

# Trustees' annual report for the period



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

Period start date 

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 0 | 1 | 0 | 4 | 2 | 2 |
|---|---|---|---|---|---|

 Period end date 

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 2 | 1 | 0 | 3 | 2 | 3 |
|---|---|---|---|---|---|

Charity name 

|                              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Stop Holding Back Foundation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Charity No  
(if any) 

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 1 | 8 | 3 | 0 | 9 | 0 |
|---|---|---|---|---|---|---|

## Objectives and Activities

|  | <b>SORP<br/>reference</b> |   |
|--|---------------------------|---|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17                 | To empower people who stutter to improve their employability.   |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19        | Group and one-to-one coaching, Speech & mind set.   |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18                 | The trustees of Stop Holding Back confirm adherence to the Charity Commission's public benefit guidance in all activities supporting individuals who stutter. |

## Additional information (optional)

You may choose to include further statements where relevant about:

|  | <b>SORP<br/>reference</b> |  |
|--|---------------------------|--|
| 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

|   | <b>SORP<br/>reference</b> |  |
|---|---------------------------|--|
| 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                 | Public speaking help,<br>Leadership in the workplace,<br>General improvement in quality of life,<br>Confidence to travel alone,<br>Significant increase in group meet ups. |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  | <b>SORP<br/>reference</b> |  |
|--|---------------------------|--|
| Achievements against objectives set                          | Para 1.41                 |  |
| Performance of fundraising activities against objectives set | Para 1.41                 |  |
| Investment performance against objectives                    | Para 1.41                 |  |
| Other  |                           |  |

## Financial Review

|  | <b>SORP<br/>reference</b> |                               |
|--|---------------------------|-------------------------------|
| Review of the charity's financial position at the end of the period              | Para 1.21                 | <b>Operating in a surplus</b> |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22                 |                               |
| Amount of reserves held  | Para 1.22                 | <b>£7559.75</b>               |
| 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:

|   | <b>SORP<br/>reference</b> |  |
|---|---------------------------|--|
| The charity's principal sources of funds (including any fundraising)            | Para 1.47                 |  |
| Investment policy and objectives including any social investment policy adopted | Para 1.46                 |  |
| A description of the principal risks facing the charity                         | Para 1.46                 |  |
| Other   |                           |  |

## Structure, Governance and Management

| <b>Description of charity's trusts:</b>   | <b>SORP reference</b> |            |
|---|-----------------------|------------|
| Type of governing document<br>(trust deed, royal charter)   | Para 1.25             | Trust Deed |
| How is the charity constituted?<br>(e.g unincorporated association, CIO)  | Para 1.25             | CIO        |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25             | Elected    |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   | <b>SORP reference</b> |  |
|---|-----------------------|--|
| Policies and procedures adopted for the induction and training of trustees                | Para 1.51             |  |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51             |  |
| Relationship with any related parties   | Para 1.51             |  |
| Other   |                       |  |

## Reference and Administrative details

|                             |                                 |
|-----------------------------|---------------------------------|
| Charity name                | Stop Holding Back Foundation    |
| Other name the charity uses | SHB                             |
| Registered charity number   | 1183090                         |
| Charity's principal address | 288 Chase Road, London, N14 6HF |

### 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  | Christopher Jackson |                 |                                   |   |
| 2  | Ayo Adesanya        |                 |                                   |   |
| 3  | Ruban Pillai        |                 |                                   |   |
| 4  |                     |                 |                                   |   |
| 5  |                     |                 |                                   |   |
| 6  |                     |                 |                                   |   |
| 7  |                     |                 |                                   |   |
| 8  |                     |                 |                                   |   |
| 9  |                     |                 |                                   |   |
| 10 |                     |                 |                                   |   |
| 11 |                     |                 |                                   |   |
| 12 |                     |                 |                                   |   |
| 13 |                     |                 |                                   |   |
| 14 |                     |                 |                                   |   |
| 15 |                     |                 |                                   |   |
| 16 |                     |                 |                                   |   |
| 17 |                     |                 |                                   |   |
| 18 |                     |                 |                                   |   |
| 19 |                     |                 |                                   |   |
| 20 |                     |                 |                                   |   |

## Reference and Administrative details

(cont)

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 |  |
|---------------------|-----------------------------------|--|
| Christopher Jackson |                                   |  |
| Ayo Adesanya        |                                   |  |
| Ruban Pillai        |                                   |  |
|                     |                                   |  |
|                     |                                   |  |
|                     |                                   |  |

## Funds held as custodian trustees on behalf of others

|   |     |
|---|-----|
| Description of the assets held in this capacity   | N/A |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects |     |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets                         |     |

### Additional information (optional)

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

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

#### Name of chief executive or names of senior staff members (Optional information)

|  |
|--|
|  |
|--|

#### Exemptions from disclosure

Reason for non-disclosure of key personnel details

|  |
|--|
|  |
|--|

#### Other optional information

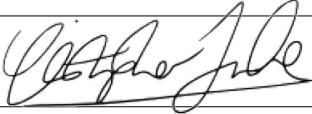
|  |
|--|
|  |
|--|

## 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)

Christopher Jackson

Position (eg Secretary,  
Chair, etc)

Chair

Date

01/05/2024



## Financials

### Actuals April 22 - March 23

| <u>Nominal</u>                                 | <u>Amount</u> | <u>Total</u>    |
|--|---------------|-----------------|
| <b>Income</b>                                  |               |                 |
| Donations                                      | £1281.82      | <b>£1281.82</b> |
|  |               |                 |
| <b>Expenses</b>                                |               |                 |
| Rent Space                                     | £301          |                 |
| IT & Software Consumables (Breakdown in App 4) | £573.67       |                 |
|  |               | <b>£874.67</b>  |
|  |               |                 |
| <b>Operating Surplus</b>                       |               | <b>£407.15</b>  |
|  |               |                 |