

REGISTERED COMPANY NUMBER: 11427513 (England and Wales)
REGISTERED CHARITY NUMBER: 1179048

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2023
FOR
CHUMS CHARITY**



CHUMS CHARITY

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CHUMS CHARITY

REFERENCE AND ADMINISTRATIVE DETAILS for the Year Ended 31 MAY 2023

TRUSTEES

Mr G V Ball
Mr B C Banks (resigned 1.9.22)
Mr A M Carter (appointed 17.4.23)
Mrs J Coles (appointed 16.10.23)
Mrs J M A Costanzo (appointed 16.1.23)
Ms D J Hewitt
Mr K McNamara (appointed 16.10.23)
Mr A P Robson (resigned 16.4.23)
Mrs H Touhey (appointed 16.10.23)
Mrs J Williams

REGISTERED OFFICE

Wrest Park Enterprise Centre
Wrest Park
Silsoe
Bedfordshire
MK45 4HS

REGISTERED COMPANY NUMBER

11427513 (England and Wales)

REGISTERED CHARITY NUMBER

1179048

INDEPENDENT EXAMINER

Tara Aldwin ACA
Foxley Kingham
Chartered Accountants
260 - 270 Butterfield
Great Marlings
Luton
Bedfordshire
LU2 8DL

CHUMS CHARITY (REGISTERED NUMBER: 11427513)

REPORT OF THE TRUSTEES for the Year Ended 31 MAY 2023

The Trustees who are also directors of the Charity for the purposes of the Companies Act 2006, are pleased to present their report with the financial statements of the Charity for the year ended 31 May 2023. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

CHUMS Charity (the 'Charity') is a charitable company which was incorporated on 21 June 2018, registered with the Charity Commission on 3 July 2018 and began operating on 1 April 2019.

OBJECTIVES AND ACTIVITIES

Objectives

The objectives of the Charity are: -

- to promote the preservation of mental health and
- to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress, through
- the provision of support to children and their families affected by bereavement, trauma and other emotional and mental health issues in the United Kingdom.

The Charity furthers these purposes by making grants to services operated by other charities and social enterprises. The Charity reviews its aims and activities regularly, in particular to ensure the success of the services funded and the benefits the services have brought to the Charity's beneficiaries.

The Trustees have read and considered the general guidance on public benefit provided by the Charity Commission in setting the Charity's aims and objectives.

Grantmaking

The Charity has established its grant making policy to achieve its mission, aims and objects for the public benefit, in particular by funding support for children and their families affected by bereavement, trauma and other emotional and mental health issues. Whilst the Charity's objectives enable it to further these purposes throughout the United Kingdom, the Charity currently focuses its activities within Luton and Bedfordshire. Going forward and in line with best practice, the Charity will review its grant making policy annually to ensure that it reflects the Charity's objectives and thereby advances public benefit.

As a grant making Charity, we rely greatly on the generosity of the community to help us raise the funds required to support services provided to our beneficiaries. As Trustees, we continue to seek and utilise opportunities to improve our presence in the community to raise awareness and to attract and maintain vital sources of income to further our objectives. We work proactively to build relationships with the widest possible range of stakeholders across our communities, seeking always to strengthen our links with individuals, other charities and grant making bodies and corporate entities who currently all contribute to make our activities successful.

The Charity primarily funds a number of services, provided by CHUMS Social Enterprise CIC ('CHUMS CIC'), a community interest company, which provides a range of unique services that improve the lives of the Charity's beneficiaries. These services form part of a wider provision of services by CHUMS CIC; however, unlike other services provided by CHUMS CIC, the services funded by the Charity do not receive any NHS funding. By funding services through CHUMS CIC as opposed to running services itself, the Charity is able to achieve maximum value for money and significantly improved outcomes which ensure that the individuals, families, organisations, and communities we serve, have access to innovative, multi-disciplinary and collaborative models of care within CHUMS own 'mental health care and wellbeing pathway'. This unique wellbeing pathway brings together the expertise and infrastructure provided as a result of CHUMS CIC's NHS commissioned services and the innovative community outreach programmes that are funded by the Charity. Within an ever more stretched fundraising environment, the Trustees have confidence that the existing model of grant making enables the delivery of outstanding mental health services that are responsive to the increasing demand for services, and to the increasingly complex problems faced by the Children & Young People (CYP) and their families across our local communities.

The services funded by the Charity during the year are described in more detail below. The Trustees wish to continue to support these services and therefore, at present, the Charity does not invite unsolicited grant applications. The Trustees have regard to the Charity Commission's guidance on grant funding an organisation that isn't a charity when making grants to CHUMS CIC and ensure that all grants made are in accordance with the Charity's Articles of Association, for the furtherance of its objectives and for the benefit of the public.

CHUMS CHARITY (REGISTERED NUMBER: 11427513)

REPORT OF THE TRUSTEES for the Year Ended 31 MAY 2023

OBJECTIVES AND ACTIVITIES

THE SERVICES WE SUPPORT

How our activities deliver public benefit: achievement and performance

As described above and as well as being of benefit to the general public more widely, the Charity has made grants to CHUMS CIC and currently supports five services which benefit CYP and families affected by bereavement, trauma and other emotional and mental health issues. The Trustees take steps when making decisions in relation to grant making to ensure that each grant provides adequate public benefit, as well as to ensure that the Charity receives adequate reporting to allow it to improve its targeted grant-making.

The services funded by the Charity are as follows:

1. Trauma Service
2. Recreational Therapeutic Service
3. Bedfordshire Suicide Bereavement Service
4. Babyloss Service
5. Disability Friendship Scheme

1. The Bereavement and Non-bereavement Trauma Service

This service supports CYP in crisis who are not able to get on with their normal lives as a result of one or multiple traumas. They are stuck in the moment of their loss or their abuse and are reliving the horror on a constant basis. Children and young people are referred into the service usually by families, teachers, or social services.

The cases seen in the service cover trauma received from domestic violence, sexual abuse, bereavement and more recently, refugee children fleeing from war. Also, medical trauma, road traffic accidents, and a large increase in knife crime and community violence.

Public benefit

The wider social impacts of the Trauma Service are:

- Improved life outcomes
- More resilient CYP, families and communities
- Reduced stigma of mental health difficulties

Within Bedfordshire and Luton there are very limited trauma interventions and no other specialist trauma service available to CYP. The Trauma service provides a high-quality and effective solution to the systemic pressures of increased demand, waiting lists and inequalities of access experienced by so many CYP within the wider mental health care system in our region.

Outcomes

The Trauma Service targets four main outcomes which are measured quantitatively and/ or qualitatively:

- Decreased distress and increased functioning
- Improved relationships (family and peer)
- Able to engage fully in education
- Progress towards personal goal (set at the start of intervention)

During the year, the Trauma Team has supported 233 CYP, and 28 parent/carers, of which 137 were new referrals. A total of 791 sessions were delivered and 1,360 contacts were undertaken. Over and above the numbers, the Trauma service has helped to transform the lives of all the CYP and parent/carers that came into the service, enabling them to move forward in their lives, and to re-engage with their education and the schools, families, and communities that they live in.

Testimonials

"The problem my daughter had was dealt with in an amazing way, not only making my daughter feel better, but helping myself (mum) feel better about everything. The support has been amazing, I really can't fault the help we have been given. CHUMS has been a true rock for my daughter." (Parent/Carer)

"I wanted to express my heartfelt gratitude for all the support you have provided to my children over the past few months. Your dedication and care have made a significant impact on their healing journey, and I truly appreciate all the time you have invested. Once again, thank you for everything you have done." (Parent/Carer)

**REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023**

OBJECTIVES AND ACTIVITIES

2. Recreational Therapeutic Service (REC) - TACTICS football programme and ENCORE music programme

This innovative service works with CYP aged 7 to 11 years old who struggle to engage with traditional 1:1 talking therapies. Not all CYP can or are willing to engage in traditional 1:1 talking therapies. For many it is simply too intense or talking through their feelings in that more formal setting is too difficult.

Objectives and activities

Unfortunately, because of a lack of alternative provision, many CYP do not receive the support they need and often express their frustrations through unhelpful behaviours. These CYP may then struggle long-term with educational engagement leading to potentially negative personal and social impacts.

The REC programmes are designed to support CYP using a medium they can relate to (i.e. music and football) with a robust psychological approach based on cognitive behavioural therapy (CBT) principles, a well-known and evidence-based psycho-social intervention.

The programmes use of CBT principles empowers CYP, giving them a better understanding of their emotions and proven strategies and tools to help them to cope better. The service targets mild to moderate mental health difficulties by providing early intervention to CYP who may be struggling with difficulties around anxiety, low-mood, low self-esteem and/or challenging behaviours.

Public benefit

Wider social impacts include:

- Better academic achievement
- More resilient CYP
- More resilient families
- Better life choices
- More resilient school communities
- Less demand on CAMHS services

Outcomes

- Improved mental health for disengaged children and young people or those suffering with anxiety.
- Improved behaviour management for children and young people displaying challenging behaviours.
- Increased engagement in education and enhanced emotional wellbeing and resiliency.

During the year, 167 CYP were referred into the TACTICS service, who were supported through the delivery of 122 groups. In all, 919 contacts were undertaken by the TACTICS Team. During the year, 151 CYP were referred into the ENCORE service, who were supported through the delivery of 92 groups and 259 1:1 sessions. In all, 505 contacts were undertaken by the ENCORE Team. Over and above the numbers, the two unique REC services have helped to transform the lives of all the CYP that came into the service, enabling them to reengage with their education and the schools, families, and communities that they live in.

Testimonials

"TACTICS really helped me stay calm when I got angry, so then I knew what to do when I was angry and how to keep myself calm - and Tactics is also really fun!" (CYP beneficiary)

"ENCORE is really fun. You get to build up your confidence. If you have anxiety it helps you because they give you helpful tools and can play instruments and have fun too!" (CYP beneficiary)

3. Bedfordshire Suicide Bereavement Service (BSBS)

BSBS supports families and individuals of all ages bereaved by suicide in Bedfordshire. The only service of its kind in the county, BSBS works in close partnership with Bedfordshire Police so that they can refer families to the service as early as possible, with the aim of supporting families within 48 hours.

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**REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023**

OBJECTIVES AND ACTIVITIES

Starting with just one part-time member of staff and a small number of dedicated volunteers, CHUMS CIC has been delivering the service since 2015. In that time, referrals have grown substantially as the service has become better known and numbers of suicides / suspected suicides have increased.

Suicide is non-discriminatory - it affects people from all walks of life. All the evidence suggests that, in a post-pandemic, post-Brexit world with a growing economic crisis, demand for the service will continue to increase over the next few years - a trend that will require the Charity to find ever more resourceful ways to fund the growth in the critical work of the service.

BSBS offers vital support to a suicide bereaved person (or family) within 2-4 days of receiving a referral, providing both practical and emotional support and helping the beneficiaries to make some very difficult but important decisions during a time of great personal anxiety, grief and stress.

Objectives and activities

As in previous years, referrals have included offering support to a very wide range of people within our communities, from someone as young as three years old, through to older clients in their eighties who were sadly dealing with the aftermath of suicide of a spouse or child. Inclusive and empathetic in its approach, BSBS supports all sections of the community, including extended family, friends, colleagues, social groups, and witnesses to a suicide death.

The service includes:

- Phone support
- Individual counselling
- Group/family counselling
- Monthly support group for adults
- Monthly support group for CYP
- Resource lists
- Signposting to other organisations, church leaders, school communities and workplaces.
- Crisis visits to schools and workplaces (following a suicide)
- Support to local clubs including a swimming club
- Support for the immediate and extended family, friends, colleagues

Public benefit

The wider social impacts are aligned to those of the Trauma Service:

- Improved life outcomes
- More resilient CYP, families and communities
- Reduced stigma of mental health difficulties

It is worth noting that improved life outcomes for adults who are supported by BSBS will have a direct benefit not just for the individual, but also for their family, friends, and wider community.

Outcomes

Traumatically bereaved children and adults are supported through the most difficult time are:

- Less likely to take their own lives
- Able to re-engage in education and work much sooner than would otherwise be possible
- Able to care for other family members

In addition, families benefit hugely from talking about their emotions and grief and as such, are better able to 'process the devastating event'. This improves communication within the family helping them to function better and carry on with their lives as soon as possible.

During the year, the BSBS Team has supported 105 CYP, and 170 adults, of which, 126 were new referrals. A total of 23 Group sessions were delivered and 663 contacts were undertaken. Over and above the numbers, BSBS has helped to support all of the CYP and adults that came into the service, enabling them to find a way forward through the darkest of times in their lives.

**REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023**

OBJECTIVES AND ACTIVITIES

Testimonials from adult beneficiaries

"...my child is in a very good place at the moment ... He has started college and although I know he still has occasions when he is thinking about his Dad, the wonderful support we received from Chums has helped enormously."

"I like coming to the group because you are all friendly and made me feel welcome. Also, non-judgemental and listened to who was ever speaking. I also feel the most important thing is people know how I feel. Thank you."

"My partner recently took his life and this has been the hardest thing that's happened to me. I found it hard at first to find help or someone to talk to that wasn't my family or friends. I called CHUMS up and I was given a worker straight away, which really helped me to talk about how I was feeling and it gave me a space to say everything I was struggling with and explain all my sadness. I feel more positive about the future, which was something I was struggling with the most. I've really appreciated having somebody to talk to."

4. Babyloss Service

CHUMS Babyloss Service has been running for ten years and provides specialised bereavement support to bereaved parents (and sometimes grandparents and siblings too) following the death of a baby through late miscarriage, stillbirth, compassionate termination, or neonatal death. The service also provides support during subsequent anxious rainbow pregnancies. Much of the work of the service continues to be the provision of ongoing support to existing clients who require longer term interventions due to the nature of their loss.

Objectives and activities

Referrals to the service come mainly from the Luton and Dunstable Hospital through their bereavement midwife, but also through self-referrals and from GPs, health visitors and community midwives.

The service provides the following support to families:

- Telephone support
- Crisis visits
- Home assessments
- Individual and couples counselling
- Monthly bereavement Snowdrop support group
- Bereaved fathers only group
- Monthly Rainbow group for those expecting again and those requiring further support
- Private Facebook support groups
- Lending library
- Workshop days offering creative therapeutic interventions
- Two event days each year

The event days are for bereaved couples and their wider families and consist of a Summer Baby Memory Day and, at the end of each year, a Snowdrop Remembrance Service.

Public benefit

- Reduced demand for specialist mental health services
- More resilient families
- Development of peer to peer support networks

Outcomes

Through the provision of this specialist support, families report the following outcomes:

- Feel less isolated
- Developed peer to peer support with others with similar lived experience
- Better able to express their feelings and worries
- Better able to normalise their responses
- More able to manage their grief
- Developed a range of coping strategies
- Improved emotional wellbeing and resiliency

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**REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023**

OBJECTIVES AND ACTIVITIES

During the year, the Babyloss Team has supported 229 adults, of whom 45 were new referrals. A total of 40 Group sessions were delivered and 630 contacts undertaken. Over and above the numbers, the Babyloss service has helped to support all of the people that came into the service, enabling them to find a way forward through the darkest of times in their lives.

Testimonials from bereaved parent beneficiaries

"It was very comforting to speak to another person who has also lost their baby. They knew how I felt when others didn't. I am forever grateful to you for all of your support which has helped me through the worst time of my life. Thank you. CHUMS, you are an amazing Charity!"

"CHUMS has been a huge positive and important part of my grieving journey and if it wasn't there it would have been a very difficult time and difficult to overcome and learn to cope."

5. Disability Friendship Scheme

The scheme operates in Luton offering a safe weekly social space for children and young people with learning and/or physical disabilities aged 13 to 25, as well as outings and workshops in the Easter and Summer holidays. The scheme has been run as an ongoing project in the Luton Borough since CHUMS took it over from Luton Borough Council in March 2015.

The service enables and empowers young people with a wide range of physical and learning impairments to be able to access and enjoy the same social opportunities as their non-disabled peers. CHUMS recognises the importance of offering this group of young people a safe space on a Friday evening to meet, let off steam, have fun, support one another as well as be supported. Each session offers the beneficiaries a sanctuary that is safe, where support is unconditional and non-judgemental, but with relevant boundaries in place.

Objectives and activities

Being able to regularly meet with their peers and build positive, supportive relationships whilst having fun helps the scheme's beneficiaries to feel less isolated and alone and helps them develop their social communication skills. In addition, the service offers much needed respite to parents, carers, and siblings, and gives them a chance to have a break from their caring responsibilities. The service is enhanced greatly by a small team of regular volunteers who attend the weekly sessions on a rota basis; they are a valuable asset to both CHUMS and the young people accessing the scheme.

Another important feature is that it offers outings in the Easter and Summer holidays, giving the young people the opportunity to go bowling, to the theatre, to the seaside, and enjoy a range of different outdoor activity days.

Referrals are most commonly made into the service via other agencies in Luton but referrals can also be made by individuals and families.

Public benefit

Wider social impacts are:

- Respite for parents/carers/siblings leading to improved family life
- Improved social inclusion and engagement for a marginalised group of young people
- Reduced stigma
- Improved mental health and wellbeing for the young people

Outcomes

The young people are able to access the service up until they reach the age of 25. During their time in the service they develop:

- Improved social communication skills with their peers and with other people in the community
- Improved confidence and self-esteem
- Their ability to lead independent, more fulfilling lives
- Improved soft and hard skills which enhance their educational attainment and their employability
- A friendship group with others with shared lived experience
- Increased confidence and communication skills

CHUMS CHARITY (REGISTERED NUMBER: 11427513)

**REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023**

OBJECTIVES AND ACTIVITIES

- Opportunities to share their stories with others at external events

During the year, the Disability Friendship Team has supported 38 CYP of which 8 were new referrals. In total, 36 weekly sessions and trips/days out were provided for the CYP beneficiaries. A total of 207 contacts were undertaken. Over and above the numbers, the Friendship service has helped to provide a supportive, nurturing and safe environment for all the CYP, helping transform the lives for the better, whilst providing much-needed respite for their parents/carers.

Testimonials

"I have built my confidence since coming to the Friday sessions and doing different activities has really helped me to build my skills and make new friends when I am down there are always staff who are there to listen to me when I'm upset. It's nice to meet up every week on Friday as we get to meet people and have a chat with them." (CYP beneficiary)

"Thank u for the trip to Woburn, it was [E's] favourite day of the hols, I had the pleasure of attending the group on Tuesday with my Son, what a lovely welcome the young people receive and a great space for them to socialise and chat! Chips are an added bonus which suits my son." (Parent/Carer)

SOURCES OF INCOME

The Charity benefits from the support of its donors and funders who raise funds to enable it to support the services described above. The Charity also relies on a diversified range of donations and grants to support its charitable activities:

The Charity primarily relies on three sources of income:

Grants

The Charity receives a number of grants which are restricted for particular services. During 2022/23 we were very generously supported by a number of local, regional and national grant funders: The Amateurs Trust, Angus Brewer Community Fund, The Arnold Clark Community Fund, ASDA Foundation, Autism Bedfordshire, The Barbara Ward Foundation, Beaverbrooks Charitable Trust, Bedfordshire and Luton Community Foundation, Bedfordshire Police Foundation, Bedfordshire Police VERU, The BIG Give, CDS CIC, Charity of Robert Lucas for the Poor, Coop Customer Donation Fund, David Solomons Charitable Trust, First Give, Gale Family Trust, Groundwork UK/Tesco Bags of Help, London Luton Airport Limited CIF, Marley's Aart Foundation, The National Lottery, Neighbourly CT, Oakdene Foundation, Panacea Charitable Trust, St James's Place and The Wavendon Foundation.

Donations

Income from local companies, schools and community groups came closer to historical levels following the pandemic and the series of lockdowns, with donations delivering 19% of income and events 15%. We were thrilled to see the re-emergence of corporate support as companies returned to a more normal way of working alongside supporting their local communities.

Events & Campaigns

Fundraising can take many shapes and forms. February 2023 saw the return of our 'Shine Bright, Wear Bright' Schools Campaign physically taking place in schools which was sponsored by GoStudent, as well as the return of multiple physical challenges by supporters, ranging from sponsored walks to runs and wingwalks to skydives. A significant Ice Ultra Challenge raised over £10,000 for the Bedfordshire Suicide Bereavement Service.

The Trustees would like to note and thank the incredible energy, passion and consistent contribution of all of our incredible supporters who have helped the Charity to make 2022/23 another successful year, enabling us to make grants to CHUMS CIC that support and enable the amazing work of the charitable services as outlined above.

CHUMS CHARITY (REGISTERED NUMBER: 11427513)

**REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023**

OBJECTIVES AND ACTIVITIES

COVID-19 - still casting its shadow, and the Cost of Living Crisis

The longer-term impacts of the COVID-19 pandemic are still being felt, particularly in the way people live and work, and CHUMS Charity - like so many others - continues to operate a 'hybrid model of working' which has without doubt become the 'new normal'. Operationally, the Charity has not faced any ongoing challenges due to the pandemic, which is a relief to note.

That said, it is difficult to determine what impact COVID may still be having on the charity's ability to hold events and raise funds out in the community, but even if the impact of that is receding, the Trustees feel it important to note in this Report that the country has experienced a significant cost of living crisis during this financial year which has lowered living standards for millions of people in the UK, thus potentially reducing their ability to be able to support charitable causes through donations and individual giving. The Trustees and Staff are mindful of this and will seek to put plans in place through the next financial year to maximise any and all opportunities to generate income, including the introduction of a series of new fundraising campaigns to be launched in autumn 2023.

STRATEGIC REPORT

Achievement and performance

Fundraising activities

Fundraising income continues to be dependent on planned grant income, both recurring multi-year grants and new grant applications. This year saw a strong focus on grant applications to grow income against the backdrop of falling donations income that was identified early in the year. As a result, grants rose as a proportion of total funds raised from 52% last year to 66% this year.

Financial review

Financial position

The total funds raised in the year ended 31 May 2023 amounted to £540,753 (2022: £357,359) with a net £356,434 (2022: £206,934) made in grants to the five services supported by the Charity.

After grants and expenditure on the Charity's charitable activities, the board of Trustees report a net expenditure of £9,816 (2022: net income £7,104) in the year under review. At the financial year end, the unrestricted general reserves stand at £85,006 (2022: £101,145) and restricted reserves at £8,000 (2022: £1,677).

Reserves policy

The Trustees consider it prudent to maintain an appropriate level of reserves. Such reserves could from time to time be required to avoid any disruption to the charitable fundraising work, given that by their nature, certain sources of income are erratic and difficult to forecast.

The Reserves Policy was reviewed and approved by the Charity at its Trustees meeting on 17 July 2023 and has retained the reserves target as six months operational costs rising to a maximum of twelve months. The Trustees consider six months to be an appropriate and adequate time period to enable the Charity to continue to operate with no unrestricted income while a new strategy is implemented to address the issue or to settle the costs of closing the Charity while paying creditors as they fall due. The Reserves Policy is subject to an annual review.

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REPORT OF THE TRUSTEES for the Year Ended 31 MAY 2023

STRATEGIC REPORT

PLANS FOR FUTURE PERIODS

The Charity plans to continue to make grants to the services outlined above subject to satisfactory funding arrangements. In light of the current challenging financial climate, the Trustees are keen to strengthen the Charity's fundraising capabilities to enable to secure long-term support for the beneficiaries of the services being funded.

During Quarter 1, a Fundraising Audit was commissioned from No Stone Unturned Fundraising to enable the Trustees and Staff to identify potential areas for growth and improvement across all income stream areas, and to help inform the organisation's strategy moving forwards. The Audit identified 7 key actions for the charity to follow which have been embedded into a robust action plan that underpins the strategic direction of the Charity over the next two years. This proactive step aligns with Trustees' development plans from the last financial year to build a charity with a clear strategy that can be delivered by a high performing staff and volunteer team, committed to growing the organisation's supporter and donor base each year and maximising the fundraising potential from new and alternative sources.

CHUMS Charity Strategic Priorities 2022-5:

- Increase income to sustain and deliver more mental health services
- Build capacity and capability to meet rising demand
- Increase reach and engagement across all communities
- Promote high quality innovative services that transform people's lives

The Trustees are committed to ensuring that there are robust governance procedures in place and being followed at all times to ensure that the Charity is effectively and appropriately furthering its charitable purposes for the public benefit.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a charitable company limited by guarantee, as defined by the Companies Act 2006, governed by its Articles of Association. In the event of the Charity being wound up, the Charity's sole member is required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

The directors of the Charity are also charity Trustees for the purpose of charity law. Under the Articles of Association, the Trustees are appointed for a period of three years from the date of appointment, after which they may be appointed for one or more further terms of three years.

All trustees give their time voluntarily and received no benefits from the Charity.

The Trustees are responsible for recruiting and appointing new Trustees. Under the Articles of Association, the process of finding suitable candidates to be considered for appointment as new trustees shall be led by the Chair of the Charity, with the support of the Charity Director or an existing Trustee, and the Chief Executive of CHUMS CIC. When recruiting new Trustees, the Trustees have regard to ensuring that there is a broad skill mix amongst the board and that the Board of Trustees reflects the diversity of the communities of people that the Charity serves. As can be seen above in this Report, one Trustee stepped down in September 2022 and two new Trustees were appointed during the Trustees Recruitment Campaign undertaken in Autumn 2022, and one existing member of the Board stepped down in April 2023. The Board are extremely grateful for the strong contributions made over many years by the two trustees who resigned during the year.

New Trustees are encouraged to meet with the Charity's staff and representatives from CHUMS CIC to understand how the Charity operates and the services which are funded by the Charity. Trustees are also encouraged to attend external training sessions where appropriate, and all Trustees are provided with a copy of the Charity Commission's guidance "The Essential Trustee".

Organisational structure

The Charity's Trustees, who are responsible for the strategic direction and policy of the Charity, meet formally on a regular basis. Through the year, a hybrid approach has been implemented allowing for both face to face and online meetings.

REPORT OF THE TRUSTEES
for the Year Ended 31 MAY 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Staff and Volunteers

The Charity employs a small fundraising team to raise funds for the Charity's purposes. The Charity's Head of Fundraising and Communications also provides secretarial services to the Trustees.

The Trustees are extremely grateful for the dedication and hard work provided by the staff team and all of the volunteers that have so generously given their time to support the work of the Charity. As in previous years, it is not an understatement to say that without the dedication and commitment of the volunteer team, the organisation would not be able to raise awareness of mental health and emotional wellbeing issues and fundraise to the extent that it has done through this financial year. However, during this financial year, the Trustees note that the Charity's active volunteer base has reduced significantly since the Covid-19 pandemic which has had a negative effect on the organisation's fundraising capacity. To mitigate against this risk, proactive plans will be put in place during the 2023/24 year to seek funding to improve our volunteer recruitment, development and retention.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. After the Fundraising Audit was completed in the summer, the risk register was comprehensively refreshed in autumn 2022 and is reviewed quarterly throughout the year at Board Meetings.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 16th October 2023 and signed on the board's behalf by:



Mrs J Williams - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHUMS CHARITY

Independent examiner's report to the trustees of CHUMS Charity - A Registered Charity

I report to the charity trustees on my examination of the financial statements of the CHUMS Charity - A Registered Charity (the Trust) for the year ended 31 May 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's financial statements carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Tara Aldwin ACA

Foxley Kingham
Chartered Accountants
260 - 270 Butterfield
Great Marlings
Luton
Bedfordshire
LU2 8DL

Date: 30 November 2023

CHUMS CHARITY

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) for the Year Ended 31 MAY 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations, legacies and grants	2	115,095	348,895	463,990	325,445
Raising funds	3	<u>76,763</u>	<u>-</u>	<u>76,763</u>	<u>31,914</u>
Total		<u>191,858</u>	<u>348,895</u>	<u>540,753</u>	<u>357,359</u>
EXPENDITURE ON					
Raising funds	4	189,684	1,139	190,823	140,050
Charitable activities	5				
Grants payable		15,001	341,433	356,434	206,934
Governance costs		<u>3,312</u>	<u>-</u>	<u>3,312</u>	<u>3,271</u>
Total		<u>207,997</u>	<u>342,572</u>	<u>550,569</u>	<u>350,255</u>
NET INCOME/(EXPENDITURE)		(16,139)	6,323	(9,816)	7,104
RECONCILIATION OF FUNDS					
Total funds brought forward		101,145	1,677	102,822	95,718
TOTAL FUNDS CARRIED FORWARD		<u>85,006</u>	<u>8,000</u>	<u>93,006</u>	<u>102,822</u>

The notes form part of these financial statements

CHUMS CHARITY (REGISTERED NUMBER: 11427513)

**BALANCE SHEET
31 MAY 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Intangible assets	13	-	-	-	640
CURRENT ASSETS					
Debtors: Amounts falling due within one year	14	4,720	-	4,720	3,896
Cash at bank		<u>96,741</u>	<u>8,000</u>	<u>104,741</u>	<u>109,141</u>
		101,461	8,000	109,461	113,037
CREDITORS					
Amounts falling due within one year	15	(16,455)	-	(16,455)	(10,855)
NET CURRENT ASSETS		<u>85,006</u>	<u>8,000</u>	<u>93,006</u>	<u>102,182</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>85,006</u>	<u>8,000</u>	<u>93,006</u>	<u>102,822</u>
NET ASSETS		<u>85,006</u>	<u>8,000</u>	<u>93,006</u>	<u>102,822</u>
FUNDS	16				
Unrestricted funds				85,006	101,145
Restricted funds				<u>8,000</u>	<u>1,677</u>
TOTAL FUNDS				<u>93,006</u>	<u>102,822</u>

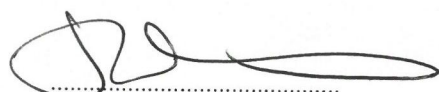
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 16th October 2023 and were signed on its behalf by:



Mrs J Williams - Trustee

The notes form part of these financial statements

CHUMS CHARITY

**CASH FLOW STATEMENT
for the Year Ended 31 MAY 2023**

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(4,400)</u>	<u>11,361</u>
Net cash (used in)/provided by operating activities		<u>(4,400)</u>	<u>11,361</u>
Change in cash and cash equivalents in the reporting year		(4,400)	11,361
Cash and cash equivalents at the beginning of the reporting year		<u>109,141</u>	<u>97,780</u>
Cash and cash equivalents at the end of the reporting year		<u><u>104,741</u></u>	<u><u>109,141</u></u>

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net (expenditure)/income for the reporting year (as per the Statement of Financial Activities)	(9,816)	7,104
Adjustments for:		
Depreciation charges	640	640
Increase in debtors	(824)	(2,439)
Increase in creditors	<u>5,600</u>	<u>6,056</u>
Net cash (used in)/provided by operations	<u><u>(4,400)</u></u>	<u><u>11,361</u></u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.6.22 £	Cash flow £	At 31.5.23 £
Net cash			
Cash at bank	<u>109,141</u>	<u>(4,400)</u>	<u>104,741</u>
Total	<u><u>109,141</u></u>	<u><u>(4,400)</u></u>	<u><u>104,741</u></u>

The notes form part of these financial statements

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 MAY 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The presentation currency of the financial statements is the Pound Sterling (£).

The Charity meets the definition of a public benefit entity under FRS 102.

The charitable company is a company limited by guarantee and has no share capital.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income received by way of donations, legacies and grants is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Income received as events income is included in the Statement of Financial Activities under 'raising funds' and is recognised when the event has occurred and the income is receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Restricted funds are those received from donors for a specific purpose, usually to fund a specified service. The funds are granted to organisations to deliver the specified service in accordance with the Charity's objectives, to cover the costs of delivering those services.

Unrestricted funds are those received from donors without a specific purpose specified and therefore to be used for the general objectives of the Charity. The funds are used for the day to day fundraising activities of the Charity to meet its objectives and the net raised is granted to organisations at the discretion of the trustees to deliver a specified service meeting the Charity's objectives.

Donated services

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised in the financial statements. The Charity does not directly engage volunteers in its activities however does recognise the input of its supporters at events, bucket collections and ad hoc fundraising activities.

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

2. DONATIONS, LEGACIES AND GRANTS

	2023	2022
	£	£
Donations and legacies	108,058	138,259
Grants	<u>355,932</u>	<u>187,186</u>
	<u>463,990</u>	<u>325,445</u>

3. RAISING FUNDS

	2023	2022
	£	£
Events income	<u>76,763</u>	<u>31,914</u>

4. RAISING FUNDS

Raising funds

	2023	2022
	£	£
Office costs	6,744	4,292
Events costs	23,858	4,857
Staff costs	149,198	117,039
Motor and travel expenses	2,625	1,085
Payroll processing costs	1,254	1,008
Staff training	1,007	374
General fundraising expenses	4,357	3,895
Consultancy fees	1,140	6,860
Depreciation	<u>640</u>	<u>640</u>
	<u>190,823</u>	<u>140,050</u>

5. CHARITABLE ACTIVITIES COSTS

	Grant funding of activities (see note 6) £	Support costs (see note 7) £	Totals £
Grants payable	356,434	-	356,434
Governance costs	<u>-</u>	<u>3,312</u>	<u>3,312</u>
	<u>356,434</u>	<u>3,312</u>	<u>359,746</u>

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

6. GRANTS PAYABLE

	2023	2022
	£	£
Grants payable	<u>356,434</u>	<u>206,934</u>

The total grants paid to institutions during the year was as follows:

	2023	2022
	£	£
Grants to CHUMS CIC	<u>356,434</u>	<u>206,934</u>

	£	£
Trauma Service	105,744	90,300
Recreational Therapeutic Service	36,813	20,393
Bedfordshire Suicide Bereavement Service	128,495	45,463
Baby Loss Service	56,871	35,753
Disability Friendship Scheme	15,814	12,032
Young Carers Service	<u>12,697</u>	<u>2,993</u>
	<u>356,434</u>	<u>206,934</u>

7. SUPPORT COSTS

	Governance costs
	£
Accountancy and Independent Examiners Fee	<u>3,312</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Computer software amortisation	<u>640</u>	<u>640</u>

9. INDEPENDENT EXAMINER'S REMUNERATION

During the year, fees were paid to the independent examiner totalling £1,140 (2022: £1,140) for independent examination services and £3,426 (2022: £3,139) for other financial services.

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2023 nor for the year ended 31 May 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2023 nor for the year ended 31 May 2022.

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

11. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	127,504	101,681
Social security	13,162	10,270
Pension	<u>8,532</u>	<u>5,088</u>
	<u>149,198</u>	<u>117,039</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Staff	<u>4</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations, legacies and grants	116,584	208,861	325,445
Raising funds	<u>31,914</u>	<u>-</u>	<u>31,914</u>
Total	<u>148,498</u>	<u>208,861</u>	<u>357,359</u>
EXPENDITURE ON			
Raising funds	139,800	250	140,050
Charitable activities			
Grants payable	-	206,934	206,934
Governance costs	<u>3,271</u>	<u>-</u>	<u>3,271</u>
Total	<u>143,071</u>	<u>207,184</u>	<u>350,255</u>
NET INCOME	5,427	1,677	7,104
RECONCILIATION OF FUNDS			
Total funds brought forward	95,718	-	95,718
TOTAL FUNDS CARRIED FORWARD	<u>101,145</u>	<u>1,677</u>	<u>102,822</u>

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

13. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 June 2022 and 31 May 2023	<u>1,920</u>
AMORTISATION	
At 1 June 2022	1,280
Charge for year	<u>640</u>
At 31 May 2023	<u>1,920</u>
NET BOOK VALUE	
At 31 May 2023	<u>-</u>
At 31 May 2022	<u>640</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Prepayments and accrued income	<u>4,720</u>	<u>3,896</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,345	268
Other taxes and social security costs	3,186	5,078
Other creditors	8,568	1,249
Accruals and deferred income	<u>3,356</u>	<u>4,260</u>
	<u>16,455</u>	<u>10,855</u>

16. MOVEMENT IN FUNDS

	At 1.6.22 £	Net movement in funds £	At 31.5.23 £
Unrestricted funds			
General fund	101,145	(16,139)	85,006
Restricted funds			
Recreational Therapeutic Service	500	7,500	8,000
Baby Loss Service	39	(39)	-
Other Restricted	<u>1,138</u>	<u>(1,138)</u>	<u>-</u>
	<u>1,677</u>	<u>6,323</u>	<u>8,000</u>
TOTAL FUNDS	<u>102,822</u>	<u>(9,816)</u>	<u>93,006</u>

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	191,858	(207,997)	(16,139)
Restricted funds			
Trauma Service	105,744	(105,744)	-
Recreational Therapeutic Service	39,313	(31,813)	7,500
Bedfordshire Suicide Bereavement Service	128,495	(128,495)	-
Baby Loss Service	46,832	(46,871)	(39)
Young Carers Service	12,697	(12,697)	-
Disability Friendship Scheme	15,814	(15,814)	-
Other Restricted	-	(1,138)	(1,138)
	<u>348,895</u>	<u>(342,572)</u>	<u>6,323</u>
TOTAL FUNDS	<u>540,753</u>	<u>(550,569)</u>	<u>(9,816)</u>

Comparatives for movement in funds

	At 1.6.21 £	Net movement in funds £	At 31.5.22 £
Unrestricted funds			
General fund	95,718	5,427	101,145
Restricted funds			
Recreational Therapeutic Service	-	500	500
Baby Loss Service	-	39	39
Other Restricted	-	1,138	1,138
	<u>-</u>	<u>1,677</u>	<u>1,677</u>
TOTAL FUNDS	<u>95,718</u>	<u>7,104</u>	<u>102,822</u>

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	148,498	(143,071)	5,427
Restricted funds			
Trauma Service	90,300	(90,300)	-
Recreational Therapeutic Service	20,893	(20,393)	500
Bedfordshire Suicide Bereavement Service	45,463	(45,463)	-
Baby Loss Service	35,792	(35,753)	39
Young Carers Service	2,993	(2,993)	-
Disability Friendship Scheme	12,032	(12,032)	-
Other Restricted	<u>1,388</u>	<u>(250)</u>	<u>1,138</u>
	<u>208,861</u>	<u>(207,184)</u>	<u>1,677</u>
TOTAL FUNDS	<u>357,359</u>	<u>(350,255)</u>	<u>7,104</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.6.21 £	Net movement in funds £	At 31.5.23 £
Unrestricted funds			
General fund	95,718	(10,712)	85,006
Restricted funds			
Recreational Therapeutic Service	-	8,000	8,000
TOTAL FUNDS	<u>95,718</u>	<u>(2,712)</u>	<u>93,006</u>

CHUMS CHARITY

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 MAY 2023

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	340,356	(351,068)	(10,712)
Restricted funds			
Trauma Service	196,044	(196,044)	-
Recreational Therapeutic Service	60,206	(52,206)	8,000
Bedfordshire Suicide Bereavement Service	173,958	(173,958)	-
Baby Loss Service	82,624	(82,624)	-
Young Carers Service	15,690	(15,690)	-
Disability Friendship Scheme	27,846	(27,846)	-
Other Restricted	<u>1,388</u>	<u>(1,388)</u>	<u>-</u>
	<u>557,756</u>	<u>(549,756)</u>	<u>8,000</u>
TOTAL FUNDS	<u>898,112</u>	<u>(900,824)</u>	<u>(2,712)</u>

17. RELATED PARTY DISCLOSURES

CHUMS CIC

CHUMS CIC is the sole member of the Charity. Dawn Hewitt, a trustee, is the Chief Executive and a director of CHUMS CIC.

During the period under review, grants were made to CHUMS CIC of £356,434 (2022: £206,934). These grants were made for charitable purposes in accordance with objectives of the Charity.

18. ULTIMATE CONTROLLING PARTY

The Board of Trustees is the ultimate controlling party.