



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

Trustees' Annual Report for the period

From April 2021 Period start date
Period end date

To April 2022

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, 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. Foremost is the appointment of a salaried CEO, whose part time work will ensure the sustainability of projects and increase the positive impact therein on young people locally. The appraisal process will be reviewed three times a year, with a formal appraisal taking place in April, the first being in 2022.

By the end of 2022 we will be able to provide statistical analysis of the projects we run. Due to the impact of the pandemic on schools, and on the meeting of sport and community groups, our programme of events has been severely disrupted and the completion of surveys has been inconsistent (due in most part



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

to the difficulties schools have had in using IT equipment to complete surveys when movement in schools was restricted to bubbles). However, we are hopeful that schools are now in a better position to complete surveys in school, as well as virtually if restrictions change.

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

WTF continues to develop the website providing access to relevant and up to date information and resources to support mental fitness. Our website has recently been reviewed by Samaritans, who were especially impressed by our 'Help' pages, particularly in the provision of different formats (reading, listening, doing etc), and we continue to work with them to ensure provision is safe and appropriate for our audience. The information we provide is sourced through the Institute of Mental Health, the NHS, CAMHS, CALM, Samaritans, and several other reputable agencies.

We continue to develop and grow usage of appropriately stocked "Wellbeing libraries" in local schools, colleges, and other community venues. We have installed 5 Wellbeing Libraries in local schools and Trustees are appointed as school links for each. They liaise with each school to continually improve provision and respond to each school's needs individually. Young people are involved with the decision-making process through Wellbeing Management Groups.

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 creates and delivers Wellbeing/ Awareness Raising workshops with local sports clubs and community groups. This year we have worked with two local groups (Ilkeston Rugby Club and Voyager Explorer Scouts) which enables us to provide workshops that are relevant to the needs of young people, at a very local level. The workshops/ sessions 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 2022, we aim to continue delivering workshops at both, and to extend our work to include West Hallam Football Club and Nutbrook Cricket Club. Before expanding further we aim to move from 'good to great': explore ways in which to improve our sessions, reflect on the success, use the feedback. We have limited capacity and are keen to not overstretch ourselves by making promises we can't keep and that might mean we compromise on the quality of what we provide.

WTF hosts and attends local events for the purpose of raising awareness of mental health and emotional wellbeing. This year we hosted events for Mental Health Awareness Day, Suicide Prevention Day, and Willfest (a music festival) and have attended local events, including West Hallam's Well Dressing, and Bilborough College's Volunteer Week event. At our stands we provide



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

resources for young people, and their family and friends, that enable them to take control of their own emotional health and mental wellbeing. We also provide opportunities for young people to talk about how they're feeling and sign post them accordingly. Unfortunately, the pandemic has limited the number of events we have been able to host and attend. However, we have set a target for 2022 to host 5 events and attend at least 5 local events per year.

WTF continue to develop relationships with other local groups working in the same sector, (Erewash Children and Young People's Mental Health and Emotional Wellbeing Network, for example), to enable us to continually improve our provision. We aim to build on this as part of our three year plan and to forge new relationships with other like-minded organisations (Parkside High in Cotmanhay, for example).

Our Creative Arts Project has been running since September. Working in association with Central England Co-op, the YMCA, and Spiral Arts, we have engaged approximately 30 young people in creative arts, which provided a safe space to share their feelings. A number of those involved were referred to our website, others to local organisations for mental health support and advice. Art work created by these young people is being exhibited at a number of venues around Erewash until the summer. Each time we exhibit at a different venue, new people are exposed to our message, to our work, and to our resources.

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, 6 have attended Mental Health Awareness Courses, and 6 have completed Suicide Prevention Training.

Two Trustees are beginning 'Train the Trainer' training provided by Mental Health For England. This will enable us to provide Mental Health training on a more regular basis to not just the Trustees, but also to all current, and future, volunteers. It will also mean that we can provide training for the adults we work with at local sports and community groups. This will enable each group we work with to develop a culture of openness and support, thus ensuring WTF's message becomes embedded in their own settings.

Understanding our role and the public benefit



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

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

All 9 trustees have completed Safeguarding training provided by NSPCC and 'Understanding the role of Trustees' provided by NCVO.

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

The website continues to develop. At the end of this reporting period 469 users had accessed the website. The number of sessions increased to 671.

We continually add new content about WTF, its ambitions and its achievements, in our information pages, our newsfeed and our blog. But most importantly, we have provided new curated quality information to support those seeking advice and guidance during these difficult times. For example, dedicated pages to support those seeking how to cope during the Coronavirus pandemic and to cope with the war in Ukraine, as well as recently available material (to read, listen to, or watch depending on the user's preference) on topics such as anxiety, depression, suicidal feelings and how to cope.

In the last three months of this period there have been over 115 updates to materials available on the website.

Wellbeing libraries

The first Wellbeing Library was installed in April 2021, the most recent being installed in December 2021. Due to the pandemic and school closures, accessing data which supports very positive anecdotal evidence has been difficult to source. However, students at all schools have been requested to complete a survey once the Wellbeing Library has been installed, at the start of each project, and they will complete a further survey after 12 months. Consequently, we have little statistical evidence of the impact and difference our work is having at the moment. Nevertheless, school links, based in each of the schools, have reported very positive feedback from students who are engaging with the materials in the Wellbeing Libraries. Several students have reported finding the journals we provide, in particular, as 'really helpful', and which they feel like they're 'doing something positive for myself'.



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

Part of the Wellbeing Library project is to engage students in the management and development of their own Wellbeing Library. Where schools have been able to do this (several haven't due to the challenges of remote learning, bubbles, and 'catching up') engagement appears to be much higher, and with students taking ownership of the project, they are much more actively engaged in promoting positive attitudes to mental health. One school is, for example, holding a non-uniform day to draw attention to the need for people to talk to each other, and sometimes to professionals if needed, and are signposting their peers to our website. Two schools have expressed interest in a 'peer mentoring' project we would like to deliver and are actively looking at ways to manage this.

Events

Hosting events such as Suicide Prevention Day and Mental Health Awareness Day have been very successful. Both events were held at local venues, where the general public have access. Consequently, we were unable to collect data. However, anecdotally we know we have made a difference to the lives of some young people: parents informed us they had referred their son/ daughter to the website. One family had engaged in our Creative Arts Project, and the daughter discovered that painting helps her manage her own mental health more effectively than medication. One family confided, for the first time, that their son was ill but they didn't know how to help or where to find support for themselves and their son. We were able to offer specific signposting to local support for both the young person and parent. Our charity motto is 'Why Talking Fixes' and the many conversations we had with people at these events confirm this. We know it's vital for us to start conversations, to keep conversations going and to provide people, young people in particular, with the confidence to share their feelings. It is our aim to increase the number of events we host and attend for this reason. Again, this is very hard data for us to capture.

Other organisations

Networking and learning about other organisations invested in the same aim, is an achievement we are proud of. We know we have a lot to learn and value the knowledge and experience of those who have been working in mental health with young people for many years.

Through the Erewash Children and Young People's Mental Health and Emotional Wellbeing Network, the Derbyshire Mental Health Forum, the Erewash Development Workers Network, and the Erewash Partnership, we are now able to: reach many more young people who are being signposted to our website;



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

attend more local events; be part of the improvement of mental health services for young people locally.

Through our membership of The National Suicide Prevention Alliance, and the Zero Suicide Alliance, we are increasingly engaged in discussions which shape and inform provision of mental health and emotional wellbeing for young people nationally.

Financial Review

At the end of the financial period 2021-2022, the Will Garvey Trust Foundation had a balance of £21295.

WTF was successful in securing a grant of £850 from the Tesco Community Fund. This was used to support the delivery of the Wellbeing Workshops over the period Nov 21-Nov 22, in the form of stationery, room hire, and refreshments.

The aim of our Reserves Policy is to ensure that our charity is able to operate during periods of lower income and unforeseen events such as Covid -19. The aim is to ensure that money is reserved for unexpected events, redundancies or any emergencies.

The Reserves Policy is a working document that will be reviewed quarterly as part of our ongoing financial planning. The amount held in Reserves should be monitored continuously during the course of the year as part of our budgetary processes and our regular financial planning meetings.

The Reserves Policy will be reported in the Trustee's annual report and on our website. We will be open to our stakeholders about the level of reserves held.

WTF held cash at the bank of £21,362 as at 31st March 2022, which was a surplus over our Reserves Policy of £10,692.

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. WTF 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.



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

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

We now have a Trustee Declaration form which all trustees must sign and abide by for the 3 year tenure of the post.

WTF also now seeks trustees who can provide skills, knowledge, or experience, of areas of weakness that we have identified in our skills audit (charity law is one example). However, 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.

Since the appointment of the CEO, we are actively seeking to appoint a new Chair. We are in the process of consulting with the Trustees as the best way forward though we do hope to appoint from within the Board of Trustees.

Reference and Administrative details

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



Why Talking Fixes

THE WILL GARVEY TRUST FOUNDATION

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:

Full name: Joanna Garvey

Position: Acting Chair

Date: 10th February 2023

Charity Customer Account Number
011840510
Charity Reference Number
ZD03376

Will Garvey Foundation Trust

Financial Statements

For the year ended

31st March 2022

The Will Garvey Trust Foundation
Service Charge Accounts
Contents

	Page
Trustess annual report	3
Statement of financial activities	4
Statement of financial position	5
Notes to the finanacial statements	6

The Will Garvey Trust Foundation
Trustess Annual Report

The trustess present their report and the unaudited financial statements of the charity for the year ended 31st March 2022.

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	Mr IP Eckloff
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
19/01/2023
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**The Will Garvey Trust Foundation
Service Charge Account
for the year ended 31 March 2022**

	2022	2021
	£	£
Incoming resources from gathering funds	11,336	7,169
Other income received	69	100
Grant funding	-	7,400
	<u>11,404</u>	<u>14,669</u>
Expenditure		
Bank charges	48	-
Computer and website costs	723	247
Donations	30	290
Event costs	1,780	-
Insurance	685	685
Items bought for resale	925	2,751
Licences and subscriptions	682	191
Promotional costs	72	351
Printing, postage and stationery	559	487
Repairs and renewals	35	1,326
Room and equipment hire	120	-
Training costs	479	814
Travel and subsistence	-	-
Depreciation	715	602
Bids and projects	708	-
Professional fees	-	75
Sundry	10	-
	<u>7,570</u>	<u>7,819</u>
Gross Surplus	<u>3,834</u>	<u>6,849</u>

The Will Garvey Trust Foundation
Balance Sheet
as at 31 March 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible fixed assets	4	<u>2,851</u>	<u>2,407</u>
Current assets			
Debtors	5	-	-
Cash at bank and in hand		<u>21,362</u>	<u>17,972</u>
		24,213	20,379
Creditors: amounts falling due within one year	6	<u>-</u>	<u>-</u>
Net current assets		24,213	20,379
Net assets		<u>24,213</u>	<u>20,379</u>
Reserves			
Reserve fund	7	<u>24,213</u>	<u>20,379</u>
Total reserves		<u>24,213</u>	<u>20,379</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.

Kevin Edwards

Managing agents
On behalf of The Will Garvey Trust Foundation
Approved on

19/01/2023

The Will Garvey Trust Foundation
Notes to the Accounts
For the year ended 31st March 2022

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 23330899.

3. Reserve fund

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

4. Tangible fixed assets

	Plant and Equipment	Fixtures & Fittings	Total
Cost			
At 1st April 2021	1,750	1,375	3,125
Additions	1,159		1,159
Disposals	-	-	-
At 31st March 2022	2,909	1,375	4,284
Depreciation			
At 1st April 2021	443	276	719
Additions	494	221	715
On disposals	-	-	-
At 31st March 2022	937	497	1,434
Net book value			
At 31st March 2022	1,972	878	2,851
At 31st March 2021	1,307	1,099	2,406

5. Debtors

	2022	2021
	£	£
Debtors	-	-
Prepayment	-	-
	-	-

6. Creditors: amounts falling due within one year

	2022	2021
	£	£
Creditors	-	-
Accruals	-	-
	-	-

7. Reserve

	2022	2021
	£	£
Balance brought forward	20,379	13,530
Surplus/(deficit) for the year	3,834	6,849
At 31st March 2022	24,213	20,379