

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	April	2020		31	03

Section A Reference and administration details

Charity name	Psychology Sussex Community Services		
Other names charity is known by			
Registered charity number (if any)	1167476		
Charity's principal address	6 The Drive, Hove, East Sussex		
Postcode	BN3 3JA		

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	Dominic Pearson	Trustee	Whole year	Dominic Pearson
2	Kathryn Linfield	Trustee	Whole year	
3	Tobias Bremer	Trustee	Whole year	
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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 of a Charitable Incorporated Organisation whose only voting members are its charity trustees. Dated 30 th May 2016 onwards
How the charity is constituted (eg. trust, association, company)	'Foundation' model constitution
Trustee selection methods (eg. appointed by, elected by)	Appointed by Dominic Pearson

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

The objects of the CIO are: The relief of sickness and preservation of good health by the provision of free psychological services for those with needs not met by statutory or third sector services or for those who are prohibited from accessing psychological therapy due to low income.

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)

The activities of the charity were markedly restricted by the covid-19 pandemic. For health and safety reasons, all group work was postponed until such a time as it was deemed safe enough to run again.

The assessment process for our trauma stabilisation was in its final stages when the first lockdown was announced, at which point the group was postponed until further notice

Nevertheless, plans were put in place to raise further funds whilst groupwork was not possible.

The trustees nevertheless maintained ongoing discussion concerning alternative means of providing much needed mental health services during the pandemic

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.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Despite the vast majority of clinical work being postponed (due to the restrictions around the pandemic), substantial fundraising activity took place.

Psychology Sussex Ltd., which supports the charity, diverted a lot of its resources during this time – both from redirected income to the charity (it would otherwise have received directly) and in the form of an unrestricted donation of capital to the charity.

The trustees are maintaining discussion and gathering feedback from professionals and service users around how to provide help as soon as it is safe to do so, in light of the covid pandemic.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity does not yet have a policy for reserves.

The trustees confirm that this will be reviewed if the charity's work expands.

Details of any funds materially in deficit

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.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Dominic Pearson

Position (eg Secretary, Chair, etc)

Chair

Date

27/01/2021

Psychology Sussex Charitable Incorporated
Charity Number: 1167476

	Amount	Unrestricted Funds £
INCOME AND EXPENDITURE 1st April 2020 - 31st March 2021		
INCOMING RESOURCES		
Unrestricted Donations		£12,945.00
Sub Total	-	£12,945.00
TOTAL INCOMING RESOURCES	£12,945.00	
RESOURCES EXPENDED		
Psychologist to run trauma group (DGM)	54	
Psychologist to run trauma group (NB)	326.25	
Howden (CIO Liability insurance)	190.50	
Sub Total	570.75	
Reserve	£12,374.25	

Organisation CIO

Restricted Funds £	Total £
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£0.00

£0.00