



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From: 09/05/2024 Period start date

To: 08/05/2025 Period end date

Charity name: Maybe Southwest

Charity registration number: 1172904

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The preservation and promotion of good mental health and wellbeing through the provision of psychotherapy services to members of the public. In particular, to children and adults facing unmet mental health needs that fall outside of, or are not able to be met within, the scope of statutory services and who lack the financial resources to access private services.
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	The provision of 1:1 Psychotherapy and art therapy to children and adults. The provision of other wellbeing group activities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees are aware that Maybe Southwest has been established for public benefit and all provisions offered by Maybe Southwest are offered free of charge to recipients. Any funds received directly from recipients are by donation and do not affect the support they receive.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on social investment including program related investment	Para 1.38	Our policy on social investment is to offer activities aimed at improving the wellbeing of individuals in Bristol and the surrounding area. By improving the mental health of individuals, both young and old, allows for their greater involvement in education and/or employment, improves relationships, increases positive social behaviours, reduces harmful behaviours and encourages cohesion within society.
Contribution made by volunteers	Para 1.38	Volunteers supporting Maybe Southwest hold a variety of roles which support the purpose and aims of the charity. These roles include, Trustee positions, therapeutic provision, fundraising, and service-user involvement in future planning and feedback.

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>Maybe Southwest has now been operating in Bristol for over six years and has been able to offer support to over 500 recipients during that time. Over the last 12 months the charity has offered over 350 1:1 therapeutic sessions; run two children's therapeutic art groups, with the assistance of 13 qualified therapists and 5 Student Therapists on voluntary training placements.</p> <p>Adults, young people and children, from a range of socio-economic backgrounds, including those who are homeless have received support. Mental health issues addressed include complex trauma, child abuse, domestic violence, anxiety, eating disorders, depression, personality disorders and dissociative disorders.</p> <p>Recipients have expressed their gratitude, and feedback has shown that recipients have felt their experience of Maybe Southwest to be caring, supportive and resulting in a positive effect on their overall wellbeing.</p> <p>Maybe Southwest has therapists working from it's own premises, and also from various locations in Bristol to improve accessibility to service users in greatest need; this includes offering therapy sessions at 1625ip working with young people who are homeless in central Bristol, at Eden House for female offenders and at Greenway in North Bristol working with adults with complex health needs.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Whilst Maybe Southwest is proving to offer a high quality of mental health support to those who can access the service, and therefore is meeting it's overall objectives, the level of demand for the service is well beyond the charity's capacity. The charity has needed to restrict the number of referrals taken to reduce waiting times for support after assessment.</p> <p>Maybe Southwest is able to offer a number of voluntary training placements to mature students on appropriate courses with a range of establishments including USW, UWE, Iron Mill and BCPC. Students bring a wealth of knowledge and energy to the charity and its recipients and, in return, Maybe Southwest is supporting the development and training of future therapists.</p> <p>Maybe Southwest has pursued routes to increase it's provision to ex-offenders to promote rehabilitation and reduce re-offending. We are</p>
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		<p>now receiving referrals from Interventions Alliance who are able to promote our service to this client group, alongside the work we are doing at Eden House.</p> <p>Maybe Southwest has recruited a volunteer with experience in building and maintaining websites to update our existing site and a Trustee/Treasurer who is a qualified accountant.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Maybe Southwest has continued its charitable relationship with the Coffee#1 chain, with stores fundraising in return for wellbeing guidance and support for the company. We are grateful for their support.</p> <p>Maybe Southwest is grateful to have received funding through David Riddell CIO, The Hilden Charitable Fund, The Souter Charitable Trust and Waitrose. Our service users have also voluntarily donated to Maybe Southwest covering nearly half of the expenditure of the support we have offered to them.</p> <p>Grant fundraising has been difficult in the area of core costs and with that in mind Maybe Southwest is looking altering the way it offers services to improve resilience and reduce its reliance on grant funding.</p> <p>Maybe Southwest continues to fundraise through events such as raffles, art exhibitions, stalls and general donations.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>At the end of this financial year MAYBE has £26,976 funds remaining, approximately £7,200 of which has been allocated to recipients in the Bristol area to complete their therapeutic support.</p> <p>Further recipients are waiting for allocation amounting to the predicted sum for the coming year of a further £14,500 if the necessary funding can be achieved. However, allocation to recipients will not be made until funding is confirmed.</p> <p>Voluntary work by Therapists equates to approximately 16 sessions per week. Voluntary work towards the running of Maybe Southwest by the Director and other volunteers equates to approximately 1.25 person F/T.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Maybe Southwest will retain reserves to ensure continuity of care for clients already receiving therapy who may require longer treatment than expected. This also ensures that should the charity's future become uncertain, sufficient sums</p>

		remain to allow for appropriate ending sessions for clients to be completed.
Amount of reserves held	Para 1.22	£3000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p>Maybe Southwest is wanting to expand in Bristol and the surrounding area, to continue to support the need for services in the area. However, due to lack of resilient funding sources growth is not sustainable and in order to prevent closure of the charity a new way of delivering services is required, at least for the short term.</p> <p>As such, the Trustees have decided to move the majority of sessions provided to locations within other organisations such as 1625ip, Eden House and the Greenway Centre, to reduce any costs on accommodation and also to reduce the administrative load until resilient core funding can be found.</p> <p>Whilst this will reduce the capacity of the charity to deliver sessions it will allow Maybe to concentrate resources on the most vulnerable and meet that need at locations that are accessible to those recipients.</p> <p>Further expansion will then only be considered if sustainable funding can be sourced.</p>

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Foundation model constitution
How is the charity constituted?	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	<p>Charity Trustees roles are advertised and suitable applicants interviewed by the Director and Trustees, in line with the charity's policy on equal opportunities and diversity. Trustees vote on new Trustees joining the charity.</p> <p>All trustees to be enhanced DBS checked, to sign the Trustee Eligibility Declaration, the Charity Trustee Briefing and the Declaration for Fit and Proper Persons.</p> <p>Any conflicts of interest are to be declared.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Relationship with any related parties	Para 1.51	<p>Maybe Southwest has ongoing working relationships with and takes referrals from:</p> <ul style="list-style-type: none"> • 1625ip, Bristol • Eden House for women offenders • Greenway Centre SDT • Homeless Health centre, Bristol • Local GP surgeries • Local schools and further education establishments • Other local charities in the Bristol area • CAMHS <p>Maybe Southwest has ongoing working relationships with various training institutions, allowing the charity to offer voluntary student placements to students studying at:</p> <ul style="list-style-type: none"> • University of the West of England • Metanoia University • Iron Mill College • Bath Centre for Psychotherapy and Counselling <p>Maybe Southwest are grateful to the Cranfield Trust for providing free training on governance and recruitment to the charity.</p> <p>Maybe Southwest are grateful to Coffee#1 for their continued fundraising for the charity.</p>
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Reference and Administrative details

Charity name	Maybe Southwest
Other name the charity uses	Maybe
Registered charity number	1172904
Charity's principal address	Inwoods, Abbots Leigh Road, Bristol BS8 3QA

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	Robert Beever			
2	Manoj Das	Treasurer		
3	Helen Draper			
4	Marie-Claire Fitzpatrick	Deputy Chair		
5	Stuart Scorgie	Chair		
6				

7				
8				

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

Director name	Dr Sarah Anne Pitt	

Name of trustees holding title to property belonging to the charity – N/A

Funds held as custodian trustees on behalf of others – N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Management	Sir Michael Pitt	Malmesbury SN16 0JJ
Recruitment	Patricia Blackwell	Cranfield Trust

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

N/A

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)	Dr Sarah Anne Pitt	
Position (eg Secretary, Chair, etc)	Director	

Date

28/11/25



Maybe Southwest			Charity No (if any)	1172904	
Annual accounts for the period					
Period start date	09/05/2024	To	Period end date	08/05/2025	

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	34,962	9,500	-	44,462	24,320
Charitable activities	S02	650	-	-	650	550
Other trading activities	S03	1,165	-	-	1,165	352
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	36,777	9,500	-	46,277	25,222
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	258	-	-	258	-
Charitable activities	S09	13,538	17,665	-	31,203	32,977
Separate material item of expense	S10	120	-	-	120	-
Other	S11	702	-	-	702	818
Total	S12	14,618	17,665	-	32,283	33,795
Net income/(expenditure) before investment gains/(losses)						
Net gains/(losses) on investments	S13	22,159	-	8,165	13,994	-
	S14	-	-	-	-	-
Net income/(expenditure) Extraordinary items	S15	22,159	-	8,165	13,994	-
	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	22,159	-	8,165	13,994	-
Reconciliation of funds:						
Total funds brought forward	S21	512	12,470	-	12,982	21,555
Total funds carried forward	S22	22,671	4,305	-	26,976	12,982



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

On accounts for the year
ended

Charity no
(if any)

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

Name:

Relevant professional
qualification(s) or body

(if any):

Address:

Section B	Disclosure
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Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.