

BEHIND THE SMILE

Trustees Annual Return

Charity Number: 1184343 C I O Number: CEO18156

For the period: 1st April 2024 to 31st March 2025

Charity Structure

The Charity has 5 trustees, **2 resigned in October 24.**

Gaynor Pritchard – Co-Founder and Chair of Trustees

Andy Pritchard – Co-Founder and Policy Development

Mary Nettle – Safeguarding officer

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

Jenny McConnel – Secretary - **Resigned 24th October 2024**

Roy Blendell - **Resigned 10th October 2024**

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 aim is:

To prevent suicide, by facilitating peer support, one to one's and wellbeing walks, for those with poor mental health, and those bereaved by suicide, to offer suicide prevention, intervention and postvention.

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 and one to one's, 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, during this period, we expanded to more groups such as Men's Only groups, Women Only groups, alongside our regular weekly mental health groups and monthly suicide bereavement groups.

Had various speakers come to group and people to run activities.

Our one-to-one conversations and meet ups continue to be active, but it has mostly been in cafes.

We have advocated for some group members when needed even if it was supporting with form filling or writing supporting letters, including supporting one at a tribunal in court for his PIP appeal.

July 2024, we took a group for a day out to Brean, Somerset.

Sept 9, 2024, we held our lantern walk, for Suicide Prevention Awareness Day, we try to do this walk on the nearest Saturday to the 10 September, which is Suicide Prevention Day. We walked from the one bridge in Worcester to another bridge; we lit up the bridges with paper lanterns and walked with glass lanterns, which we gave out.

We had a short talk and read poetry, walking while reading at various stops, ending back at Sabrina Bridge, we also read out names as we gathered to remember, with a final reflection and final poem before going on our way.

It was a dark drizzly night but that was also a reflection on the mood. It was a night of peaceful remembrance and thoughtful experience.

On 9th October 2024 we held an event 'Glow of Hope' nearest date available to World Mental Health Day – local artist Oly Bliss set up ultraviolet lights with white sheets on tables. We had around 23 people, mostly bereaved by suicide, some with mental ill health, drawing Mandela's, various drawings, wrote poetry, made paper lanterns, all glowed under the lights. We had a table with our information on, so did Worcestershire County Council suicide bereavement, Papyrus also had a table with books, we were all available to talk to anyone and some positive discussions were had, along with some upsetting ones. We still get positive feedback from this event to this day.

Donations:

We would like to express our heartfelt thanks to all the individuals and organisations who have so kindly supported us with their generous donations.

Donation of £2,000 from Deputy Police & Crime Commissioner and former city councillor Marc Baylis, from his divisional funds. Worcestershire County Council Public Health dept, granted £250 for our Glow of Hope project, which they were involved in, this event mainly supported people bereaved by suicide and others struggling.

Worcester Students' Union honoured us by naming us their Charity of the Year and generously donating £2,613.21.

We are grateful to The Business of Mindfulness, who have supported us since November 2023 and generously donated £2,053.00 this financial year. The director Chris Hopkirk changed roles and recommended us to the company is now works for, namely Spacemaker Inc, who has very kindly donated £500 in this financial year, they will be donating again in the future.

We have previously received donations from Worcestershire Masons, on checking through records Redditch lodge found they still had an outstanding £144, which they kindly donated. G4S kindly matched funding raised previously by Mr Ercolani, by donating £500.

We have also been kindly supported in donations from St Stephens Church, Worcester, of £1,200.

Women Who Worcestershire kindly donated £50 from their family day. There was £100 through CAF bank, we have no further information.

Other donations were through the website totalling £1,069.21.

It is through all these donations we can continue our work supporting mental health and those bereaved by suicide. Every penny given goes directly to the charity to support its work. We are run by volunteers which includes trustees, who all give up their valuable time.

Financial Review

Behind the Smile has a reserve policy limiting how much cash can held in reserve from £3,000-£15,000, this is to ensure solvency and support operations.

Membership and donations have grown from last year, which has enabled us to expand our outreach and help those in need through our events and meetings.

We received a grant which has been of great use in launching our D&D project which has expending the range of people we help.

Receipts & Payments Accounts for FY 2025

Summary 01/04/2024 – 31/03/2025

Opening Bank Balance as at 01/04/2024	£5,605.77
Income	£20,098.21
Expenditure	£12,449.48
Closing Bank Balance as at 31/03/2025	£13,254.50

Section A Receipts & Payments Account CC16a

For the period 01/04/2024-31/03/2025

A1 Receipts 24-25					
	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Fund	Last Year
Grants	£ -	£ 5,001.00	£ -	£5,001.00	£3,000.00
Donations	£ 10,559.42	£ -	£ -	£10,559.42	£2,627.63
Fundraising (Membership)	£ 4,235.90	£ -	£ -	£4,235.90	£3,307.70
Refunds	£ 302.39	£ -	£ -	£302.39	£517.39
Total Income	£15,097.71	£ 5,001.00	£ -	£20,098.71	£9,452.72

A2 Asset & Investment Sales 24-25					
	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Fund	Last Year
Asset & Investment Sales	£ -	£ -	£ -	£ -	£ -
	£ -	£ -	£ -	£ -	£ -

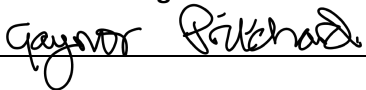
A3 Payments 24-25					
	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Fund	Last Year
Peer Group Expenses	-£3,108.13	£ -	£ -	-£3,108.13	-£1,414.59
Room Hire	-£1,107.00	£ -	£ -	-£1,107.00	-£1,563.36
Café meetings / One 2 One's	-£1,366.66	£ -	£ -	-£1,366.66	-£392.78
Volunteer expenses / DBS	-£537.19	£ -	£ -	-£537.19	-£88.55
Fundraising / Awareness	-£2,039.23	£ -	£ -	-£2,039.23	-£1,800.17
Training / Conferences	-£172.43	£ -	£ -	-£172.43	-£309.49
IT / Website	-£455.20	£ -	£ -	-£455.20	-£2,338.08
Travel / Days out / Parking	-£578.97	£ -	£ -	-£578.97	-£590.90
Insurance	-£244.04	£ -	£ -	-£244.04	-£212.80
Memberships / Subscriptions	-£804.35	£ -	£ -	-£804.35	-£482.25
Printing	-£140.00	£ -	£ -	-£140.00	-£942.95
		£ -			
Office Expenses / Equipment	-£163.78	-	£ -	-£163.78	-£135.85
Storage	-£1,732.50	£ -	£ -	-£1,732.50	-£1,940.38
					-
Total Expenditure	-£12,449.48	£ -	£ -	-£12,449.48	£12,212.15

A4 Asset & Investment Purchases 24-25

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Fund	Last Year
	£	£	£	£	£
Asset & Investment Purchases	-	-	-	-	-
	£	£	£	£	£
	-	-	-	-	-
Net Income	£27,547.19	£5,001.00	£0.00	£32,548.19	£21,664.87

Section B statement of assets & liabilities for the period

For the period 01/04/2024-31/03/2025

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Fund	Last Year
	£	£	£	£	£
B1 Cash Funds	£13,254.50	-	-	13,254.50	£ 75,605.27
	£ 13,254.50	-	-	13,254.50	£ 75,605.27
B2 Other Monetary Assets	£	-	-	-	£
B4 Assets retained for charities own use	£	-	-	-	£
B5 Liabilities	£	-	-	-	£
Signature	Print Name			Date of approval	
	Gaynor Pritchard			2nd February 2025	

Notes to the accounts

Basis for preparations This receipt and payment accounts has been prepared following the charities commission guidelines and 'Behind the Smile' meets the criteria for preparation in this format.

Restricted funds The Spectric Foundation Grant is restricted funds, with the conditions that they are used solely for the D&D project.

Major grants The Spectric Foundation has awarded a grant to the charity for the sum of £5,001.

Fundraising The majority of funds have been raised by running stalls, and events, however we regularly receive funds through the Worcestershire Lottery.

Unusual items

The charity has covered counselling for a beneficiary of the charities operations, however this individual has made three donations to the charity in order to cover the difference between the cost of counselling and what the charity was willing to cover. These three conations received total £80.