



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.