



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 06/04/2022

Period start date To 05/04/2023

Period end date

Charity name:GETYOURLIFEBACK!

Charity registration number:1163888

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>To support the mental and emotional health of those experiencing anxiety, depression and suicidal tendencies</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>We help people in Cornwall through the darkest times in their lives by delivering our 15-week mindfulness based learning programme</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees confirm they have discussed and agree this programme has public benefit</b>

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>none</b>
Policy on social investment including program related investment	Para 1.38	<b>none</b>
Contribution made by volunteers	Para 1.38	<b>none</b>

Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>Clients tell us how our support in time of crisis when no other help seems available and literally saved their life. Many were contemplating suicide but our mindfulness based learning programme and helped clients develop a different way of viewing their situation and provides tools to help them cope and become more resilient. Clients have a wide range of backgrounds and referrals generally come from GP surgeries and other health professionals who have been in contact with a client who is struggling to cope but have a lengthy wait for NHS assistance, when the help is needed quickly and to prevent tragedy.</b></p> <p><b>Several clients have gone on to use their newfound skills to help others in their social sphere.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<b>Despite significant illness of the facilitator, the programme has still delivered to clients as programmed. Due to the success of telephone support most sessions continue on the telephone with a few being face-to-face sessions.</b>
Performance of fundraising activities against objectives set	Para 1.41	<b>This has been a difficult year for fundraising because of illness</b>

Investment performance against objectives	Para 1.41	<b>none</b>
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>The Charity continues to operate on a shoestring</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>No reserves help</b>
Amount of reserves held	Para 1.22	<b>zero</b>
Reasons for holding zero reserves	Para 1.22	<b>All income generated is spent on delivering the programme with minimal overheads</b>
Details of fund materially in deficit	Para 1.24	<b>none</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None in its current format provided fund providers are happy with the work being delivered</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>Funding organisations</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>n/a</b>
A description of the principal risks facing the charity	Para 1.46	<b>The charity has been hoping to grow - role profiles have been written for a number of valuable volunteer roles but the advent of Covid and lack of capacity and held this side of the development back.</b>
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Discussed between the trustees and manage</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<b>Charity Commission website</b>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<b>Social prescribers, word of mouth recommendations</b>
Relationship with any related parties	Para 1.51	<b>Referring agency</b> <b>Previous beneficiaries</b>
Other		

## Reference and Administrative details

Charity name	GetYourLifeBack!
Other name the charity uses	GYLB
Registered charity number	1163888
Charity's principal address	26, Fore Street Liskeard 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	Josephine Williams			
2	Carrie-Ann Milton			
3	Timothy Wright			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	NONE
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### 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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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Kerry Milton


Position (eg Secretary,  
Chair, etc)

Manager

Date

09/03/2024





CHARITY COMMISSION

FOR ENGLAND AND WALES

Charity Name

No (if any)

Receipts and payments accounts

For the period from

Period start date

To

Period end date

Section A Receipts and payments

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

		-	-
	<b>Total cash funds</b>	-	-
	(agree balances with receipts and payments account(s))	OK	Agreement Error
		<b>Unrestricted funds</b>	<b>Restricted funds</b>
	<b>Details</b>	to nearest £	to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>
<b>B5 Liabilities</b>			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	



-
-
OK
Endowment funds
to nearest £
-
-
-
-
-
-
Current value (optional)
-
-
-
-
-
Current value (optional)
-
-
-
-
-
-
-
-
-
When due (optional)
Date of approval