



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From Jan 2022 To 31st Dec 2022

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	a) Weekly peer to peer support groups, free to all service users b) Free online mental health support for those in crisis c) Mental health awareness talks in workplaces, sports clubs and volunteer organisations d) Public awareness campaigns to raise awareness for mental health support e) Accredited Mental Health First Aid training for TETC volunteers & communities f) Fundraising campaigns to continue our awareness work g) Free Text support campaign
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	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

		<p>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>
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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	
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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

- a) **Our weekly peer support groups continue to offer 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.**
- b) **The free online mental health awareness coaching delivered throughout the recent lockdown has continued in a face to face setting and has 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**
- 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 to help provide support and it has proven to be a strong pathway to people receiving the support they require.**
- 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.**
- e) **The Tough Truck has become a household name within communities that we**

		<p>support and works well to encourage conversations everywhere it goes. It has also become very popular with local sports clubs to have the vehicle attend sporting events to promote health conversations about mental health within their club/community.</p> <p>f) The Free text support service launched mid way through this reporting period has been extremely popular when talking to people about the services and we hope this will become evident when we receive our service report in the summer.</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	<p>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 5 mens peer to peer support groups and 1 womens peer support group with another due to open in April '23, 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. We have also become the most popular signposted service by NHS social prescribers in the Wall Heath and Kingswinford area.</p> <p>We have also moved out of storage units and home working to a fully operational office located in Wall Heath. This has provided a local hub for meetings and drop in sessions for people needing to talk in private.</p>
Performance of fundraising activities	Para 1.41	<p>Objectives set were to promote and increase personal fundraising activities by our supporters. These have become our main</p>

against objectives set		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 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. We have also invested in training aids, projector & screen for future work with local authorities and corporate clients.
Other		N/A

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 growing but still 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	A new reserve policy has been written and we will be. We currently have reserves over our standard 12month period level. This is due to holding funds that are being raised to purchase a new and more economical daily use vehicle for the charity, for meetings/training/events where the Tough Truck is not required and also to hold in reserve, funds for a 2nd full time employee to be bought onboard within this financial period.
Amount of reserves held	Para 1.22	£138,414
Reasons for holding zero reserves	Para 1.22	N/A
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 2023.
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	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	N/A
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	Room 2 17 High Street Wall Heath West Mids DY6 0HB

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	Victoria Bratt		Jan 2020	
2	Alex Elphick		Jan 2020	
3	Emma Priest		Jan 2020	
4	Alex Liggett		Jan 2022	
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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)

	
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Full name(s)

Stuart John Bratt	
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Position (eg
Secretary, Chair, etc)

Founder & CEO	
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Date

24/3/23

Tough Enough To Care

Statement of Assets and Liabilities

As at 31st December 2022

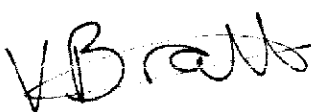
	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total 2021 £
Fixed Assets				
Computer Equipment	1238	0	1238	1431
Plant & Equipment	645	0	645	434
Motor Vehicle	<u>11200</u>	<u>0</u>	<u>11200</u>	<u>16800</u>
Total Fixed Assets Retained for own use after depreciation	13083	0	13083	18665
Current Assets				
Cash at Bank	<u>138414</u>	<u>16999</u>	<u>155413</u>	<u>98849</u>
Total Assets	<u>151497</u>	<u>16999</u>	<u>168496</u>	<u>117514</u>
Represented by:				
Accumulated Funds	<u>82014</u>	<u>35500</u>	<u>117514</u>	<u>117514</u>

Signed on behalf of the Trustees

Signature

Name

Date


Victoria Louise Bratt
20th March 2023

Signature

Name

Tough Enough To Care

Schedule of Fixed Assets (Retained for own use)

As at 31st December 2022

	Computer Equipment	Plant & Equipment	Motor Vehicle	Total
Cost brought forward	2474	579	22400	25453
Additions @ Cost	568	474	0	1042
Cost carried forward	3042	1053	22400	26495
Depreciation brought forward	1043	145	5600	6788
Depreciation charge for year	761	263	5600	6624
Depreciation carried forward	1804	408	11200	13412
Written Dwn Value 31.12.21	1238	645	11200	13083

Tough Enough To Care

Receipts and Payments

Period Ended 31st December 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total 2021 £
Receipts				
General Donations Received	96190		96190	84176
Grants Received	38200	20000	58200	34500
Sale of Goods	2742		2742	537
Fund Raising				<u>9052</u>
Gross Receipts	<u>137132</u> ✓	<u>20000</u>	<u>157132</u>	<u>128265</u>
Less: Goods for Resale	20832		20832	2802
Fund Raising Costs	3376		3376	6661
Commissions Paid	3700		3700	2000
Gift for Homeless	44		44	
Cost of Receipts	<u>27951</u> ✓	<u>0</u>	<u>27951</u>	<u>11463</u>
			0	
Net Receipts	<u>109181</u>	<u>20000</u>	<u>129181</u>	<u>116802</u>
Payments				
Salaries		38501	38501	
Insurance	1008		1008	381
Advertising	6414		6414	1298
Administration	21910		21910	7066
Accountancy Fees	747		747	525
Finance Costs	<u>2996</u>		<u>2996</u>	<u>1649</u>
Total Overhead Expenses	<u>33074</u> ✓	<u>38501</u>	<u>71575</u>	<u>10919</u>
Asset and Investment purchases				
Computer Equipment	568		568	775
Plant & Equipment	474		474	579
Motor Vehicle			0	<u>22400</u>
Total Asset Purchases	<u>1042</u> ✓		<u>1042</u>	<u>23754</u>
			0	
Net of receipts/payments	75065	-18501	56564	82129
Balance brought forward	<u>63349</u>	<u>35500</u>	<u>98849</u>	<u>16720</u>
Cash Funds carried forward	<u>138414</u>	<u>16999</u>	<u>155413</u>	<u>98849</u>

Tough Enough To Care

Notes to Receipts & Payments

Period Ended 31st December 2022

Administration Costs

Counselling Costs	150
Training Costs	959
Mentor & Support Group Costs	1261
Room Hire	1581
Telephone	711
Post & Stationery	3501
Travelling & Hotel	673
Motor Expenses	3095
Computer Costs	926
Storage	1422
Repairs & Renewals	1123
Sundry Expenses	231
Subscriptions	6276
Total Administration	<u>21910</u>

Tough Enough to Care
Registered Charity: 1187404

Financial Statements

Period Ended 31st December 2022

Clover Accountancy Limited
17 High Street
Wall Heath
Kingswinford
West Midlands
DY6 0HB

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 2022.

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

8th March 2022