

# PLATFORM 1

England & Wales · Charity number 1177710

## Details

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<b>Other names</b>	BIKE STATION, MEN'S SHEDS PLATFORM 1, PLATFORM 1 : BUILDING SELF ESTEEM
<b>Status</b>	Registered
<b>Legal form</b>	CIO
<b>Registered</b>	2018-03-26
<b>Register</b>	<a href="#">View on the Charity Commission register</a>

## Contact

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<b>Address</b>	Platform 1 Mental Health Charity First Floor 7 Railway Street St George's Square Huddersfield HD1 1LA
<b>Phone</b>	01484421143
<b>Email</b>	<a href="mailto:office@platform-1.co.uk">office@platform-1.co.uk</a>
<b>Website</b>	<a href="http://platform-1.co.uk">platform-1.co.uk</a>

## Activities

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**Objects:** TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE, PARTICULARLY BUT NOT EXCLUSIVELY MEN AGED 18 OR OVER, WITHIN THE KIRKLEES AND SURROUNDING AREA, FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY ISOLATED OR EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH THE PROVISION OF FACILITIES IN WHICH THEY CAN MEET TO UNDERTAKE CREATIVE, PHYSICAL OR RECREATIONAL ACTIVITIES, LEARN OR PASS ON SKILLS AND KNOWLEDGE, AND SUPPORT EACH OTHER SOCIALLY.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS); OR CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

**Activities:** Platform 1 is a mental health charity based in the heart of Huddersfield, offering support throughout the county. We work with people with complex needs, of all ages and from all backgrounds and experiences. We encourage recovery through counselling and supportive activities, allowing reconnection at individuals own pace and within a safe, non-judgmental environment.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

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- Barnsley
- Bradford City
- Calderdale
- Kirklees
- Leeds City

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	£72,000	£86,000	-	-
2023-03-31	£160,823	£160,883	-	-
2022-03-31	£142,872	£154,168	-	-
2021-03-31	£139,432	£129,704	-	-
2020-03-31	£76,168	£72,387	-	-

## Trustees

Name	Role	Appointed
Depuk Singh		2018-04-30
Inderpaul Birk		2024-01-19
John Ziegler-Jones		2024-01-19

**PLATFORM 1**

England & Wales - Charity number 1177710

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# Accounts

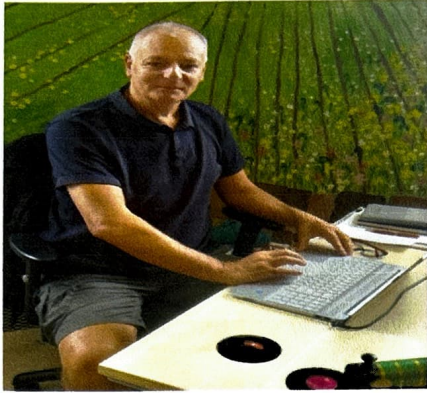
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# PLATFORM 1

CHANGING LIVES, SAVING LIVES

## Trustees Report 2023-2024



### **A word from our C.E.O – Gez Walsh**

Platform 1 is now six years old. It's transformation in that time has been nothing short of remarkable. What started, back in 2018, as a men's drop-in service for a cuppa and a chat, has ended up being a qualified counselling and crisis service working with the whole community.

Our ability to change to meet the needs of our community has always been our strength. We have a dedicated staff team along with a supportive board. We can meet all challenges head on and it's fair to say there have been quite a few of them. Lack of

financial support, the decimation of statutory services, and the over whelming need for mental health help are all major factors in our constant need to adapt and support.

Our service does not just deal with the symptoms of a person's problems. We deal with the whole person and their environment. For too long people have been treated in isolation, just dealing with one issue at a time. Life is never so simple as there are usually many factors in our lives that impact upon us concurrently. We now have thirty counsellors many specialising in various issues so we can offer a comprehensive service to the whole community. Our service is B.A.C.P and level 1 Quality 4 Health and Well-being accredited.

We work with families and in schools. working with the teaching staff as well as the students. We have class-based lessons which are targeted for each age group along with one-to-one counselling sessions and group support sessions. We have evidence (from the school) that the work we are doing has increased both well-being and attendance. We have also supported the teaching staff as they are often the first in line for students to approach which can be both challenging and emotional for teachers to deal with. We are now looking to expand the schools service with a qualified dedicated team, delivering a high-quality service to the whole school.

As we move forward, we are looking at ways to redevelop our old site and ways to move out into the community to become a true community service. We have already introduced a community funding team who are organising events in different areas to raise both awareness and funding. These events have been very successful, so we are looking to expand them. I'm sure that there will be many more challenges for us to face as a charity, funding being the main one, but whatever the challenge we are as always ready to assess, discuss and deal with it.

**GEZ WALSH.**

## **Objectives and Activities**

Platform 1 is a 'hands on' mental health charity based in the heart of Huddersfield, offering support to the community and throughout the county. Our service is run by qualified mental health professionals and counsellors.

We work with people who have complex needs and are from all backgrounds and experiences. Our services help a variety of mental health needs from anxiety, stress and isolation to severe depression, psychosis, trauma, bereavement and long-term addictions. We specialise in working with those who may be experiencing suicidal thoughts, those who have attempted suicide and the families of those who have lost a loved one through suicide.

We also offer a crisis service where people can get support and practical help for issues which they find difficult to deal with. This is a useful means of helping people who may need further help but cannot attain any meaningful counselling involvement until their practical issues such as housing or benefits are initially solved.

We now only receive referrals from doctors. This is to reduce the strain on GP'S who are struggling to find the right help for their clients.

Our work in schools has developed to the point that we are working with all age ranges from the little ones right up to six form. This is an early intervention project which is highlighting abuse and identity issues. We use our 'Listening Dog' for the little ones to gain trust and information. We also offer counselling for older students and for teachers, dealing with student issues such as sexuality, identity and abuse.

Our ethos is to treat the person not the diagnosis, to give time and support when it is most needed and for as long as it is needed.



**Bridget Fahy Head of Crisis And  
Counselling**

Our Crisis & Counselling service has increased exponentially since our last report. As a result, we had to pause our counselling referral process in May 2023.

**NEW COUNSELLING PROJECT**

Due to long term difficulties obtaining funding to continue and develop our

counselling service we have decided to change how we offer our service.

After many discussions we have decided to offer a paid service alongside our GP referral service. Since we began our counselling service we have worked with, trained and supported many counsellors through their qualification. Many of these counsellors are now qualified and wish to support Platform 1 by volunteering their time and expertise. As a result, we will take self-referrals from those who can afford to pay for counselling. We will therefore have two separate waiting lists. We would expect that the paid waiting list would be much shorter and will start at 6 sessions with more offered if a client wishes to do so. Paid sessions will cost £45 per hour. This paid service will not only help people access qualified counselling quicker but will also support us to offer counselling to those whose circumstances make payment difficult.

\* Please note we are still offering a free service via GP referral

**Crisis Service**

When someone comes to us for counselling, we began to recognise how the effects of a crisis can be a barrier to the counselling process. Sometimes the “smallest” problem can grow into an issue that can envelope a person's life leaving them unable to cope with daily living which can often lead to further difficulties therefore exacerbating their mental health difficulties. These problems are often something that others take for granted e.g. issues with bills, renewing of blue badges, anxiety surrounding phoning other professionals etc.

Where the need for crisis support is recognised one of our crisis team will work with the client to ensure that they are free to focus on their recovery through our counselling service.

Where a client appears to be in a higher level of crisis (due to their mental health difficulties) and not ready for counselling, they will work with our crisis service for 2-4 weeks until their mental health state has become more stable, and they will then be offered counselling to help them to develop confidence and coping strategies needed to navigate the ups and downs of life. The client will then be matched to a counsellor which would best suit their temperament and mental health difficulties.

### **Crisis Case Study -**

'Sarah' was referred to us by her GP. She was referred to us with difficulties surrounding her marriage which had since broken down. Client waiting time had been up to 8 months and shortly after referral we called people to assess how they were doing whilst waiting. I called her to see how she was doing and do an initial assessment and realised that she was in significant crisis. She was invited in for a crisis appointment the next day and we gave her the opportunity to offload her worry, supported her with benefit applications, finding legal representation and contacting her GP. This was worked on with weekly appointments over 4 weeks and on completion she was feeling stronger to work on her emotional difficulties through counselling now what she no longer had to work on all the practical issues that come with a marital breakdown alone.

**Counselling** - is 1-1 talking therapy sessions which help with a wide range of emotional problems which are influencing a person's mental health.

When a referral is received, we assess their difficulties and needs over the phone. By doing this it can be determined whether counselling can begin or if the individual may need crisis support to ensure that they are ready to commence counselling. The individual will receive a further and more comprehensive assessment face to face with their potential counsellor to ensure that they are both happy to begin the counselling process and that an effective therapeutic relationship can be formed.

Once counselling has been offered they will receive 10 weekly counselling sessions, after which the counsellor and client will decide if they require additional sessions. If this is agreed the client can receive up to five more sessions. The counsellors do have the discretion to offer a furthermore six on a monthly basis if they feel this is needed. This provides for security and support to help the person to move on without the weekly sessions whilst offering mental health maintenance.

On completion of counselling our clients are informed that should they need counselling in the future they can possibly self-refer into our service, where, if their former counsellor is available, they can access more sessions with them. But they will have to sit an assessment to determine whether other strategies would be more appropriate to help the person.

## **Counselling Case Study-**

'Simon' was referred to us by his GP who felt that the severity of his mental health difficulties could be alleviated through some counselling. On assessment it was apparent that he was mistrustful of services and unsure if he wanted to attend. Our counselling service was explained to him, and he was invited to an appointment for a chat to see how he felt about further appointments. We are aware that many clients struggle to engage with services so were mindful to put no pressure on him and tell him we would just take it week by week. As a result, Simon completed his initial 10 sessions and requested an additional 5 which he also completed. He found his sessions successful and reported many changes in his life as a result. He is more confident in his own ability and has been going out more seeking support groups and making more connections. He has begun to build bridges with family he has been estranged with and is in a much happier place.

## **Safe Site - & workshops**

**Unfortunately, our safe site was forced into closure in December 2022 following a flood and a break-in resulting in catastrophic damage to the site and leaving it not fit for purpose. Talks are ongoing to have the site rebuilt.**

## **Current Support Groups Available**

### **Women's Support Groups**

The groups give women a space to offload their difficulties and support each other. The ages of women who attend range from 18-65 which allows them to understand difficulties from a wide range of perspectives and experiences. The ladies stay in touch with each other, in between appointments, via Platform 1 women's Facebook group or their WhatsApp group. Within the group, issues that arise include, mental health, parenting, family relationships, self-confidence and self-worth, financial difficulties and physical health. Our women's groups have been successful with weekly sessions. During these sessions they have completed craft projects, had cake parties and developed the ability to rationalise their own difficulties by listening to others.

### **Menopause Support Group**

The group consists of women in various stages of menopause which encourages them to share their feelings and experiences and to develop solutions to help each other through the physical and emotional changes they are struggling to cope with. The group is peer led but with a qualified counsellor facilitating. This group has been a lifeline for our members as it helps them to understand that they are not alone in experiencing the mental, physical and emotional difficulties of going through the menopause. This alone can help their mental health as they gain a greater understanding of not only what they are going through but also the medication available to ease some of these symptoms.

### **Prostate Cancer Support Group**

Our prostate cancer group has been a huge success with regular attendees of at least 20 men per session. This is held on the first and third Tuesday of the month and is facilitated by a qualified counsellor who also has suffered from prostate cancer and received recent treatment. This is a peer led group dealing with symptoms, diagnosis, treatment, and the effects of having prostate. The prostate cancer group has become so successful that it has developed a life of its own. The group quickly outgrew our premises and had to be moved to the Lawrence Batley theatre to accommodate the number of men who were using the service.

The fact that the group is now so big it has had to be developed as a separate entity and has its own identity but still works in association with Platform 1. The group is changing the way men view prostate cancer, they work out in the community and work tirelessly offering advice and promoting prostate testing, while being supported by the hospital staff at both Calderdale and Huddersfield hospitals.

The group now has members from all walks of life and ethnicities, they offer peer support while we work with men that are finding their diagnosis difficult to accept. This dual approach to cancer support seems to be paying huge dividends.

cancer, not only on the man but also their partners. The support the men give to each other has also continued outside of the group through the use of a WhatsApp group and firm friendships have been formed with some men meeting for a coffee in-between sessions. We organise regular sessions where professionals have attended to give talks and support on issues relevant to prostate cancer such as catheter use and management and erectile dysfunction.

### **Partners Of Prostate Cancer Sufferers**

Through the knowledge we gained from the issues experienced by the men in our prostate group we recognised that their partners may also need support, so we have recently started a women's prostate group. In this group the partners are given the opportunity to speak about how their partner's diagnosis has also affected them and their relationship in a safe and confidential setting. From the very first session it was obvious that they felt relieved to share their fears with each other, knowing that everyone understood and had experienced something similar. The partners have expressed interest in having professionals visit to speak to them about any concerns they may have, and this is currently being organised. They keep in contact with each other via a WhatsApp group and will be attending monthly.

### **Future Cancer Support Groups**

Under the partnership of Cancer UK, funds permitting, we are currently developing future cancer support groups, due to the number of requests, including:

- Breast and Ovarian Cancer Support Group
- Bowel Cancer Support Group

### **Counselling Support Groups**

As a result of our counselling service, we have recognised the need for mental health maintenance for some of our clients. Where someone has experienced trauma that may be triggered following the end of our sessions we decided to run support groups relevant to the issues that were prominent through our counselling practise. By doing so we hope to maintain their mental health by supporting each other and reinforcing the coping strategies they have developed through counselling. The group sessions will also include relevant professionals who will attend to give talks on topics suggested by members. The counselling support groups include:

- **for men who have experienced domestic violence/coercive control.**  
The aim of this group is to support men in a safe and confidential setting to share with each other their coping strategies, developed through counselling, and reinforce their self-confidence.

- **Support for women who have experienced domestic violence/coercive control.**  
The aim of this group is to support women in a safe and confidential setting to share with each other their coping strategies, developed through counselling, and reinforce their self-confidence.
- **Support for men who have experienced sexual abuse.**  
The aim of this group is to provide ongoing support for men who have experienced sexual abuse. Shame and self-blame is an ongoing topic that appears in those who have experienced this abuse and while this is worked on during counselling sessions we hope that ongoing support will reinforce the fact that any shame or blame is not theirs to carry.
- **Support for women who have experienced sexual abuse.**  
The aim of this group is to provide ongoing support for women who have experienced sexual abuse. Shame and self-blame is an ongoing topic that appears in those who have experienced this abuse and while this is worked on during counselling sessions we hope that ongoing support will reinforce the fact that any shame or blame is not theirs to carry.

Our counsellors meet every 12 weeks to talk about the issues that are appearing regularly in our sessions with clients. Our hope is that as more topics are appearing we will be able to provide further support groups relevant to our client's needs as a follow on from our counselling service. This will depend on the availability of funds.

### **Outreach**

We were working out in the community with designated premises which had been offered to us for free. This had become quite a successful format where people could access help within their own environment. This not only offered mental health support but also practical support with housing and benefits etc.

Due to the lack of funding we had to assess where our services were best placed so we have temporarily suspended the outreach for a while, but we are currently in talks with various services with a view to bring these services back.

Our outreach work is now more targeted such as people who cannot physically leave their homes and have no support from any services. We also work within schools offering support, counselling and mental health awareness classes. The school services have started to grow and are becoming an important service allowing people with disabilities access to support and also giving schools access to support for their students.

### **Schools Support & Intervention**

What started as a request from a teacher in a school who had used our services has now changed the way we now see the work we offer.

We were originally asked to go into a local school to work with a mother and a child. The child was in danger of being removed from the custody of the mother. This work is complex and always involves lots of services and others connected with the family. We were struck by how disjointed this process was. We also had figures of our own that 75% of men aged between 45 and 65 that use our service are suffering from historical sexual abuse which has gone untreated or recognised leaving these men to live quite chaotic lives. Early intervention is always better than a cure. We have focused our attention on how we can offer help when needed to schools to create early intervention portals and offer help to the schools and students when it is most needed, not 18 months later.

We are now working in schools on a regular basis with all age ranges this is a funded service paid for by the schools, we are keen to develop this service more on the request of teachers. The issues that have already been identified and dealt with in schools by our team has shown the need for qualified staff working alongside the teaching staff.

#### **Our crisis and counselling package include.**

- 1:1 Counselling
- Family Therapy
- Class based awareness sessions
- Small group mental health support
- Staff counselling and/or crisis support
- Staff training to support students with mental health difficulties - this includes lesson plans.
- Parent workshops to support them to understand the mental health difficulties young people face.

**Listening Dog - This project is aimed specifically at infant and junior school students.**

We have a large former 'Snow Dog' which we bring into schools to work with the very young. The dog can be used in assemblies and in lessons to create stories and open dialogue and it can also be used when a child has been identified as, 'at risk'. The dog is a silent witness which the child can divulge any information they wish to talk about while receiving play therapy,

The steps in this project include:

- Initial assembly to introduce the "Listening Dog" and narrate the story of how he came to be in our office and the "magic" powers it has of sending people to help them with any problem they may have.
- Incorporating the dog into a lesson plan where they write to the dog to tell them about their lives so that any children "at risk" can be identified.
- Collating any difficulties recognised which can be supported through a workshop.

Depending on what has been identified within each individual school our crisis and counselling package can be modified to the age and development of the students.

### **Understanding our school crisis and counselling package**

#### **Whole Class Mental Health Awareness Workshop**

These can be modified to all age ranges dealing with issues each age group may encounter. The classes are fun but informative, this also helps to highlight any issues students may be encountering.

This workshop hopes to break the stigma, embarrassment and ignorance around mental health difficulties and attempts to help students to understand that ignoring these difficulties will exacerbate the situation.

Helping young people to recognise mental health issues and where to go for help is of the most importance.

## **Small Group Mental Health Support**

Following our whole class Mental Health Awareness Workshop any difficulties specific to a number of children can be further supported in separate small groups to allow more support concentrated on a specific mental health difficulty/symptom e.g. Low self-esteem, lack of confidence, negative body image.

## **Teacher Support**

We must not forget that the teaching staff within schools are often the first people to highlight issues that young people may be experiencing. This often impacts upon the teachers themselves. With this in mind we can offer both support and counselling to the staff. In order for the staff to feel knowledgeable and prepared to identify a student who may be struggling with a mental health difficulty we also offer **Staff training** which includes a workshop for school staff along with lesson plans and ongoing guidance and support where needed via phone or email.

## **1:1 Counselling**

This is available to both staff and any students identified as needing counselling. This will take place on school premises during school hours or if preferred at our counselling site at 7 St Georges Square, Huddersfield.

## **Family Therapy**

This is available to anyone identified by the school who may need support to navigate the difficulties of family life. These sessions can take place at school or at Platform 1 counselling site at 7 St Georges Square, Huddersfield.

## **Parent Workshops**

This is offered to parents according to class group to speak about any difficulties they are facing with children within the same age range.

## **Impact**

Our services were heavily referred to by the mental health services. We decided to work solely with the doctor's surgeries because people were being referred into the mental health services only to find themselves being referred on. This was causing a great deal of stress to the people involved. When people are referred to our service, we support them with every aspect of their treatment.

## **Feedback**

100% of our clients would have counselling again if they needed it with 100% stating they would want to attend Platform 1 rather than any other service.

- "It helped me so much to come for counselling it has helped me to recognise that I am important and worthy of being happy".
- "I would recommend coming to Platform 1 to anyone it has been my lifeline and helped me to get my life in order."
- "I feel so much better than I did.....I can cope with anything and if I can't I know that I can come back and get more support"
- "I wish I had come to counselling sooner. I feel like a new person"
- "I feel like I can take on anything now"
- "The people at Platform 1 always made me feel that I was welcome"



### **A word from our Chair of Trustees – Philip Clark**

Platform 1's ethos has always to change and develop to meet the needs of the community which it serves, and this year has been no different.

The financial situation has been quite difficult for all charities over the past few years but even with such a bad economic climate we have still managed to grow the team and develop our services. We now have 39 counsellors and 4 support staff. Our school's service has become so successful that we are now rolling it out throughout Kirklees. We are also seeing an increase of

people with complex needs so we now have counsellors who specialise in certain fields so we can offer the best support.

Because of our waiting list which has been disproportionately high due to the statutory service increasing dependency on the third sector we have looked at ways of lowering our waiting list.

People have been telling us for a long time that they would be happy to pay for our service, so we have set up a dual system to enable us to lower our waiting times. Lots of counsellors that have done their work placements with us still want to volunteer their services to us now that they are qualified. With this in mind our qualified counsellors are offering us a few hours a week to offer a paid service, 'FOR THOSE WHO CAN AFFORD' This will relieve the pressure on our team and bring in some much-needed finances. This in no way effects our free service it will enable us to cut our waiting times and increase the service.

Next year will see us develop and increase our services as usual, whatever the challenges we shall meet them head on as usual, so we can offer the people of Kirklees a mental health service that works for them.

Philip Clark

Chair of Trustees.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Platform 1

1177710

## Receipts and payments accounts

CC16a

For the period  
from

01.04.2023

To

01.03.2024

### 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 £
<b>A1 Receipts</b>					
CAF Donations	3,911	-	-	3,911	-
Other Donations	24,100	-	-	24,100	-
Charities Trust	1,000	-	-	1,000	-
HD5 Community Hub	5,396	-	-	5,396	-
Clarkson Jersey Trust	10,000	-	-	10,000	-
National Lottery	20,000	-	-	20,000	-
Earned income	6,082	-	-	6,082	-
Refunds	1,604	-	-	1,604	-
<b>Sub total (Gross income for AR)</b>	<b>72,093</b>	<b>-</b>	<b>-</b>	<b>72,093</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>72,093</b>	<b>-</b>	<b>-</b>	<b>72,093</b>	<b>-</b>
<b>A3 Payments</b>					
Admin & Stationery	2,643	-	-	2,643	-
Advertising & Promotion	600	-	-	600	-
Communications	2,303	-	-	2,303	-
Equipment	332	-	-	332	-
Premises	17,549	-	-	17,549	-
Project	1,166	-	-	1,166	-
Salaries	57,887	-	-	57,887	-
Subscriptions & Professional Services	3,407	-	-	3,407	-
	-	-	-	-	-
<b>Sub total</b>	<b>85,888</b>	<b>-</b>	<b>-</b>	<b>85,888</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>85,888</b>	<b>-</b>	<b>-</b>	<b>85,888</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 13,795</b>	<b>-</b>	<b>-</b>	<b>- 13,795</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>36,465</b>	<b>-</b>	<b>-</b>	<b>36,465</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>22,670</b>	<b>-</b>	<b>-</b>	<b>22,670</b>	<b>-</b>

# 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 £
<b>B1 Cash funds</b>	Bank Balance	13,360	-	-
	Reserve Account	7,710	-	-
	Premises deposit	1,600	-	-
	<b>Total cash funds</b>	<b>22,670</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK


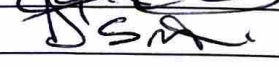
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	PHILIP G.A CLARK	16-1-2025
	DEPAK SINGH	16-1-2025



**Section A Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Platform 1

**On accounts for the year  
ended**

31 March 2024	<b>Charity no (if any)</b>	1177710
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**Set out on pages**

15 - 16  
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

**Responsibilities and  
basis of report**

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:** N Jones

**Date:** 16 Jan 2025

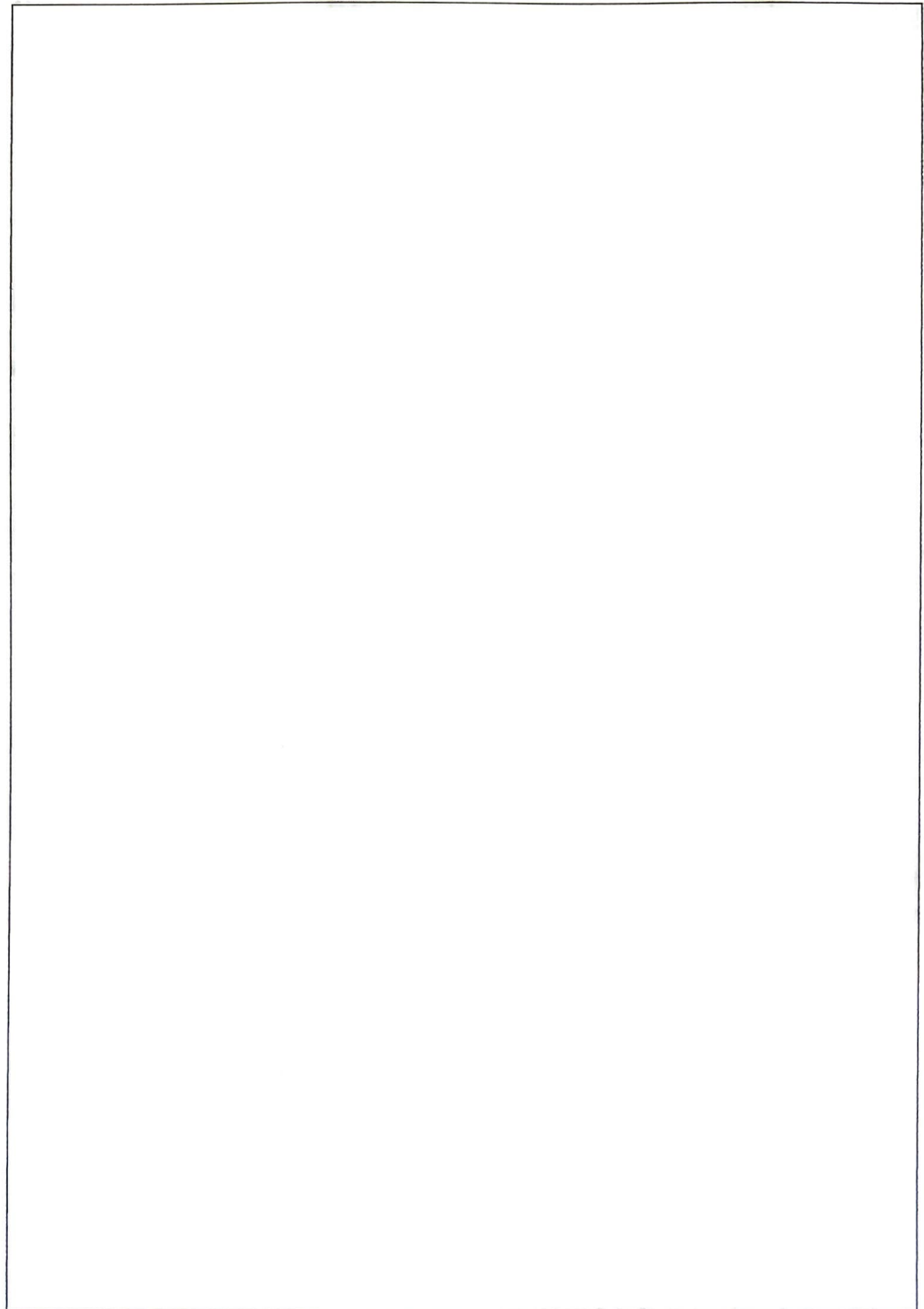
**Name:** Nicola Jones

**Relevant professional  
qualification(s) or body  
(if any):**

**Address:** 14 Bream Avenue, Cleckheaton, BD19 5EN.

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here details of any items that the examiner wishes to disclose.**



**PLATFORM 1**

England & Wales - Charity number 1177710

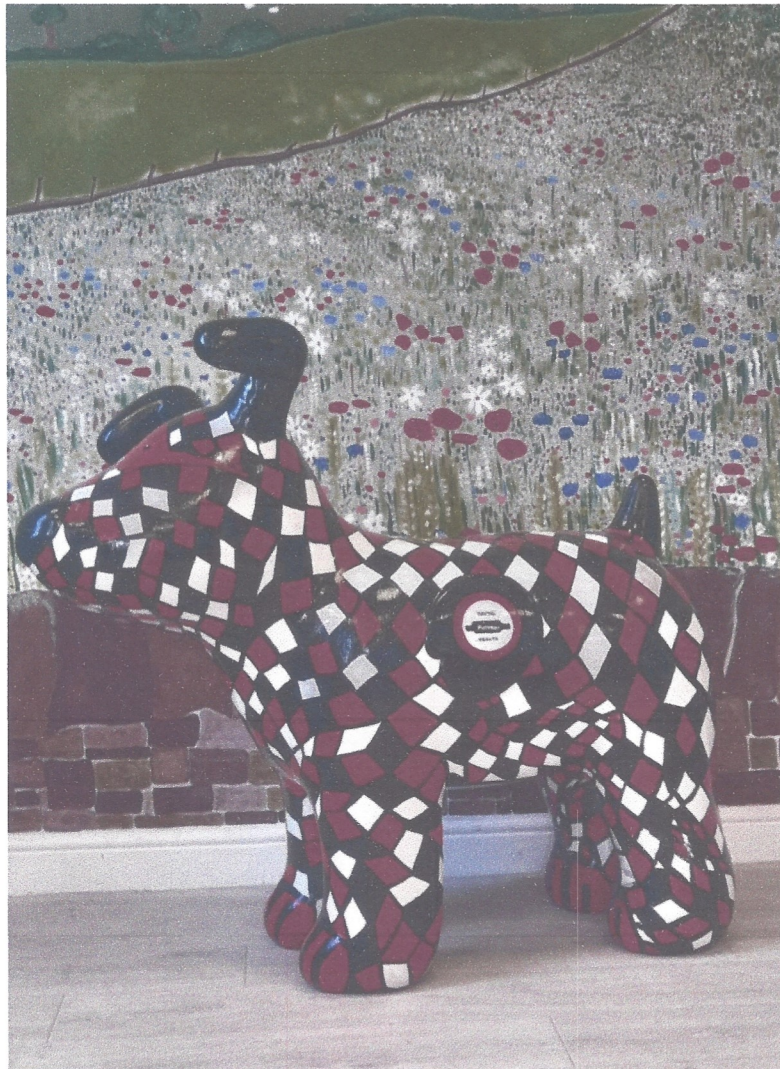
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# Accounts

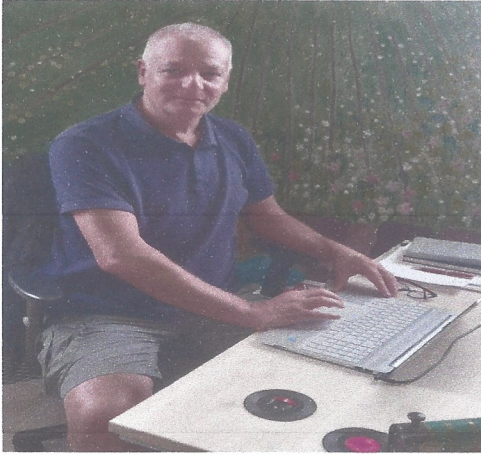
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# PLATFORM 1

Trustees' Report and Financial Accounts  
For the year ended 31<sup>st</sup> March 2023



Charity Number:1177710



### **A word from our C.E.O – Gez Walsh**

Platform1 has always been a service that responds to the needs of the community which it serves. I think it's fair to say that over the past few years there have been many challenges that the community has had to face. We thought that things would improve once the Covid restrictions were eased and life got back to some semblance of normality, how wrong we were!

The recent government revelations of things that took place during Covid of people not obeying the rule have opened up wounds for people who watched loved ones die without being able to hold them. This has created

lots of issues which we are being presented with at the moment. We also have the cost of living crisis which is becoming a major issue for the community and charities alike as funding disappears along with the support which they offer. Platform 1 has also had to readdress and re-evaluate our service.

We have pared back our outgoings and merged services. Our 'Safe Site' suffered a massive flood over the Christmas period then was violently vandalised, leaving it not fit for purpose. We are now concentrating on early intervention and working alongside GP'S. We had made slow inroads with schools last year but we now have contracts with certain schools which we hope to expand. We have been informed by GP'S that 75% of all their appointments are non-medical. They refer people for the help they need only to have them bounce back to the surgery, we have started only to take referrals from GP'S to alleviate this problem.

We have developed a really strong and passionate team of counsellors which are skilled in dealing with many different issues that people may present with. The team is made up of people from all walks of life, genders and ethnicities. This gives us more capacity to help people feel at ease when they arrive for an appointment.

We have a dedicated trustee board who work with the senior management giving advice and support. The board now thinks it's time to expand and look for more trustees to strengthen the charity and help it to develop and expand.

The charity, as always, is moving forward, helping those most in need in our community. We are offering the services that are most pertinent to the people we support. With all the difficulties which charities face at this time Platform 1 strives to adapt, develop and meet the needs of the people who most need the help.

**GEZ WALSH.**

## Objectives and Activities

Platform 1 is a 'hands on' mental health charity based in the heart of Huddersfield, offering support to the community and throughout the county. Our service is run by qualified mental health professionals and counsellors.

We work with people who have complex needs and are from all backgrounds and experiences. Our services help a variety of mental health needs from anxiety, stress and isolation to severe depression, psychosis, trauma, bereavement and long-term addictions. We specialise in working with those who may be experiencing suicidal thoughts, those who have attempted suicide and also the families of those who have lost a loved one through suicide.

We also offer a crisis service where people can get support and practical help for issues which they find difficult to deal with. This is a useful means of helping people who may need further help but cannot attain any meaningful involvement because of practical issues such as housing or benefits. We now only receive referrals from doctors. This is to reduce the strain on GP'S who are struggling to find the right help for their clients.

Our work in schools has developed to the point that we are working with all age ranges from the little ones right up to six form. This is an early intervention project which is highlighting abuse and identity issues. We use our 'Listening Dog' for the little ones to gain trust and information. We also offer counselling for older students and for teachers, dealing with student issues such as sexuality, identity and abuse.

Our ethos is to treat the person not the diagnosis, to give time and support when it is most needed for as long as it is needed.



## **Crisis and Counselling Support Lead - Bridget Fahy**

**Crisis** - The word crisis covers many meanings, for us crisis is a state where people are finding the moment a difficult place to be. This can be for many different reasons and often people feel that their reason is “trivial”. We believe at Platform 1 that no difficulty is trivial if it is effecting your ability to cope with daily life and/or causing your well-being to be effected.

Sometimes the “smallest” problem can grow into an issue that can envelope a person's life leaving them unable to cope with daily living which can often lead to further

difficulties therefore exacerbating their mental health difficulties. Early intervention is always better than a cure.

Where the need for crisis support is recognised, the client will attend weekly, usually for approximately a month to support them through the crisis. When their mental health state has become more stable they will then be offered counselling to help them to develop confidence and coping strategies needed to navigate the ups and downs of life. The client will then be matched to a counsellor which would best suit their temperament and mental health difficulties.

### **Crisis Case Study - “Johnathan”**

Late one Sunday evening one of our crisis team members received a call from the police regarding a client who had recently begun using our crisis service due to breaking up with his wife and recently being ostracised from his religion due to differing opinions with other members. He had been reported missing by his wife and was a high suicide risk. He would not answer the phone to his wife, nor the police, and they asked our team member to try to get in touch with him. She phoned him several times with no answer and then reached out via text. He then began to respond to texts and would only speak to our staff member so he agreed that we could meet him at his location and then would speak to the police and confirm that he was safe. Two of our crisis team then met him on Marsden Moor and spoke with him and phoned the police. After 90 minutes he was ready to be driven home and police informed again so that they could meet him there to confirm that he was safe. Following this he had a daily appointment with our crisis team and has since moved on to weekly counselling sessions. He is now more confident and hopeful for the future. He has begun to accept and give himself permission to make his own choices in life and he has worked through his traumatic childhood experiences which prevented him from doing this.

**Counselling** - is 1-1 talking therapy sessions which help with a wide range of emotional problems which are having an effect on a person's mental health.

When a referral is received, we assess their difficulties and needs over the phone. By doing this it can be determined whether counselling can begin or if the individual may need crisis support to ensure that they are ready to commence counselling. The individual will receive a further and more comprehensive assessment face to face with their potential counsellor to ensure that they are both happy to begin the counselling process and that an effective therapeutic relationship can be formed.

Once counselling has been offered they will receive 10 weekly counselling sessions, after which the counsellor and client will decide if they require additional sessions. If this is agreed the client will receive a further five more sessions. The counsellors do have the discretion to offer a furthermore six on a monthly basis if they feel this is needed. This provides for security and support to help the person to move on without the weekly sessions whilst offering mental health maintenance.

On completion of counselling our clients are informed that should they need counselling in the future they can possibly self-refer back into our service, where, if their former counsellor is available, they can access more sessions with them. But they will have to sit an assessment to determine whether other strategies would be more appropriate to help the person.

During April 2022 – March 2023 a total of 3156 hours of counselling were completed..

The services accessed were; counselling (96%), crisis support (42%), welfare (22%) – some people used a combination of all services.

### **Counselling Case Study- "Mary"**

Mary is a lady who contacted us during the first lockdown of Covid having been recently discharged from statutory mental health services, having been with them for over 10 years, without warning at a recent appointment. One of our crisis team offered her a weekly welfare call and this increased her trust in us and she eventually agreed to attend a weekly counselling session. When she started counselling she struggled a lot as she is registered blind and her anxiety was increased by her fear of using public transport. Through counselling she has developed the confidence to overcome her PTSD from trauma in early childhood and has learned to cope with any triggers for anxiety she experiences day to day. She has become more independent and spends more time out of her home using public transport to visit friends and get to support groups

where she has overcome her mistrust of people. She now has a monthly mental health maintenance appointment with her counsellor which will soon be finished and she expresses her confidence in continuing her new way of living.

### **Counselling Support Groups**

As a result of our counselling service, we have recognised the need for mental health maintenance for some of our clients. Where someone has experienced trauma that may be triggered following the end of our sessions we decided to run support groups relevant to the issues that were prominent through our counselling practise. By doing so we hope to maintain their mental health by supporting each other and reinforcing the coping strategies they have developed through counselling. The group sessions will also include relevant professionals who will attend to give talks on topics suggested by members. The counselling support groups include:

- **Support for men who have experienced domestic violence/coercive control**  
The aim of this group is to support men in a safe and confidential setting to share with each other their coping strategies, developed through counselling, and reinforce their self-confidence.
- **Support for women who have experienced domestic violence/coercive control**  
The aim of this group is to support women in a safe and confidential setting to share with each other their coping strategies, developed through counselling, and reinforce their self-confidence.
- **Support for men who have experienced sexual abuse**  
The aim of this group is to provide ongoing support for men who have experienced sexual abuse. Shame and self-blame is an ongoing topic that appears in those who have experienced this abuse and while this is worked on during counselling sessions we hope that ongoing support will reinforce the fact that any shame or blame is not theirs to carry.
- **Support for women who have experienced sexual abuse**  
The aim of this group is to provide ongoing support for women who have experienced sexual abuse. Shame and self-blame is an ongoing topic that appears in those who have experienced this abuse and while this is worked on during counselling sessions we hope that ongoing support will reinforce the fact that any shame or blame is not theirs to carry.

Our counsellors meet every 12 weeks to talk about the issues that are appearing regularly in our sessions with clients. Our hope is that as more topics are appearing we will be able to provide further support groups relevant to our client's needs as a follow on from our counselling service. This will depend on the availability of funds.

### **Additional Support Groups**

#### **Women's Support Groups**

As we reserve Tuesdays for women only our women's groups take place on a Tuesday at 10:30- 12 and 1-3pm. The groups give women a space to offload their difficulties and support each other. The ages of women who attend range from 18-65 which allows them to understand difficulties from a wide range of perspectives and experiences. The ladies stay in touch with each other, in between appointments, via Platform 1 women's Facebook group or their WhatsApp group. Within the group, issues that arise include, mental health, parenting, family relationships, self-confidence and self-worth, financial difficulties and physical health. Our women's groups have been really successful with weekly sessions. During these sessions they have completed craft projects, had cake parties and developed the ability to rationalise their own difficulties by listening to others.

#### Menopause Support Group

Keeping to the theme of our women only day Tuesday, our menopause group takes place at our clinical site on Tuesdays at 10:30am. The group consists of women in various stages of menopause which encourages them to share their feelings and experiences and to develop solutions to help each other through the physical and emotional changes they are struggling to cope with. The group is peer led but with a qualified counsellor facilitating. This group has been a lifeline for our members as it helps them to understand that they are not alone in experiencing the mental, physical and emotional difficulties of going through the menopause. This alone can help their mental health as they gain a greater understanding of not only what they are going through but also the medication available to ease some of these symptoms.

#### Prostate Cancer Support Group

Our prostate cancer group has been a huge success with regular attendees of at least 20 men per session. This is held on the first and third Monday of the month and is facilitated by a qualified counsellor who also has prostate cancer and received recent treatment. This is a peer led group dealing with symptoms, diagnosis, treatment, and the effects of having prostate The prostate cancer group has become so successful that it has developed a life of its own. The group quickly outgrew our premises and had to be moved to the Lawrence Batley theatre to accommodate the amount of men who were using the service.

The fact that the group is now so big it has had to be developed as a separate entity and has its own identity but still works in association with Platform 1. The group is changing the way men view prostate cancer, they work out in the community and work tirelessly offering advice and promoting prostate testing, while being supported by the hospital staff at both Calderdale and Huddersfield hospitals.

The group now has members from all walks of life and ethnicities. They offer peer support while also work with men that are finding their diagnosis difficult to accept. This dual approach to cancer support seems to be paying huge dividends.

The support the men give to each other has also continued outside of the group through the use of a WhatsApp group and firm friendships have been formed with some men meeting for a coffee in-between sessions. We organise regular sessions where professionals have attended to give talks and support on issues relevant to prostate cancer such as catheter use and management and erectile dysfunction.

### Women's Prostate Cancer Support Group

Through the knowledge we gained from the issues experienced by the men in our prostate group we recognised that their partners may also need support so we have recently started a women's prostate group. In this group the partners are given the opportunity to speak about how their partner's diagnosis has also affected them and their relationship in a safe and confidential setting. From the very first session it was obvious that they felt relieved to share their fears with each other, knowing that everyone understood and had experienced something similar. The women have expressed interest in having professionals visit to speak to them about any concerns they may have and this is currently being organised. They keep in contact with each other via a WhatsApp group and will be attending monthly.

### Future Cancer Support Groups

Under the partnership of Cancer UK, funds permitting, we are currently developing future cancer support groups, due to the number of requests, including:

- Breast and Ovarian Cancer Support Group
- Bowel Cancer Support Group

## **Safe Site - Wellbeing Garden available from April '22 to Dec '22**

**Unfortunately our safe site was forced into closure in December 2022 following a flood and a break-in resulting in catastrophic damage to the site and leaving it not fit for purpose. Talks are ongoing to**

Our garden is a much-needed part of our client's mental health recovery journey providing a calm pretty area for

- 1:1 counselling session if appropriate, or just to sit and 'take a breather'
- women and men only groups meet, providing peer support to each other whilst talking or gardening
- an area where supportive chats can develop; Often people seeking help will talk when there is no eye contact and they are performing tasks such as weeding, planting, pruning... and open up about their issues, leading to provision of help.
- training and development of horticultural skills to help gain employment
- Physical purposeful activity helps develop self-esteem and a purpose.

Gardening is widely acknowledged as being able to reduce stress and improve mood, with a reduction in symptoms of depression and anxiety. In 2021, the RHS released research from a survey of more than 6000 people which showed a significant association between gardening more frequently and improvements in wellbeing, perceived stress, and physical activity.

During April 2022 - December 2022, 135 clients helped with maintaining the garden whilst 320 clients used the wellbeing garden to improve their mental health by  
Learning a new skill (horticultural) – 34 clients

Connecting with others by doing team gardening and chatting to others - 125  
Give to others by helping make the garden a nice place for others to use - 125  
Be physically active by doing gardening - 125  
Used the garden to maintain their well-being through peace and relaxation. 320

### **Outreach**

We were working out in the community with designated premises which had been offered to us for free. This had become quite a successful format where people could access help within their own environment. This not only offered mental health support but also practical support with housing and benefits etc.

Due to the lack of funding we had to assess where our services were best placed so we have temporarily suspended the outreach for a while but we are currently in talks with various services with a view to bring these services back.

Our outreach work is now more targeted such as people who cannot physically leave their homes and have no support from any services. We also work within schools offering support, counselling and mental health awareness classes. The school services have started to grow and are becoming an important service allowing people with disabilities access to support and also giving schools access to support for their students.

### **Schools Support & Intervention**

What started as a request from a teacher in a school who had used our services has now changed the way we now see the work we offer.

We were originally asked to go into a local school to work with a mother and a child. The child was in danger of being removed from the custody of the mother. This work is complex and always involves lots of services and others connected with the family. We were struck by how disjointed this process was. We also had figures of our own that 75% of men aged between 45 and 65 that use our service are suffering from historical sexual abuse which has gone untreated or recognised leaving these men to live quite chaotic lives. Early intervention is always better than a cure. With this in mind we have focused our attention on how we can offer help when needed to schools to create early intervention portals and offer help to the schools and students when it is most needed, not 18 months later.

**From April '22 to March'23** we worked in three schools within Kirklees. In this time we have;

- Facilitated 12 workshops to 960 students
- Provided 1:1 counselling to 9 students
- Supported 15 families in collaboration with schools
- Collaborated with 9 staff members to support them to help individual student difficulties.

Recently we have been approached by more schools and have found just how difficult it is for school staff to gain access to mental health services for their students. There are long waiting times and it is often difficult to get an assessment. We have therefore put a package together to work within schools dealing with the whole of the age ranges.

**Our crisis and counselling package include;**

- 1:1 Counselling
- Family Therapy
- Class based awareness sessions
- Small group mental health support
- Staff counselling and/or crisis support
- Staff training to support students with mental health difficulties - this includes lesson plans
- Parent workshops to support them to understand the mental health difficulties young people face.

### Understanding our school crisis and counselling package

#### **Whole Class Mental Health Awareness Workshop**

These can be modified to all age ranges dealing with issues each age group may encounter. The classes are fun but informative, this also helps to highlight any issues students may be encountering.

This workshop hopes to break the stigma, embarrassment and ignorance around mental health difficulties and attempts to help students to understand that ignoring these difficulties will exacerbate the situation.

Helping young people to recognise mental health issues and where to go for help is of the most importance.

#### **Small Group Mental Health Support**

Following our whole class Mental Health Awareness Workshop any difficulties specific to a number of children can be further supported in separate small groups to allow more support concentrated on a specific mental health difficulty/symptom e.g. Low self-esteem, lack of confidence, negative body image.

#### **Teacher Support**

We must not forget that the teaching staff within schools are often the first people to highlight issues that young people may be experiencing. This often impacts upon the teachers themselves. With this in mind we can offer both support and counselling to the staff. In order for the staff to feel knowledgeable and prepared to identify a student who may be struggling with a mental health difficulty we also offer **Staff training** which includes a workshop for school staff along with lesson plans and ongoing guidance and support where needed via phone or email.

#### **1:1 Counselling**

This is available to both staff and any students identified as needing counselling. This will take

place on school premises during school hours or if preferred at our counselling site at 7 St Georges Square, Huddersfield.

### **Family Therapy**

This is available to anyone identified by the school who may need support to navigate the difficulties of family life. These sessions can take place at school or at Platform 1 counselling site at 7 St Georges Square, Huddersfield.

### **Parent Workshops**

This is offered to parents according to class group to speak about any difficulties they are facing with children within the same age range.

### **Listening Dog - This project is aimed specifically at infant and junior school students.**

We have a large former 'Snow Dog' which we bring into schools to work with the very young. The dog can be used in assemblies and in lessons to create stories and open dialogue and it can also be used when a child has been identified as, 'at risk'. The dog is a silent witness which the child can divulge any information they wish to talk about while receiving play therapy,

The steps in this project include:

- Initial assembly to introduce the “Listening Dog” and narrate the story of how he came to be in our office and the “magic” powers it has of sending people to help them with any problem they may have.
- Incorporating the dog into a lesson plan where they write to the dog to tell them about their lives so that any children “at risk” can be identified.
- Collating any difficulties recognised which can be supported through a workshop.

Depending on what has been identified within each individual school our crisis and counselling package can be modified to the age and development of the students.

### **Impact of service – April 2022 until March 2023**

Our services are delivered by mental health professionals and make a significant difference to the lives of the many people we see.

**(Impact related to safe site are figures for April'22-December '22)**

- 3156 hours of counselling hours delivered
- 1211 hours of safe site support ( Numbers impacted due to closure in Dec'23)
- 182 hours of support groups currently available.
- 141 hours of support given to schools/colleges and University.
- 1080 hours of support via groups and classes on our safe site. These include bike maintenance, open minds, creative writing, gaming, British Sign Language, craft, joinery.

- On safe- site welfare – 55 hours.
- Safe-site advocacy – 25 hours.
- Platform 1 has been supported by 318 volunteering hours helping us with various aspects of our services e.g. answering our telephone, administration, gardening, hosting, making teas and coffees – we are very thankful for this and could not exist without people’s practical kindness.
- 92% of women who attend our support groups confirm having improved mental health from these sessions.
- Gender split of clients – 71% men and 29% women.

### **Outcomes**

Our services provide choices and opportunities for people to create meaningful sustainable change. We are also committed to promoting the NHS 5 Ways to Wellbeing at strategic and operational levels and also in our service delivery and outcome and impact monitoring.

Those who have used our services confirm for 22/23

- Improved life chances and enhanced aspirations – 89%
- Improved community connectedness – 65%
- Better quality relationships with family and friends - 92%
- Improved physical health and wellbeing – 83%
- Improved mental health and emotional wellbeing – 96%

In the last year our counselling and crisis service has grown with the most rapid increase seen during the last 6 months. There has been a steady increase of men seeking support and we have seen an increase in BAME clients accessing our services.

### **Feedback**

100% of our clients would have counselling again if they needed it with 100% stating they would want to attend Platform 1 rather than any other service.

- “It helped me so much to come for counselling..... ( ) has helped me to recognise that I am important and worthy of being happy”.
- “I would recommend coming to Platform 1 to anyone..... ( ) has been my lifeline and helped me to get my life in order.”
- “I feel so much better than I did.....I can cope with anything and if I can’t I know that I can come back and get more support”
- “I wish I had come to counselling sooner. I feel like a new person”
- “I feel like I can take on anything now”
- “The people at Platform 1 always made me feel that I was welcome”



### **A word from our Chairman Philip Clark**

Platform 1 has had more than its fair share of obstacles to overcome since its birth in 2018. The strength of the charity has always been the commitment and dedication of both the staff and the board. Like lots of charities nationwide, recent times have brought new challenges for clients, staff and the board. The staff and the board have had to deal with a lot of self-sacrifices to help the community they care for so much.

The funding may have started to dry up but the dedication and the service never faulted, I'm happy to say that we have met the challenge head on and bounced back stronger and more resilient.

We are now at a new point in our evolution. We are talking with heads of services and with politicians. We also have famous patrons such as Eamon Holmes who understand and support the work we do and enable us to promote and improve our profile.

We are now ready for the next chapter.

Philip Clark

Chairman

# Platform 1

## Financial Activities

April 2022 - March 2023

	TOTAL
<b>Income</b>	
<b>DONATIONS &amp; LEGACIES</b>	
CAF Donations	3,863.32
Other Donations	18,885.68
<b>Total DONATIONS &amp; LEGACIES</b>	<b>22,749.00</b>
<b>GRANT INCOME</b>	
<b>Restricted Grants</b>	
Albert Hunt Trust	2,000.00
Awards for All	10,000.00
Mayor's cost of Living Womens groups	6,000.00
The Morrisons Foundation	24,382.00
Winter Warm	7,241.60
<b>Total Restricted Grants</b>	<b>49,623.60</b>
<b>Unrestricted Grants</b>	
Cheshire Community Assurance Grant	2,000.00
Clarkson Trust Jersey	15,000.00
HTFC Pedal for Pounds	22,044.67
Kirklees Nom	12,000.00
One Community Foundation	13,000.00
Sir George Martin	10,000.00
Sir Jules Thorn Charitable Trust	3,000.00
The David Brooke Charity	2,500.00
The George A Moor	5,000.00
<b>Total Unrestricted Grants</b>	<b>84,544.67</b>
<b>Total GRANT INCOME</b>	<b>134,168.27</b>
<b>OTHER INCOME</b>	
Earned Income	573.75
Refunds	1,691.66
Training Income	1,640.76
<b>Total OTHER INCOME</b>	<b>3,906.17</b>
<b>Total Income</b>	<b>£160,823.44</b>
<b>TOTAL</b>	<b>£160,823.44</b>
<b>Expenditures</b>	
<b>ADMIN &amp; STATIONERY</b>	
Corrections	0.00
IT costs	165.75
Office costs	1,076.57
Postage	17.73
Sundries	823.75
<b>Total ADMIN &amp; STATIONERY</b>	<b>2,083.80</b>
<b>ADVERTISING &amp; PROMOTION</b>	
Advertising & Promotional costs	1,606.42
<b>Total ADVERTISING &amp; PROMOTION</b>	<b>1,606.42</b>

**Platform 1**  
**Financial Activities**  
April 2022 - March 2023

	TOTAL
<b>COMMUNICATIONS</b>	
Communications Costs	1,892.30
<b>Total COMMUNICATIONS</b>	<b>1,892.30</b>
<b>EQUIPMENT COSTS</b>	
Small equipment purchases	995.11
<b>Total EQUIPMENT COSTS</b>	<b>995.11</b>
<b>PREMISES COSTS</b>	
Health & Safety	320.40
Insurance	788.06
Refurb & Decoration	8,435.67
Site costs	20,993.45
<b>Total PREMISES COSTS</b>	<b>30,537.58</b>
<b>PROJECT COSTS</b>	
Materials	142.51
Project Costs	185.00
Sundries	286.42
Supervision	4,166.19
Travel and Subsistence	1,113.85
Volunteer costs	1,122.71
<b>Total PROJECT COSTS</b>	<b>7,016.68</b>
<b>SALARY COSTS</b>	
Ers National insurance	6,161.55
Ers Pension	4,984.05
Gross Salaries	106,007.12
NIC Employment allowance	-5,000.00
<b>Total SALARY COSTS</b>	<b>112,152.72</b>
<b>SUBSCRIPTIONS &amp; PROF SERVICES</b>	
Database costs	1,405.55
Memberships and Subscriptions	1,231.18
Payroll Management	1,962.20
<b>Total SUBSCRIPTIONS &amp; PROF SERVICES</b>	<b>4,598.93</b>
<b>Total Expenditures</b>	<b>£160,883.54</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>£ -60.10</b>

**Platform 1**  
**Balance Sheet**  
As of March 31, 2023

	TOTAL
<b>Fixed Asset</b>	
<b>Total Fixed Asset</b>	
Cash at bank and in hand	
Co-operative Bank	34,365.33
Negative balance, as per original statement	0.00
Petty Cash Office Site	65.67
Petty Cash Safe Site	0.00
Reserve Account	500.00
<b>Total Cash at bank and in hand</b>	<b>£34,931.00</b>
<b>Current Assets</b>	
Deposit with Bramleys	1,600.00
<b>Total Current Assets</b>	<b>£1,600.00</b>
<b>NET CURRENT ASSETS</b>	<b>£36,531.00</b>
<b>Creditors: amounts falling due within one year</b>	
<b>Current Liabilities</b>	
Attachments Control Account	-33.28
Control Account - Cash withdrawals	0.00
PAYE control Account	1,355.20
Pension control Account	-510.87
Salaries Control Account	0.00
<b>Total Current Liabilities</b>	<b>£811.05</b>
<b>Total Creditors: amounts falling due within one year</b>	<b>£811.05</b>
<b>NET CURRENT ASSETS (LIABILITIES)</b>	<b>£35,719.95</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<b>£35,719.95</b>
<b>TOTAL NET ASSETS (LIABILITIES)</b>	<b>£35,719.95</b>
<b>Charity funds</b>	
Opening Balance Equity	35,780.05
Retained Earnings	
Surplus/(Deficit)	-60.10
<b>Total Charity funds</b>	<b>£35,719.95</b>



**Section A Independent Examiner's Report**

**Report to the trustees/directors/ members of**

Charity Name  
Platform 1

**On accounts for the year ended**

31/03/2023

**Charity no.:**

1177710

**Company no.:**

**Set out on pages**

(remember to include the page numbers of additional sheets)

**Responsibilities and basis of report**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/03/2021

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

[.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

Signed:

*J.L. Griffiths.*

Date:

10/03/2024

Name:

John L. Griffiths

Relevant professional qualification(s) or body (if any):

F.C.M.A.

Address:

Lido House,

22 New Fold

Holmfirth, West Yorkshire, HD9 2 DQ

## Section B

## Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

**PLATFORM 1**

England & Wales - Charity number 1177710

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# Accounts

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# PLATFORM 1

Trustees' Report and Financial Accounts  
For the year ended 31<sup>st</sup> March 2022



Charity Number:1177710



**Report to the  
trustees/directors/  
members of**

Charity Name

**Platform 1**

**On accounts for the year  
ended**

31/03/2022

**Charity no.:**

1177710

**Company no.:**

**Set out on pages**

(remember to include the page numbers of additional sheets)

**Responsibilities and  
basis of report**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/03/2022

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**Independent  
examiner's statement**

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I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that:

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- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed: John L. Griffiths Date: 22/08/22

Name: John L. Griffiths

Relevant professional qualification(s) or body (if any): F.C.M.A.

**John L. Griffiths**  
BA (Hons.) FCMA  
Accountancy Services  
Lido House, 22 New Fold  
Holmfirth, West Yorks. HD7 1DQ  
Tel/Fax: +44 (0)1484 686387

Address: Lido House,  
22 New Fold  
Holmfirth, West Yorkshire, HD9 2 DQ

**Section B Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

## **Administrative Details**

**Charity name: Platform 1**

**Registered charity number: 1177710**

**Constituted as a C.I.O.**

**Charity's principal address: St Georges Square  
Huddersfield  
HD1 1JF**

**Trustees:**

**Philip Clark** Chair

**Tejinder Singh Birk** Secretary

**Martin Wright** Treasurer

**Sharon Davies**

**Adrian Hallmark**

**Margaret Marchant** (resigned Sept 2020)

**Kelle Myers**

**Gideon Richards** (resigned Sept 2020)

**Depuk Singh**

**Alic Wright** (resigned Feb 2022)

**Independent Examiner: John L Griffiths F.C.M.A**  
Lido House  
22 New Fold  
Holmfirth  
HD9 2DQ

## A word from our Director – Gez Walsh

Platform 1 has made major changes with significant breakthroughs during the last year. Working with our ethos of 'change and adapt' to meet the needs of the community we serve, we have grown and changed. Before Covid we were a men's only drop in service but Covid forced us to re-evaluate how best to offer our services and to who. We now work with men, women, and young people and are no longer a drop in service or indeed the organisation we once were. We are now a mental health service providing crisis support and counselling services adapted to meet the varying needs of those who seek our support.

At the beginning of last year we had realised that we had outgrown our premises and moved to new offices closer to our site for our counselling service. We previously had only two counselling rooms but moved to six rooms. *We see the need growing continuously.*

We are now working closely with all the mental health services along with GP practices, police and our local council. People can self refer and as always we offer a free non judgemental service open to all that need it.

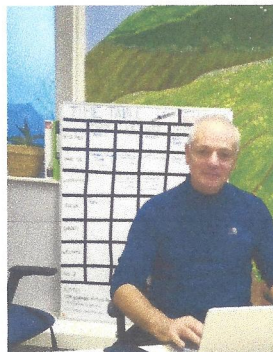
Platform 1 has signed up with the local college to take on their level three counselling students to become our welfare team and level four students to become our new counsellors to work alongside our experienced counsellors. We are also now a recognised placement centre for Leeds Beckett University.

The counselling team are now the backbone of the service which is growing very quickly and is now recognised and referred to by all the services and other charities. Platform 1's counselling team are now highly regarded within all the local services we know this because of our feedback.

We expanded our offer and included work within primary schools to children that have been abused or that are finding life difficult for whatever reason.

The trustees team has also had alterations to their numbers and is now made up of members who have skills which can be utilised by the charity to help and advise where needed. All the trustee team work closely with the management team and also work hands on within the project when needed.

The project is going from strength to strength and developing a strong reputation both with services and the community. We regularly update our service and deliver ever new innovative ideas to help the community. We have become a stronger sleeker charity due to the commitment and hard work to all involved from our wonderful volunteers all the way up to our trustee board who give their time and expertise to help us grow and develop the way we have. Gez Walsh, C.E.O



## Objectives and Activities

Platform 1 is a 'hands on' mental health charity based in the heart of Huddersfield, offering support to the community throughout the county.

We work with people who have complex needs and are from all backgrounds and experiences. Our services help a variety of mental health needs from anxiety, stress, and isolation to severe depression, psychosis, trauma, bereavement and long-term addictions. We specialise working with those who have suicidal thoughts, those who attempt suicide and with families and friends after a suicide. We also work with both the individual and the families and the people who survive a suicide attempt.

Our staff are all qualified mental health practitioners offering a high quality service where we deal with the individual and not just the diagnosis.

### Summary of the main activities during the year

#### Crisis

Over the last 12 months our Crisis telephone line service has been a vital part of our support for people who feel they have nowhere to turn for help. This is still operating although we have noticed there is less demand than during/immediately following the Covid pandemic which is understandable. We believe this is also due to all our other services becoming more structured and available.

Within the Crisis service our Counselling staff have worked with the following:

- 382 calls into the Crisis telephone line with 54% calls from female, 46% from males
- 84 calls with suicidal thoughts - dealt with immediately, supported through the situation and offered ongoing regular counselling, plus weekly welfare telephone calls.
- 124 calls regarding long term depression – referred to our counselling service
- 174 calls about stress due to various problems, mainly family and work – referred to our counselling service

#### Case Study: George

'George' had long term alcohol issues having lived 20+ years using drink as a crutch. Feeling a complete failure, without any immediate family support, he went to a bridge in Huddersfield with the intention of ending it all. A passing person noticed him and asked if he needed help, and rang our Crisis line for help. We drove out immediately, and spent 2 hours talking to George. After 145 minutes, George came down from the bridge, crying and desperate for help.

George has been attending counselling sessions with us on a weekly basis for 5 months. As is often the case, underlying issues of childhood abuse, mixed with feelings of guilt leading to irrational emotions, are beginning to be managed. George often calls in for cups of tea and chats. Counselling is trying to mend broken relationships with family members and encourage George to take up volunteering roles to develop confidence and skills.

*'Don't know what I do without Platform 1.... They've helped me so much, so I want to help them now'*

## Counselling

1:1 sessions in a private, pleasant venue. Talking therapy to help with a range of mental and emotional problems.

When a referral is received, we assess their difficulties and need over the phone. By doing this it can be determined whether counselling can begin or if the individual requires some crisis support to ensure they are ready to commence counselling.

Where the need for crisis support is recognised, the client will attend weekly, usually for approximately a month, to support them through their crisis. When their mental health difficulty is then more stable to cope with the emotional rollercoaster of counselling, counselling will then be offered. The client will then be matched to a counsellor with the relevant knowledge, availability, and counselling style to match their need.

Once counselling has been offered, they will receive 10 weekly counselling sessions, after which the counsellor and client will decide if they require additional sessions. If this is agreed the client will receive 5 more. In some instances, a client will receive 15 sessions but still struggle to have the confidence to go without support. Our counsellors do have the discretion to offer 6 further sessions on a monthly basis which provides security of support while allowing them to realise that they can cope and move forward without a weekly session.

On completion of counselling our clients are informed that should they need counselling in the future they can self-refer back into our service, where if their former counsellor is available, they can access more sessions with them.



### **Case Study: Joseph**

Joseph attended Platform 1 and presented as depressed since the death of his partner and had little motivation to do even basic everyday tasks. Since working on his self-esteem and exploring his past issues he has begun to look at his own self-care and is doing things he enjoys. He has begun to look at college courses in order to change his career and learn something new and has asked his employer to give him new opportunities within his workplace.

When Joseph first attended Platform 1 he was concerned solely with his own and his children's day to day living and mental health concerns. However, after a number of counselling sessions talking, in part about his own effect on others in his family and social circles, he has come to show an interest in the welfare of others and how they may be feeling. This has resulted in him helping friends out with childcare and transport.

Joseph admitted in his initial assessment that he felt alone in his grief and that as a single dad felt guilty about asking for help from friends and family. Through his work in sessions with Platform 1 he was able to work through his fears of rejection and ridicule and began to understand that these fears were natural but often led to him over analysing the reality of how people would react. This has led him to asking friends for help, getting that help, and built on his connection with others,

As a result of the counselling sessions that we are providing Joseph has been able to work on his lack of motivation and depression. Therefore, he has kept his employment, increased his children's well-being and increased his social and family network.

### **Safe Site - Wellbeing Garden**

Our garden is a much-needed part of our client's mental health recovery journey providing a calm, pretty area for

- 1:1 counselling session if appropriate, or just to sit and 'take a breather'
- women and men only groups meet, providing peer support to each other whilst talking or gardening
- an area where supportive chats can develop; Often people seeking help will talk when there is no eye contact and they are performing tasks such as weeding, planting, pruning... and open about their issues, leading to provision of help.
- training and development of horticultural skills to help gain employment
- physical purposeful activity helping develop self-esteem

Gardening is widely acknowledged as being able to reduce stress and improve mood, with a reduction in symptoms of depression and anxiety. In 2021, the RHS released research from a survey of more than 6.000 people which showed a significant association between gardening more frequently and improvements in wellbeing, perceived stress, and physical activity.

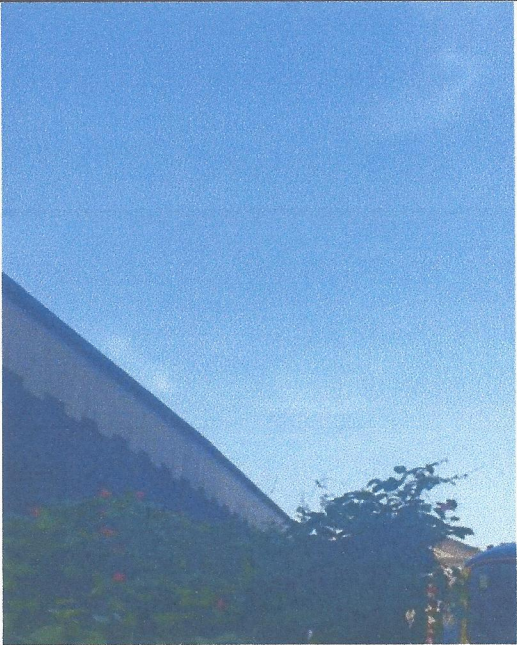
During 2022, 213 clients helped with maintaining the garden whilst 427 clients used the wellbeing garden to improve their mental health by

- Learning a new skill (horticultural) – 42 clients
- Connecting with others by doing team gardening and chatting to others - 183 clients
- Give to Others by helping make the garden a nice place for others to use – 183
- Be Physically active by doing gardening – 183 clients
- Develop mindfulness by being in a pretty garden – 394 clients

### Case Study: Neil

Neil has been attending counselling sessions with us on a weekly basis for 3 months, then 1 per month for 4 months. A difficult family relationship had caused many issues of guilt, anger, insomnia. Neil is employed but found the garden an area where he could 'opt-out' of responsibility and relax. He finds practical work helpful, but especially that he is helping is creating something. He enjoys all aspects from clearing, planting, weeding in all weathers – developing skills. He is a client who avoids social contact but finds the gardens a safe place to have chats with various people – developing confidence.

*"I just feel so much better now...I'm not angry, I'm not lashing out.....thank you so so much"*

<p><i>'It is an area for me and others to use to heal. It's just great. I live in a flat and there is nowhere like this for me to use.'</i></p> <p><i>'I've found this wellbeing garden really helpful, as you don't have to talk to other people, you can just weed.....but eventually I've grown in confidence and now chat with some of the others'</i></p>		<p><i>'I'm helping create a green space for other people to enjoy – this gives me a lot of happiness'</i></p> <p><i>"From the moment I made the first phone call they have been nothing short of incredible but being able to drop in and do something active (like gardening) really helps me.'</i></p> <p><i>'I'm ok now, but sometimes just pop in to volunteer with the garden, but really for a chat &amp; a cuppa – it's great to know they are there.'</i></p>
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## Support Groups

### Women's Support Groups

As we reserve Tuesdays for women only, our women's groups take place on a Tuesday at 10:30- 12 and 1-3pm. The groups give women a space to offload their difficulties and support each other. The ages of women who attend range from 18-65 which allows them to understand difficulties from a wide range of perspectives and experiences. The ladies stay in touch with each other, in between appointments, via Platform 1 women's Facebook group or their WhatsApp group. Within the group, issues that arise include, mental health, parenting, family relationships, self-confidence and self-worth, financial difficulties and physical health. Our women's groups have been really successful with weekly sessions. During these sessions they have completed craft projects, had cake parties and developed the ability to rationalise their own difficulties by listening to others.

### **Menopause Support Group**

Keeping to the theme of our women only day Tuesday, our menopause group takes place at our clinical site on Tuesdays at 10:30am. The group consists of women in various stages of menopause which encourages them to share their feelings and experiences and to develop solutions to help each other through the physical and emotional changes they are struggling to cope with. The group is peer led but with a qualified counsellor facilitating. This group has been a lifeline for our members as it helps them to understand that they are not alone in experiencing the mental, physical and emotional difficulties of going through the menopause. This alone can help their mental health as they gain a greater understanding of not only what they are going through but also the medication available to ease some of these symptoms.

### **Prostate Cancer Support Group**

Our prostate cancer group has been a huge success with regular attendees of at least 20 men per session. This is held on the first and third Thursday of the month and is facilitated by a qualified counsellor who also has prostate cancer and received recent treatment. This is a peer led group dealing with symptoms, diagnosis, treatment, and the effects of having prostate cancer, not only on the man but also their partners. The support the men give to each other has also continued outside of the group through the use of a WhatsApp group and firm friendships have been formed with some men meeting for a coffee in-between sessions. We organise regular sessions where professionals have attended to give talks and support on issues relevant to prostate cancer such as catheter use and management and erectile dysfunction. We are looking at the possibility of starting a second group to accommodate the increasing demand to join the group as we feel too large of a group may not work as effectively for the men. This will be dependent on the funding available.

### **Women's' Prostate Cancer Support Group**

Through the knowledge we gained from the issues experienced by the men in our prostate group we recognised that their partners may also need support so we have recently started a women's prostate group. In this group the partners are given the opportunity to speak about how their partner's diagnosis has also effected them and their relationship in a safe and confidential setting. From the very first session it was obvious that they felt relieved to share their fears with each other, knowing that everyone understood and had experienced similar. The women have expressed interest in having professionals visit to speak to them about any concerns they may have and this is currently being organised. They keep in contact with each other via a WhatsApp group and will be attending monthly.

### **Future Cancer Support Groups**

Under the partnership of Cancer UK, funds permitting, we are currently developing future cancer support groups, due to the number of requests, including:

- Breast and Ovarian Cancer Support Group
- Bowel Cancer Support Group

### **Counselling Support Groups**

As a result of our counselling service, we have recognised the need for mental health maintenance for some of our clients. Where someone has experienced trauma that may be triggered following the end of our sessions we decided to run support groups relevant to the issues that were prominent through our counselling practise. By doing so we hope

to maintain their mental health by supporting each other and reinforcing the coping strategies they have developed through counselling. The group sessions will also include relevant professionals who will attend to give talks on topics suggested by members. The counselling support groups include:

- **Support for men who have experienced domestic violence/coercive control**  
The aim of this group is to support men in a safe and confidential setting to share with each other their coping strategies, developed through counselling, and reinforce their self-confidence.
- **Support for women who have experienced domestic violence/coercive control**  
The aim of this group is to support women in a safe and confidential setting to share with each other their coping strategies, developed through counselling, and reinforce their self-confidence.
- **Support for men who have experienced sexual abuse**  
The aim of this group is to provide ongoing support for men who have experienced sexual abuse. Shame and self-blame is an ongoing topic that appears in those who have experienced this abuse and while this is worked on during counselling sessions we hope that ongoing support will reinforce the fact that any shame or blame is not theirs to carry.
- **Support for women who have experienced sexual abuse**  
The aim of this group is to provide ongoing support for women who have experienced sexual abuse. Shame and self-blame is an ongoing topic that appears in those who have experienced this abuse and while this is worked on during counselling sessions we hope that ongoing support will reinforce the fact that any shame or blame is not theirs to carry.

Our counsellors meet every 12 weeks to talk about the issues that are appearing regularly in our sessions with clients. Our hope is that as more topics are appearing we will be able to provide further support groups relevant to our client's needs as a follow on from our counselling service. This will depend on the availability of funds.

## Outreach

We have two forms of outreach; we offer a drop-in service in various districts and also we do house calls to people who cannot leave their homes.

The drop-in service is to try and create parity with other health sectors. People can call in for just for a hot drink and a chat while others may need more comprehensive help.

At the drop-in centres we offer help with practical issues such as housing or benefits and other day to day issues around bills and appointments. People can also access one of our qualified counsellors on site who will assess people and either offer a help on site or refer them into our service. Now we offer these services at two venues but hope to roll them out through out Kirklees when we can access funding to develop them.

We also do house calls for people who may have mobility or severe mental health issues. This allows us to see first hand how the clients are managing and see if we need to

intervene and access extra help. We will approach other agencies to ensure all the relevant help is given to the client.

## **Achievements and Performance**

### **The Key Impacts of our services – April 2021 until March 2022**

Our services are delivered by mental health professionals and are making a significant difference to the lives of the many people we see.

- We have supported 1,194 clients with some form of mental health support
- We have delivered 1,475 hours of direct counselling
- We have provided 1,408 hours of safe site support
- Platform 1 has been supported by 234 volunteering hours helping us with various aspects of our services, for example, answering our telephone, administration, gardening, hosting, making teas and coffees – we are very thankful for this and could not exist without people's practical kindness.
- We enabled 497 hours of cycling through loaning our bikes to key workers to get to work and to people with mental health issues to go cycling in green spaces and improve their physical and mental health.
- 83% of women who attend our support groups confirm having improved mental health from these sessions.
- Gender split of clients – 64% men and 43% women

## **Outcomes**

Our services provide choices and opportunities for people to create meaningful sustainable change. We are also committed to promoting the NHS 5 Ways to Wellbeing at strategic and operational levels and also in our service delivery and outcome and impact monitoring.

Clients numbering 1,194 confirmed for 2021/22

- Improved life chances and enhanced aspirations – 81%
- Improved community connectedness – 76%
- Better quality relationships with family and friends - 63%
- Improved physical health and wellbeing – 88%
- Improved mental health and emotional wellbeing – 90%

The last two years our counselling service has grown with the most rapid increase seen during the last 6 months. Our demographic has changed from being predominantly used by men to at least a quarter of our clients being women accessing our counselling service. Our current waiting list also consists of 57% of men and 35% of women.

## Feedback

\*100% of our clients would have counselling again if they needed it with 100% stating they would want to attend Platform 1 rather than any other service.

- "It was a great experience..... ( ) has been great and I wish my sessions didn't end"
- "I am leaving a better person and feel very positive about my future"
- "I feel so much better, and I can deal with my life and my problems"
- "It's been a brilliant experience....a lot of gratitude"
- "I am in a totally different place and mind-set, in a positive way"
- "Lovely people. Never made me feel unhappy, always made me feel welcome"
- "Counselling has helped me so much and now I have a new life"

## A Word from our Volunteer Co-ordinator

Although my job title is volunteer co-ordinator, I also manage the safe site. All our volunteers are DBS checked and chosen for the skills that they can bring to the charity. Lots of our volunteers are retired professionals while the rest are made up of young people who are at college and are looking for experience for their future chosen profession.

We have many varied workshops and support groups which are all delivered by professionals in a quirky setting which makes for a unique experience. The safe site is growing and changing and is constantly in development so we can deliver the help and support which the community wants and needs.



**Saloria Simpson**

**Volunteer co-ordinator**

## **Volunteer Case Study: Chris**

Chris is a retired school teacher and also a qualified counsellor. His years of experience and his patience have made such a difference to many people's lives.

Chris not only supports people but also facilitates and develops groups. His 'Open Mind' Group has become one of our most successful groups. This group not only gives people a chance to seek further support after they have had counselling but also gives others a chance to look at life in a different way. All this is delivered with good humour and constant support.

Along with the 'Open Minds' group Chris has developed a prostate cancer support group. This has become so successful that we now have nurses and surgeons from the local hospitals supporting the group. Also, Cancer UK has now recognised the group and also promotes it.

These groups have only been able to be developed because of Chris's skills. Because Platform 1 looks for volunteers with such skills and does the relevant background checks we can find the right people for the right positions when we seek volunteers.



**Bike shed Volunteers at work**

## **A big thank you to...**

All our supporters – many charitable funders, individuals, schools, churches, universities, and the community of Kirklees.

All our volunteers, without whom we would be unable to support as we do.

## **Financial Review**

Platform 1's income for 2021/22 was £142,872. This is slightly higher than the prior year figure of £139,432.

Expenditure for the year was £154,168, resulting in a deficit of £11,296 (prior year surplus of £9,728).

Unrestricted funds at the Year End were £22,343. This is equivalent to 7 weeks expenditure.

Financial plans for the future are to broaden the range of funding streams, including securing contracts with local businesses/organisations, increasing donations from individuals, generating earned income from the sale of refurbished items, and support from charitable funds and foundations.

As need continues to grow we must increase our income to enable Platform 1 to fulfil unmet need.

## **Risk Management**

The principle risks include the financial and societal impacts of rising inflation, food and fuel poverty and the general down-turn in the economy, and the impact this is having on the mental health of our clients and potential clients. Also this may impact on our ability to raise funds.

## **Structure, Governance and Management**

Platform 1 is a Charitable Incorporated organisation, constituted in 2018.

The Trustees meet every 6 weeks to discuss charity related issues, which includes any guidance issued by the charity commission. All trustees give their time voluntarily. The board of trustees strives to increase the breadth and diversity of skills and experience of the board of trustees, including lived experience. Trustees are appointed after a formal interview process by senior management and trustees.

The day-to-day running of the organisation is devolved to the senior management team, with oversight from the trustees.

## **Future Plans**

We are growing rapidly as we believe, if we are to fulfil unmet needs for so many people who are experiencing real and unsustainable pressures and stress, that we need to. Our intention is to do more of what we do, continue to develop and expand our reach in term of physical area and services.

Because we care and attract to our service people who also care and want to help we are optimistic that we can.

We still struggle with funding but have managed so far because lots of people, who can help do!

**Thanks to all those who have! You know who you are!**

# Independent examiners report on the accounts

Report to the **Platform 1**  
trustees/ members  
of

On accounts for the **31<sup>st</sup> March 2022**  
year ended

Charity no **1177710**

Set out on pages **1-19**

## Responsibilities and basis of report

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/03/21

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination. I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 386 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

Signed:

Date: 16/01/23

Name:  
Relevant professional  
qualification(s)  
Address:

John L Griffiths  
F.C.M.A.

Lido House, 22 New Fold  
Holmfirth, West Yorkshire, HD9 2DQ

**Platform 1**  
**Total Receipts & Payments Account for the year ended 31/3/22**

	Unrestricted Funds £	Restricted Funds £	TOTAL Funds £
<b>Receipts:</b>			
Unrestricted Grants	119,191	-	119,191
Income			
Restricted Grants Income	-	-	-
Donations Income	18,342	-	18,342
Sales	3,254	-	3,254
Repairs	1,562	-	1,562
Refunds Received	268	-	268
Misc Income	254	-	254
<b>Total income</b>	<b>142,872</b>	<b>-</b>	<b>142,872</b>
<b>Payments:</b>			
Parts	69	-	69
Equipment	3,154	-	3,154
Sundries	163	-	163
Refunds given	70	-	70
Materials	5,544	-	5,544
Salaries costs	92,411	-	92,411
NI/PAYE costs	12,866	-	12,866
Pension costs	8,623	-	8,623
Health & Safety costs	48	-	48
Hospitality costs	914	-	914
Transport costs	767	-	767
Decoration & Promotion costs	1,040	-	1,040
Payroll costs	713	-	713
Security costs	443	-	443
Toiletries costs	11	-	11
Misc costs	1,975	-	1,975
IT costs	151	-	151
Training costs	1,786	-	1,786
Volunteer costs	1,550	-	1,550
Site costs	15,463	-	15,463
Communication costs	3,469	-	3,469
Memberships, licences or permissions	1,797	-	1,797
Insurance costs	1,141	-	1,141
<b>Total Payments</b>	<b>154,168</b>	<b>-</b>	<b>154,168</b>
<b>Net income for the period</b>	<b>(11,296)</b>	<b>-</b>	<b>(11,296)</b>
<b>Bank Balance 31/3/21</b>	<b>£46,940</b>		
<b>Bank Balance 31/3/22</b>	<b>£34,180</b>		

Signed on behalf of the Board:

Tejinder Birk

18-01-23

**Platform 1**  
**Statement of Assets and Liabilities at 31<sup>st</sup> March 2022**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
<b>Bank &amp; Cash</b>	<b>20,742.80</b>	<b>13,437.25</b>	<b>34,180.05</b>
<b>Deposit at Bramleys</b>	<b>1,600.00</b>	<b>-</b>	<b>1,600.00</b>
<b>Total Assets</b>	<b>22,342.80</b>	<b>13,437.25</b>	<b>35,780.05</b>
<b>Liabilities</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Net Assets</b>	<b>22,342.80</b>	<b>13,437.25</b>	<b>35,780.05</b>

**Signed on behalf of the Board:**

**Trustee**

**Name**

**Tejinder Birk**

**Date**

**18-01-23**

**Trustee**

**Name**

**Philip Clark**

**Date**

**18-01-23**

**Platform 1**  
**Total Receipts & Payments Account for the year ended 31/3/21**

	Funds £	Funds £	Funds £
<b>Receipts:</b>			
Unrestricted Grants Income	11,000	-	11,000
Restricted Grants Income	-	75,253	75,253
Donations Income	40,775	-	40,775
Sales	8,885	-	8,885
Repairs	2,625	-	2,625
Refunds Received	445	-	445
Training Income	300	-	300
Services	150	-	150
<b>Total income</b>	<b>64,179</b>	<b>75,253</b>	<b>139,432</b>
<b>Payments:</b>			
Parts	1,739	-	1,739
Equipment	655	2,503	3,158
Sundries	45	-	45
Refunds given	2,150	-	2,150
Materials	517	3,379	3,897
Salaries costs	39,212	38,602	77,814
NI/PAYE costs	8,097	4,256	12,352
Pension costs	4,887	3,743	8,630
Health & Safety costs	25	255	280
Hospitality costs	17	114	131
Transport costs	2,012	847	2,859
Decoration & Promotion costs	10	10	20
Payroll costs	439	359	798
Security costs	161	698	859
Toiletries costs	-	24	24
Misc costs	1,025	41	1,065
IT costs	-	120	120
Training costs	125	242	367
Activity costs	223	600	823
Volunteer costs	104	722	826
Site costs	3,641	2,841	6,482
Communication costs	242	1,679	1,921
Memberships, licences or permissions	2,389	392	2,781
Insurance costs	173	390	563
<b>Total Payments</b>	<b>67,889</b>	<b>61,816</b>	<b>129,704</b>
<b>Net income for the period</b>	<b>(3,710)</b>	<b>13,437</b>	<b>9,728</b>
<b>Bank Balance 31/3/20</b>	<b>£37,348</b>		
<b>Bank Balance 31/3/21</b>	<b>£46,940</b>		
<b>Signed on behalf of the Board:</b>		<b>Tejinder Birk</b>	<b>22/10/21</b>

**Platform 1**  
**Statement of Assets and Liabilities at 31<sup>st</sup> March 2021**

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Cash Funds	135.53		135.53
Cash in Bank	33,503.22	13,437.25	46,940.48
<b>Total Assets</b>	<b>33,628.76</b>	<b>13,437.25</b>	<b>47,076.01</b>
<b>Liabilities</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Net Assets</b>	<b>33,638.76</b>	<b>13,437.25</b>	<b>47,076.01</b>

Signed on behalf of the  
Board:

Trustee

Name                      **Tejinder Birk**

Date                        **22-10-21**

Trustee

Name                      **Philip Clark**

Date                        **22-10-21**

**PLATFORM 1**

England & Wales - Charity number 1177710

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# Accounts

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## Trustees' Annual Report for the period

From **01/04/2020** To **31/03/21**

Charity name: **Platform 1**

Charity registration number: **1177710**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>To promote social inclusion for the public benefit by preventing people, particularly but not exclusively men aged 18 or over, within the Kirklees and surrounding area, from becoming socially excluded, relieving the needs of those people who are socially isolated or excluded and assisting them to integrate into society through the provision of facilities in which they can meet to undertake creative, physical or recreational activities, learn or pass on skills and knowledge, and support each other socially.</p> <p>For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one of more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); or crime (either as a victim of crime or as an offender rehabilitating into society)</p>
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	<p>Platform 1 is a 'hands on' mental health charity based in the heart of Huddersfield, offering support throughout the county.</p> <p>We work with approaching a 1000 people p.a. primarily men but increasingly with women with complex needs and from all backgrounds and experiences.</p>

	<p>We are a needs' driven organisation that listens and acts upon issues that affect so many people. These issues are not what we may regard as mental health or personality traits, but, are , we have found to quiet often to be the drivers of distress and unhappiness and that follows</p> <p>Our approach is to deal with the person and what affects them and that is making them unwell or unable to cope. We work on three levels to do this.</p> <p>Firstly, to help to avoid a crisis by looking at the concerns or issues that otherwise may escalate in a downward spiral which can lead to desperation, frustration, anger and damaging behaviours both to the individual themselves and others.</p> <p>Next, we deal with people who are in that crisis, either at the point of breakdown, mentally, physically or emotional, who may be at the point of contemplating ending their own life or self-harming, either through deliberate actions or self-neglect. We provide interventions and link directly with those agencies that might be required, such as Mental Health professionals police, hospital, etc.</p> <p>Thirdly we support the person through and beyond their immediate crisis to help them recover what they have lost in emotional and psychological term, self-esteem and self-worth, We also provide the means of recuperation and help individual realise their potential through training, peer mentoring and connection</p> <p>We encourage recovery through supportive activities, allowing reconnection at individuals own pace and within a safe and non-judgmental environment.</p> <p>Our aim is to help individuals develop interpersonal and practical skills to aid their recovery, reconnect with family, friends and the wider community and retain or find employment.</p> <p>The charity's strengths lie in offering support through three distinct paths and venues:</p> <p style="text-align: center;"><b><u>Crisis support</u></b></p> <p>A freephone Crisis telephone line open 7 days per week answered by trained staff who listen, offer advice, encourage next steps into support, and signpost where appropriate.</p>
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1:1 sessions in separate nearby venue for those who need immediate help and Crisis planning to help stabilization and self-management.

Case study relevant to counselling

**Member 477 is a 28 year old male**

He was referred to Platform 1 after disengaging with the mental health services due to a diagnosis of epilepsy and severe anger issues. Finding it very difficult to relate to others and would frequently become aggressive and would display violent outbursts. This disengagement was a result of his struggle with long waiting times between appointments and feeling that his issues were not being taken seriously.

**Connect With Others**

Because this gentleman had been seeing the services for quite some time and he felt that he wasn't moving on with his condition he would often display frustration which came across as aggressive behaviour towards the people trying to help him.

On his first visit to Platform 1 it was self-evident that trust was of the utmost importance to this gentleman. From his first encounter with the crisis team he was listened to and allowed the time and safe space to talk and cry about his issues.

He received constant one to one support because of his anger outbursts and was taught certain techniques to help him deal with them. He also had the crisis support number that he could call at any time and he used this several times to receive support at moments when his anxiety was overwhelming him and he felt out of control. Platform 1 also acknowledge that his partner would also need some support to get through this difficult time. His partner joined our women's support group where she could discuss the issues she was experiencing. This has been a great help to both parties as they are able to make sense of how their lives are changing at the moment. The gentleman was then supported to re-engage with medical professionals to get the medical treatment he needed. He is now back with the medical services, but this time he trusts their diagnosis and takes on board the treatment he is offered

**Physically Active**

This gentleman had been working up to his epilepsy diagnosis. His job had been quite physical. He was concerned that his strength was waning due to lack of exercise so he decided to visit a gym and build up his stamina.

He now knows his limits for working out because of his epilepsy but enjoys the social and physical side of going to the gym.

**Learning New Skills**

Due to the birth of a new baby boy, he has developed new skills to help him deal with the day to day activities the a small child brings. He has also learned to have empathy with others and to deal with his emotional out bursts. The couple have decided to share the daily routine with the baby and he regularly phones family and our team to ask for advice.

**Giving To Others**

He now spends a lot of time with his partner and his son. He has re connected with his parents and now talks openly about his journey and how he now accepts that people were not there to judge him but to help him. With support from Platform 1 he has learned to recognise when he is becoming agitated and remove himself from the situation which is causing the problem. This has allowed him to talk to others about his experiences and he now refers others to Platform 1.

**Attention To the Moment**

With the acceptance of his medical diagnosis, he is now more able to focus on living his life rather than just focusing on his illness. He openly talks with others about things that concern him and deals more with his anger issues. He has become more tolerant of things that used to cause him to get extremely agitated and angry and has learned when to avoid events or people who may be a trigger. His life is now taken up with both he and his partner looking after and loving their newborn child

- On-site welfare support within a relaxed environment of train carriages on the old platform at Huddersfield Train Station where we offer help on
  - a range of advice on housing, finances, employability and welfare issues. Staff help men deal with official documentation, telephone and physical appointments with various services they find daunting and confusing.
  - a coffee & chat in a safe place
  - activities within a Bike hub where bike maintenance and logistic skills can be learnt; Gardens with seating areas for socializing and developing horticultural skills
  - counselling sessions
  - Tuesdays is 'Women Only' Day. The site is open for Women's groups and individual sessions are available
  - New Multi-training carriage offering training in various areas eg Hospitality and Food Hygiene; IT; employability skills; and a café for snacks and drinks with a social area

Case relevant to safe space

**Chris spent his whole life fighting against discrimination and bullying. When he came to Platform 1 he had to be escorted by probation service support workers due to his previous history of violence and offending. Chris soon engaged with the others and found a safe place, no discrimination, no bullying, where no judgements are made, where people will take the time to get to know him. He has become the man who he was destined to be due to Platform 1. Chris is well liked and respected, he is friendly and helps where he can.**

### Outreach

- in various venues across West Yorkshire for those who need advice and pastoral care.

### **Case Study**

**Elliott joined in May. He lives in sheltered living due to his learning disability. Prior to his joining he stayed in all day, every day and was suffering greatly from depression. His sister heard about Platform 1 through word of mouth. Elliott comes four days a week to Platform 1. He uses the computers, joins in with the art and craft activities and helps out with small tasks around the site. His sister is delighted as he now has something to do with his time and a sense of belonging that she says he has never known; he has a safe place to visit and a place where he is held in high regard.**

### **OUTCOMES**

Our services provide choices and opportunities for people to create meaningful sustainable change. We are also committed to promoting the NHS 5 Ways to Wellbeing at strategic and operational levels and also in our service delivery and outcome and impact monitoring

<b>NHS 5 ways to wellbeing</b>	<b>Platform 1 Services and resulting Outcomes</b>
Learn New Skills	Practical skill development in woodwork, bike mechanics, gardening for leisure or a career. New multi-training carriage will offer various courses eg Catering, Employability, Computer servicing.
	Improved life chances and enhanced aspirations
Give to Others	Becoming a Peer supporter or volunteer
	Improved community connectedness
Connect with Other People	'Coffee and a chat' sessions

			Activities such as woodwork, bike hub, gardening where people can meet with others in a safe and relaxed environment
			<ul style="list-style-type: none"> <li>Better quality relationships with family and friends</li> </ul>
		Be Physically Active	On-site gardening Borrowing one of our bicycles and going for a ride Guided walks
			<ul style="list-style-type: none"> <li>Improved physical health and wellbeing</li> </ul>
		Pay attention to the present moment - Mindfulness	Activities such as woodwork, bike hub and gardening where people can 'tinker' and learn to relax and be more aware of themselves and their needs.
			<ul style="list-style-type: none"> <li>Improved mental health and emotional wellbeing</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees meet every 6 weeks to discuss Charity related issues which includes any guidance issued by the Charity Commission	

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
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	<p>Things to note</p> <ul style="list-style-type: none"> <li>- Growth since 2018 has been steady</li> <li>- Impact of Covid – we did receive some Covid funding at a % of ?? however we have a strong record of securing income to offer appropriate services</li> <li>- Listen to feedback of clients and this is why we have developed 3 support avenue</li> </ul> <p>During the last year we continued to provide support notwithstanding the challenges of COVID, and our model of welcoming people to drop ins was developed to include outreach work and welfare calls to ensure people could access the support and information they needed.</p> <p>We have found ways to combine in person and virtual working and continue to embed this as a model.</p> <p>We are proud to tell you that our magnificent staff group, and our volunteers, have risen to the challenges we face</p> <p>We expect to raise our profile in the coming years and give much more help to those who are trying to rebuild their lives across West Yorkshire</p>

		<p><b>Achievements and Performance 2020-21</b></p> <p><b>HIGHLIGHTS</b></p> <p><b>We :</b></p> <ul style="list-style-type: none"> <li>• received funding of £51080.05 to help with our work in dealing with Covid mainly from local authority emergency funding</li> <li>• continue to support throughout lockdown</li> <li>• engaged with and supported people whose had been supported elsewhere and that support was nullified by lockdown and the closure of services</li> <li>• instigated a more outward looking attitude</li> <li>• We worked with people from the entire country through telephone support</li> <li>• We started women’s only groups</li> <li>• We received large numbers of referrals from statutory and commissioned services</li> </ul> <p>People who received support.</p> <p>720 memberships of Men’s Safe Space</p> <p>16 memberships of Women’s Safe Space</p> <p>137 people received hardship payments of £71 per month</p> <p>277 people were supported through telephone outreach</p> <p>1,770 welfare calls were made</p> <p>6 interventions with children in schools</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	

Investment performance against objectives	Para 1.41	
Other		<p><b>Final Statement</b></p> <p>We are growing rapidly as, we believe, if we are to fulfil unmet needs for so many people are experiencing real and unsustainable pressures and stress, that we need to. Our intention is to do more of what we do, continue to develop and expand our reach in term of physical area and services. Because we care and attract to our service people who also care and want to help We are optimistic that we can</p> <p>We still struggle with funding but have managed so far because lots of people, who can help do!</p> <p><b>Thanks to all those who have! You know who you are!</b></p>

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>The Charity made a surplus of £9727.64 in the year to 31/03/2021</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### 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	<p><b>Sources of Funds</b></p> <p>The principle sources of funds are:</p> <ol style="list-style-type: none"> <li>1) Contracts with local businesses /organisations</li> <li>2) Grants from charitable foundations and government agencies (e.g. Kirklees Council)</li> </ol>
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		<p>3) Income (from the general Public) generated from items made by Platform 1 members e.g.:</p> <ul style="list-style-type: none"> <li>The sale of refurbished bicycles</li> <li>The sale of refurbished furniture</li> <li>The sale of woodwork items (planters/bird boxes etc)</li> </ul> <p>4) Voluntary contributions from members of the public</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	The charity has no investments
A description of the principal risks facing the charity	Para 1.46	Impact of Covid-19 and the general downturn in the economy with subsequent adverse effects on our ability to raise funds
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated Body
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	Formal interview process by senior management and Trustees. Appointment authorised at Trustee meeting

### 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	
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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	Platform 1
Other name the charity uses	
Registered charity number	1177710
Charity's principal address	St Georges Square Huddersfield HD1 1JF

### 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	Philip Clark	Chairman		
2	Tejinder Singh Blrk	Secretary		
3	Martin Wright	Treasurer		
4	Kelle Myers	Trustee		
5	Alic Wright	Trustee		
6	Depuk Singh	Trustee		
7	Sharon Davies	Trustee		
8	Gabrielle Butler	Trustee		
9	Gideon Richards	Trustee		
10	Margaret Marchent	Trustee		
11				
12				
13				
14				
15				
16				

17			
18			
19			
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	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

**Additional information (optional)**

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
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**Name of chief executive or names of senior staff members (Optional information)**

Bob Morse Project Manager. Gez Walsh Project Leader

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

### Other optional information

### 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)		
Position (eg Secretary, Chair, etc)		
Date		



**Section A Independent Examiner's Report**

**Report to the trustees/directors/members of**

Charity Name  
Platform 1

**On accounts for the year ended**

31/03/2021

**Charity no.:**

1177710

**Company no.:**

**Set out on pages**

(remember to include the page numbers of additional sheets)

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/03/2021

**Responsibilities and basis of report**

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

[

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

Signed: John L. Griffiths Date: 12/07/21

Name: John L. Griffiths

Relevant professional qualification(s) or body (if any): F.C.M.A.

Address: Lido House,  
22 New Fold  
Holmfirth, West Yorkshire, HD9 2 DQ

**Section B Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty disclosure box]

**John L. Griffiths**  
BA (Hons.) FCMA  
Accountancy Services  
Lido House, 22 New Fold  
Holmfirth, West Yorks. HD9 2DQ  
Tel/Fax: +44 (01484) 686587

# Platform 1

## Total Receipts & Payments Account for the year ended 31/3/21

	Unrestricted Funds £	Restricted Funds £	TOTAL Funds £
<b>Receipts</b>			
unrestricted grants income	11000	0	11000
restricted grants income		75252.82	75252.82
donations income	40774.67	0	40774.67
sales	8884.55	0	8884.55
repairs	2624.5	0	2624.5
refunds received	445.21	0	445.21
misc income	0	0	0
training income	300	0	300
services	150	0	150
projects income	0	0	0
<b>Total receipts</b>	<b>64178.93</b>	<b>75252.82</b>	<b>139431.75</b>
<b>Payments</b>			
parts	1738.53	0	1738.53
equipment	655.11	2503.08	3158.19
sundries	44.8	0	44.8
refunds given	2150	0	2150
materials	518.65	3378.66	3897.31
salaries costs	39211.79	38602.42	77814.21
ni/paye costs	8096.79	4255.57	12352.36
pension costs	4887.33	3742.55	8629.88
health and safety costs	24.95	254.89	279.84
hospitality costs	17	113.93	130.93
transport costs	2012.31	846.76	2859.07
decoration and promotion costs	10	10	20
payrole costs	439	359	798
security costs	161.48	697.65	859.13
toiletries costs	0	24.48	24.48
misc costs	1024.08	40.75	1064.83
IT costs	0	119.88	119.88
training costs	125	241.9	366.9
activity costs	223.29	600	823.29
volunteer costs	104.1	722.13	826.23
site costs	3641.22	2840.94	6482.16
communication costs	241.53	1679.27	1920.8
membership, licenses or permissions	2388.96	391.71	2780.67
insurance costs	172.62	390	562.62
<b>Total payments</b>	<b>67888.54</b>	<b>61815.57</b>	<b>129704.11</b>
<b>Net Income for the period</b>	<b>-3709.61</b>	<b>13437.25</b>	<b>9727.64</b>
Bank Balance 31/3/20	37,348		37348


Bank Balance 31/3/2021

46,940.48

46,940.48

Signed on behalf of the Board

Trustee

  
 TEJINDER BIRK  
 22-10-2020

Name

Date

Trustee

Name

Date

# Platform 1

## Total Receipts & Payments Account for the year ended 31/3/21

	Unrestricted Funds £	Restricted Funds £	TOTAL Funds £
<b>Receipts</b>			
unrestricted grants income	11000	0	11000
restricted grants income		75252.82	75252.82
donations income	40774.67	0	40774.67
sales	8884.55	0	8884.55
repairs	2624.5	0	2624.5
refunds received	445.21	0	445.21
misc income	0	0	0
training income	300	0	300
services	150	0	150
projects income	0	0	0
<b>Total receipts</b>	<b>64178.93</b>	<b>75252.82</b>	<b>139431.75</b>
<b>Payments</b>			
parts	1738.53	0	1738.53
equipment	655.11	2503.08	3158.19
sundries	44.8	0	44.8
refunds given	2150	0	2150
materials	518.65	3378.66	3897.31
salaries costs	39211.79	38602.42	77814.21
ni/payee costs	8096.79	4255.57	12352.36
pension costs	4887.33	3742.55	8629.88
health and safety costs	24.95	254.89	279.84
hospitality costs	17	113.93	130.93
transport costs	2012.31	846.76	2859.07
decoration and promotion costs	10	10	20
payrole costs	439	359	798
security costs	161.48	697.65	859.13
toiletries costs	0	24.48	24.48
misc costs	1024.08	40.75	1064.83
IT costs	0	119.88	119.88
training costs	125	241.9	366.9
activity costs	223.29	600	823.29
volunteer costs	104.1	722.13	826.23
site costs	3641.22	2840.94	6482.16
communication costs	241.53	1679.27	1920.8
membership, licenses or permissions	2388.96	391.71	2780.67
insurance costs	172.62	390	562.62
<b>Total payments</b>	<b>67888.54</b>	<b>61815.57</b>	<b>129704.11</b>
<b>Net Income for the period</b>	<b>-3709.61</b>	<b>13437.25</b>	<b>9727.64</b>
<b>Bank Balance 31/3/20</b>	<b>37,348</b>		<b>37348</b>

Bank Balance 31/3/2021

46,940.48

Signed on behalf of the Board

Trustee



Name

TEJINDER BIRK

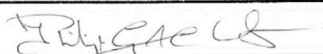
Date

22-10-2020

Trustee

Praveen GA Chack

Name




Date

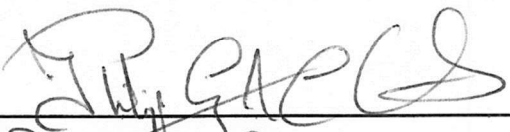
22-OCT-2020

**Platform 1**  
**Statement of Assets and Liabilities at 31 march 2021**

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Cash Funds	135.53		
Cash in Bank	<u>33,503.23</u>	<u>13437.25</u>	<u>46,940.48</u>
<b>Total Assets</b>	<u>33638.76</u>	<u>13437.25</u>	<u>47076.01</u>
Liabilities	<u>0</u>	<u>0</u>	<u>0</u>
<b>Net Assets</b>	<u>33638.76</u>	<u>13437.25</u>	<u>47076.01</u>

Signed on behalf of the Board:

Trustee   
Name TEJINDER BIRK  
Date 22-10-2020

Trustee   
Name PHILIP CLARK  
Date 22-OCT. 2020



**Section A Independent Examiner's Report**

**Report to the trustees/directors/members of**

Charity Name  
Platform 1

**On accounts for the year ended**

31/03/2021

<b>Charity no.:</b>	1177710	<b>Company no.:</b>	
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**Set out on pages**

(remember to include the page numbers of additional sheets)

**Responsibilities and basis of report**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/03/2021

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

[

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

Signed: John L. Griffiths Date: 12/07/21

Name: John L. Griffiths

Relevant professional qualification(s) or body (if any): F.C.M.A.

Address: Lido House,  
22 New Fold  
Holmfirth, West Yorkshire, HD9 2 DQ

**Section B Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

**John L. Griffiths**  
BA (Hons.) FCMA  
Accountancy Services  
Lido House, 22 New Fold  
Holmfirth, West Yorks. HD9 2DQ  
Tel/Fax: +44 (01484) 686587

# Platform 1

## Total Receipts & Payments Account for the year ended 31/3/21

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services	150	0	150
projects income	0	0	0
<b>Total receipts</b>	<b>64178.93</b>	<b>75252.82</b>	<b>139431.75</b>
<b>Payments</b>			
parts	1738.53	0	1738.53
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<b>Total payments</b>	<b>67888.54</b>	<b>61815.57</b>	<b>129704.11</b>
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Bank Balance 31/3/20	37,348		37348


Bank Balance 31/3/2021

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Signed on behalf of the Board

Trustee

  
 TEJINDER BIRK  
 22-10-2020

Name

Date

Trustee

Name

Date

# Platform 1

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<b>Bank Balance 31/3/20</b>	<b>37,348</b>		<b>37348</b>

Bank Balance 31/3/2021

46,940.48

Signed on behalf of the Board

Trustee



Name

TEJINDER BIRK

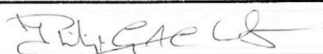
Date

22-10-2020

Trustee

Praveen GA Chack

Name




Date

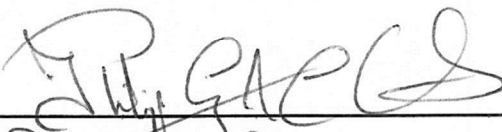
22-OCT-2020

**Platform 1**  
**Statement of Assets and Liabilities at 31 march 2021**

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Cash Funds	135.53		
Cash in Bank	<u>33,503.23</u>	<u>13437.25</u>	<u>46,940.48</u>
<b>Total Assets</b>	<u>33638.76</u>	<u>13437.25</u>	<u>47076.01</u>
Liabilities	<u>0</u>	<u>0</u>	<u>0</u>
<b>Net Assets</b>	<u>33638.76</u>	<u>13437.25</u>	<u>47076.01</u>

Signed on behalf of the Board:

Trustee   
Name TEJINDER BIRK  
Date 22-10-2020

Trustee   
Name PHILIP CLARK  
Date 22-OCT. 2020