

NO PANIC SUTTON AND MERTON

England & Wales · Charity number 1175831

Details

Status Registered

Legal form CIO

Registered 2017-11-21

Register [View on the Charity Commission register](#)

Contact

Address 55 Langley Avenue
Worcester Park
Surrey
KT4 8PB

Phone 07562 520954

Email karen@nopanicsuttonandmerton.org.uk

Website www.nopanicsuttonandmerton.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:THE PRESERVATION AND PROTECTION OF GOOD HEALTH AND THE RELIEF OF SICKNESS FOR THE BENEFIT OF THOSE WITHIN THE LONDON BOROUGHES OF SUTTON AND MERTON EXPERIENCING ANXIETY, PANIC ATTACKS AND PHOBIAS BY:A) PROVIDING A SELF HELP GROUP;B) PROVIDING SUPPORT THROUGH REGULAR MEETINGS;C) ASSISTING MEMBERS IN DEVELOPING PERSONAL COPING STRATEGIES;D) RAISING AWARENESS OF THE NEEDS OF PEOPLE SUFFERING FROM ANXIETY, PANICATTACKS AND PHOBIAS;E) OFFERING PERSONAL DEVELOPMENT AND TRAINING TO MEMBERS;F) PROVIDING INFORMATION ON A RANGE OF RELEVANT ISSUES;G) PROVIDING A LENDING SERVICE OF LITERATURE AND RELATED MATERIALS AND INFORMATION ON A RANGE OF ISSUES.

Activities: No Panic (Sutton & Merton) is a self-help group that provides support to people suffering from anxiety, panic attacks and phobias. We hold weekly meetings. The group exists to offer people support by allowing them to talk to fellow sufferers and helping them to live more positively.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£16,222	£18,428	-	-
2024-03-31	£16,222	£15,329	-	-
2023-03-31	£15,558	£12,623	-	-
2022-03-31	£15,512	£11,718	-	-
2021-03-31	£11,430	£10,080	-	-

Trustees

Name	Role	Appointed
CAROL JANE JACQUES	Chair	2017-11-21
Annamaria Sharpe		2024-01-09
BARBARA MCINTOSH		2020-09-09
Clare Taylor		2023-11-28
MICHELLE JOAN ROBERTS		2020-11-30

NO PANIC SUTTON AND MERTON

England & Wales - Charity number 1175831

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From: Period start date: 01.04.2024
Period end date: 31.03.2025

Charity name: No Panic (Sutton & Merton)

Charity registration number: 1175831

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The Objects of the Charity are: The preservation & protection of good health and the relief of sickness for the benefit of those within the London Boroughs of Sutton & Merton experiencing anxiety, panic attacks and phobias. • Providing a self-help group. • Providing support through regular meetings. • Assisting members in developing personal coping strategies. • Raising awareness of the needs of people suffering from anxiety, panic attacks & phobias. • Offering personal development & training to members. • Providing information on a range of relevant issues. • Providing a lending service of literature & related materials and information on a range of issues.
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	Group meetings take place every Wednesday afternoon. These meetings are attended by our two development workers who initiate discussions & facilitate the running of the meetings, ensuring that all those attending have the opportunity of discussing any problems they may have been having relating particularly to anxiety, panic attacks, etc. Training professionals have attended these sessions throughout the year. Further details are provided under 'summary of main achievements of the charity during the year' below.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In carrying out their duties, the Trustees have had regard to the guidance issued by the Charity Commission on public benefit.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment	Para 1.38	Not applicable
Contribution made by volunteers	Para 1.38	Not applicable
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	During the course of the year, the Wednesday group has met weekly at Granfers Hall, Sutton. Attendance has been excellent; on average 10 people attend each week. Our development worker Cheryl Wilson also hosts a brunch club once a month at the Sound Lounge in Sutton which has proved popular. Cheryl has also been meeting referral's one to one in the community that are unable to attend initial group meeting due to anxiety in hope that they attend group sessions in near future. We also had two sessions from Talking therapies.

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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	Not applicable
Investment performance against objectives	Para 1.41	Not applicable
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to maintain unrestricted reserves at a level equivalent to 12 months specifically covering essential staff salaries. Our Charity provides Mental Health Support Services for vulnerable individuals where abrupt cessation due to a funding crisis would cause significant harm to our beneficiaries. The reserves ensure the continuity of our core team & services for a full year, providing a responsible timeframe to manage any major financial setback or restructure operations in and orderly manner.
Amount of reserves held	Para 1.22	£17,000
Reasons for holding zero reserves	Para 1.22	
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	The Trustees have prepared the financial statements on a going concern basis.

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	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
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	Appointment by existing Trustees: The current board of Trustees appoints new members to fill vacancies, after identifying specific skills & experience required.

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	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	No Panic (Sutton & Merton)
Other name the charity uses	
Registered charity number	1175831
Charity's principal address	7, Rectory Road, Sutton, SM1 1QW

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	Carol Jacques	Chair		Trustee Board
2	Annamaria Sharpe	Treasurer		Trustee Board
3	Barbara McIntosh			Trustee Board
4	Michelle Roberts			Trustee Board
5	Clare Taylor			Trustee Board
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20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
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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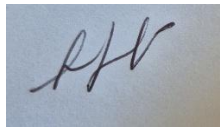
Other optional information

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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)	Annamaria Sharpe	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	11.11.2025	

Charity Name No Panlo (Sutton & Merton)		No (if any) 1175831	CC16a
Receipts and payments accounts			
For the period from	Period start date 1/4/24	To	Period end date 1/3/25

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 £
A1 Receipts					
SWL & St Georges Health Trust	16,222	0	0	16,222	16,501
Client Subscriptions	0	0	0	0	114
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total(Gross income for AR)	16,222	0	0	16,222	16,615
A2 Asset and investment sales, (see table).					
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	16,222	0	0	16,222	16,615

A3 Payments

Room Hire	1,090	0	0	1,090	1,325
Insurance Charges	201	0	0	201	193
Training / Training Activities	0	0	0	0	998
Stationery /Books / Postage	0	0	0	0	129
Salary / Admin Costs	14,932	0	0	14,932	11,744
Miscellaneous	1,279	0	0	1,279	940
Group Activities	926	0	0	926	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	18,428	0	0	18,428	15,329

A4 Asset and investment purchases, (see table)

	0	0	0	0	
	0	0	0	0	
Sub total	0	0	0	0	0
Total payments	18,428	0	0	18,428	15,329

Net of receipts/(payments)

	-2,206	0	0	-2,206	1,286
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	28,585	0	0	28,585	29,505
Cash funds this year end	26,379	0	0	26,379	30,791

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

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds			
Bank Account	28,585	0	0
Petty Cash	0	0	0
	0	0	0
Total cash funds	28,585	0	0

(agree balances with receipts and payments account(s))

Agreement Error

OK

OK

Unrestricted funds

Restricted funds

Endowment funds

to nearest £

to nearest £

to nearest £

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	
		0	
		0	
		0	
		0	

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

Signature

Print Name

Date of approval

Carol Jacques

CAROL JACQUES

11/11/2025

Michelle Roberts

Michelle Roberts

11.11.25

NO PANIC SUTTON AND MERTON

England & Wales - Charity number 1175831

Accounts

Trustees' Annual Report for the period

From Period start date April 2023 To 31 March 2024 Period end date

Section A Reference and administration details

Charity name No Panic (Sutton & Merton)

Other names charity is known by

Registered charity number (if any) 1175831

Charity's principal address 7 Rectory Road

Sutton

Postcode

SM1 1QW

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	Carol Jacques	Chair		Trustee Board
2	Robin Bevan	Treasurer		Trustee Board
3	Anthony Dyson			Trustee Board
4	Barbara McIntosh			Trustee Board
5	Michelle Roberts			Trustee Board
6	Clare Taylor			Trustee Board
7	Anna Sharpe			Trustee Board
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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		
	Not Applicable			

Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address
Not Applicable		
Name of chief executive or names of senior staff members (Optional information)		
Not Applicable		

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)	Charitable Incorporated Organisation
Trustee selection methods (eg appointed by elected by)	Voted in by current trustees
Additional governance issues (Optional information)	
You may choose to include additional information, where	Not Applicable

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 charity are: The preservation and protection of good health and the relief of sickness for the benefit of those within the London Boroughs of Sutton & Merton experiencing anxiety, panic attacks and phobias by: • Providing a self-help group; • Providing support through regular meetings; • Assisting members in developing personal coping strategies; • Raising awareness of the needs of people suffering from anxiety, panic attacks and phobias; • Offering personal development and training to members; • Providing information on a range of relevant issues; • Providing a lending service of literature and related materials and information on a range of issues.
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)	Group meetings now take place every Wednesday afternoon. These meetings are attended by our two Development Workers who initiate discussions and facilitate the running of the meetings, ensuring that all those attending have the opportunity of discussing any problems they may have been having relating particularly to anxiety, panic attacks etc.

	Training professionals have attended these sessions throughout the year. Further details are provided under 'summary of main achievements of the charity during the year' below. In carrying out their duties, the 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.	Not applicable

Section D: Achievements and performance

Summary of the achievements of the charity during the year	During the course of the year, the Wednesday afternoon group has met fortnightly at Granfers Hall, Sutton Unfortunately, ill-health has meant that one of our Development Workers, Lawrence Ashenden, was unable to continue in his duties. A new Development Worker, Cheryl Wilson, has been appointed. Cheryl has extensive experience in the field of mental health. Referrals to the group have come from a variety of sources, and self-referrals are also received. As previously, enquiries from potential new group members were dealt with as and when received and advice was provided wherever possible. It is hoped to further publicise the group through leaflets, posters, our web-site, and through various events relating to well-being that No Panic [Sutton & Merton] are able to attend. Publicity and networking opportunities continued to be explored. Yoga sessions and talks by health professionals took place throughout the year.
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Section E: Financial review

Brief statement of the charity's policy on reserves	Not applicable
Details of any funds materially in deficit	Not applicable
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.	Not applicable

Section F Other optional information

Not applicable

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Carol Jane Jacques</i>
Full name(s)	CAROL JANE JACQUES
Position (eg Secretary, Chair, etc)	CHAIR
Date	29/10/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

No Panic [Sutton & Merton]

For the period
from

01-Apr-23

To

31-Mar-24

CC16a

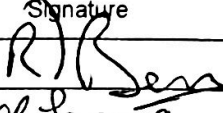
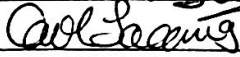
Section A Receipts and payments

	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 £
A1 Receipts					
Client Subscriptions	114	-	-	114	558
Donations	-	-	-	-	-
SWL & St George's Health Trust	16,501	-	-	16,501	15,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	16,615	-	-	16,615	15,558
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	16,615	-	-	16,615	15,558
A3 Payments					
Room Hire	1,325	-	-	1,325	1,218
Supervision	-	-	-	-	-
Insurance / Charges	193	-	-	193	193
Training / Training Activities	998	-	-	998	130
Telephone	-	-	-	-	-
Stationery / Books / Postage	129	-	-	129	612
Salary / Admin Costs	11,744	-	-	11,744	9,603
Miscellaneous	940	-	-	940	154
Group Activities	-	-	-	-	714
Sub total	15,329	-	-	15,329	12,624
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,329	-	-	15,329	12,624
Net of receipts/(payments)	1,286	-	-	1,286	2,934
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	29,505	-	-	-	26,570
Cash funds this year end	30,791	-	-	-	29,505

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	30,791	-	-
	Petty Cash	-	-	-
		-	-	-
	Total cash funds	30,791	-	-
(agree balances with receipts and payments account(s))				
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	ROBIN JAMES BEVAN	29/10/24
	CAROL JANE JACQUES	29/10/24

NO PANIC SUTTON AND MERTON

England & Wales - Charity number 1175831

Accounts

Trustees' Annual Report for the period

Period start date

Period end date

From

To

Section A Reference and administration details

Charity name

No Panic (Sutton & Merton)

Other names charity is known by

Registered charity number (if any) 1175831

Charity's principal address

7 Rectory Road

Sutton

Postcode

SM1 1QW

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	Carol Jacques	Chair		Trustee Board
2	Robin Bevan	Treasurer		Trustee Board
3	Anthony Dyson			Trustee Board
4	Barbara McIntosh			Trustee Board
5	Michelle Roberts			Trustee Board
6	Stephen Ashenden			Trustee Board
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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
Not Applicable	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Not Applicable		

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

Not Applicable

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)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Voted in by current trustees

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.

Not Applicable

Section C Objectives and activities

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

The objects of the charity are:

The preservation and protection of good health and the relief of sickness for the benefit of those within the London Boroughs of Sutton & Merton experiencing anxiety, panic attacks and phobias by:

- Providing a self-help group;
- Providing support through regular meetings;
- Assisting members in developing personal coping strategies;
- Raising awareness of the needs of people suffering from anxiety, panic attacks and phobias;

- e) Offering personal development and training to members;
- f) Providing information on a range of relevant issues;
- g) Providing a lending service of literature and related materials and information on a range of issues.

Regular meetings of members take place every week on Wednesday afternoons. Such meetings are led by a Development Worker. The emphasis is on sharing experiences and solutions to difficulties encountered in relation to phobias, anxiety and related problems.

Training professionals have attended these sessions throughout the year to provide guidance in a variety of different techniques for coping with stress and anxiety. Further details are provided under 'summary of main achievements of the charity during the year' below.

In carrying out their duties, the Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

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)

Not applicable

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

Section D Achievements and performance

Summary of the main achievements of the charity during the year

The Wednesday afternoon group met fortnightly at Granfers Hall, Sutton from April until December 2022. Owing to dwindling attendances at the Thursday evening group, it was decided to hold the group meetings at Granfers Hall only, but to increase the frequency to every week, our two Development Officers running the sessions on alternate weeks.

As previously, enquiries from potential new group members were dealt with as and when received and advice was provided wherever possible.

Networking opportunities continued to be explored, with a view to further publicising the existence and purpose of the charity.

Talks and regular yoga sessions are being planned for the coming year.

It is hoped to recruit more Trustees.

Section E Financial review

Section D Achievements and performance

Brief statement of the charity's policy on reserves

Not applicable

Details of any funds materially in deficit

Not applicable

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.

Not applicable

Section F Other optional information

Not applicable

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

Carol Jacques

Rubin James Bevan

Full name(s)

CAROL JANE JACQUES

RUBIN JAMES BEVAN

Position (eg Secretary, Chair, etc)

CHAIR

• TREASURER

Date

28/11/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Receipts and payments accounts

CC16a

For the period
from

01-Apr-22

To

31-Mar-23

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 £
A1 Receipts					
Client Subscriptions	558	-	-	558	502
Donations	-	-	-	-	10
SWL & STG Mental Health Trust	15,000	-	-	15,000	15,000
From Charity No. 1120445	-	-	-	-	-
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,558	-	-	15,558	15,512
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,558	-	-	15,558	15,512
A3 Payments					
Room Hire	1,218	-	-	1,218	1,051
Supervision	-	-	-	-	-
Insurance / Charges	193	-	-	193	188
Training / Training Activities	130	-	-	130	204
Telephone	-	-	-	-	60
Stationery / Books / Postage	612	-	-	612	-
Salary / Admin Costs	9,603	-	-	9,603	9,596
Miscellaneous Only	154	-	-	154	618
Group Activities	714	-	-	714	-
Sub total	12,623	-	-	12,623	11,717
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,623	-	-	-	11,717
Net of receipts/(payments)	2,935	-	-	-	3,794
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	26,570	-	-	-	22,776
Cash funds this year end	29,505	-	-	-	26,570

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	28,673	-	-
	Petty Cash	832	-	-
		-	-	-
		-	-	-
	Total cash funds	29,505	-	-

(agree balances with receipts and payments account(s))

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

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

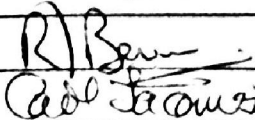
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature

Print Name

Date of approval


Robin James Revan

RUBIN JAMES REVAN
CAROL JANE JACQUES

28/11/23
28/11/23

NO PANIC SUTTON AND MERTON

England & Wales - Charity number 1175831

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2020		31	March	2021

Section A Reference and administration details

Charity name No Panic (Sutton & Merton)

Other names charity is known by

Registered charity number (if any) 1175831

Charity's principal address 7 Rectory Road
Sutton
Surrey

Postcode SM1 1QW

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	Carol Jacques	Chair		Trustee Board
2	Robin Bevan	Treasurer		Trustee Board
3	Anthony Dyson			Trustee Board
5	Barbara McIntosh		From 9/9/20	Trustee Board
6	Michelle Roberts		From 25/11/20	Trustee Board

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

Name	Dates acted if not for whole year
Not Applicable	

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	Charitable Incorporated Organisation

constituted
(eg. trust, association,
company)

Trustee selection methods
(eg. appointed by, elected by)

Voted in by current trustees

Additional governance issues

- ☐ Policies and procedures adopted for the induction and training of Trustees.

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 preservation and protection of good health and the relief of sickness for the benefit of those within the London Boroughs of Sutton and Merton experiencing anxiety, panic attacks and phobias by:

- a) Providing a self help group;
- b) Providing support through regular meetings;
- c) Assisting members in developing personal coping strategies;
- d) Raising awareness of the needs of people suffering from anxiety, panic attacks and phobias;
- e) Offering personal development and training to members;
- f) Providing information on a range of relevant issues;
- g) Providing a lending service of literature and related materials and information on a range of issues.

Section C	Objectives and activities
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)	Regular meetings of members would normally take place every week (on Wednesday afternoons and Thursday evenings on alternate weeks. Such meetings would be led by a Development Worker. The emphasis is on sharing experiences and solutions to difficulties encountered in relation to phobias, anxiety and related problems. Training professionals normally attend these sessions throughout the year in order to provide guidance in a variety of relevant techniques for coping with stress and anxiety. Further details, including the restrictions imposed by the coronavirus pandemic on normal activities, are provided under `summary of main achievements of the charity during the year' below. In carrying out their duties the Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Section C	Objectives and activities
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Section D	Achievements and performance
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Section C

Objectives and activities

Summary of the main achievements of the charity during the year

The activities of No Panic (Sutton & Merton) were severely restricted due to the coronavirus pandemic and the restrictions that this imposed.

With the exception of one occasion in March 2020, the groups were unable to meet at their customary venues as these were closed by the venue providers in accordance with government requirements and advice. In preparation for their eventual re-opening, formal risk assessments were compiled by the Development Workers and submitted as required.

However, contact with regular group attendees was maintained by frequent telephone calls. Additionally, meetings were held at local cafes where these were open to the public.

Enquiries from potential new group members were dealt with as and when received and advice was provided wherever possible. It is hoped to make further contact with those who had expressed an interest in attending the groups as and when we are able to resume regular meetings.