



# Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

## **Trustees' Annual Report for the period**

**From** 06/04/2020 **Period start date**  
**Period end date**

**To 05/04/2021**

**Charity name: The Will Garvey Trust Foundation**

**Charity registration number: 1183645**

**Ref: AR21-CIO-REM-9**

### **Objectives and Activities**

The Will Garvey Trust Foundation exists to preserve and protect the mental health of individuals, their families and friends impacted by suicide and mental health conditions, including those individuals who are at risk of suicide, in particular but not exclusively through:

- A) The provision of support/signposting, financial assistance, education and advice;
- B) Increasing awareness of mental health issues and suicide by engaging with the local community including schools and other organisations;
- C) Educating professionals and promoting good practice when discussing suicide and mental health issues with individuals, their families and friends.

### **Summary of The Will Garvey Trust Foundations main activities in relation to those purposes for the public benefit**

The Will Garvey Trust Foundation (WTF) has experienced a turbulent year and has implemented several changes to ensure the success and impact of the work it does.

Due to the impact of the pandemic, our planned programme of events and work for 2020 with sports and community groups, has been severely disrupted.

Here is a summary of the activities taken place in relation to the public benefit and our goals and objectives:

**A) The provision of support/signposting, financial assistance, education and advice**



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WTF continues to develop the website providing access to relevant and up to date information and resources to support mental fitness. The information we provide is sourced through the Institute of Mental Health, the NHS, CAMHS, CALM, Samaritans, and several other reputable agencies. Information is made available to users through a range of medium – users can read, watch, or listen and we have a ‘Doing’ section which provides information about local groups and organisations which may be beneficial to them.

We continue to develop and grow usage of appropriately stocked “Wellbeing libraries” in local schools, colleges, and other community venues. We have installed 3 Wellbeing Libraries in local schools.

### **B) Increasing awareness of mental health issues and suicide by engaging with the local community including schools and other organisations;**

To achieve this objective The Will Garvey Trust Foundation is creating a suite of resources to be made available in schools and in community groups, in the form of a Wellbeing Library. Resources will include books, leaflets, journals etc. Part of our service will be to manage each Wellbeing Library through a management group consisting of young people attending that school. We hope to appoint a Trustee to each school who will act as a School Link and will be the point of contact for all communication regarding all aspects of the wellbeing libraries. The first Wellbeing Libraries were installed in February and March 2020. However, through the management groups we intend to capture feedback. Unfortunately, due to the pandemic, the Wellbeing Libraries have remained largely unused, or access to the Wellbeing Library has been severely restricted due to the use of ‘bubbles’. This means that initial surveys we had created to evaluate current understanding of mental health issues, and use of books to support young people, have not been completed.

The Will Garvey Trust Foundation creates and delivers Wellbeing/ Awareness Raising workshops with local sports clubs and community groups. We have worked successfully with our first local group (Ilkeston Rugby Club) delivering workshops relevant to the needs of young people, at a very local level. The workshops are tailor made for different age groups (under 14, 16-18, seniors, for example) so better reflect the issues and concerns of those age groups. In 2021, we aim to expand and deliver workshops to at least one more local group. Feedback from each session has been extremely positive. We now intend to use survey monkey as a way of collecting more reliable data. Again, due to the pandemic, this project was curtailed. We plan to resume sessions as soon as restrictions ease.



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### **C) Educating professionals and promoting good practice when discussing suicide and mental health issues with individuals, their families and friends.**

WTF now has an annual plan of mandatory training that ensures all Trustees and volunteers are safe to work with, and for, young people. Safeguarding training provided by the NSPCC has been completed and will be refreshed each year. Trustees have also completed the NCVO training, Trustees: Roles and Responsibilities.

Trustees are also encouraged to attend courses in: Mental Health Awareness, Mental Health First Aid, and Suicide Prevention. Of our 9 Trustees, 2 have completed Mental Health First Aid training, 7 have attended Mental Health Awareness Courses, and 4 have completed Suicide Prevention Training.

### **Understanding our role and the public benefit**

All 9 trustees have read and understand the Charity Commission guidance on public benefit.

### **Achievements and Performance**

Summary of WTF's main achievements, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

### **Website**

We are incredibly proud of the website that has been built by one of our trustees, who had no previous experience. Data has only been available to us since October 2020 – we are learning all the time about data analysis and how to use it. What the data has shown us thus far, is that in the first quarter, October-December 2020, 361 people visited the website, 551 sessions were completed, and each session lasted an average of 2 minutes 27 secs. In comparison, the second quarter, January-March 2021, saw increases in both the number of visits, (up by 17%) and the number of sessions (up by 39%). The average amount of time spent in each session almost doubled (up to 4 minutes and 17 seconds). What this suggests is that increasing numbers of people know where to find the website, and are finding information on the 'Help' pages that is worth them spending some time looking at. Being able to provide information online, and in the range of formats we do (reading, listening, watching and doing), is something that appears to appeal to our target audience of young people. WTF have been consulting with Samaritans to review the website. The feedback has been



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overwhelmingly positive. They have been particularly impressed by the format we provide the 'Help' pages in – reading, writing, watching, doing – and feel this is our USP. Samaritans did offer advice on how to improve (making the contact page for people in crisis much simpler and therefore, easier to use, for example) and we are in the process of implementing those changes with further consultation with them planned.

### **Awareness Raising Workshops**

WTF successfully delivered 5 workshops to a range of age groups in 2020. 86% of those involved agreed that the workshops helped them understand why talking about their mental health and emotional wellbeing is important, and 100% of participants agreed that the sessions were well organised and they felt respected throughout. Anecdotally, we know some of the participants have had follow up discussions with their group leaders regarding their mental health or emotional wellbeing and have been offered sign posting to other organisations.

### **Wellbeing libraries**

The first Wellbeing Library was installed in February 2021. Due to the pandemic and school closures, we have so far been unable to collate any information as schools have been unable to complete the surveys. However, we may consider a relaunch and the survey will be completed then. A further survey will be completed after 12 months. Consequently, we have little statistical evidence of the impact and difference our work is having at the moment.

Part of the Wellbeing Library project is to engage students in the management and development of their own Wellbeing Library. Again due to the pandemic, this has not been possible. Therefore, we know that use of the Wellbeing Libraries was very limited and would likely not pick up again until after year group bubbles etc were no longer in use and students were no longer restricted to specific areas of the school buildings.

However, anecdotally, school leads have given us very encouraging feedback from the students who have been able to access the resources provided in the Wellbeing Libraries. One student reported about a book they had read, 'It helped take things off my mind, especially when things got really bad mentally. It had different pages for different problems and so it was great to offload trauma so I was able to focus on other, more important things.' Another reported, 'The leaflets I had taken for self-harm and anxiety also really helped me when my thoughts became really worrying.' And another said that, 'In future, I will probably get more books as I found the others really useful'. Whilst we have no



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statistical data to demonstrate the impact of the Wellbeing Library project, comments like these demonstrate the impact on individual young people's lives.

### **Events**

WTF had several events planned throughout 2020 (Well Dressing Festival, Elkfest, for example) but all were cancelled. We did host our annual music festival (Willfest) by going online. A number of local artists and performers, who would have been performing at the in person event, recorded themselves, or provided old recordings of themselves, to enable us to create a Youtube Live event. There were in excess of 400 people who joined in the live online event, which means that we were able to connect with more people than ever before, and to raise awareness to many more people than we could have done in person.

### **Other organisations**

Through Erewash Voluntary Action, we are beginning to network with like-minded charities and organisations. Meetings have continued online throughout the pandemic. This information allows us to improve local signposting, and to keep the information on our website up to date.

### **Financial Review**

At the end of the financial period 2020-2021, The Will Garvey Trust Foundation had a balance of £20,379.

Initially WTF's finance strategy was based very much on income from events such as Willfest, the Winter Ball, regular Quiz Nights, and the generosity of donations from the public.

However, during the 2020/21 Financial Year, successful bids were submitted which resulted in grants from The Lottery Commission and Derbyshire County Council. These accounted for around half of our income and were specifically for the Wellbeing Library Project.

Before the end of each Financial Year the WTF Finance Committee drafts a budget for the following year, to try and project how much we will be able to spend on our projects such as: the Wellbeing Library Project; Awareness Raising Workshops; and training for Trustees and volunteers. This is produced in conjunction with our Reserves Policy. It was agreed to retain higher reserves to offset any possible decrease in our ability to fundraise due to the effects of the covid pandemic in the coming year.



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Despite the impact of Covid-19 (and with the help of the grants noted above) we increased our income by around 40% in 2020/21, which meant that despite doubling our expenditure we again added a surplus of funds that strengthens our financial position and will enable us to expand our current projects and train more volunteers to help us to achieve our aims.

Our planned expenditure for 2021/22 was around £13,000 (and due to the successful grant applications we could fund this from existing resources). Our accounts will be approved by at our next Trustee Meeting (January 2022) and they will be made available on our website before our April 2022 AGM.

The reserves policy exists to ensure that WTF can meet its commitments over the coming year. These include projects such as our work with local schools (Wellbeing Libraries) and local community and sports clubs (Ilkeston Rugby Union Club). A portion of our cash reserves are grants from the National lottery and Derbyshire CC which are ring fenced. We also hold reserves for our charitable events such as our annual summer music festival. As a charity we have a number of operating expenses, which include insurances, stationary, marketing and training costs which required budgeting for.

WTF held reserves of £8340. This figure was to ensure the charity could continue to meet its commitments, (the Wellbeing Library Project, and Awareness Workshops) should the covid-19 pandemic continue to impact our ability to fundraise.

There are no uncertainties about the charity continuing as a going concern.

### **Structure, Governance and Management**

The Will Garvey Trust Foundation (WTF) has a constitution. It is a Charitable Incorporated Organisation and became a registered charity in May 2019.

Trustees were appointed in the first instance by putting themselves forward, and receiving two nominations from the group. Trustees are appointed on a three-year tenure. At each AGM a Trustee can be nominated and seconded by other Trustees to continue in the post for a further three years.

There is a different procedure for the posts of Chair who must complete an application form, and seek nomination from two other Trustees.

Our constitution states the maximum number of Trustees shall be 12, so we are cautious about expanding the Board of Trustees, without very good reason.

### **Reference and Administrative details**



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## THE WILL GARVEY TRUST FOUNDATION

Charity name: The Will Garvey Trust Foundation

Other name the charity uses: WTF

Registered charity number: 1183645

Charity's principal address: 166 High Lane West, West Hallam, Derbyshire, DE76HP

### **Names of the charity trustees who manage the charity**

Joanna Garvey – Acting Chair

Kevin Edwards – Treasurer

Becky Murdoch – Safeguarding Lead

Kevin Garvey – Deputy Safeguarding Lead

Ian Eckloff

Joanne Watts

Pippa Jackson

Kath Williamson

Tony Miles

Additional advisors

Secretary: Tanya Noon. 2 Burcot Close, West Hallam, Derbyshire. DE7 6NN.

Governance, Fundraising: Andy Corley. Mingary Cottage, Smalley Mill Road, Horsley, Derbyshire. DE21 5BL

Mental Health and Suicide Prevention: Steve Williamson. 99 St Wilfrid's Road, West Hallam. DE7 6HH.

### **Declarations**

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

Signed on behalf of the charity's trustees by:

Signature:



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Full name: Joanna Garvey

Position: Acting Chair

Date: 5/01/2022



Charity Customer Account Number  
011840510  
Charity Reference Number  
ZD03376

**Will Garvey Trust Foundation**

**Financial Statements**

**For the year ended**

**31st March 2021**

**The Will Garvey Trust Foundation**  
**Service Charge Accounts**  
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## **The Will Garvey Trust Foundation Trustee's Annual Report**

The trustee's present their report and the unaudited financial statements of the charity for the year ended 31st March 2021.

### **REFERENCE AND ADMINISTRATIVE DETAILS**

**Charity name** Will Garvey Trust Foundation  
  
166 High Lane West, West Hallam  
Derbyshire, DE7 6HP

#### **The trustees**

The trustees who served the charity during the period were as follows:

Ms RJ Murdoch (Chair)	Mr IP Eckloff (Secretary)
Mr KC Edwards (Treasurer)	Mr KA Garvey
Mrs SJ Watts	Mrs KM Williamson
Mrs PG Jackson	Mr AW Miles
	Mrs JL Garvey

#### **Bankers**

NatWest Bank

Signed on behalf of the trustees

Mr K Edwards  
Treasurer



**The Will Garvey Trust Foundation  
Service Charge Account  
for the year ended 31 March 2021**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Incoming resources from gathering funds	7,169	10,682
Other income received	100	8
Government support	7,400	-
	<u>14,669</u>	<u>10,690</u>
<b>Expenditure</b>		
Computer and website costs	247	134
Donations	290	28
Insurance	685	674
Items bought for resale	2,751	1,369
Licences and subscriptions	191	90
Promotional costs	351	776
Printing, postage and stationery	487	327
Repairs and renewals	1,326	95
Room and equipment hire	-	295
Training costs	814	826
Travel and subsistence	-	131
Depreciation	602	116
Professional fees	75	-
	<u>7,819</u>	<u>4,861</u>
<b>Gross Surplus</b>	<u>6,849</u>	<u>5,829</u>

**The Will Garvey Trust Foundation**  
**Balance Sheet**  
**as at 31 March 2021**

	Notes	2021 £	2020 £
<b>Fixed assets</b>			
Tangible fixed assets	4	<u>2,407</u>	<u>464</u>
<b>Current assets</b>			
Debtors	5	-	-
Cash at bank and in hand		<u>17,972</u>	<u>13,066</u>
		<u>20,379</u>	<u>13,530</u>
<b>Creditors: amounts falling due within one year</b>	6	<u>-</u>	<u>-</u>
<b>Net current assets</b>		<u>20,379</u>	<u>13,530</u>
<b>Net assets</b>		<u>20,379</u>	<u>13,530</u>
<b>Reserves</b>			
Reserve fund	7	<u>20,379</u>	<u>7,700</u>
<b>Total reserves</b>		<u>20,379</u>	<u>7,700</u>

In accordance with the terms of the engagement of the accountants we approve the financial information which comprises of the service charge account and service charge balance sheet. We acknowledge our responsibility for these statements and confirm we have made available all relevant records and information for their preparation.

On behalf of The Will Garvey Trust Foundation  
 Approved on 06-12-2021

**The Will Garvey Trust Foundation**  
**Notes to the Accounts**  
**For the year ended 31st March 2021**

**1. Accounting policies**

**Basis of accounting**

The financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005).

**2. Bank Balances**

Reserve fund money was held in trust at Natwest Bank under the titles Will Garvey Trust Foundation reference 23373202

**3. Reserve fund**

The reserve fund has been created under the provisions of the trustees and the members to meet future needs of the charity.

**4. Tangible fixed assets**

	<b>Computer Equipment</b>	<b>Fixtures &amp; Fittings</b>	<b>Total</b>
<b>Cost</b>			
At 1st April 2020	580	-	580
Additions	1,170	1,375	2,545
Disposals	-	-	-
<b>At 31st March 2021</b>	<b>1,750</b>	<b>1,375</b>	<b>3,125</b>
<b>Depreciation</b>			
At 1st April 2020	116	-	116
Additions	327	275	602
On disposals	-	-	-
<b>At 31st March 2021</b>	<b>443</b>	<b>275</b>	<b>718</b>
<b>Net book value</b>			
At 31st March 2021	1,307	1,100	2,407
At 31st March 2020	464	-	464

<b>5. Debtors</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Debtors	-	-
Prepayment	-	-
	<u>-</u>	<u>-</u>
<b>6. Creditors: amounts falling due within one year</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Creditors	-	-
Accruals	-	-
	<u>-</u>	<u>-</u>
<b>7. Reserve</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Balance brought forward	13,529	7,700
Surplus/(deficit) for the year	6,849	5,829
At 31st March 2021	<u>20,379</u>	<u>13,529</u>