



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From Jan 2021 To 31st Dec 2021

Charity name: TOUGH ENOUGH TO CARE

Charity registration number: 1187404

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit, to preserve and protect the physical and mental health of men who are experiencing issues detrimental to their mental health and wellbeing, by the provision of support and practical advice to help aid their recovery and to educate the public in mental health awareness and mental health first aid to help and assist persons suffering
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ul style="list-style-type: none">a) Weekly peer to peer support groups, free to all service usersb) Free online mental health support for those in crisisc) Mental health awareness talks in workplaces, sports clubs and volunteer organisationsd) Public awareness campaigns to raise awareness for mental health supporte) Accredited Mental Health First Aid training for TETC volunteersf) Fundraising campaigns to continue our awareness work
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>All trustees have acted in a manner befitting the charities aims and objectives with the utmost regard to the guidance issued by the charity commission to ensure that Tough Enough To Care deliver their aims, goals and objectives for the public benefit at all times.</p> <p>At the forefront of all decisions made by the trustees, is the public benefit and how we our decisions can provide a positive impact to those who access our support and services.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A
Other		N/A

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>a) Our weekly peer support groups have offered a safe space and a non-judgemental environment for men to open up and support each other with their struggles. This has benefited society further by supporting those in need and kept them from reaching a crisis point which may in turn result in hospitalisation.</p> <p>b) The free online mental health awareness coaching delivered throughout the recent lockdown have continue and have provided attendees with an understanding of mental health and how to support those around them. This has achieved a positive impact on the lives of those directly linked to those who attended our sessions</p> <p>c) Workplace and sports clubs mental health drop in sessions have provided a safe environment for people to open up and talk to about how they feel. These have been an invaluable resource for managers and senior volunteers</p>

		<p>to help provide support and it has proven to be a strong pathway to people receiving the support they require.</p> <p>d) Throughout this period we consistently delivered public mental health awareness campaigns both online and in person. These have helped to spread positivity amongst the community and to help provide education on mental ill health to break down the stigma that surrounds it.</p> <p>e) An early goal set in 2021 was to fundraise for and purchase a converted camper van to act as a mobile mental health awareness vehicle. We reached the goal and purchased the vehicle in February and the vehicle has been hugely successful since it's launch in early March. It has visited over 40 public events, delivered drop in sessions in public spaces and also been used as a rapid reaction vehicle to meet with those in crisis.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	At the start of this reporting period, our objectives were to increase the support we offer in the community. Within the reporting period we have expanded to 3 peer to peer support groups, grown our social media channels where we offer 24/7 support and have also strengthened partnerships with other local services, meaning we have expanded our network of supporting organisations for referring people in crisis.
Performance of fundraising activities against objectives set	Para 1.41	Objectives set were to promote and increase personal fundraising activities by our supporters. These have become our main source of income and we have achieved this by taking a personal approach to all who choose to fundraise for Tough Enough To Care.
Investment performance against objectives	Para 1.41	We have purchased a vehicle and small amounts of IT equipment to enable our peer support facilitators to keep up to date records of group attendance and carry copies of all of our policies and procedures at all times.

Other		N/A
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of this financial reporting period, with very minimal overhead costs, the charity is in a strong position to continue our work and grow over the next 12 months
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	With no current overheads, there is no current requirement to hold reserves separately from our main funds. All funds are spent and controlled by the daily management team of volunteers and any large expenditures are always agreed with the board of trustees.
Amount of reserves held	Para 1.22	ZERO
Reasons for holding zero reserves	Para 1.22	See Above
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None. The charity has and continues to grow organically and without high costs, the charity is sustainable as an on going concern.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Principal sources of funds are from personal fundraising from supporters and where possible, fundraising events organised by ourselves. The majority of our income remains to be from personal fundraising but has also included TETC organised fundraising events and donations received for support and awareness talks to businesses and through training delivered under the Better mental health in Sandwell project which also runs in to 2022.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Current trustees are the original board of chosen trustees when the charity became registered. Trustees were appointed as they hold trusted & respected positions within the community and have the best interests of the charity at heart with previous experience of supporting those with mental health so they also have knowledge of how the charity continues to support those in crisis.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	N/A
The charity's organisational structure and any wider network with which the charity works	Para 1.51	2022 will see the charity employ it's first full time member of staff. This means that our founder and chair will be stepping down as a trustee to enable him to take on the role of Founder & CEO of Tough Enough To Care.
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Tough Enough To Care
Other name the charity uses	
Registered charity number	1187404
Charity's principal address	147 Dibdale Road Dudley West Mids DY1 2RR

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Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Stuart Bratt		Jan 2020	
2	Victoria Bratt		Jan 2020	
3	Alex Elphick		Jan 2020	
4	Emma Priest		Jan 2020	
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Stuart John Bratt

Position (eg Secretary,
Chair, etc)

Chair

Date

2/8/21

Tough Enough To Care

Receipts and Payments

Period Ended 31st December 2021

	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total 2020 £
Receipts				
General Donations Received	82576	1600	84176	18704
Grants Received	600	33900	34500	3000
Sale of Goods	537	0	537	1980
Fund Raising	9052	0	9052	
Gross Receipts	<u>92765</u>	<u>35500</u>	<u>128265</u>	23684
Less: Goods for Resale	2802		2802	3287
Fund Raising Costs	6662		6662	0
Commissions Paid	<u>2000</u>		<u>2000</u>	<u>0</u>
Cost of Receipts	<u>11463</u>		<u>11463</u>	3287
Net Receipts	81302	35500	116802	20397

Payments

Insurance	381		381	381
Advertising	1298		1298	102
Administration	7066		7066	1197
Gaming Licence	0		0	40
Accountancy Fees	525		525	0
Finance Costs	<u>1649</u>		<u>1649</u>	<u>258</u>
Total Overhead Expenses	<u>10919</u>		<u>10919</u>	1978

Asset and Investment purchases

Computer Equipment	775		775	1699
Plant & Equipment	579		579	0
Motor Vehicle	<u>22400</u>		<u>22400</u>	<u>0</u>
Total Asset Purchases	<u>23754</u>		<u>23754</u>	1699

Net of receipts/payments	46629	35500	82129
Balance brought forward	16720		16720
Cash Funds carried forward	63349	35500	98849

16720
0
16720

Tough Enough To Care

Notes to Receipts & Payments

Period Ended 31st December 2021

Administration Costs

Counselling Costs			595
Training Costs			625
Room Hire			1030
Post & Stationery			1454
Travelling & Hotel			81
Motor Expenses			1925
Computer Costs			<u>52</u>

Total Administration			<u>5762</u>
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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF TOUGH ENOUGH TO CARE

We report to the trustees of Tough Enough to Care on our examination of the accounts for the period ended 31st December 2021.

Responsibilities and basis of report

As trustees of Tough Enough to Care you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act'). You consider that an audit is not required for this year under section 144(2) of the 2011 Act, and that an independent examination is needed.

It is our responsibility to:

- ☐ Examine the accounts under section 145 of the 2011 Act;
- ☐ Follow the procedures laid down in the General Directions given by the Charity Commissioners section 145(5)(b) of the 2011 Act; and
- ☐ State whether particular matters have come to our attention.

Basis of independent examiner's statement

Our examination was carried out in accordance with the General Directions given by the Charities Commission.

An examination includes a review of the accounting records kept by the Trustees and a comparison of those accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in a full audit, and consequently we do not express an audit opinion on the accounts.

Independent examiner's statement

We have completed our examination. We confirm that no material matter have come to our attention in connection with the examination giving us cause to believe that in any material respect :

1. Accounting records were not kept in respect of the activities of the Charity as required by section 130 of the Act; or
2. The accounts do not accord with those records.

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

B R Hubble AFA MIPA, CMI
Clover Accountancy Limited
17 High Street, Wall Heath
Kingswinford DY6 0HB

6th April 2022