

Trustees Annual Report 24<sup>th</sup> Feb 2020 – 5<sup>th</sup> April 2021

### **Information About the Charity - About It's OK To Say**

Charity No. 1188134

Address: 58 St Peters St, St Albans, AL1 3HG

Phone: 01727 221145

Stacey Turner CEO: 07852214574

Email: [support@itsoktosay.org.uk](mailto:support@itsoktosay.org.uk)

<http://www.itsoktosay.org.uk/> (please note this is currently being updated with all our current services)

Social Media:

Facebook @ITSOKTOSAY

Instagram @its\_ok\_to\_say

Twitter @ItsOKToSayUK

It's OK To Say is an organisation committed to harnessing the power person to person support can have in bringing communities together and helping individuals flourish.

It's OK To Say is an inclusive, lead for change dynamic, strong and passionate driving force in mental health and beyond.

A mental health charity offering one to one, family and group therapeutic sessions with a professional clinician such as a clinical psychologist, counsellor, therapist, or other trained specialist widening the pathways of access in community psychology for children, young people, and adults. *We also offer support groups, workshops and more for complete well-being.*

We are a team of dedicated professionals offering face to face psychological support in our calm and safe sanctuary or and online, which in recent times has formed a large part of our services. We pride ourselves in helping remove stigmas by actively encouraging people to talk openly about mental health on a day-to-day basis and through various campaigns and projects. We feel it is important to keep reinforcing that it is 'OK to say', encouraging people to reach out for help – which is the life changing bit!

Our aim is to get people to where they need to be as quickly as possible for their personal circumstances which can be within 24-48 hours if critical. While we work in a preventative capacity, we have also responded to many crisis calls since our inception providing instant help where needed.

We've taken a holistic approach for complete well-being, which means a person or family may access more than one clinician during a 12-month period.

*Championed by many to include actor, Bob Golding – "Mind health is at the forefront of all our lives. Thankfully It's OK To Say is here to help us find the help we need to manage it and offer support. My favourite calming mantra is think, breathe, talk."*

### **How It's OK To Say is Run**

It's Ok To Say is run from our St Peters St office, which we newly set up in January this year, 2022. The newly acquired cost is £500 per month to include all utilities except a phone line.

The office is staffed by our Founding CEO/Trustee, Stacey Turner and admin support is rotated between a small group of volunteers.

We continue to volunteer onsite at Westminster Lodge and Oaklands College, as well as at other organisations who help us spread our messages, volunteer 1-1 and in keeping mental health at the forefront of people's minds.

When people reach out to us, we can match them with the support they require in person or online. That help may be with any of the clinicians registered with us in helping us provide support.

Post Covid and soon, we will start holding our support groups and workshops.

### **Activities and Achievements**

Sadly, the only activities we have been able to run started after April 2021 due to the Coronavirus pandemic.

### **Explanation of Numbers in Accounts**

Sadly, we were not able to operate until after April 2021 due to the Coronavirus pandemic. We received charity status just before going into the first lockdown impacting everything. We have received no funds from the public in this time, nor any grants or funds related to Covid. The work we did remotely was all purely volunteer.

Our next set of accounts will reflect the activity coming out of the last lockdown 2021.

A handwritten signature in black ink, appearing to be 'Stacey Turner', written in a cursive style.

## Month

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