

Trustees' Annual Report for the period

From 1st April 2022 To 31st March 2023

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), 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 the UK 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, and with the Royal College of Psychiatrists' Quality Network for Inpatient CAMHS, who have kindly updated us about new hospitals.</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 2022-23 we had no employees on a payroll, but employed a freelance project manager who we paid per hour 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 approximately 45 volunteers, known as "Volunteer Elves", 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 38 volunteered packing gift parcels in Bath 3-4th December 2022 (some Elves did both types of volunteering).
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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 2022 we sent 1461 individual gifts to over 136 CAMHS wards (every ward in the UK), and ward gifts to each of those too, including items such as sports equipment, board games and jigsaws. We also sent activities and Christmas decorations to all wards, and 96 wards requested and received the mental wellbeing advent calendar, created by Sam Layton. This year we ran a Christmas Card making project and we received around 2000 homemade cards made by members of the public for young people in hospital for their mental health at Christmas, ensuring they felt remembered and special. We also sent 1487 small fidget toys, enough for one for every young person.</p> <p>Our spending on gifts was slightly increased from the previous year, reflecting inflation. We sent 49 bigger gifts for young people in particular need, such as those with no family support. Units tell us the gifts make a particularly marked difference to these young people. CAMHS units do not give us identifying details for these young people, only details to help choose gifts, such as age and specific interests.</p> <p>Here's some of the feedback we received this year:</p> <p><i>"I just wanted to send a message to say a massive thank you for the Christmas presents! I am currently a patient at [name of CAMHS ward] and had no leave for Christmas so was stuck inside not feeling very christmassy but when receiving the presents it really put a smile on my face and added something special to the day! Thank you for what you do for all of us, I appreciate it! I had never heard of this charity until</i></p>

		<p>yesterday but I think your all doing an amazing job" - Gift Recipient</p> <p><i>"Thank you to all of you for your efforts, we had a member of staff dress as Santa and delivered the gifts. All of these were well received and all have been used, nothing left untouched which is a good sign! Gifts like these help improve the atmosphere on the ward at a difficult time of year and has a positive affect on staff and most importantly the young people. It is a reminder that people care and want to help." -</i> CAMHS Unit</p> <p><i>"Thank you so much for all of our wonderful Christmas gifts, our service users will appreciate these so much. There was a fantastic variety of items to choose from and all arrived in plenty of time." -</i> CAMHS Ward</p> <p><i>"We are hugely appreciative of the support from your charity. You do brilliant valuable work that can make a huge difference to our young people" -</i> CAMHS Ward</p> <p><i>"Thank you so so much, it means the world, it brightened my day, so thank you" -</i> Gift Recipient</p> <p><i>"Thanks again for your work that goes into this- it is always a boost for all our young people and it has been lovely to see them engaged in preparing for xmas with things sent by yourselves. It's also lovely to see them using the gifts given and using them in a way that is positive and helpful. I know the whole team and young people are so thankful for the dedicated work you do." -</i> CAMHS Unit</p> <p><i>"This was a lifesaver for the staff as they had no time to think of what to do for the patients." -</i> CAMHS Ward</p> <p><i>"The presents provided by Christmas for CAMHS brought a much-needed boost for our young people, showing them that they matter, and they too deserve to feel joy at Christmas." -</i> Alicia Morse, Deputy Ward Manager, Sowenna</p> <p><i>"The gifts were very much appreciated and we have kept some items in the activities cupboard so our patients can continue to access these all year round. I want to thank the volunteers for this wonderful service you provide. This has made Christmas extra special to see our patients' faces when they receive these additional gifts." -</i> CAMHS Ward 2022</p>
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		In terms of the benefit to wider society, many people that are unfamiliar with CAMHS are unaware that CAMHS units were less likely to receive donations than other children's medical hospitals/wards. Our social media and featuring in local press makes this issue more well known among mainstream society and not just those who have been supported by CAMHS.
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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 aimed to send gifts to every child and young person in a CAMHS unit in the UK. We believe this was achieved (a couple of units chose to only receive small sensory toys, decorations and craft activities, as they receive a number of other donations).
Performance of fundraising activities against objectives set	Para 1.41	2022-2023 was a relatively successful year for fundraising, with £18,307 (including gift aid) raised mainly from individual giving. This was better than expected - we feared this would be lower due to the cost of living crisis and had prepared ourselves for this. Some of our supporters ran inspiring fundraising events, such as walking a marathon around a Christmas Tree, and hosting a Christmas Crafternoon. These were successful in both fundraising and building our profile, and more plentiful than in previous years.
Other		<p>We were grateful to be offered space at Christ Church on Julian Road in Bath for our gift-packing weekend. We would like to extend our thanks to Jude and Christ Church Bath for the use of the space.</p> <p>We would also like to thank Alicia Morse, Deputy Manager of Sowenna ward, for appearing with the charity's trustees (Lauren and Ro) in a podcast, helping to raise awareness about the charity. We would also like to thank Noel McDermott for inviting us to feature in the podcast.</p> <p>We would like to thank our volunteer Tracy for appearing in news media about her volunteering role.</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 2023 and increase our spending at Christmas where required to further achieve our aims. We spent £16,285 for Christmas 2022 overall. 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, staffing) plus enough to support one Christmas, to enable us to continue operations as normal if fundraising is poor.
Amount of reserves held	Para 1.22	£10,000
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.

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 2022-23 was conducted through Justgiving fundraising website, collecting donations from members of the public. We also received some donations through PayPal giving, including from streamers. Fundraising activities included a sponsored marathon around a Christmas Tree, BSFAI doing 12 hours of Hero CrossFit workouts and a Christmas Crafternoon.</p> <p>We also received donations from organisations such as Christchurch Southgate (unrelated to Christ Church Bath, the venue we used), Vitol Services Ltd, AOK Events and Massmould Ltd.</p>
A description of the principal risks facing the charity	Para 1.46	As 2022-2023 was a relatively successful year for fundraising, we are in a secure financial position for 2023-24, and have the funds to carry out the same activities for Christmas 2023 and beyond. There is a small risk of individual giving continuing to be less successful but we are aware of this and have solutions in place.

		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. This has now been mitigated by support from our very capable freelance Project Manager, who will continue to work with us in 2023-24.
Other		We intend to continue our current work into 2023 and aim to run a very similar Christmas set-up, hopefully continuing to reach children and young people in CAMHS units at Christmas, 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
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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: 14 / 03 / 2024

**CHRISTMAS FOR CAMHS
ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

**Christmas For CAMHS
Contents of the Accounts
For The Year Ended 31 March 2023**

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**Christmas For CAMHS
Business Details
For The Year Ended 31 March 2023**

Partners

Mrs R Beven
Mrs L Nathan-Lane
Mr M Glanville

Accountants

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

**Christmas For CAMHS
Accounts Approval Statement
For The Year Ended 31 March 2023**

I approve these unaudited 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.

Signed

Date

**Christmas For CAMHS
Accountants' Report
For The Year Ended 31 March 2023**

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
7-7c Snuff Street
Devizes
Wiltshire
SN10 1DU

<p>CHARLTON BAKER LIMITED Chartered Accountants 7-7c Snuff St, Devizes, Wiltshire SN10 1DU Telephone: 01380 723692 Company No: 07179787</p>
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**Christmas For CAMHS
Profit and Loss Account
For The Year Ended 31 March 2023**

	2023		2022	
	£	£	£	£
Turnover				
Donations received		18,307		18,040
Cost of Sales				
Gift donated	8,216		9,490	
Consultancy fees	4,345		2,935	
Premises costs	-		100	
		<u>12,561</u>		<u>12,525</u>
GROSS PROFIT		5,746		5,515
Expenditure				
Computer and IT consumables	494		144	
Insurance	674		636	
Packaging	1,259		206	
Accountancy fees	521		445	
Sundry expenses	-		100	
		<u>2,948</u>		<u>1,531</u>
NET PROFIT		<u>2,798</u>		<u>3,984</u>

**Christmas For CAMHS
Balance Sheet
As At 31 March 2023**

		2023		2022	
	Notes	£	£	£	£
CURRENT ASSETS					
Cash at bank and in hand		33,815		30,958	
CURRENT LIABILITIES					
Accruals and deferred income		504		445	
NET CURRENT ASSETS			33,311		30,513
TOTAL ASSETS LESS CURRENT LIABILITIES			33,311		30,513
NET ASSETS			33,311		30,513
CAPITAL ACCOUNT					
Balance at 1 April 2022			30,513		26,529
Profit/(Loss) for the period/year			2,798		3,984
Balance Carried Forward			33,311		30,513

**Christmas For CAMHS
Notes to the Accounts
For The Year Ended 31 March 2023**
