



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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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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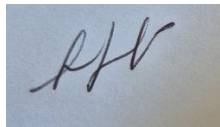
Other optional information

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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