

		Income & Expenditure				
		Month		Apr-24	May-24	Jun-24
		Opening balance		0	0	0
	Revenue	Income 1 (Private investor)		539	539	539
		Income 2		0	0	0
		Income 3		0	0	0
		Income 4		0	0	0
		Total		539	539	539
	Overheads	Rent		500	500	500
		Phones		0	0	0
		Tea and coffee		0	0	0
		Maintenance		0	0	0
		Office set up		0	0	0
		Counselling services		COMP	COMP	COMP
		Stationary		0	0	0
		Insurance		39	39	39
		Staff		0	0	0
		Total Costs		539	539	539
		Closing Balance		0	0	0

Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan - 25	Feb-25	Mar-25
0	0	0	0	0	0	0	0	0
539	539	539	539	539	539	539	539	539
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
539	539	539	539	539	539	539	539	539
500	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	0	0	0	0
COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP
0	0	0	0	0	0	0	0	0
39	39	39	39	39	39	39	39	39
0	0	0	0	0	0	0	0	0
539	539	539	539	539	539	539	539	539
0	0	0	0	0	0	0	0	0

Apr-25	Total
0	0
539	6,468
0	0
0	0
0	0
539	6,468
500	6,500
0	0
0	0
0	0
0	0
COMP	0
0	0
39	468
0	0
539	6,468
0	0



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From April 2024 Period start date To April 2025
Period end date

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	Objects 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 an awareness and signposting service for public benefit. It's OK To Say has gone above and beyond to work through an ever growing waiting list for therapeutic support.
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"> -Building our online support network -Offering more online counselling and support via Telehealth using Clinico. -Offering in person counselling & referral services. -Sponsored workshops and support groups. -Introduced a new advocacy service alongside the Citizens Advice Bureau. <p>The difference our achievements have made to beneficiaries and the wider community is something we are extremely proud of, providing hope, promoting greater wellbeing and relief from depression, anxiety and other mental health conditions.</p> <p>We also know that by providing space for people to come along and be, we provide comfort.</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.
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 attracting further funding, although this is taking time. We are also still in our infancy, yet growing rapidly, even if our finances don't reflect this due to our sponsorship and skills offered.
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 ever-changing landscape of the charity sector. We have taken time to assess what our community wants from us, so we are not duplicating services. Our principal funding source has been Hertfordshire County Council and we still look forward to expanding on this. We are only just covering our overheads thanks again to skills offered and local support. We hope to achieve more consistent funding in 2026 and moving forwards.
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 (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? (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, St Albans, 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.

Other optional information

We consider ourselves extremely lucky to have survived, as without skills offered and private investment, we would have gone under. We hope the 2024-2025 period will bring further success so we can continue helping more and more people. Since inception, we have helped over 80,000 people of all ages. Imagine what we could do with reoccurring funding streams.

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)	Stacey Turner	
---------------------	---------------	--

Position (eg Secretary, Chair, etc)	Founding CEO	
--	--------------	--

Date	03/02/25
-------------	----------