

Trustees' Annual Report for the period

From Period start date To 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
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 charity)	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.	
---	--

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.
--	---

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

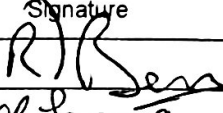
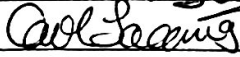
Section A Receipts and payments

	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))		OK	OK	OK
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