



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

**From** 6th April 2021  
**Period end date**

**Period start date To** 5th April 2022

**Charity name:** It's OK To Say

**Charity registration number:** 1188134

## Objectives and Activities

|  | SORP reference     |  |
|--|--------------------|--|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17          | <b>Objects</b><br>To relief the need of those suffering from or at risk of suffering from issues surrounding mental health through the provision of in particular but not exclusively support, workshops and a referral service. |
| 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 | It's OK To Say has provided counselling, support groups, workshops and a referral service for public benefit.  |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18          | We can confirm the trustees have had regard to the guidance issued.  |

## 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>The main achievements of the charity since coming further out of the Covid19 pandemic are:</p> <ul style="list-style-type: none"> <li>-Building our online support network</li> <li>-Offering more online counselling and support.</li> <li>-Offering in person counselling &amp; referral services.</li> <li>-Sponsored workshops and support groups.</li> </ul> <p>The difference our achievements have made to the beneficiaries and the wider community is something we are extremely proud of, promoting greater wellbeing and relief from depression, anxiety and other mental health conditions.</p> |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  |           |  |
|--|-----------|--|
| Achievements against objectives set                          | Para 1.41 | N/A  |
| Performance of fundraising activities against objectives set | Para 1.41 | We have slowly started planning future events. This is an area that will grow as we continue to grow and progress and move away from the pandemic. |
| Investment performance against objectives                    | Para 1.41 | N/A  |
| Other  |           | -  |

## Financial Review

|  |           |  |
|--|-----------|--|
| Review of the charity's financial position at the end of the period              | Para 1.21 | As we move further away from the Covid19 pandemic, we are applying for and trying to attract further funding. We are also still in our infancy, yet growing rapidly, even if our finances don't reflect this due to our sponsorship. |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22 | N/A  |
| Amount of reserves held  | Para 1.22 | None.  |
| Reasons for holding zero reserves  | Para 1.22 | N/A  |
| Details of fund materially in deficit  | Para 1.24 | None.  |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | No uncertainties to report, as we still consider ourselves to be in it's infancy and impacted by the Covid19 pandemic.   |

#### **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 | For this financial year, we have placed great importance on learning more about the charity sector following the pandemic and pivoting with this knowledge We have taken time to assess what our community wants from us, so we are not duplicating services. Our principal funding source has been private investment to enable the road forward. |
| 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 | We continue to assess risk as we move further out of the pandemic.   |
| Other   |           |  |

## Structure, Governance and Management

|   |           |  |
|---|-----------|--|
| Description of charity's  |           | It's OK To Say has no official trusts as yet.  |
| Type of governing document<br>(trust deed, royal charter)   | Para 1.25 | Our governing document has been adapted from the Charity Commissions official template. It is due for review in the next financial year.   |
| How is the charity constituted?<br>(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 | Trustee selection methods are balanced between skill and life experience. All prospective trustees are asked to submit an application, provide or apply for an enhanced DBS and be voted in by the existing board members confirming allegiance to It's OK To Say. |

### Additional information (optional)

You may choose to include further statements where relevant about:

### Reference and Administrative details

|                             |   |
|-----------------------------|---|
| Charity name                | It's OK To Say  |
| Other name the charity uses | N/A   |
| Registered charity number   | 1188134   |
| Charity's principal address | 58 St Peter's St,<br>St Albans,<br>AL1 3HG  |
| Trustees                    | Our trustees remain the same and have been kept updated on our official file. We look forward to expanding our board of trustees now. |

## Other optional information

Due to the pandemic, we are reporting zero donations and grants.

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



|                     |               |  |
|---------------------|---------------|--|
| <b>Full name(s)</b> | Stacey Turner |  |
|---------------------|---------------|--|

|  |              |  |
|--|--------------|--|
| <b>Position (eg<br/>Secretary, Chair, etc)</b> | Founding CEO |  |
|--|--------------|--|

|             |          |
|-------------|----------|
| <b>Date</b> | 13/02/23 |
|-------------|----------|

# Income & Expenditure

| Month                  |                             | 04/21      | 05/21      |
|------------------------|-----------------------------|------------|------------|
| <b>Opening balance</b> |                             | 0          | 0          |
| Revenue                | Income 1 (Private investor) | 531        | 531        |
|                        | Income 2                    | 0          | 0          |
|                        | Income 3                    | 0          | 0          |
|                        | Income 4                    | 0          | 0          |
|                        | <b>Total</b>                | <b>531</b> | <b>531</b> |
| Overheads              | Rent                        | 500        | 500        |
|                        | Phones                      | 0          | 0          |
|                        | Tea and coffee              | 0          | 0          |
|                        | Maintenance                 | 0          | 0          |
|                        | Office set up               | 0          | 0          |
|                        | Counselling services        | COMP       | COMP       |
|                        | Stationary                  | 0          | 0          |
|                        | Insurance                   | 31         | 31         |
|                        | Staff                       | 0          | 0          |
|                        | <b>Total Costs</b>          | <b>531</b> | <b>531</b> |
| Closing Balance        |                             | <b>0</b>   | <b>0</b>   |

| 06/21      | 07/21      | 08/21      | 09/21      | 10/21      | 11/21      | 12/21      | 01/22      |
|------------|------------|------------|------------|------------|------------|------------|------------|
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 531        | 531        | 531        | 531        | 531        | 531        | 531        | 531        |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> |
| 500        | 500        | 500        | 500        | 500        | 500        | 500        | 500        |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| COMP       | COMP       | COMP       | COMP       | COMP       | COMP       | COMP       | COMP       |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| 31         | 31         | 31         | 31         | 31         | 31         | 31         | 31         |
| 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> | <b>531</b> |
| <b>0</b>   | <b>0</b>   | <b>0</b>   | <b>0</b>   | <b>0</b>   | <b>0</b>   | <b>0</b>   | <b>0</b>   |

| 02/22      | 03/22      | 04/22      | Total        |
|------------|------------|------------|--------------|
| 0          | 0          | 0          | 0            |
| 531        | 531        | 531        | 6,372        |
| 0          | 0          | 0          | 0            |
| 0          | 0          | 0          | 0            |
| 0          | 0          | 0          | 0            |
| <b>531</b> | <b>531</b> | <b>531</b> | <b>6,372</b> |
| 500        | 500        | 500        | 6,500        |
| 0          | 0          | 0          | 0            |
| 0          | 0          | 0          | 0            |
| 0          | 0          | 0          | 0            |
| 0          | 0          | 0          | 0            |
| COMP       | COMP       | COMP       | 0            |
| 0          | 0          | 0          | 0            |
| 31         | 31         | 31         | 375          |
| 0          | 0          | 0          | 0            |
| <b>531</b> | <b>531</b> | <b>531</b> | <b>6,375</b> |
| <b>0</b>   | <b>0</b>   | <b>0</b>   | <b>0</b>     |