

Trustees Annual Return

For the period: 1st April 2021 to 31st March 2022

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.

During this period, support was offered by telephone conversations, Facebook messaging and WhatsApp groups.

Achievements and Performance

- Sept 10 2021 had Drumlove playing on Cathedral Square in Worcester to raise awareness / funds
- In September 2021 we took a group of 14 people to Barry Island.
- We also had a trip to the local museum to see the Titanic exhibition in May 21 with a light snack in nearby café afterwards.
- Feb 12 2022 officially moved into our first office
- The office has proved to be good place as a base, not only for work but also for meetings with individuals for one-to-one meetings, and talking with certain organisations, such as Worcestershire County Council.
- Had various speakers come to group including Crisis team and Healthwatch
- Became members of the Worcestershire County Council Suicide Prevention Partnership and a member of their strategy group

Financial Review

In March 2022 we were pleased to secure a grant of £2000 from Albert Hunt Trust Fund. We were also fortunate to be Worcestershire Freemasons Charity of the year, amounting to £4408.70 in this period.

Other funds came from fundraising and donations.

This allowed us to provide further support to our target groups.

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

BEHIND THE SMILE
Charity Number 1184343
C I O Number : CEO18156

Accounts for the period 1/4/2021 to 31/3/2022

Opening bank balance at 1/4/2021		4218.41
Income 1/4/2021 to 31/3/2022	19771.92	
Expenditure 1/4/2021 to 31/3/2022	10011.84	
Closing bank balance at 31/3/2022		13978.49

INCOME	2021/22	2020/21
Facebook Donations	1120.35	1427.65
Just Giving	0.00	246.78
Give as you live	1237.91	
Worcs Lottery Commission	204.00	238.00
Donations/Commission	245.96	16.86
Fundraising	170.00	171.00
Worcs Masonic Lodge Grant	4908.70	
Lottery Grant	9885.00	
Albert Hunt Grant	2000.00	
Worcestershire Community Fund Grant		2100.00
Total	19771.92	4200.29

EXPENDITURE	2021/22	2020/21
Peer Group Expenses	1627.60	750.54
Group Activities	1199.40	
Counselling	645.00	
Travel & Subsistence	1033.42	
Room Hire	2208.35	688.00
IT/ Comms	168.08	
Insurance	212.80	
Training	159.00	168.00
Printing/ Stationery/ Website	2534.06	930.88
Other	224.13	231.10
Total	10011.84	2768.52