



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From Period start date 22/05/22 To Period end date 18/07/23

Charity name: **Back From The Brink**

Charity registration number: **1183541**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The improvement, preservation and long-term protection of mental health.
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	Achieved by providing counselling, trauma therapy and support in for people who have had children removed from their care with a view to helping them reintegrate effectively and positively into their community
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>yes</b>

## 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>Currently in this period 235 clients have used the service and are all integrated into society having received psychotherapeutic lifesaving mental health treatment using the human givens philosophies.</p> <p>To support our clients and fully understand what they are going through, our team regularly attend CPD training to understand current and incoming new legislation, political agenda and thinking, keep abreast of mental health breakthroughs and keep our ear to the floor with anything that might benefit clients. We also deliver lectures to vulnerable people and professional communities who wish to broaden their awareness and effectiveness in supporting these vulnerable people.</p> <p>Some recent training we have attended has been:</p> <p>Level 2 Children Safeguarding Training Update April 2022</p> <p>Level 2 Children Safeguarding Training Update April 2020</p> <p>Level 2 Adult Safeguard training update April 2020</p> <p>Woman on Fire Redefining Working in Wellness Wellness With Women May 2019</p> <p>Compassion Focused Therapy Explored – An ESSENTIAL Coaching Paradigm Shelly Prosko</p> <p>Why Blood Sugar Management is ESSENTIAL For Management of Menopause Symptoms Claire Snowdon-Darling</p> <p>From Grief to Grit – Helping Mothers Deal with Loss Sofie Jacobs</p> <p>Wednesday 8th January 2019 Prevent Training Update</p> <p>Wednesday 30th January 2019 Team Mental Health Awareness</p>

		Wednesday 13th March 2019 Children in school and their SEND provision
--	--	---

### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>235 clients have reported improvement in mental health.</p> <p>17 clients have self referred back to the service and continue to do so as a means of ongoing support as their life circumstance has been ongoing public law proceedings.</p> <p>There is still a need to find a way other than 'no news is good news' evaluative tool.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Post covid fundraising has been halted and now there is one donator to the charity as there is little time to fundraise</p>
Investment performance against objectives	Para 1.41	<p>Private donations have enabled the charity to function and bank issues with covid restricting access has been resolved now.</p>
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£6,626.54 in account £2,000 in reserve
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	£2,000 in reserve for client emergency high risk of suicide cases
Amount of reserves held	Para 1.22	£2,000
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	Private donation
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	Legal expenses due to suicide and subsequent police investigation or client dissatisfaction
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Charity Commission scheme
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , 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	All trustees must complete training into the public, private and criminal courts operation and adult and child vulnerable persons CPD approved online safeguarding vulnerable adults level 2 course training.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	Back from the Brink
Other name the charity uses	BFTB
Registered charity number	1183541
Charity's principal address	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ

## 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	(Redacted Chair: SJM)	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		SJM
2	Redacted Secretary, Safeguarding Officer: Secretary and SGO1 EJS	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		EJS
3	Redacted Treasurer: STMS	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		STMS
4	Redacted Logistics PR Manager: Human Resources AJS	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		AJS
5				
6				
7				
8				
9				
10				
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		
(Redacted Chair: SJM)		
Redacted Secretary, Safeguarding Officer: Secretary and SGO1 EJS		
Redacted Treasurer: STMS		
Redacted Logistics PR Manager: Human Resources AJS		



## Funds held as custodian trustees on behalf of others

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

### Additional information (optional)

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

Type of adviser	Name	Address
Accountant	H and H Accountants	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ

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

--

## Exemptions from disclosure

#### Reason for non-disclosure of key personnel details

Safeguarding due to nature of work undertaken with clients experiencing domestic abuse  
Legal requirements for non disclosure due to involvement with Public and Family court case material and non disclosure clauses.

## Other optional information

Many of the clients we deal with are facing removal from violent partners. It may be that third parties seek to find our clients and as such Charity commission has secured the non disclosure of address and personal information of trustees. This is to protect the safety of trustees and to provide a further security around the clients need for privacy for their own safety and that of any children involved in proceedings.



## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

SJM redacted

Full name(s)

SJM Redacted

Position (eg Secretary,  
Chair, etc)

Chair

Date

11/09/2023



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From Period start date 22/05/22 To Period end date 18/07/23

Charity name: **Back From The Brink**

Charity registration number: **1183541**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The improvement, preservation and long-term protection of mental health.
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	Achieved by providing counselling, trauma therapy and support in for people who have had children removed from their care with a view to helping them reintegrate effectively and positively into their community
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>yes</b>

## 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>Currently in this period 235 clients have used the service and are all integrated into society having received psychotherapeutic lifesaving mental health treatment using the human givens philosophies.</p> <p>To support our clients and fully understand what they are going through, our team regularly attend CPD training to understand current and incoming new legislation, political agenda and thinking, keep abreast of mental health breakthroughs and keep our ear to the floor with anything that might benefit clients. We also deliver lectures to vulnerable people and professional communities who wish to broaden their awareness and effectiveness in supporting these vulnerable people.</p> <p>Some recent training we have attended has been:</p> <p>Level 2 Children Safeguarding Training Update April 2022</p> <p>Level 2 Children Safeguarding Training Update April 2020</p> <p>Level 2 Adult Safeguard training update April 2020</p> <p>Woman on Fire Redefining Working in Wellness Wellness With Women May 2019</p> <p>Compassion Focused Therapy Explored – An ESSENTIAL Coaching Paradigm Shelly Prosko</p> <p>Why Blood Sugar Management is ESSENTIAL For Management of Menopause Symptoms Claire Snowdon- Darling</p> <p>From Grief to Grit – Helping Mothers Deal with Loss Sofie Jacobs</p> <p>Wednesday 8th January 2019 Prevent Training Update</p> <p>Wednesday 30th January 2019 Team Mental Health Awareness</p>

		Wednesday 13th March 2019 Children in school and their SEND provision
--	--	---

### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>235 clients have reported improvement in mental health.</p> <p>17 clients have self referred back to the service and continue to do so as a means of ongoing support as their life circumstance has been ongoing public law proceedings.</p> <p>There is still a need to find a way other than 'no news is good news' evaluative tool.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Post covid fundraising has been halted and now there is one donator to the charity as there is little time to fundraise</p>
Investment performance against objectives	Para 1.41	<p>Private donations have enabled the charity to function and bank issues with covid restricting access has been resolved now.</p>
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£6,626.54 in account £2,000 in reserve
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	£2,000 in reserve for client emergency high risk of suicide cases
Amount of reserves held	Para 1.22	£2,000
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	Private donation
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	Legal expenses due to suicide and subsequent police investigation or client dissatisfaction
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Charity Commission scheme
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , 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	All trustees must complete training into the public, private and criminal courts operation and adult and child vulnerable persons CPD approved online safeguarding vulnerable adults level 2 course training.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	Back from the Brink
Other name the charity uses	BFTB
Registered charity number	1183541
Charity's principal address	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ

## 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	(Redacted Chair: SJM)	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		SJM
2	Redacted Secretary, Safeguarding Officer: Secretary and SGO1 EJS	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		EJS
3	Redacted Treasurer: STMS	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		STMS
4	Redacted Logistics PR Manager: Human Resources AJS	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ		AJS
5				
6				
7				
8				
9				
10				
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		
(Redacted Chair: SJM)		
Redacted Secretary, Safeguarding Officer: Secretary and SGO1 EJS		
Redacted Treasurer: STMS		
Redacted Logistics PR Manager: Human Resources AJS		





## Funds held as custodian trustees on behalf of others

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

### Additional information (optional)

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

Type of adviser	Name	Address
Accountant	H and H Accountants	Old Bank Building, East St, Somerset, Ilminster TA19 0AJ

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

--

## Exemptions from disclosure

#### Reason for non-disclosure of key personnel details

Safeguarding due to nature of work undertaken with clients experiencing domestic abuse  
Legal requirements for non disclosure due to involvement with Public and Family court case material and non disclosure clauses.

## Other optional information

Many of the clients we deal with are facing removal from violent partners. It may be that third parties seek to find our clients and as such Charity commission has secured the non disclosure of address and personal information of trustees. This is to protect the safety of trustees and to provide a further security around the clients need for privacy for their own safety and that of any children involved in proceedings.

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

SJM redacted

Full name(s)

SJM Redacted

Position (eg Secretary,  
Chair, etc)

Chair

Date

11/09/2023