

Trustees Annual Return

For the period: 1st April 2022 to 31st March 2023

Charity name: Behind the Smile

Charity registration number: 1184343

Charity Structure

The Charity had 4 trustees: **up to 25th August 2022** at which point we had 5.

Gaynor Pritchard – Founder and Chair of Trustees

Andy Pritchard – Policy Development and Research

Elaine Dews – Marketing and Communications

Paul Dews – Treasurer

Jenny McConnel – Secretary **Since August 2022**

Since January 2023 up to March 2023 we had 7 trustees.

Gaynor Pritchard – Founder and Chair of Trustees

Andy Pritchard – Policy Development and Research

Jenny McConnel – Secretary

Roy Blendell

Mary Nettle

Holly Winter - Hughes

Paul Dews – Treasurer **Resigned March 2023, still Treasurer until a replacement found.**

Elaine Dews - **Resigned Jan 2023**

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.

Achievements and Performance

- The support groups continue to grow.
- Had various speakers come to group and people to run activities.
- Our one-to-one conversations and meet ups continue to be active.
- We have advocated for some group members when needed even if its supporting with form filling or writing supporting letters.
- We have assisted a few people in gaining access to counselling.
- June 22 took a small group to a National Trust at Croome, most had never been before.
- Sept 22, we took a group for a day out at Porthcawl.
- Sept 10, 2022, had our first lantern walk, from the one bridge in Worcester to another bridge, we lit up the bridges with paper lanterns and read poems at the beginning and the end of the walk, as we walked with the glass lanterns.
- Dec 22 took the group out for a meal for Christmas

Financial Review

During part of this financial period, we were fortunate to be Worcestershire Freemasons Charity of the year, amounting to £1087.00 in this period.

We were also pleased to secure a grant of £2880.00 from Worcester City Council.

Fundraising was £1754.90, which included funds raised by people on Facebook, the start of fundraising for Worcester 10k, fundraising from various events including a huge collection of tin cans sent to a scrap yard.

Donations were £1293 from various kind people or organisations, including St Stephens PCC who generously donated £600.

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 1/4/2022 to 31/3/2023

Opening bank balance at 1/4/2022		13978.49
Income 1/4/2022 to 31/3/2023	7634.30	
Expenditure 1/4/2022 to 31/3/2023	13207.72	
Closing bank balance at 31/3/2023		8365.06

INCOME	2022/23	2021/22
Facebook Donations	482.50	1120.35
Just Giving	256.50	0.00
Give as you live	452.02	1237.91
Worcs Lottery Commission	293.00	204.00
Donations/Commission	1806.42	245.96
Fundraising	376.86	170.00
Worcs Masonic Lodge Grant	1087.00	4908.70
Worcester CC Grant	2880.00	
Lottery Grant		9885.00
Albert Hunt Grant Other	7634.30	2000.00
Total		19771.92

EXPENDITURE	2022/23	2021/22
Peer Group Expenses	1826.17	1627.60
Group Activities	2464.26	1199.40
Resources	163.75	
Days Out	769.30	
Counselling	382.85	645.00
Travel & Subsistence	1009.54	1033.42
Events	399.84	
Fundraising Expenses	114.14	
Room Hire	2239.98	2208.35
Office	1771.23	
IT/ Comms	330.16	168.08
Insurance		212.80
Training	177.54	159.00
Printing/ Stationery/ Website	1214.96	2534.06
Other	344.00	224.13
Total	13207.72	10011.84