

Trustees' Annual Report for the period

From 1st April 2021 To 31st March 2022

Charity name: Christmas For CAMHS

Charity registration number: 1190353

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1) For the public benefit, to ensure children and young people being treated in mental health units - particularly but not exclusively Child and Adolescent Mental Health Services (CAMHS) - across the UK, know they are remembered at Christmas. This will primarily but not exclusively be achieved by sourcing and arranging the supply of gifts to these units to be distributed to the children around Christmas time. This may involve the direct purchase of gifts, or the distribution of gifts purchased by others for this purpose.</p> <p>2) To promote awareness of children and young people being treated in mental health units - particularly but not exclusively Child and Adolescent Mental Health Services (CAMHS) - across the UK for the public benefit, with the focus of using this awareness to fundraise towards advancing (1).</p>
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	<p>Christmas For CAMHS provides special Christmas gifts every year for children and young people who are inpatients in child and adolescent mental health (CAMHS) wards across the UK over the Christmas holiday period.</p> <p>We want to make children and young people who are inpatients over the festive season feel thought-about, special and included - our individual gifts for each young person to keep, as well as gifts for their ward, help us to do this.</p> <p>We achieve this by fundraising, primarily receiving donations from members of the public, but also small grants and corporate donations. We use these funds to buy gifts in bulk, and to pay for the shipping of these gifts to hospitals. We also receive donations of gifts from members of the public, mostly purchased from our Amazon wish list and sent directly to us,</p>

		<p>for us to package with the gifts our funds have purchased, and send to the CAMHS units.</p> <p>We contact every CAMHS unit in advance of Christmas, to ensure we have up to date information on where to send the gifts, how many gifts to send, and ask for their requests on the type of gifts their young people would most like to receive. We have a mailing list of CAMHS staff, and if we do not hear back from a CAMHS unit in response to our email, we telephone the unit. In the rare cases that we cannot reach a unit, we send a selection of suitable gifts according to the number of beds listed on the unit's website.</p> <p>CAMHS staff use our gift request form to make specific requests, such as for particular games or particular themed items that would be popular with their inpatients. We use information about units to ensure we send suitable gifts, such as the age and gender of the children and young people, and whether the ward is specifically for young people with learning disabilities.</p> <p>We ensure we reach every CAMHS unit in the UK by liaising with NHS England, which holds information on all the NHS and private CAMHS units in England, and with equivalent bodies in Wales, Scotland and Northern Ireland.</p> <p>We ensure the safety of our gifts by consulting with CAMHS staff on the suitability of gifts. We maintain a robust list of items that we do not provide due to the potential risk that young people in distress could use them to hurt themselves or others, such as items with batteries, and spiral-bound notebooks. In addition to this, we specifically ask CAMHS staff at each unit if any gifts are not suitable, as we have learned that different CAMHS units have different safety requirements, to meet the needs of their different patient groups. We enable CAMHS staff (who are best-placed to risk assess the gifts as they know the children and young people in their care and specific risks relating to them and their environment) to check all gifts for suitability and safety, as we do not wrap the gifts. We provide wrapping paper and gift tags for staff to gift wrap after they have checked the gifts.</p> <p>The vast majority of CAMHS staff tell us that their ward or hospital does not receive any other gifts in addition to the gifts from Christmas For CAMHS.</p>
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		Occasionally we are contacted by individuals or small organisations who would like to donate gifts to a CAMHS unit. We have information on our website about how best to do this, and a map of the CAMHS units in the UK, so that the public can find a CAMHS unit nearest to them. We have occasionally linked individuals or small organisations with specific CAMHS units, with the prior consent of CAMHS unit staff to share their details. This helps others to achieve a charitable purpose, increases the gifts received by CAMHS units, and helps raise awareness.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The trustees are aware of the guidance issued by the Charity Commission on public benefit. Our purpose is for the benefit of children and young people in CAMHS units, we believe these children and young people derive benefit from receiving gifts and knowing they are thought about during the Christmas period; we specifically select gifts to be beneficial to their wellbeing such as sensory toys, self-care items, and activities to provide occupation and fulfilment such as crafts. We believe the children and young people also benefit from gifts to help them collectively celebrate Christmas, such as items to decorate wards, and the mental wellbeing advent calendar.</p> <p>We collect feedback from mental health and education staff at CAMHS units to ensure our work achieves this purpose and review our processes to optimise this.</p> <p>The trustees carry out the purpose by organising the collection of funds, organising volunteers, and arranging the purchase and distribution of gifts. In 2021-22 we had no employees, but contracted a freelance project manager to help carry out the charity's activities. Other activities were carried out by the trustees and by volunteers coordinated by the freelance project manager.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.

Contribution made by volunteers	Para 1.38	We were wonderfully supported by over 50 volunteers, known as “Volunteer Elves”, 13 of whom who volunteered with a wide range of tasks including contacting media, writing press releases, creating social media content, administrative tasks, finding suitable gifts, contacting CAMHS units, and 45 volunteered packing gift parcels in Bath 27-28th November 2021 (some Elves did both types of volunteering).

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>For Christmas 2021 we sent 1543 individual gifts to over 137 wards, and ward gifts to each of those. We also sent activities such as Christmas decoration making packs, and over 125 units requested and received the mental wellbeing advent calendar, created by volunteer Sam Layton.</p> <p>Our spending on gifts was slightly increased from the previous year, reflecting our funding, largely because we decided to donate additional gifts as requested by ward staff for young people in particular need, such as looked after children, refugees, and those without other support. CAMHS units do not give us identifying details for these young people, only details to help choose gifts, such as age, gender, and specific interests. We send 26 gifts for young people in particular need, sent as “additional special gifts”, including clothes, make-up, blankets, and cuddly toys.</p> <p>We also offered small sensory toys as additional gifts alongside individual gifts, and sent 1463 small sensory toys.</p> <p>Feedback from CAMHS unit staff:</p> <p>“We loved all the different presents as it means we can match them carefully with the people we have on the unit</p> <p>It was just so nice that people are thinking of our patients and holding them in mind. This means so much. We can’t thank you enough”</p>

		<p>“The gifts for the young people make a huge difference to their mood, confidence and wellbeing. Especially those young people who are unable to spend Christmas at home, young people from deprived backgrounds and those who are known to social care the gifts make a significant difference to them. Thank you for continuing to offer this service.”</p> <p>“Christmas for CAMHS provide an amazing service that goes far beyond the box of gifts that arrive. The generosity of Christmas for CAMHS provides a bit of joy and excitement for our young people during a particularly challenging time of the year. In particular for our eating disorder young people, Christmas time can be very food based and quite distressing. So to have gifts and activities that are Christmassy but without being foody means that they can feel included in the festive period and have things to enjoy. A huge thank you!”</p> <p>“We opened [the box of gifts] in our sunrise meeting (this happens every morning- it is how we start our day) and this prompted a huge discussion about what activities we can set up to use the craft items. There was a real buzz around the ward especially as it had come from someone else. The young people liked that someone else was thinking about their happiness at Christmas.”</p> <p>“We have already put our young people on the list to open the advent calendar and the presents are perfect!”</p> <p>In terms of the benefit to wider society, many people that are unfamiliar with CAMHS, were previously unaware that CAMHS units were less likely to receive gifts than other children's medical hospitals/wards. Our work makes this issue more well known among mainstream society and not just those who have been supported by CAMHS, as we were featured in media such as a BBC Radio Bristol interview.</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	We had aimed to send gifts to every child and young person in a CAMHS unit in the UK. We believe this was achieved (one unit chose to only receive small sensory toys, decorations and craft activities, as they receive a number of other donations).
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Performance of fundraising activities against objectives set	Para 1.41	2021-2022 was a successful year for fundraising. It was lower than our sudden increase in income 2020-21, which was to be expected. We did not make a fundraising video in 2021-22. We received funding from Christopher H's cycle ride called Marie's Challenge, from Pia who did a sponsored truck pull and a "guess the number of sweets in the jar" activity organised by Sammy and Ethan.
Other		<p>We were grateful to be offered space at Nexus Methodist Church in Bath (now called Walcot Methodist Chapel) for our gift-packing weekend. We would like to extend our thanks to Sharon and all at Walcot Methodist Chapel for the use of such a brilliant space.</p> <p>We were incredibly sad to learn in December 2021 of the death of one of our volunteers in October 2021. Billy had been a valued volunteer since finding us on Twitter in 2019, and had brought enthusiasm and brilliant ideas to our work. We received a number of donations in memory of Billy in December 2021.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a comfortable financial position to enable us to plan ahead for Christmas 2021 and increase our spending at Christmas to further achieve our aims. We spent £12,525 for Christmas 2021. We plan to continue a similar level of funding in the coming years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We hold reserves to cover our minimum expenses (insurance, accountancy, web hosting) to enable us to continue operating even if we had no funding.
Amount of reserves held	Para 1.22	£2500
Reasons for holding zero reserves	Para 1.22	Not applicable.
Details of fund materially in deficit	Para 1.24	Not applicable.

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties; we intend to continue as we have been into 2022-23.
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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	<p>Our main fundraising for 2021-22 was conducted through Justgiving fundraising website, following the closure of Virgin Money Giving fundraising website in 2021, collecting donations from members of the public. Fundraising activities included a "guess the number of sweets in the jar" activity, sponsored cycle and truck pull.</p> <p>We also received donations from companies including Vitol Services, The Bungie Foundation, Hiddengrin Gaming, UPS Ltd and Agility on Demand.</p>
A description of the principal risks facing the charity	Para 1.46	<p>As 2021-22 was a successful year for fundraising, we are in a secure financial position for 2022-23, and have surplus funds to carry out the same activities for Christmas 2022.</p> <p>The only risks identified relate to trustees not having sufficient time to achieve our aims to the best of our abilities, particularly if there is a decrease in support from volunteers, as this can be variable, but this has now been mitigated by support from our very capable freelance project manager, who will continue to work with us in 2022-23.</p>
Other		We intend to continue our current work into 2022 and aim to run a very similar Christmas set-up, hopefully reaching even more children and young people and making them feel special and cared about.

Structure, Governance and Management

Description of charity's trusts:		Not applicable
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	Christmas For CAMHS is a Charitable Incorporated Organisation.
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	To be reviewed when we next select new trustees. There are no specific people or bodies entitled to appoint trustees.

Reference and Administrative details

Charity name	Christmas For CAMHS
Other name the charity uses	(known as Xmas 4 CAMHS on Twitter)
Registered charity number	1190353
Charity's principal address	8 Charlcombe View Road, Bath BA1 6JY

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)
Rosanna Bevan		Whole year	Not applicable
Matt Glanville		Whole year	Not applicable
Lauren Nathan-Lane		Whole year	Not applicable

Corporate trustees – not applicable

Name of trustees holding title to property belonging to the charity - not applicable

Funds held as custodian trustees on behalf of others - not applicable

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature



Full name(s): Rosanna Bevan

Signature



Full name(s): Lauren Nathan-Lane

Position (eg Secretary, Chair, etc): trustees

Date: 30/01/2023

CHRISTMAS FOR CAMHS (CHARITY) CHARITY NUMBER : 1190353
ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

Christmas For CAMHS (charity) CHARITY NUMBER : 1190353
Contents of the Accounts
For The Year Ended 31 March 2022

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Christmas For CAMHS (charity) CHARITY NUMBER : 1190353
Business Details
For The Year Ended 31 March 2022

Trustees

Rosanna Bevan
Lauren Nathan-Lane
Matthew Glanville

Business

8 Charlcombe View Road
Bath
BA1 6JY

Accountants

Charlton Baker Limited
7-7c Snuff Street
Devizes
Wiltshire
SN10 1DU

Christmas For CAMHS (charity) CHARITY NUMBER : 1190353
Accounts Approval Statement
For The Year Ended 31 March 2022

I approve these un-audited accounts which comprise a Profit and Loss Account, Balance Sheet and related notes.
I acknowledge my responsibility for the accounts including the provision of all the information and explanations necessary for the completion.

Rosanna Bevan, Lauren Nathan-Lane,
and Matthew Glanville

Trustees
28/01/2023

Christmas For CAMHS (charity) CHARITY NUMBER : 1190353
Accountant's Report
For The Year Ended 31 March 2022

We have prepared the accounts from the accounting records, information and explanations provided to us.

This report is made to you in accordance with the terms of our engagement. Our work has been undertaken to enable us to prepare the accounts on your behalf and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the client, for our work or for this report.

You have approved and acknowledged your responsibility for these accounts.

We have not been instructed to complete an audit of the accounts. For this reason, we have not verified the accuracy or completeness of the accounting records, information or explanations you have provided. Therefore we do not express any opinion on the accounts.

Signed



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Charlton Baker Limited
7-7c Snuff Street
Devizes
Wiltshire
SN10 1DU



Christmas For CAMHS (charity) CHARITY NUMBER : 1190353
Profit and Loss Account
For The Year Ended 31 March 2022

	2022		2021	
	£	£	£	£
Turnover				
Donations received		18,040		26,878
Cost of Sales				
Gift donated	9,490		8,194	
Consultancy fees	2,935		-	
Premises costs	100		-	
		12,525		8,194
GROSS PROFIT		5,515		18,684
Expenditure				
Computer and IT consumables	144		-	
Insurance	636		-	
Packaging	206		122	
Accountancy fees	445		420	
Sundry expenses	100		-	
		1,531		542
NET PROFIT		3,984		18,142

Christmas For CAMHS (charity) CHARITY NUMBER : 1190353
Balance Sheet
As at 31 March 2022

	Notes	2022	2021
		£	£
CURRENT ASSETS			
Cash at bank and in hand		30,958	26,949
CURRENT LIABILITIES			
Accruals and deferred income		445	420
NET CURRENT ASSETS		30,513	26,529
TOTAL ASSETS LESS CURRENT LIABILITIES		30,513	26,529
NET ASSETS		30,513	26,529
CAPITAL ACCOUNT			
Balance at 1 April 2021		26,529	8,387
Profit/(Loss) for the period/year		3,984	18,142
Balance Carried Forward		30,513	26,529

