

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
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

R. Bann
Carol Jane Jacques

RUBIN JAMES REYAN
CAROL JANE JACQUES

28/11/23
28/11/23