



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 06/04/2023

Period start date To 05/04/2024

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	To support the mental and emotional health of those experiencing anxiety, depression and suicidal tendencies
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	We help people in Cornwall through the darkest times in their lives by delivering our 15-week mindfulness based learning programme
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm they have discussed and agree this programme has public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	none
Policy on social investment including program related investment	Para 1.38	none
Contribution made by volunteers	Para 1.38	none
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>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.</p> <p>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.</p> <p>Several clients have gone on to use their newfound skills to help others in their social sphere.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The programme was delivered by the facilitator until the funding ran out this year
Performance of fundraising activities against objectives set	Para 1.41	This has been a difficult year for fundraising because of illness
Investment performance against objectives	Para 1.41	none
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity operates on a shoestring
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held
Amount of reserves held	Para 1.22	zero
Reasons for holding zero reserves	Para 1.22	All income generated is spent on delivering the programme with minimal overheads
Details of fund materially in deficit	Para 1.24	none
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	As the primary trustee, I am concerned that the illness of the Milton's will be the reason for the failure of this charity. Indeed unless Kerry is well the charity will not function. It is perilously close to failure now, but Kerry remains adamant she will recover and continue.

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	Funding organisations
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The continuing illness of the facilitator, Kerry Milton and her deputy Carrie-Ann Milton is the greatest risk to this charity. Illness this year means that no successful funding applications were made. Lack of successful funding applications
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	CIO
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	Discussed between the trustees and manager

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	Charity Commission website
The charity's organisational structure and any wider network with which the charity works	Para 1.51	NHS
Relationship with any related parties	Para 1.51	Referring agency
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)

	
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Full name(s)

Josephine Williams	
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Position (eg Secretary,
Chair, etc)

Trustee	
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Date

12/05/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name GET YOUR LIFE BACK	No (if any)
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Receipts and payments accounts

For the period from	Period start date 06-Apr-23	To	Period end date 05-Apr-24
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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 £
A1 Receipts				
AWARDS FOR ALL		10,000	-	10,000
	-	-	-	-
BALANCE CARRIED FORWARD	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	-	10,000	-	10,000
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	10,000	-	10,000
A3 Payments				
FACILITATORS FEES		9,000	-	9,000
OFFICE SUPPLIES		818	-	818
TRAVEL		140	-	140
PHONE		42	-	42
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	10,000	-	10,000
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	10,000	-	10,000
Net of receipts/(payments)	-	-	-	-
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	9	-	9
Cash funds this year end	-	6	-	6

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	BALANCE CARRIED FORWARD		6
		-	-
		-	-
	Total cash funds	-	6
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Details		
	N/A	-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
	N/A		-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
	N/A		-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
	N/A		-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name
	<i>J Williams</i>	Josephine Williams

CC16a

**Last year
to the nearest £**

-
-
9
-
-
-
-
-
9

-
-
-

9

-
-
-
3
-
-
-
-
-
3

-
-
-

3

-
-
-



**Endowment
funds
to nearest £**

-
-

OK

**Endowment
funds
to nearest £**

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of approval

12/05/2025