

Trustees Annual Return

For the period: 1st April 2020 to 31st March 2021

Charity name: Behind The Smile

Charity registration number:1184343

Charity Structure

The Charity has 4 trustees:

Gaynor Pritchard – Founder and Chair of Trustees

Andy Pritchard – Policy Development and Research

Elaine Dews – Marketing and Communications

Paul Dews - Treasurer

Activities and Objectives

Behind the Smile is a charity founded by the parents of Zac who ended his life after many years of mental health problems.

Our two main aims are:

- to support and help others overcome the stigma associated with mental health issues by offering practical face to face support.
- to support and help those bereaved by suicide.

We believe that everyone has the right to a good standard of mental health and, where they do not, they should have access to timely and appropriate support services.

We recognise that the statutory and voluntary service provision in our target area does not always meet the needs of the community: services are stretched, waiting times are long, and sometimes there are no appropriate services available in the locality.

Our intention is to work towards filling these gaps by setting up Peer Support Groups where everyone is equally valued. By adhering to the Principles of the Peer Group Charter and in a non-clinical situation people will be provided with a space where they feel accepted and understood. They will use their own experiences to help each other, becoming confident to open up about their feelings, improving their mental and physical wellbeing, and thus helping them cope with their mental health issues. Ultimately, they will establish a sense of belonging in the community.

Therapeutic activities will be provided creating a relaxed and happy atmosphere whilst learning life skills and benefiting from wellbeing and physical activities. We would like to offer various types of workshops and counselling possibly in groups.

We plan to provide a befriending service by providing support and companionship to emotionally distressed people. This may be in the form of regular phone calls or text messages, a meet up for coffee and chats or someone to be with them through the first few support groups or activities.

When someone is discharged from the Home Treatment Team (HTT), Community Assessment and Recovery Service (CARS) or other services, we aim to establish a relationship with them. This will continue through our support groups and other activities.

When the first Covid 19 pandemic national lockdown commenced it put an end to Behind the Smile's support activities. We found this an upsetting and frustrating time as the groups and events were just beginning to get established. It was important to keep supporting the groups. Each member was visited and given a gift to help occupy them. We kept in touch through our WhatsApp group, online video meetings, Facebook groups and the Facebook page. Once lockdown eased we met for walks and occasionally met up in peoples gardens especially if there was an event to celebrate.

During this period, support was offered by telephone conversations, Facebook messaging and online video calls in groups.

Achievements and Performance

In March 2021 we issued our first newsletter (BTS Newz), summarising the achievements of the Charity to date. These included:

- a memorial walk to the summit of Snowdon
- a memorial walk in the Malvern Hills
- the launch of our Peer Support Groups
- Gaynor attended Peerfest – a source of learning and networking
- a meeting in the garden of Sue Martyr at the Mission House for meditation and contemplation
- The launch of our website: www.behindthesmile.care.

Financial Review

In September 2020 we were pleased to secure a grant of £2100 from Worcester Community Fund. This allowed us to provide further support to our target groups during the pandemic.

Our financial policy is to provide services and support only within our financial capabilities.

BEHIND THE SMILE Accounts 1/4/2020 to 31/3/2021

Opening bank balance at 1/4/2020	2786.64
Income 1/4/2020 to 31/3/2021	4200.29
Expenditure 1/4/2020 to 31/3/2021	2768.52
Closing bank balance at 31/3/2021	4218.41

Behind the Smile - Income: 01/04/2020 to 31/03/2021

Date	Amount £	Description	Donations/ Commission	Calendar Income	Other
07/04/2020	190.50	FACEBOOK Donation	190.50		
20/04/2020	154.50	FACEBOOK Donation	154.50		
21/05/2020	5.00	AMAZON Commission	5.00		
18/08/2020	86.88	JUSTGIVING Commission	86.88		
01/09/2020	77.88	GIVING Commission	77.88		
15/09/2020	83.00	Worcester Lottery Commission	83.00		
18/09/2020	2100.00	Worcestershire Community Fund Grant			2100.00
22/09/2020	62.80	JUSTGIVING Commission	62.80		
05/10/2020	123.82	FACEBOOK Donation	123.82		
12/10/2020	14.00	Worcester Lottery Commission	14.00		
10/11/2020	16.00	Worcester Lottery Commission	16.00		
16/11/2020	5.39	AMAZON Commission	5.39		
09/12/2020	19.22	JUSTGIVING Commission	19.22		
09/12/2020	20.50	Worcester Lottery Commission	20.50		
18/12/2020	8.50	ZATCHIJ L E Calendar		8.50	
18/12/2020	10.00	MS R H WILD & MR T Calendar		10.00	
21/12/2020	8.50	RUNA FOLKES Calender		8.50	
22/12/2020	10.00	LAW ASM 2021 Calendar		10.00	
23/12/2020	8.50	Hawker Richard Calendar		8.50	
04/01/2021	10.00	M Thomas		10.00	
05/01/2021	28.00	Worcester Lottery Commission	28.00		
06/01/2021	8.50	Eley & Hamlin		8.50	
08/01/2021	8.50	Tom Burke		8.50	
11/01/2021	8.50	T Nahajski		8.50	
19/01/2021	20.00	ME James		20.00	
02/02/2021	28.00	Worcester Lottery Commission	28.00		
04/02/2021	128.48	Facebook Donation	128.48		
11/02/2021	6.47	Amazon Smile	6.47		
22/02/2021	254.40	Facebook Donation	254.40		
04/03/2021	575.95	Facebook Donation (Gaynor birthday money?)	575.95		
09/03/2021	23.50	Worcester Lottery Commission	23.50		
19/03/2021	70.00	P Dews Calendar		70.00	
24/03/2021	25.00	Worcester Lottery Commission	25.00		
Total	4200.29		1929.29	171.00	2100.00

Behind the Smile - Expenditure: 01/04/2020 to 31/03/2021

Date	Amount £	Description	Peer Group Expenses	Travel & Subsistence	Room Hire	Training	Printing/ Website	Other
09/04/2020	96.45	B&M RETAIL / Lockdown packs	96.45					
13/05/2020	30.00	Eventbrite				30.00		
03/08/2020	209.68	GODADDY					209.68	
11/09/2020	-15.00	EVENTBRITE Refund				-15.00		
14/09/2020	24.95	COFFEE NO 1 WORCES	24.95					
21/09/2020	6.80	COFFEE NO 1 WORCES	6.80					
28/09/2020	12.50	COFFEE NO 1 WORCES	12.50					
01/10/2020	9.65	EAGLE VAULTS	9.65					
09/10/2020	25.00	THE RANGE	25.00					
09/10/2020	36.46	THE RANGE	36.46					
12/10/2020	6.89	ASDA STORES	6.89					
12/10/2020	36.00	SMART COMPUTERS / Projector hire	36.00					
12/10/2020	12.00	FIRST PAIGE					12.00	
12/10/2020	31.07	B&M RETAIL	31.07					
12/10/2020	43.89	B&M RETAIL	43.89					
16/10/2020	212.80	MARKEL INTERNATIONAL Insurance						212.80
19/10/2020	70.80	GOCARDLESS/SPEED AGENCY 201492					70.80	
17/11/2020	54.00	EB *SUICIDE BEREAV IRELAND				54.00		
18/11/2020	54.00	EB *SUICIDE BEREAV IRELAND				54.00		
19/11/2020	70.80	GOCARDLESS/SPEED AGENCY 201517					70.80	
19/11/2020	117.00	ST ANDREWS CHURCH Room Hire (inv 243)			117.00			
19/11/2020	148.78	SALLY SHIPSEY Counsellor	148.78					
04/12/2020	316.80	WHITEHALL PRINTING					316.80	
04/12/2020	-316.80	WHITEHALL PRINTING					-316.80	
11/12/2020	284.40	WHITEHALL PRINTING Calendars					284.40	
21/12/2020	70.80	GOCARDLESS/SPEED AGENCY 201547					70.80	
21/12/2020	27.73	COFFEE WAREHOUSE	27.73					
21/12/2020	37.30	ETSY.COM / Christmas Gifts	37.30					
22/12/2020	50.00	Cash Withdrawal / Christmas Gifts	50.00					
05/01/2021	50.00	Cash Withdrawal / Christmas Gifts	50.00					
06/01/2021	12.81	Post Office						12.81
08/01/2021	1.83	Post Office						1.83
13/01/2021	68.00	ST ANDREWS CHURCH Room Hire Nov (inv 246)			68.00			
13/01/2021	85.00	ST ANDREWS CHURCH Room Hire Dec (inv 250)			85.00			
13/01/2021	75.00	Therapy Centre (inv 5370)			75.00			
13/01/2021	3.66	Post Office						3.66
19/01/2021	70.80	GOCARDLESS/SPEED AGENCY 201575					70.80	
25/01/2021	11.96	Tesco	11.96					
01/02/2021	45.00	Mengage				45.00		
01/02/2021	115.00	Therapy Centre (inv 5680)			115.00			
08/02/2021	11.10	Natalie Miles Snacks	11.10					
19/02/2021	70.80	GOCARDLESS/SPEED AGENCY 201603					70.80	
04/03/2021	40.96	Amazon / Acrylic pens and storage boxes	40.96					
15/03/2021	68.00	ST ANDREWS CHURCH Room Hire Jan (inv 253)			68.00			
15/03/2021	160.00	Therapy Centre (inv 6013)			160.00			
19/03/2021	70.80	GOCARDLESS/SPEED AGENCY 201633					70.80	
25/03/2021	12.94	Amazon / Flip chart paper and pens	12.94					
30/03/2021	10.74	Lidl	10.74					
31/03/2021	8.99	Amazon / Gardening activities	8.99					
31/03/2021	10.38	Amazon / Gardening activities	10.38					
Total	2768.52		750.54	0.00	688.00	168.00	930.88	231.10