



# **Safaplace**

**Charity number 1179202**

## **Trustees' report for the year ended May 2024**

### **Structure, governance and management**

Safaplace is a charitable incorporated organisation (CIO) registered on the 11th of February 2017 and governed by its constitution. The CEO was established under a constitution which defines the object and power of the charitable organisation and is governed by such.

### **Background**

Safaplace was created in 2017 after the deaths by suicide of 16-year-olds Rachel Finke and Harry Lisle within a three month period. It grew from fundraising initiatives by school friends and family and exists in their memory.

Safaplace became officially established as a registered charity number 1179202 in July 2018 as of January 2022 the trustees are Jane Acton (secretary) Michael Collins (chair) Sarah Finke Annie Gammon, Salma

Asokmhe and Rose White (treasurer). Our associate trustees are Richard Allen, Antonia Canning, Kathy Manners, Tom Moore and Andrea Watts.

### **Charitable aims and Objectives.**

The charities aims are:

\* to make Stoke Newington a neighbourhood where young people can find help and support for all aspects of mental health

\*to make Stoke Newington school a centre for positive mental health awareness and to share and learn with other schools in the wider community

Safaplace's charitable object: the preservation and protection of mental health and well-being among pupils of Stoke Newington school, people living in the London borough of Hackney and the surrounding area and throughout England and Wales by the provision of support, education, practical advice and by such other means as the trustees may determine.

Safaplace continues its role within the community helping parents to support their children's mental health and well-being.

### **Annual Conference**

The theme of this year's free conference was titled 'Stepping Up: Learning more and communicating better about young mental health' and explored the positive mental health and well-being of young people as a community responsibility. The conference took place in Stoke Newington School, and we are really grateful for their continued generosity and support.

Tim Linehan presented his important work with Hackney on families and children impacted by Emotionally Based School Non-Attendance (EBSNA).

A few of our fantastic workshops included:

- 'An introduction to trauma-informed care and practice' by Dr Lucy Carter, who introduced trauma-informed care and practice and the role of London Aces hub. She discussed how clinicians support trauma-informed practice in their daily work with vulnerable young people of Islington and Hackney.
- 'Let's Talk about Talking, Exploring Family Communication' by Jo Law a Family & Systemic Psychotherapist. Jo used some exercises and techniques to explore the importance of talking within the family – and how to improve communication in particularly challenging times.

- 'Communication with teens around substance misuse' by Joe Shearer from The Amy Winehouse Foundation. Joe talked about some of the contributing factors leading to substance misuse and how to support young people.
- An introduction to SilverCloud ' by Joshua Wilton, Education Mental Health Practitioner (EMHP). Joshua Wilton, an EMHP, working for City & Hackney Mental Health Support Team in East London NHS Foundation Trust, shared his work around providing schools-based outreach support for young people with low mood and anxiety. This is in the form of 1-1 sessions, groups, parent-led work and workshops. He is also a digital lead in his team, helping to promote the value of using the digital platform, SilverCloud. SilverCloud is an CBT-based digital mental health platform designed to support children and young people through a range of programmes.
- 'Dyslexia, negating the education system and writing a book' by Marcia Brissett-Bailey. Marcia explained how finding strategies and fostering collaboration among students, parents, educators, and support professionals made it possible to create inclusive and supportive educational environments where students with dyslexia can thrive and succeed.

We would like to thank everyone who supported us in organizing and attending this year's conference, especially our amazing volunteers and trustees. We are already starting to think about next year's conference...

Safaplace's reflective garden established in Stoke Newington school goes from strength to strength. It is supported by the school's PTFA and holds gardening sessions on the third Saturday of every month. It is amazing how much the space has changed in the last 8 years and thank our wonderful volunteer gardeners.

We would also like to thank our supporters who have funded and supported our initiatives this year thank you so much for our support please let us know if there are things that you would like us to be doing to support young people's mental health and well-being in the community we are always open to new ideas.

## **Financial review**

The results of the year's operations are set out in the attached financial statements the net movements in funds for the year amounted to and the retained reserves as of 31st of May 2023 is compared with last year

## **Reserve policy**

The Charity Commission requires charities to determine and explain their policy for free reserves. The trustees have reviewed the organization's free reserves policy and have turned its entire unrestricted fund into an emergency reserve to enable safer place to meet its obligations in the event of a small fall in income or sudden upturn in expenditure.

### **Risk management**

The trustees have examined any major risks, which Safaplace faces and believe that maintaining their free reserves at a reasonable level, combined with their annual review of the controls over key financial systems will provide sufficient resources in the event of adverse conditions.

### **Fixed assets**

The organization has no fixed assets

### **Funds available**

The present level of funding is adequate to support the continuation of the charity operations for the medium term and the trustees consider the financial position of the charity be satisfactory.

## **Safaplace**

A charity Incorporated Organisation (CIO)

Accounts for the year ended July 2024

Charity registered number 1179202

2023/24

<b>Incoming resources</b>	Unrestricted Fund £	Restricted Fund £	Total
Donations including Just Giving	1579.17	0	1579.17

<b>Total incoming Resources</b>	<b>1579.17</b>	<b>0</b>	<b>1579.17</b>
<b>Outgoing resources</b>			
Gardening materials	149.76	0	149.76
Transition project	3600.00	0	3600.00
Zoom membership	187.08	0	187.08
Just giving membership	233.04	0	233.04
Conference	398.26	0	398.26
<b>Total outgoing resources</b>	<b>4568.14</b>	<b>0</b>	<b>4568.14</b>
<b>Remaining Charity Bank Account balance</b>	<b>47429.97</b>		