.

## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	Jo Williams	
<b>Full name(s)</b>	Josephine Williams	
<b>Position (eg Secretary, Chair, etc)</b>	Chief Trustee	
<b>Date</b>	25/01/22	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

# Receipts and Payments Accounts

Charity name Get Your Life Back!

Charity number (if any) 1163888

For the period from (start date) 060420

to (end date) 050421

## Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Balance Carried Forward					9,151
Postcode Lottery Trust		20,000		20,000	
Donations & All		10,000		10,000	
Sub total		30,000			
<b>A2 Asset and investment sales, etc</b>		0			
Total receipts	0	30,000	0	30,000	9,151
<b>A3 Payments</b>					
Facilitators Fees		19,417		10,266	9,151
Phone		200		200	
Travel		43		43	
Office Supplies		43		43	
Equipment + Repairs		390		390	
Insurance		61		61	
Sub total		20,154		11,003	9,151
<b>A4 Asset and investment purchases, etc</b>		0			
Total payments		20,154		11,003	9,151
Net of receipts/(payments)		0			
<b>A5 Transfers between funds</b>		0			
<b>A6 Cash funds last year end</b>					
Cash funds this year end					0

## Section B

## Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
<b>B1 Cash funds</b>	Postcode Trust balance		£,997	
	Awards 4 All		10,000	
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))		18,997	

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
<b>B2 Other monetary assets</b>				

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>				

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>				

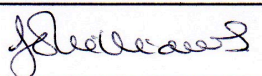
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>				

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

Signature

Print name

Date of approval



WILLIAMS.

17/8/21

## Get Your Life Back!

### Accounts Tax Year 2020/21 (06/04/20 – 05/04/21)

Balance Brought Forward	£9,150.99
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#### Money In

Postcode Local Trust	(05/06/20)	£20,000.00
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Awards For All Grant	(05/02/21)	£10,000.00
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Total money in	£30,000.00
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<b>Total Balance</b>	<b>£39,150.50</b>
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#### Payments Out

Facilitator Fees	£19,416.70
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Phone	£200
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Travel	£42.75
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Office supplies	£42.79
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Equipment and Repairs	£389.90
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Insurance	£61
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<b>Total money out</b>	<b>£20,153.14</b>
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Balance carried forward @ 05/04/21	<b>£18,997.85 CR</b>
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