

PEER SUPPORT PLUS

England & Wales · Charity number 1190818

Details

Status Registered

Legal form CIO

Registered 2020-08-12

Register [View on the Charity Commission register](#)

Contact

Address 1 Elmete Close
Leeds
LS8 2LD

Phone 07434614829

Email enquire@peersupportplus.org

Website peersupportplus.org

Activities

Objects: TO RELIEVE SICKNESS AND PRESERVE HEALTH OF PERSONS SUFFERING FROM MENTAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AND SUPPORT AS A RESULT OF SUCH ILLNESS, IN THE LEEDS METROPOLITAN DISTRICT, BY THE PROVISION OF; • PEER TO PEER SUPPORT. • EDUCATIONAL WORKSHOPS AND COURSES ON MANAGING MENTAL HEALTH ILLNESS AND REHABILITATION. • ADVICE AND GUIDANCE ON LIVING WITH MENTAL HEALTH ILLNESS.

Activities: Provision of:Peer to Peer support.Educational workshops and courses on managing mental health illness and rehabilitation.Advice and guidance on living with mental health illness.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Leeds City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£897	£825	-	-
2024-03-31	£1,533	£1,147	-	-
2023-03-31	£1,754	£799	-	-
2022-03-31	£5,414	£1,395	-	-
2021-03-31	£310	£149	-	-

Trustees

Name	Role	Appointed
Lisa Bamford	Chair	2020-08-12
David Glenn Donaldson		2020-08-12
Elisa Tabo'		2025-03-20
Jiayu Luo		2023-04-20

PEER SUPPORT PLUS

England & Wales - Charity number 1190818

Accounts



Trustees' Annual Report

For the period 1st April 2024 to 31st March 2025.

Includes our Financial Report for the same period.

Peer Support Plus CIO

Trustees' Annual Report – 1st April 2024 to 31st March 2025

Registered Address 1 Elmete Close, Leeds LS8 2LD

Trustees of Peer Support Plus CIO at 31st March 2025

Lisa Bamford (Chair), Elisa Tabò (Secretary), David Donaldson (Treasurer), Jamie Tyson, Jiayu Lou.

Note Two of these five Trustees were elected at our first AGM on 16th August 2021. Elisa Tabò was co-opted at the Trustees Board Meeting on 20th March 2025. Maria Bazirake (Secretary) stood down the same day. Jamie Tyson intends to stand down at the 2024/25 AGM.

Financials

Our Receipts and Payments Accounts for 2024/25 is in Appendix 3.

Peer Support Plus CIO operates a 'Clubs and Societies' Business Bank Current Account at Virgin Money (Clydesdale Bank PLC).

Structure, Governance and Management

Peer Support Plus CIO is a Charitable Incorporated Organisation governed according to its Constitution. It was first registered with the Charity Commission on 12th August 2020.

Peer Support Plus is led and operated entirely by volunteers. Four of our Trustees have 'lived experience' of mental distress.

Trustees hold Board Meetings monthly and other working meetings as necessary. Working parties for specific tasks are formed by Trustees on a flexible basis depending on the skills needed and volunteer time available. For example, working parties develop and review policies and procedures.

Members of the charity and Peers [beneficiaries] are welcome to observe Trustee meetings and express their views but cannot vote.

Decisions about interpreting objects, and deciding policies and procedures are reserved to the Board of Trustees.

Volunteer Trustees are recruited by advertising on the Doing Good Leeds and Peer Support Plus websites, on the Peer Support Plus Facebook page and by word of mouth. The recruitment process is through informal discussions with the current Trustees. New Trustees are provided with a copy of our Governing Document (Constitution) and the most recent Trustee Meeting Minutes, Trustees' Annual Report & Financial Statements. Trustees have online access to all our policies and process documentation.

Volunteers are covered by Peer Support Plus's Volunteer Policy and induction process. Trustees undertake training appropriate to their roles and responsibilities.

We have recruited new Trustees with knowledge and expertise to take on some of the tasks currently undertaken by existing Trustees and share the workload. Three Trustees also volunteer as Support Group Peer facilitators and one as an Administrator. We encourage all Trustees and Peers to put forward suggestions for improving the way Peer Support Plus CIO is governed, managed and operated.

Objectives and Activities

The purpose of the charity as set out in the Constitution is "to relieve sickness and preserve health of persons suffering from mental illness of any description or in need of rehabilitation and support as a result of such illness, in the Leeds Metropolitan District, by the provision of:

- Peer to Peer support.
- Educational workshops and courses on managing mental health illness and rehabilitation.
- Advice and guidance on living with mental health illness."

The main activity undertaken by Peer Support Plus to further these charitable purposes for public benefit is the provision of Peer Support groups.

The Trustees have complied with their duty to have due regard to guidance on public benefit published by The Charity Commission (PB1, PB2, PB3).

Executive Summary

- Established the charity Peer Support Plus CIO on 12th August 2020, by registering it with the Charity Commission. We held our first AGM on 16th August 2021.
- Received a single grant of NHS funding in April 2021, enabling us to double our capacity to serve beneficiaries and reach out to people who were not previously supported. This funding enabled us to maintain two Peer Support Groups throughout 2021/22, 2022/23, 2023/24 and 2024/25.

- In September 2022 we obtained a microgrant from the Leeds Community Foundation Leeds Fund to recruit and train additional Peer facilitators by September 2023. By March 2023 we had recruited three new Peer facilitators and two new Administrators (who helped free up additional Peer facilitators and Mentoring capacity). On 31st March 2025, we had six Peer facilitators.
- Continued to establish a public presence as a reputable provider of mental health support in Leeds. We do this through networking and attending community events. We also distributed notices and flyers in community settings. We publish occasional Newsletters by email, and we promote our website.
- Continued to offer two free support groups, one in-person and one by Zoom. We attracted sufficient new Peers for both support groups to remain viable.
- Financially secure until at least March 2026 and have maintained a small financial reserve equal to 12 months' operating costs.

Activities, Achievements & Performance

Peer to Peer support.

The Trustees established Peer Support Plus to provide ongoing open-ended Peer Support groups for adults in Leeds who are experiencing difficulties with their mental health; to promote their wellbeing and quality of life by providing the opportunity for Peers to learn from each other by sharing their 'lived experience' of living with and managing their mental health.

Educational workshops and courses on managing mental health illness and rehabilitation.

Peer Support Plus's 12 Month Plan (Appendix 1) and 5-year vision (Appendix 2) include providing free support groups, workshops and courses without replicating what is available elsewhere. The aim is to increase the number of Peers able to access peer support and widen the range of strategies, tools and techniques available to help Peers with specific mental health issues.

Advice and guidance on living with mental health illness.

Giving advice is actively discouraged in our Peer Support Groups. Peers who take time to talk about an issue can take inspiration from other Peers who share their 'lived experience' on ways they have dealt with similar feelings and experiences in the past. Other advice and guidance are provided through signposting to other groups, workshops, training, resources, and events that might benefit Peers.

Why Open-ended Peer Support?

Our Trustees believe strongly that the ongoing nature of open-ended peer support provides continuity and stability to help Peers tackle deep-seated issues, embark on major life or behavioural changes, or maintain their present level of 'recovery'.

Following the closure by Leeds Mind of open-ended peer support groups at the end of March 2020, the first goal of Peer Support Plus was to continue meeting as an open-ended peer support group. No other organisation in Leeds is providing Peer Support Groups that are not restricted in terms of age, race, gender, sexuality, or duration. We believe that sharing the diversity of Peers' experiences is a strength.

Further information about our history, values and model of peer support is published on our website www.peersupportplus.org. Our 12-month plan for this year can be seen at Appendix 1 and our 5-year plan can be seen at Appendix 2.

Beneficiaries (Peers)

In 2024/25 the charity provided more than 200 hours of free Support Groups with capacity for up to 10 people per two-hour session. We not only continued to offer our in-person open-ended Peer Support Group but also maintained our online Peer Support group first established during the COVID-19 pandemic.

We met weekly in-person on Wednesday afternoons at Lovell Park Hub since November 2021. Leeds City Council kindly continues to donate 'our' confidential meeting space there.

Our Tuesday evening Support Group met weekly on Zoom, reaching out to those who, for reasons such as mobility, travel, employment, conflicting caring commitments etc., would otherwise be unable to attend a Peer Support Group in-person. We have continued to offer four digital tablets with 4G internet data connections for loan to digitally disadvantaged Peers.

Potential Peers wishing to join a Peer Support Group first attend an Introduction to Peer Support (IPS) workshop to familiarise themselves with how our Peer Support Groups work and help them decide if they wish to join. IPSs are scheduled monthly and held in response to demand.

During 2024/25 thirty-seven adults made tentative enquiries about our offer. By 31 March 2025 eleven of those had formed a new Peer Relationship with us. Some of those who recently enquired are in course of engaging with us and will form a Peer Relationship with us during 2025/26.

Peers have given us the following feedback:

"I struggle to confide in my family and friends. This group is the only place I feel comfortable talking about how I really feel."

"I use the group to catch issues before they become too big and to avoid worrying my friends. The support group is able to contain my feelings and not overreact, and I get validation by checking out things with the group."

"Have a rant in a safe Group where nobody is involved or likely to take it personally."

"I can check things out with the Group instead of burdening my friends."

"Giving voice to my feelings about things. I sometimes don't know what I am thinking and feeling until I hear myself try and express them to others."

"A place where I can speak freely without feeling judged."

"Talking with people I trust."

"Every meeting is new and you get something new out of it."

"Collaborative happiness" and "Sneaking up on happiness".

"A caring and loving environment to talk through difficulties in life. No matter just listening to others or sharing my own feelings, I feel safe and I belong."

"Zoom setting is convenient and cosy. The smiling faces have connected us almost the same way as face-to-face setting."

"I feel safe to be me, don't have to have any front to protect myself. Feels good to have a group where I feel safe and accepted. Every time we meet, I have some new insight, find something helpful in relation to my issues, from others in the group."

"Helps me so much to have this regular space in managing my mental health. It's become an important time in my week, a reliable time where I connect with myself, and especially with others, as I struggle with connecting with people in my day-to-day life."

"I am not alone" [Often stated after the first Support Group meeting attended.]

Volunteers and supporters

Peer Support Plus CIO has no paid staff. It is operated entirely by volunteers. Three of our Trustees are also Peer facilitators of Support groups. Collectively, our volunteers have over twenty-five years' experience as Peer facilitators.

In late 2022 we started advertising for and have successfully recruited additional Trustees and volunteer Peer facilitators. We aim to recruit further Trustees, Peer Facilitators, an HR skilled Administrator and a Fundraiser during 2025/26.

Our Five-Year Vision (Appendix 2) is to remain predominantly Peer-led and delivered. We hope to recruit and train more volunteer facilitators and Trustees from both our Peers and the wider community to help keep Peer Support Plus fresh and viable and expand the charity's capacity to support more adults in Leeds.

Private individuals and organisations have also donated funds and practical assistance. For example, during 2024/25: 34SP, our website host, gave us free hosting, email, and SSL; Leeds City Council provided a Support Group meeting room at no charge; and The Rotary Club of Roundhay donated a further £500 from its community fundraising efforts.

Public presence

The Trustees continued to ensure that Peer Support Plus CIO is sustainable and viewed as a legitimate, trustworthy, and effective organisation with opportunities to raise funds and attract volunteers. This will enable the charity to expand capacity and support even more adults in Leeds.

We continued to develop our online presence through our [Website](#) and our [Facebook](#) page.

Peer Support Plus is registered on [MindWell](#), the mental health website funded by the NHS, to which adults in Leeds are signposted in order to find support for mental health.

Peer Support Plus is also registered on [Leeds Directory](#) funded by Leeds City Council 'an online source of information for services that can support you to live well in Leeds'.

Here are some more examples of our outreach activities:

We continued to attend community mental health events, for which we designed and displayed a pop-up banner. We continued to distribute posters, flyers, and business cards, to provide us with a presence in health and community settings. For example, we supported two events at Leeds City Council's Lovell Park Mental Health Hub promoting Mental Health and Wellbeing services to the general public.

Financial Review

This report covers the period from 1st April 2024 until 31st March 2025.

Review of the charity's financial position at the end of the period.	On 31 March 2025, Peer Support Plus's only tangible asset was £5,294.07 in the bank.
Statement explaining the policy for holding reserves and stating why they are held.	On 31 March 2025, in case of a short-run fundraising gap, we held a Reserve sufficient to fund forecast unavoidable expenditures for twelve months.
Amount of reserves held	£2,000 on 31 March 2024. Increased from £1,600 to cover the rent of a weekly in-person Support Group meeting room at Little London Community Centre following Leeds City Council's decision to close all three of its Mental Health Hubs in April 2025.
Reasons for holding reserves.	Peer Support Plus was registered as a CIO on 12 August 2020 at the height of the COVID-19 pandemic when fundraising opportunities were scarce. We rely on donations and small grants which are not predictable income streams.
Details of fund materially in deficit.	Not in deficit.
Explanation of any uncertainties about the charity continuing as a going concern.	None. Peer Support Plus made a strong beginning with a start-up Grant and deliberately low outgoings. In April 2021 it received sufficient Grant funding to operate two Support Groups until March 2022. We raised enough funds to operate them until March 2026 without relying on financial reserves.
The charity's principal sources of funds (including any fundraising).	Until 31 March 2025. Peer Support Plus has relied on small Grants and Donations. The Trustees aim to begin supplementing these sources with public fundraising activity during 2025/26.
Investment policy and objectives including any social investment policy adopted.	None necessary. All of our funds and reserves are held in Peer Support Plus CIO's free Bank Current Account at Virgin Money (Clydesdale Bank PLC), which pays modest interest on balances.
A description of the principal risks facing the charity.	<ol style="list-style-type: none"> 1. Potential for failure to attract sufficient Volunteers to continue operating services. 2. Potential for failure to raise sufficient funds to continue offering services after 31 March 2027.
Other	Peer Support Plus CIO is currently operated entirely by unpaid Volunteers. It has no assets, no premises and is administered almost entirely online.

Declaration

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

Signed on behalf of the charity Peer Support Plus CIO's Trustees:

Signature [Lisa M Bamford](#)

Full name Lisa Michelle Bamford

Position Chair of Trustees

Date [19th June 2025](#)

See also:

Appendix 1

12-Month Plan 2025-26 for Peer Support Plus – by 31 March 2026

Appendix 2

5-Year Vision for Peer Support Plus as at 31 March 2030

Appendix 3

Receipts and Payments Account 01/04/204 to 31/03/2025

Appendix 1

12-Month Plan 2025-26 for Peer Support Plus CIO.

By 31 March 2026 we will have:

- Continued to simplify and add lightness to everything we do.
- Continued to develop smooth day-to-day operations – meaning no requirement for urgent intervention or major systems development to continue running effectively.
- Recruited additional volunteer Trustee(s) to expand the Board's pool of available skills and experience and ensure resilience and continuity.
- Expanded our team of volunteer Facilitators by recruiting and training new and retaining existing ones.
- Recruited a volunteer Charity Administrator and a volunteer Fundraiser. Develop the skills and knowledge of our Delivery Administrator, Charity Administrator and Fundraiser.
- Continued to provide open-ended Peer Support Group meetings weekly in person at Leeds City Council's Little London Community Centre. (This venue satisfies Peers' emotional needs to feel a sense of being 'rooted' in and having a physical 'home' in Leeds).
- Attract additional Peers (beneficiaries), so that typically 10 Peers are present in the room and four rounds of sharing are achieved.
- Continue to provide open-ended Peer Support Group meetings weekly via Zoom, typically having 10 Peers present 'in the room' and four rounds of sharing achieved.
- Hold regular Delivery Team meetings between Facilitators, Mentors and Administrators including Group Supervision for all the volunteers managed by our Delivery Team Lead.
- Continued to review, simplify, and update our Policies and Administrative Processes, and develop additions as needed. Where appropriate in the interests of transparency, publish them on our website.
- Increased the voting Membership of Peer Support Plus CIO.

- Continued to improve the efficiency and effectiveness of our online Peer and volunteer record keeping, and Delivery Team administration.
- Developed a performance measurement system to analyse WEMWBS and Peer engagement including automatic reporting.
- Sourced Accredited Facilitator Training externally. Developed and documented a practical in-house training and mentoring process.
- Continued to develop our established 'presence' in Leeds by:
 - Networking with other organisations supporting mental health in Leeds.
 - Observing other organisations signposting potential Peers toward us.
- Continued to promote Donations via standing order, Just Giving, Give as you Live, Easyfundraising, etc. to help fund our activities.
- Established an expected flow of Grants / Donations / Fund Raising Events by 31st March 2026 sufficient to fund our 12 Month Plan for 2026/27.
- Maintained our Financial Reserve at a level sufficient to fund 12 months of activity.
- Arranged our sixth AGM for May 2026.

End

Appendix 2

5-Year Vision for Peer Support Plus as at 31 March 2030

- Nurture our Peer Support model and satisfy our Constitution.
- Establish additional in-person open-ended Peer Support Groups at other locations to achieve more accessible coverage across the Leeds Metropolitan Area.
- Additional online Peer Support Groups, to aid accessibility (overcoming timing/location/mobility constraints)..
- Extend our demographic reach by offering some free Peer-facilitated Support Groups in Partnership with other organisations.
- In addition to our Introduction to Peer Support workshop, offer some focussed mental health Workshops and Courses free to participants. (Not replicating what is available elsewhere in Leeds).
- Low cost – i.e., where possible avoiding venue costs, asset purchases, employing people and entering long-term financial commitments, so we are not ‘caught out’ by financial crises.
- Light on our feet – i.e., ready to respond to changes in levels of demand with ‘Plan B’ in place ready to change venues or funding sources if necessary.
- Continuing to have the financial and volunteer capacity to do things effectively without cutting corners e.g., responding to enquiries within 24 hours and offering ‘good tasting coffee’ at mid-session refreshments.
- Predominantly Volunteer-led and delivered, but not ruling out the possibility of obtaining funding for a paid Administrator and some paid Facilitators.
- Peer Support Groups tailored to those who, for cultural reasons, or because they share a particular Peer experience, would find it hard to discuss some issues in a general mixed Peer Support Group.
- Selling Online Peer Support Groups, Workshops and Courses to adults outside the Leeds Metropolitan Area to help us continue to offer such activities free in Leeds.
- Selling to organisations anywhere, at commercial market rates, to fund our free activities in the Leeds Metropolitan Area e.g.

- Peer Support Groups, Workshops and Courses – to other organisations on a commercial basis.
- Our 'franchise' – sharing our knowledge and expertise, and licencing for a modest fee the limited rights to use our methods, including our intellectual property such as internal policies, processes, and administrative systems.
- Copies of the copyright and public domain Course and Workshop materials we create, develop, consolidate or maintain – could be sold through a shop on our website i.e. we will offer public domain materials using the same 'well presented, convenient, accessible source' business model as those who sell public domain and out-of-copyright sheet-music or books.

End

Appendix 3**Receipts and Payments Account 01/04/2024 to 31/03/2025**

	£	Notes
Receipts		
Donations	304.00	
Fundraising		
Grant	500.00	The Rotary Club of Roundhay
Interest	92.55	
Gift Aid		
Cashback	0.86	
	<u>897.41</u>	
Payments		
Remuneration		No Employees
Recruitment & DBS Checks		Re Volunteers
Training	160.00	Safeguarding
Volunteer Expenses		
Insurance	219.60	Renewal due 31 March 2026
Bank Charges		
Zoom Pro	155.88	Renewal due 7 June 2026
Venues		Donated by Leeds City Council
Meeting Refreshments	60.24	
Admin Software		Donated by Microsoft
Web Hosting and Cloud Services	20.00	Annual Domain Registration Fee ¹
Mobile Phones and Computers		
Data & Telephone	169.68	Mobile + 4 Tablet Data Sims
Stationery & Consumables		
Postage	6.80	
Brand & Public Relations	7.83	
Advertising & Publicity		
Membership of other organisations	25.00	Voluntary Action Leeds
Grant Application Costs		
	<u>825.03</u>	
Receipts minus Payments	72.38	
Transfer	0.00	
Balance Brought Forward	5221.69	
Balance Carried Forward	<u>5,294.07</u>	
Balance Carried Forward comprises		
Reserve	2,000.00	12 months operating costs
Restricted	38.26	NHS W Y Health Care Partnership
Restricted	1,011.83	Leeds Fund Micro Grant
Unrestricted	2,243.98	
	<u>5,294.07</u>	

Notes ¹ Web Hosting donated by 34SP. Cloud storage donated by Google

End

PEER SUPPORT PLUS

England & Wales - Charity number 1190818

Accounts



Trustees' Annual Report

For the period 1st April 2023 to 31st March 2024.

Includes our Financial Report for the same period.

Peer Support Plus CIO

Trustees' Annual Report – 1st April 2023 to 31st March 2024

Registered Address 1 Elmete Close, Leeds LS8 2LD

Trustees of Peer Support Plus CIO at 31st March 2024

Lisa Bamford (Chair), Gill Lundgren (Secretary), David Donaldson (Treasurer),
Jamie Tyson, Jiayu Lou.

Note Two of these five Trustees were first elected at our first AGM on 16th August 2021. Zaneer Hussain was co-opted at the Trustees Board Meeting on 16th November 2023. Maria Bazirake was co-opted at the Trustees Board Meeting on 21 March 2024. They both intend to stand for election at our May 2024 AGM.

Financials

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Activities, Achievements & Performance

Peer to Peer support.

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Further information about our history, values and model of peer support is published on our website www.peersupportplus.org. Our 12-month plan for this year can be seen at Appendix 1 and our 5-year plan can be seen at Appendix 2.

Beneficiaries (Peers)

In 2023/24 the charity provided more than 200 hours of free Support Groups for up to 10 people per two-hour session. We not only continued to offer our in-person open-ended Peer Support Group but also maintained our online Peer Support group first established during the Covid Pandemic.

We have met weekly in-person on Wednesday afternoons at Lovell Park Hub since November 2021. Leeds City Council kindly continues to donate 'our' confidential meeting space there.

Our Tuesday evening Support Group meets weekly on Zoom reaching out to those who, for reasons such as mobility, travel, employment, conflicting caring commitments and so on, would otherwise be unable to attend a Peer Support Group in person. We have continued to provide four digital tablets with 4G internet data connections for loan to digitally disadvantaged Peers.

Potential Peers wishing to join a Peer Support Group first attend an Introduction to Group Work (IGW) workshop to familiarise themselves with how our Peer Support Groups work and help them decide if they wish to join. IGWs are scheduled according to demand. They were held on (29 March 2023), 6th September 2023, 7 November 2023, 20th December 2023, 17th January 2024, 31 January 2024, 6th February 2024, 13th February 2024, 28th February 2024, 5th March 2024, 19 March 2024, 27 March 2024.

During 2023/24 thirty-two adults made tentative enquiries about our offer. By 31 March 2024 thirteen of those had formed a new Peer Relationship with us. Some of those who recently enquired are in course of engaging with us and will form a Peer Relationship with us during 2024/25.

Peers have given us the following feedback:

"I struggle to confide in my family and friends. This group is the only place I feel comfortable talking about how I really feel."

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"Have a rant in a safe Group where nobody is involved or likely to take it personally."

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"A caring and loving environment to talk through difficulties in life. No matter just listening to others or sharing my own feelings, I feel safe and I belong."

"Zoom setting is convenient and cosy. The smiling faces have connected us almost the same way as face-to-face setting."

"I feel safe to be me, don't have to have any front to protect myself. Feels good to have a group where I feel safe and accepted. Every time we meet, I have some new insight, find something helpful in relation to my issues, from others in the group."

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"I am not alone" [Often stated after the first Support Group meeting attended.]

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Peer Support Plus CIO has no paid staff. It is operated entirely by volunteers. Three of our Trustees are also Peer facilitators of Support groups. Collectively, our volunteers have over thirty years' experience as Peer facilitators.

In late 2022 we started advertising for and have successfully recruited additional Trustees and volunteer Peer facilitators. We hope to recruit a further Trustee, Peer Facilitators, an HR skilled Administrator and a Fundraiser during 2024/25.

Our Five-Year Vision (Appendix 2) is to remain predominantly Peer led and delivered. We hope to recruit and train more volunteer facilitators and Trustees from both our Peers and the wider community to help keep Peer Support Plus fresh and viable and expand the charity's capacity to support more adults in Leeds.

Private individuals and organisations have also donated funds and practical assistance. For examples: 34SP, our website host, are giving us free hosting, email, and SSL; Leeds City Council provide a Support Group meeting room at no charge; The Rotary Club of Roundhay donated £500 from its community fundraising efforts.

Public presence

The Trustees continued to ensure that Peer Support Plus CIO is sustainable and viewed as a legitimate, trustworthy, and effective organisation with opportunities to raise funds and attract volunteers. This will enable the charity to expand capacity and support even more adults in Leeds.

We continued to develop our online presence through our [Website](#) and our [Facebook](#) page.

Peer Support Plus is registered on [MindWell](#), the mental health website funded by the NHS, to which adults in Leeds are signposted in order to find support for mental health.

Peer Support Plus is also registered on [Leeds Directory](#) funded by Leeds City Council 'an online source of information for services that can support you to live well in Leeds'.

Here are some more examples of our outreach activities:

We continued to attend community mental health events, for which we designed and purchased a pop-up banner. We continued to distribute posters, flyers, and business cards, to provide us with a presence in health and community settings. For example, we supported an event at Leeds City Council's Lovell Park Hub promoting Mental Health and Wellbeing services to the general public.

We contributed to a study by the Royal Free London NHS Foundation Trust about the NHS Transformation Project for Older Adults. Their brief was to include peer support as one means of providing mental health support for older people. We contributed our lived experience in the field. Peer Support Plus CIO became a case study in the final report published in 2023.

In November 2023 we gave a well-received talk about our charity and its offer at The Rotary Club of Roundhay, Leeds.

We had co-produced a film by Oakwood Film Academy called “The Man at the Clock”, which received its premiere at the end of March 2023. We went on to show it to audiences at three community settings during 2024 - beginning conversations about the importance of managing our mental health. See:

<https://www.imdb.com/title/tt20603956/>

Financial Review

This report covers the period from 1st April 2024 until 31st March 2025.

Review of the charity’s financial position at the end of the period.	At 31 March 2024 Peer Support Plus’s only tangible asset was £5,221.69 in the bank.
Statement explaining the policy for holding reserves and stating why they are held.	At 31 March 2024 we had a Reserve sufficient to fund unavoidable expenditure for twelve months, in case of a short run funding gap.
Amount of reserves held	£1,600 at 31 March 2024.
Reasons for holding reserves.	Peer Support Plus was registered as a CIO on 12 August 2020 at the height of the Global Pandemic when there was scant opportunity for fundraising. We relied mainly on donations and small grants which do not arrive as a predictable income stream.
Details of fund materially in deficit.	Not in deficit.
Explanation of any uncertainties about the charity continuing as a going concern.	None. Peer Support Plus made a strong beginning with a start-up Grant and very low outgoings. In April 2021 it received sufficient Grant funding to operate two Support Groups until March 2022. We now have raised sufficient funds to operate them until March 2025.
The charity’s principal sources of funds (including any fundraising).	Until 31 March 2024 Peer Support Plus has relied on small Grants and Donations. The Trustees will begin to supplement these sources with public fundraising activity during 2024/25.

Investment policy and objectives including any social investment policy adopted.	None necessary. At the present scale of operations, all of our available funds and reserves are held in Peer Support Plus CIO's Bank Current Account at Virgin Money, which pays trivial interest on balances.
A description of the principal risks facing the charity.	<ol style="list-style-type: none">1. Potential for failure to attract sufficient Volunteers to continue operating services.2. Potential for failure to raise sufficient funds to continue offering services after 31 March 2025.
Other	Peer Support Plus CIO is currently operated entirely by unpaid Volunteers. It has no assets, no premises and is administered almost entirely online.

Declaration

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

Signed on behalf of the charity Peer Support Plus CIO's Trustees:

Signature *Lisa M Bamford*

Full name Lisa Michelle Bamford

Position Chair of Trustees

Date *18th April 2024*

See also:

Appendix 1

12 Month Plan 2024-25 for Peer Support Plus – by 31 March 2025

Appendix 2

5 Year Vision for Peer Support Plus as at 31 March 2029

Appendix 3

Receipts and Payments Account 01/04/2023 to 31/03/2024

Appendix 1

12 Month Plan 2024-25 for Peer Support Plus CIO.

By 31 March 2025 we will have:

- Continued to simplify and add lightness to everything we do.
- Continued to develop smooth day to day operations – meaning no requirement for urgent intervention or major systems development to continue running effectively.
- Recruited additional volunteer Trustee(s) to expand the Board's pool of available skills and experience and ensure resilience and continuity.
- Expanded our team of volunteer Facilitators by recruiting and training new and retaining existing.
- Recruited a volunteer Charity Administrator and a volunteer Fundraiser. Develop the skills and knowledge of our Delivery Administrator, Charity Administrator and Fundraiser.
- Continued to provide open-ended Peer Support Group meetings weekly in person at Leeds City Council's Lovell Park Mental Health Hub. Increase membership so that typically 10 Peers are present in the room and four rounds of sharing are achieved. (This venue satisfies Peers' emotional needs to feel a sense of being 'rooted' in and having a physical 'home' in Leeds).
- Continued to provide open-ended Peer Support Group meetings weekly by Zoom, typically having 10 Peers present 'in the room' and four rounds of sharing achieved.
- Held regular Delivery Team meetings between Facilitators, Mentors and Administrators including Group Supervision for all volunteers managed by the Delivery Team Lead.
- Continued to review, simplify, and update our Policies and Administrative Processes, and develop additions as needed. Where appropriate in the interests of transparency, publish them on our website.
- Increased the voting Membership of Peer Support Plus CIO.
- Continued to improve the efficiency and effectiveness of our online Peer and volunteer record keeping, and Delivery Team administration.

- Developed a performance measurement system to analyse WEMWBS and Peer engagement including automatic reporting.
- Sourced Accredited Facilitator Training externally. Developed and documented a practical in-house training and mentoring process.
- Continued to develop our established 'presence' in Leeds by:
 - Networking with other organisations supporting mental health in Leeds.
 - Observing other organisations signposting potential Peers toward us.
- Continued to promote donor uptake of Donations by standing order, Just Giving, Give as you Live, Easyfundraising, etc. to help fund our activities.
- Established an expected flow of Grants / Donations / Fund Raising Events by 31st March 2025 sufficient to fund our 12 Month Plan for 2025/26.
- Maintained our Financial Reserve at a level sufficient to fund 12 months of activity.
- Arranged our fifth AGM for May 2025.

End

Appendix 2

5 Year Vision for Peer Support Plus as at 31 March 2029

- Nurture our Peer Support model and satisfy our Constitution.
- Establish in-person open-ended Peer Support Groups at all three mental Health Hubs in Leeds – Lovell Park, Stocks Hill, and Vale Circles (or similar venues) with the aim of achieving accessible coverage across the Leeds Metropolitan Area.
- Two free online Peer Support Groups, to aid accessibility (overcoming timing / location / mobility constraints) in Leeds.
- Extend our demographic reach by offering some free Peer facilitated Support Groups in Partnership with other organisations.
- In addition to our Introduction to Peer Support workshop, offer some focussed mental health Workshops and Courses free to participants. (Not replicating what is available elsewhere in Leeds).
- Low cost – i.e., where possible avoiding venue costs, asset purchases, employing people and entering long-term financial commitments, so we are not 'caught out' by financial crises.
- Light on our feet – i.e., ready to respond to changes in levels of demand with 'Plan B' in place ready to change venues or funding sources if necessary.
- Continuing to have the financial and volunteer capacity to do things effectively without cutting corners e.g., 'good quality coffee' at mid-session refreshments.
- Predominantly Volunteer led and delivered, but not ruling out the possibility of obtaining funding for a paid Administrator and some paid Facilitators.
- Peer Support Groups tailored to those who, for cultural reasons, or because they share a particular Peer experience, would find it hard to discuss particular issues in a general mixed Peer Support Group.
- Selling Online Peer Support Groups, Workshops and Courses to adults outside Leeds Metropolitan Area to help us offer such activities free at Leeds.
- Selling to organisations anywhere, at commercial market rates, to fund our free activities in the Leeds Metropolitan Area e.g.

- Peer Support Groups, Workshops and Courses – to other organisations on a commercial basis.
- Our 'franchise' – sharing our knowledge and expertise, and licencing for a modest fee the limited rights to use our methods, including our intellectual property such as internal policies, processes, and administrative systems.
- Copies of the copyright and public domain Course and Workshop materials we create, develop consolidate or maintain – to be sold through a shop on our website. (We will offer public domain materials using the same 'well presented, convenient, accessible source' business model as those who sell public domain and out-of-copyright sheet-music or books.)

End

Appendix 3**Receipts and Payments Account 01/04/2023 to 31/03/2024**

	£	Notes
Receipts		
Donations	407.51	
Fundraising		
Grant	500.00	The Rotary Club of Roundhay
Interest	239.26	
Gift Aid		
Cashback	59.53	
Banking Error Corrections	327.00	Recovered under DD Guarantee ¹
	<u>1,533.30</u>	
Payments		
Remuneration		No Employees
Recruitment & DBS Checks	16.80	Re Volunteers
Training	210.00	
Volunteer Expenses	15.00	
Insurance	433.90	Renewal due 31 March 2025
Bank Charges		
Banking Errors	281.00	Direct Debits set-up in error
Zoom Pro	143.88	Renewal due 7 June 2024
Venues		Donated by Leeds City Council
Support Group Refreshments	12.48	
Admin Hardware and Software		Donated by Microsoft
Web Hosting and Cloud Services	10.00	Annual Domain Registration Fee ²
Mobile Phone and Zoom Microphone	111.67	
Data & Telephone	160.27	
Stationery & Consumables	25.73	
Postage	1.50	
Brand & Public Relations		
Advertising & Publicity		
Membership of other organisations	25.00	Voluntary Action Leeds
Grant Application Costs		
	<u>1447.23</u>	
Receipts minus Payments	86.07	
Transfer	0.00	
Balance Brought Forward	5125.62	
Balance Carried Forward	<u>5,221.69</u>	
Balance Carried Forward comprises		
Reserve	1,600.00	12 months operating costs
Restricted	603.42	NHS W Y Health Care Partnership
Restricted	1,171.83	Leeds Fund Micro Grant
Unrestricted	1,846.44	
	<u>5221.69</u>	

Notes ¹ Includes recovery or outstanding Bank Errors from 2022-23

² Web Hosting donated by 34SP. Cloud storage donated by Google.

End

PEER SUPPORT PLUS

England & Wales - Charity number 1190818

Accounts



Registered Charity Number: 1190818

Trustees' Annual Report

For the period 1st April 2022 to 31st March 2023

Our Financial Report is for the same period.

Peer Support Plus CIO

Trustees' Annual Report – 1st April 2022 to 31st March 2023

Registered Charity Number: 1190818

Registered Address: 1 Elmete Close, Leeds LS8 2LD

Trustees of Peer Support Plus CIO as of 31st March 2023:

Lisa Bamford (Chair), Gill Lundgren (Secretary), David Donaldson (Treasurer), Camilla Freeman, Jane Richardson, and Jamie Tyson. [Four of the six Trustees were formally elected at our first AGM on 16th August 2021. The current Secretary was co-opted at the Trustee Board Meeting held on 25th January 2023. The previous secretary, Julie Metcalfe, stood down on 24th January 2023].

Peer Support Plus CIO operates a Charity, Clubs and Society bank current account with Virgin Money UK PLC 2022.

Structure, Governance and Management

Peer Support Plus CIO is a Charitable Incorporated Organisation governed according to its Constitution. It was first registered with the Charity Commission on 12th August 2020.

Peer Support Plus is led and operated entirely by volunteers. Currently all but one of our Trustees has lived experience of mental distress. Four of our current six Trustees were involved in establishing the charity.

Trustees hold monthly Board Meetings, with working meetings in between as necessary. Working parties for specific tasks are formed by Trustees on a flexible basis depending on skill set and time available. For example, working parties develop and review policies and procedures. Members and Peers are welcome to attend Trustee Board meetings and express their views but cannot vote.

Decisions about interpreting objects, policies and procedures are reserved to the Board of Trustees.

New Trustees are recruited by advertising on the Doing Good Leeds and Peer Support Plus websites, on the Peer Support Plus Facebook page and by word of mouth. The recruitment process is through informal discussion with the current Trustees. New Trustees are provided with a copy of our Governing Document (Constitution) and the most recent Trustee Meeting Minutes, Trustees' Annual Report & Financial Statements. As volunteers they are covered by Peer Support

Plus's Volunteer Policy and induction process. Trustees undertake training appropriate to their roles and responsibilities. All Trustees have online access to all our policies and process documentation.

We recruit new Trustees with knowledge and expertise to take on some of the work/tasks currently shared by the existing Trustees to share/reduce their workload, as four of our current Trustees are also volunteer facilitators. We encourage new Trustees to put forward their own suggestions for improving the way Peer Support Plus is managed.

Objectives and Activities

The purpose of the charity as set out in the Constitution is “to relieve sickness and preserve health of persons suffering from mental illness of any description or in need of rehabilitation and support as a result of such illness, in the Leeds Metropolitan District by the provision of:

- Peer to Peer support.
- Educational workshops and courses on managing mental health illness and rehabilitation.
- Advice and guidance on living with mental health illness.”

The main activity undertaken by Peer Support Plus to further these charitable purposes for public benefit is the provision of Peer Support groups.

The Trustees have complied with their duty to have due regard to guidance on public benefit published by The Charity Commission (PB1, PB2, PB3).

Executive Summary

- Established the charity Peer Support Plus CIO on 12th August 2020, by registering it with the Charity Commission. We held our first AGM on 16th August 2021.
- Received NHS funding in April 2021 enabling us to double our capacity to serve beneficiaries and reach out to people who were not previously served. This funding enabled us to maintain two groups throughout 2022/23.
- In September 2022 we obtained a microgrant from the Leeds Community Foundation Leeds Fund to recruit and train additional facilitators by September 2023. By March 2023 we had recruited three new facilitators and two new administrators, which helped release additional facilitator and mentoring capacity.

- Continued to establish a public presence as a reputable provider of mental health support in Leeds. We do this through networking and attending community events. We also distributed notices and flyers in community settings.
- Continued to run two support groups, one in person and one on Zoom, and have attracted sufficient new Peers to make both viable.
- Financially viable until at least March 2024 and have maintained a small financial reserve equal to 12 months' unavoidable operating costs.

Activities, Achievements & Performance

Peer to Peer support.

The Trustees set up Peer Support Plus with the aim of providing ongoing Peer Support groups for adults in Leeds who are experiencing difficulties with their mental health; to promote their wellbeing and quality of life by providing the opportunity for Peers to learn from each other by sharing their lived experience of living with and managing their mental health.

Educational workshops and courses on managing mental health illness and rehabilitation.

Peer Support Plus's 5-year vision (see Appendix 2) includes providing free workshops and courses without replicating what is available elsewhere. By doing this we will be able to widen the range of tools and strategies available to help Peers with specific mental health issues and increase the number of Peers able to access peer support.

Advice and guidance on living with mental health illness.

Giving advice is actively discouraged in our Peer Support Groups. Peers who take time to talk about an issue can take inspiration from the other Peers sharing their lived experience on ways they have dealt with similar feelings and experiences in the past. Other advice and guidance are provided through signposting to other groups, workshops, training, resources, and events that might benefit Peers.

Why Open-ended Peer Support?

The Trustees believe strongly that the ongoing nature of open-ended peer support provides continuity and stability to help Peers tackle deep-seated issues, embark on major life or behavioural changes, or maintain their present level of 'recovery'.

Following the closure of open-ended peer support groups by Leeds Mind at the end of March 2020 the first goal of Peer Support Plus was to continue meeting as an open-ended peer support group. No other organisation in Leeds was providing this

model of peer support in an open-ended group that was not restricted in terms of age, race, gender or sexuality and we believe our diversity of experiences is a strength.

Further information about our history, values and model of peer support is published on our website, www.peersupportplus.org. Our 12-month plan for this year can be seen at Appendix 1 and our 5-year plan can be seen at Appendix 2.

What we have achieved

The Trustees have not only continued to run an in-person group on Wednesday afternoons at the Lovell Park Hub, but also maintained the second Zoom based Peer Support group on Tuesday evenings. We continued to offer four digital tablets with 4G internet connections for loan to digitally disadvantaged Peers.

Peers have given us the following feedback:

“I struggle to confide in my family and friends. This group is the only place I feel comfortable talking about how I really feel.”

“I use the group to catch issues before they become too big and to avoid worrying my friends. The support group is able to contain my feelings and not overreact, and I get validation by checking out things with the group.”

“Have a rant in a safe Group where nobody is involved or likely to take it personally.”

“I can check things out with the Group instead of burdening my friends.”

“Giving voice to my feelings about things. I sometimes don’t know what I am thinking and feeling until I hear myself try and express them to others.”

“A place where I can speak freely without feeling judged.”

“Talking with people I trust.”

“Every meeting is new and you get something new out of it.”

“Collaborative happiness” and “Sneaking up on happiness”.

“A caring & loving environment to talk through difficulties in life. No matter just listening to others or sharing my own feelings, I feel safe & I belong.”

“Zoom setting is convenient & cosy. The smiling faces have connected us almost the same way as face-to-face setting.”

“I feel safe to be me, don’t have to have any front to protect myself. Feels good to have a group where I feel safe and accepted. Every time we meet, I

have some new insight, find something helpful in relation to my issues, from others in the group.”

“Helps me so much to have this regular space in managing my mental health. It’s become an important time in my week, a reliable time where I connect with myself, and especially with others, as I struggle with connecting with people in my day-to-day life.”

“I am not alone” [Often stated after the first Support Group meeting attended.]

The Trustees have continued to ensure that Peer Support Plus is sustainable and viewed as a legitimate, trustworthy, and effective organisation with opportunities to raise funds and attract volunteers. This will enable Peer Support Plus to expand and support more adults in Leeds.

We have continued to develop our online presence through our website and Facebook page.

Peer Support Plus is registered on MindWell, the mental health website, to which adults in Leeds are signposted in order to find support for mental health.

Here are some examples of our outreach activities:

We started attending community events, for which we designed and purchased a pop-up banner. We continue to distribute posters, flyers, and business cards, to provide us with a presence in health and community settings.

We attended Thrive (time-limited mental health peer support group) run by Live Well Leeds and offered participants the opportunity to join our peer support group.

We contributed to a study by the Royal Free London NHS Foundation Trust about the NHS Transformation Project for Older Adults. Their brief was to include peer support as one means of providing mental health support for older people. We contributed our lived experience in the field. Peer Support Plus CIO became a case study in the final report.

We co-produced a film by Oakwood Film Academy called “The Man at the Clock”, which received its premiere at the end of March 2023. Later this year we plan to show a version in community settings to begin conversations about managing our mental health. See: <https://www.imdb.com/title/tt20603956/>.

In late 2022 we started advertising for and successfully recruited three additional Volunteer Trainee Facilitators. In January 2023 we welcomed two new volunteers for administrative roles. One of these volunteers was also co-opted as Secretary Trustee. We hope to recruit additional Trustees and Facilitators in 2023/24.

During 2022/23 14 people approached us and 13 became Peers.

We continued to operate our Zoom Support Group weekly on Tuesday evenings to reach out to those who, for reasons such as mobility, travel, employment, conflicting caring commitments and so on, would otherwise be unable to attend a Peer Support Group.

Leeds City Council's Lovell Park Hub kindly continued to donate a meeting space for the group on Wednesday afternoons. We have met there weekly since November 2021.

Potential Peers wishing to join a Peer Support Group first attend an Introduction to Group Work (IGW) workshop to familiarise themselves with how our Peer Support Groups work and help them decide if they wish to join. The Trustees wrote a new workshop plan for our IGW and the first was run on 8th June 2021. Further IGWs were held on 3rd August 2022, 5th December 2022, 12th January 2023, 1st February 2023 and 29th March 2023.

Peer Support Plus has no paid staff. It is operated entirely by volunteers. Four of our Trustees are also the facilitators of Peer Support groups. Between them they have over thirty years' experience as Peer Support Group facilitators.

Private individuals and organisations have also donated assistance. 34sp, our new website host, are giving us free hosting, email, and SSL.

Our Five-Year Vision is to remain predominantly Peer led and delivered. We hope to recruit and train more volunteer facilitators and Trustees from both our Peers and the wider community to help keep Peer Support Plus fresh and viable, and to support expansion.

Financial Review

This report covers the period from 1st April 2022 until 31st March 2023.

Review of the charity's financial position at the end of the period	At 31 March 2023 Peer Support Plus's only tangible asset was £5135.62 in the bank.
Statement explaining the policy for holding reserves and stating why they are held	At 31 March 2023 we had a Reserve sufficient to fund unavoidable expenditure for twelve months, in case of a short run funding gap.
Amount of reserves held	£1600 at 31 March 2023.
Reasons for holding reserves	Peer Support Plus was registered as a CIO on 12 August 2020 at the height of the Global Pandemic when there was scant opportunity for fundraising. We relied mainly on donations and small grants which do not arrive as a predictable income stream.
Details of fund materially in deficit	Not in deficit.
Explanation of any uncertainties about the charity continuing as a going concern	None. Peer Support Plus made a strong beginning with a start-up Grant and very low outgoings. In April 2021 it received sufficient Grant funding to operate two Support Groups until March 2023. We now have raised sufficient funds to operate them until March 2024.
The charity's principal sources of funds (including any fundraising)	Until 31 March 2023 Peer Support Plus has relied on small Grants and Donations. The Trustees will begin to supplement these sources with public fundraising activity during 2023/24
Investment policy and objectives including any social investment policy adopted	None necessary. At the present scale of operations, all of our available funds and reserves are held in Peer Support Plus's Bank Current Account at Virgin Money which pays trivial interest on balances.
A description of the principal risks facing the charity	<ol style="list-style-type: none"> 1. Potential for failure to attract sufficient Volunteers to continue operating services. 2. Potential for failure to raise sufficient funds to continue offering services after 31 March 2024.
Other	Peer Support Plus is currently operated entirely by unpaid Volunteers. It has no assets and is administered almost entirely online.

Declaration

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

Signed on behalf of the charity's trustees

Signature

Lisa M Bamford

Full name

Lisa Michelle Bamford

Position

Chair

Date

26th April 2023

Appendix 1

12 Month Plan 2023-24 for Peer Support Plus – by 31 March 2024

- Continue to simplify and add lightness.
- Continue to develop smooth day to day operation – not requiring urgent intervention or major systems development to continue running effectively.
- Expand our current team of Accredited Volunteer Facilitators. Train and retain new and existing facilitators.
- Recruit additional Trustees.
- Maintain the presence of two administration volunteers and develop their skills and knowledge.
- Well-established open-ended Peer Support Group meeting weekly in person at Leeds City Council's Lovell Park Mental Health Hub – with membership increased so that typically 10 Peers are in the room and four rounds of sharing are achieved. (This venue satisfies Peers' emotional needs to feel a sense of being 'rooted' in or having a physical 'home' at Leeds).
- Well-established open-ended Peer Support Group meeting weekly by Zoom, typically having 10 Peers in the room and four rounds of sharing achieved.
- Delivery Team and programme of activities established, including appointment of individual Mentors and periodic Group Supervision for all volunteers organised by the Delivery Team Lead.
- All necessary Policies and Processes established and published on website (Transparency).
- Charity Membership increased, and recruitment and administration processes established.
- Online Peer records and Delivery Team activity administration system established and continues to be developed.
- Performance measurement system (WEMWBS) with automatic reporting established and continues to be developed.
- Accredited Facilitator Training sourced externally with practical training established in-house to put our slant on it by 31st March 2024.

- A 'presence' in Leeds established e.g.
 - Networking with other organisations supporting mental health in Leeds.
 - Other organisations signposting potential Peers to us.
- Just Giving fundraising activity support system is live. We will aim to exploit it to the maximum.
- Grants or expected flow of Donations / Fund Raising Events in place by 31st March 2024 sufficient to fund our 12 Month Plan for 2024/25.
- Maintain our Financial Reserve at a level sufficient to fund 12 months activity.
- Fourth AGM arranged for May 2024.

Appendix 2

5 Year Vision for Peer Support Plus as at 31 March 2028

- Nurture our Peer Support model and satisfy our Constitution.
- Face to face open-ended Peer Support Groups established at all three mental Health Hubs in Leeds – Lovell Park, Stocks Hill, and Vale Circles (or similar venues) with the aim of achieving accessible coverage across Leeds Metropolitan Area.
- Two free online Peer Support Groups, to aid accessibility (overcoming timing / location / mobility constraints) in Leeds.
- Some free Peer Support Groups facilitated in Partnership with other organisations, to extend our demographic reach.
- In addition to our IGW, some focussed mental health Workshops and Courses offered free (not replicating what is available elsewhere in Leeds).
- Low cost – i.e., where possible avoiding venue costs, asset purchases, employing people and entering long-term financial commitments, so we are not 'caught out' by financial crises.

- Light on our feet – i.e., ready to respond to changes in levels of demand with ‘Plan B’ in place ready to change venues or funding sources if necessary.
- Continuing financial and volunteer capacity to afford to do things effectively without cutting corners e.g., ‘good quality coffee’ at mid-session refreshments.
- Predominantly Volunteer led and delivered, but not ruling out the possibility of obtaining funding for a paid Administrator and some paid Facilitators.
- Peer Support Groups tailored to those who, for cultural reasons, or because they share a particular Peer experience, would find it hard to discuss particular issues in a general mixed Peer Support Group.
- Selling Online Peer Support Groups, Workshops and Courses to adults outside Leeds Metropolitan Area to help us offer such activities free at Leeds.
- Selling to organisations anywhere, at commercial market rates, to fund our free activities in the Leeds Metropolitan Area e.g.
 - Peer Support Groups, Workshops and Courses – to other organisations on a commercial basis.
 - Our ‘franchise’ – sharing our knowledge and expertise, and licencing for a modest fee the limited rights to use our methods, including our intellectual property such as internal policies, processes, and administrative systems.
 - Copies of the copyright and public domain Course and Workshop materials we create, develop consolidate or maintain – to be sold through a shop on our website. (We will offer public domain materials using the same ‘well presented, convenient, accessible source’ business model as those who sell public domain and out-of-copyright sheet-music or books.)

Peer Support Plus CIO Registered Charity Number 1190818

Receipts and Payments Account 01/04/2022 to 31/03/2023

	<u>£ Total</u>	Notes
Receipts		
Donations	30.00	
Fundraising		
Grant	1,500.00	Leeds Fund Micro Grant
Interest	99.51	
Gift Aid		
Cashback	31.54	
Banking Error Corrections	93.33	Under Direct Debit Guarantee
	<u>1,754.38</u>	
Payments		
Remuneration		No Employees
Recruitment & DBS Checks	84.97	Re Volunteers
Training		
Volunteer Expenses		
Insurance	201.11	Renewal due 1 April 2023
Bank Charges		
Banking Errors	139.23	Recoverable under DD Guarantee
Zoom Pro	143.88	Renewal due 7 June 2023
Venues	25.00	
Support Group Refreshments		Claim outstanding
Admin Hardware and Software		Donated
Web Hosting and Cloud Services	34.78	
Digital Tablets for Peers		
Data & Telephone	169.68	
Stationery & Consumables		Donated
Postage		
Brand & Public Relations		
Advertising & Publicity		
Membership of other organisations		
Grant Application Costs		
	<u>798.65</u>	
Receipts minus Payments	955.73	
Transfer	0.00	
Balance Brought Forward	4,179.89	
Balance Carried Forward	<u>5,135.62</u>	
Balance Carried Forward comprises		
Reserve	1,600.00	12 months operating costs
Restricted	1,519.65	NHS W Y Health Care Partnership
	1,406.83	Leeds Fund Micro Grant
Unrestricted	609.14	
	<u>5,135.62</u>	

End

PEER SUPPORT PLUS

England & Wales - Charity number 1190818

Accounts



Registered Charity Number: 1190818

Trustees' Annual Report

For the period 1st April 2021 to 31st March 2022

Our Financial Report is for the same period.

Peer Support Plus CIO

Trustees' Annual Report – 1st April 2021 to 31st March 2022

Registered Charity Number: 1190818

Registered Address: 1 Elmete Close, Leeds LS8 2LD

Trustees of Peer Support Plus CIO as of 31st March 2022:

Lisa Bamford (Chair), Julie Metcalfe (Secretary), David Donaldson (Treasurer), Camilla Freeman, Jane Richardson and Jamie Tyson. [All six Trustees were formally elected at our first AGM on 16th August 2021.]

Peer Support Plus CIO operates a Charity, Clubs and Society bank current account with Virgin Money UK PLC 2022.

Structure, Governance and Management

Peer Support Plus CIO is a Charitable Incorporated Organisation governed according to its Constitution. It was first registered with the Charity Commission on the 12th August 2020.

Peer Support Plus is lead and operated entirely by volunteers. Currently all but one of our Trustees has lived experience of mental distress. Four of our current six Trustees were involved in establishing the charity.

Trustees undertake training as the need arises.

Trustees hold monthly Board Meetings, with working meetings in between as necessary. Working parties for specific tasks are formed by Trustees on a flexible basis depending on skill set and time available. For example, working parties develop and review policies and procedures. Members and Peers are welcome to attend Trustee Board meetings and express their views but cannot vote.

Decisions about interpreting objects, policies and procedures are reserved to the Board of Trustees.

New Trustees are recruited by advertising on the Doing Good Leeds and Peer Support Plus websites, on the Peer Support Plus Facebook page and by word of mouth. The recruitment process is through informal discussion with the current Trustees. New Trustees will be provided with a copy of our Governing Document (Constitution) and the most recent Trustee Meeting Minutes, Action Points List, Trustees' Annual Report & Financial Statements. As volunteers they are covered by Peer Support Plus's Volunteer Policy and induction process.

We hope new Trustees will have the knowledge and expertise to take on some of the work/tasks currently shared by the existing Trustees to share/reduce their workload as five of our current Trustees are also volunteer facilitators. We hope that any new Trustees will have their own suggestions for improving the way Peer Support Plus is managed.

Objectives and Activities

The purpose of the charity as set out in the Constitution is “to relieve sickness and preserve health of persons suffering from mental illness of any description or in need of rehabilitation and support as a result of such illness, in the Leeds Metropolitan District by the provision of:

- Peer to Peer support.
- Educational workshops and courses on managing mental health illness and rehabilitation.
- Advice and guidance on living with mental health illness.”

The main activity undertaken by Peer Support Plus to further these charitable purposes for public benefit is the provision of Peer Support groups.

The Trustees have complied with their duty to have due regard to guidance on public benefit published by The Charity Commission (PB1, PB2, PB3).

Executive Summary

- Kept one open-ended support group running on Zoom throughout the pandemic. The previous host charity had closed it on 31st March 2020.
- Established the charity Peer Support Plus CIO on the 12th August 2020, by registering it with the Charity Commission. We held our first AGM on 16th August 2021.
- Received NHS funding in April 2021 enabling us to double our capacity to serve beneficiaries and reach out to people who were not previously served.
- Established a public presence as a reputable provider of mental health support in Leeds.
- Opened a second support group that meets in-person and attracted sufficient new Peers to make it viable.
- Financially viable until at least March 2023 and have established a small financial reserve equal to 12 months unavoidable operating costs.

Activities, Achievements & Performance

Peer to Peer support.

The Trustees set up Peer Support Plus with the aim of providing on-going Peer Support groups for adults in Leeds who are experiencing difficulties with their mental health; to promote their well-being and quality of life by providing the opportunity for Peers to learn from each other by sharing their lived experience of living with and managing their mental health.

Educational workshops and courses on managing mental health illness and rehabilitation.

Peer Support Plus's 5-year vision (see Appendix 2) includes providing free workshops and courses without replicating what is available elsewhere. By doing this we will be able to widen the range of tools and strategies available to help Peers with specific mental health issues and increase the number of Peers able to access peer support.

Advice and guidance on living with mental health illness.

Giving advice is actively discouraged in our Peer Support Groups. Peers who take time to talk about an issue are able to take inspiration from the other Peers sharing their lived experience on ways they have dealt with similar feelings and experiences in the past. Other advice and guidance are provided through signposting to other groups, workshops, training, resources and events that might benefit Peers.

Why Open-ended Peer Support?

The Trustees believe strongly that the on-going nature of open-ended peer support provides continuity and stability to help Peers tackle deep seated issues, embark on major life or behavioural changes, or maintain their present level of 'recovery'.

Following the closure of open-ended peer support groups by Leeds Mind at the end of March 2020 the first goal of Peer Support Plus was to continue meeting as an open-ended peer support group. No other organisation in Leeds was providing this model of peer support in an open-ended group that was not restricted in terms of age, race, gender or sexuality and we believe our diversity of experiences is a strength.

Further information about our history, values and model of peer support is published on our website, www.peersupportplus.org. Our 12-month plan for this year can be seen at Appendix 1 and a table showing our progress towards those goals can be seen at Appendix 3.

What we have achieved.

The Trustees kept the Peer Support Group going by establishing Peer Support Plus CIO as a charity and finding a venue, Leeds City Council's Lovell Park Mental Health Hub, where the group could meet weekly in person. During the pandemic lockdown the trustees provided a weekly Wednesday afternoon Zoom based Peer Support group until July 2021 when it was moved to Tuesday evening.

In July 2021, as lock down eased, the Trustees started a new in-person group meeting on Wednesday afternoons at Lovell Park hub.

Peers have given us the following feedback:

"I struggle to confide in my family and friends. This group is the only place I feel comfortable talking about how I really feel"

"I use the group to catch issues before they become too big and to avoid worrying my friends. The support group is able to contain my feelings and not over react, and I get validation by checking out things with the group."

"Have a rant in a safe Group where nobody is involved or likely to take it personally"

"I can check things out with the Group instead of burdening my friends"

"Giving voice to my feelings about things. I sometimes don't know what I am thinking and feeling until I hear myself try and express them to others"

"A place where I can speak freely without feeling judged"

"Talking with people I trust"

"Every meeting is new and you get something new out of it"

"Collaborative happiness" and "Sneaking up on happiness"

"A caring & loving environment to talk through difficulties in life. No matter just listening to others or sharing my own feelings, I feel safe & I belong."

"Zoom setting is convenient & cosy. The smiling faces have connected us almost the same way as face-to-face setting."

"I feel safe to be me, don't have to have any front to protect myself. Feels good to have a group where I feel safe and accepted. Every time we meet I have some new insight, find something helpful in relation to my issues, from others in the group."

"Helps me so much to have this regular space in managing my mental health. It's become an important time in my week, a reliable time where I connect with"

myself, and especially with others, as I struggle with connecting with people in my day to day life."

"I am not alone" [Often stated after the first Support Group meeting attended.]

The Trustees have continued to ensure that Peer Support Plus is sustainable and viewed as a legitimate, trustworthy and effective organisation with opportunities to raise funds and attract volunteers. This will enable Peer Support Plus to expand and support more adults in Leeds.

We have continued to develop our online presence through our website and Facebook page.

Peer Support Plus is registered on MindWell, the mental health website to which adults in Leeds are signposted to in order to find support for mental health.

In preparation for Peer Support Plus's official launch date, 21st April 2021, the Trustees emailed publicity to organisations in the mental health sector in Leeds. We went on to produce and distribute posters, flyers and business cards, which we use to provide us with a presence in health and community settings.

Together with the online publicity this led to 34 enquiries about joining one of our support groups.

To increase their competency, our Trustees undertook training offered by WYCAS (Gift Aid), Voluntary Action Leeds (attracting and recruiting volunteers), Cellar Trust (Facilitation Training), Community Links (applied suicide intervention skills), Training Express (First Aid), Safeguarding (Policy and Review).

In late 2020, the Trustees had made a successful grant application to the Harrogate and West Yorkshire Health Care Partnership Targeted prevention grant funding for £5000 to expand Peer Support Plus. The funding was received in April 2021 which enabled us to continue the Zoom based support group (12 months initially but now ongoing) as well as opening the face-to-face group, train two new facilitators and purchase 4 digital tablets with 4G internet connections for loan to digitally disadvantaged Peers.

We decided to operate our Zoom Support Group permanently on Tuesday evenings to reach out to those who, for reasons such as mobility, travel, employment, conflicting caring commitments and so on, would otherwise be unable to attend a Peer Support Group.

Once we had new members waiting to join our evening group we asked, and received permission, from existing Wednesday group members to merge the groups on Tuesday evenings until lockdown ended and the Wednesday group could meet face-to-face again. The first joint Zoom session meeting was on the 15th June 2021.

Lovell Park Hub donated a meeting space for the group on Wednesday afternoons. Preparations were made to return to meeting face-to-face from Wednesday 28th of July 2021 and we did so. However low attendance, due to Covid transmission fears, meant that it didn't resume regular weekly meetings until 24 November 2021 but we have met continuously since then.

Potential Peers wishing to join a Peer Support Group first need to attend an Introduction to Group Work (IGW) workshop to familiarise themselves with how our Peer Support Groups work and help them decide if they wish to join. The Trustees wrote a new workshop plan for our IGW and the first was run on 8th June 2021. Further IGWs were held on 14 July, 27 October, 3 November, 10 November, 15 December, 2 March 2022 and 23 March. In all 21 potential Peers attended these IGWs. Of these, 13 went on to join one of our Support Groups.

Peer Support Plus has no paid staff. It is operated entirely by volunteers. Five of our Trustees are also the facilitators of Peer Support groups. They have between them over thirty years' experience as Peer Support Group facilitators. Some other Peers have provided expertise and assistance when able.

Private individuals and organisations have also donated assistance, for example, access to a Zoom account suitable for our needs continued to be donated by one of our volunteers.

Our Five-Year Vision is to remain predominantly Peer led and delivered. We hope to recruit and train more volunteer facilitators from both our Peers and the wider community to help keep Peer Support Plus fresh and viable, and to support expansion.

Financial Review

This report covers the period from 1st April 2021 until 31st March 2022.

Review of the charity's financial position at the end of the period	At 31 March 2022 Peer Support Plus's only tangible asset was £4179.89 at Bank.
Statement explaining the policy for holding reserves stating why they are held	At 31 March 2022 we set aside sufficient reserves to fund unavoidable expenditure for twelve months, in case of a short run funding gap.
Amount of reserves held	£1,600 at 31 March 2022.
Reasons for holding reserves	Peer Support Plus was Registered as a CIO on 12 August 2020 at the height of the Global Pandemic when there was scant opportunity for fundraising. We relied mainly on donations and small grants which do not arrive as a predictable income stream.
Details of fund materially in deficit	Not in deficit.

Explanation of any uncertainties about the charity continuing as a going concern	None. Peer Support Plus made a strong beginning with a start-up Grant and very low outgoings. In April 2021 it received sufficient Grant funding to operate two Support Groups until March 2023.
The charity's principal sources of funds (including any fundraising)	Until 31 March 2022 Peer Support Plus has relied on small Grants and Donations. The Trustees will begin to supplement these sources with public fundraising activity during 2022/23
Investment policy and objectives including any social investment policy adopted	None necessary. At the present scale of operations, all of our available funds and reserves are held in Peer Support Plus's Bank Current Account at Virgin Money which pays trivial interest on balances.
A description of the principal risks facing the charity	<ol style="list-style-type: none"> 1. Potential for failure to attract sufficient Volunteers to continue operating services. 2. Potential for failure to raise sufficient funds to continue offering services after 31 March 2023.
Other	Peer Support Plus is currently operated entirely by unpaid Volunteers. It has no assets and is administered almost entirely online.

Declaration

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

Signed on behalf of the charity's trustees

Signature

Lisa M Bamford

Full name

Lisa Michelle Bamford

Position

Chair

Date

29th April 2022

Appendix 1

12 Month Plan 2022-23 for Peer Support Plus – by 31 March 2023

- Continue to simplify and add lightness.
- Continue to develop smooth day to day operation – not requiring urgent intervention or major systems development to continue running effectively.
- Find and train more Accredited Volunteer Facilitators.
- Well established open-ended Peer Support Group meeting weekly in person at Leeds City Council's Lovell Park Mental Health Hub – with membership increased so that typically 10 Peers are in the room and four sharings are achieved. (This venue satisfies Peers' emotional needs to feel a sense of being 'rooted' in or having a physical 'home' at Leeds).
- Well-established open-ended Peer Support Group meeting weekly by Zoom typically having 10 Peers in the room and four sharing's achieved.
- Delivery Team and programme of activities established, including appointment of individual Mentors and periodic Group Supervision for all volunteers organised by the Delivery Team Lead.
- All necessary Policies and Processes established and published on website (Transparency).
- Charity Membership administration system established.
- Online Peer records and Delivery Team activity administration system established.
- Performance measurement system (WEMWBS) with automatic reporting established.
- A 'presence' in Leeds established e.g.
 - Networking with other organisations supporting mental health in Leeds.
 - Other organisations starting to signpost potential Peers to us.
- Just Giving (or similar) fund raising activity support system live.
- Grants or expected flow of Donations / Fund Raising Events in place by 31st March 2023 sufficient to fund our 12 Month Plan for 2023/24.

- Financial surplus in 2022/23 enabling first steps toward satisfying our Financial Reserve policy.
- Second AGM arranged for early May 2022.

Appendix 2

5 Year Vision for Peer Support Plus as at 31 March 2027

- Nurture our Peer Support model and satisfy our Constitution.
- Accredited Facilitator Training sourced externally with practical training established in-house to put our slant on it by 31st March 2024.
- Face to face open-ended Peer Support Groups established at all three mental Health Hubs in Leeds – Lovell Park, Stocks Hill and Vale Circles (or similar venues) with the aim of achieving accessible coverage across Leeds Metropolitan Area.
- Two free on-line Peer Support Groups, to aid accessibility (overcoming timing / location / mobility constraints) in Leeds.
- Some free Peer Support Groups facilitated in Partnership with other organisations, to extend our demographic reach.
- In addition to our IGW, some focussed mental health Workshops and Courses offered free (not replicating what is available elsewhere in Leeds).
- Low cost – i.e., where possible avoiding venue costs, asset purchases, employing people and entering long-term financial commitments, so we are not ‘caught out’ by financial crises.
- Light on our feet – i.e., ready to respond to changes in levels of demand with ‘Plan B’ in place ready to change venues or funding sources if necessary.
- Continuing financial and volunteer capacity to afford to do things effectively without cutting corners e.g., ‘good quality coffee’ at mid-session refreshments.
- Predominantly Volunteer led and delivered, but not ruling out the possibility of obtaining funding for a paid Administrator and some paid Facilitators.

- Peer Support Groups tailored to those who for cultural reasons, or because they share a particular Peer experience, would find it hard to discuss particular issues in a general mixed Peer Support Group.
- Selling Online Peer Support Groups, Workshops and Courses to adults outside Leeds Metropolitan Area to help us offer such activities free at Leeds.
- Selling to organisations anywhere, at commercial market rates, to fund our free activities in the Leeds Metropolitan Area e.g.
 - Peer Support Groups, Workshops and Courses – to other organisations on a commercial basis.
 - Our ‘franchise’ – sharing our knowledge and expertise, and licencing for a modest fee the limited rights to use our methods, including our intellectual property such as internal policies, processes and administrative systems.
 - Copies of the copyright and public domain Course and Workshop materials we create, develop consolidate or maintain – to be sold through a shop on our website. (We will offer public domain materials using the same ‘well presented, convenient, accessible source’ business model as those who sell public domain and out-of-copyright sheet-music or books.)

Peer Support Plus CIO Registered Charity Number 1190818

Receipts and Payments Account 01/04/2021 to 31/03/2022

	<u>£ Total</u>	Notes
Receipts		
Donations	394.58	
Fundraising		
Grant	5,000.00	
Interest	2.06	
Gift Aid		
Cashback	17.34	
	<u>5413.98</u>	
Payments		
Recruitment & Remuneration		No employees
Safeguarding & DBS Checks		Invoice for £15 awaited
Training	180.00	
Volunteer Expenses		2 Claims paid in April 2022
Insurance		Renewal due 1 April 2022
Bank Charges	-0.01	
Zoom Pro		Donated until 7 June 2022
Venues	10.00	
Group Refreshments		
Admin Hardware and Software		None required
Web Hosting and Cloud Services	214.74	
Digital Tablets for Peers	549.13	4x Samsung Tab 8 LTE
Data & Telephone	153.92	
Stationery & Consumables		Donated
Postage	32.47	
Brand & Public Relations	30.55	
Advertising & Publicity	224.65	
Membership of other organisations		None
Grant Application Costs		None applied for
	<u>1395.45</u>	
Receipts minus Payments	4018.53	
Transfer	0.00	
Balance Brought Forward	161.36	
Balance Carried Forward	<u>4,179.89</u>	
Balance Carried Forward comprises		
Reserve	1,600.00	Annual budgeted unavoidable costs
Restricted	2085.90	NHS W Y Health Care Partnership
Unrestricted	493.99	
	<u>4179.89</u>	

End

PEER SUPPORT PLUS

England & Wales - Charity number 1190818

Accounts



Registered Charity Number: 1190818

Trustees' Annual Report

For the period of the 12th August 2020 to 26th July 2021

Including Financial report for the period 12th August 2020 to 31st March 2021

Note: Our intention was to hold our AGM in May each year but this year's AGM was postponed until 16th August 2021 due to Covid-19.

Peer Support Plus

Trustees' Annual Report for the period 12th August 2020 to 26th July 2021.

Registered Charity Number: 1190818

Address: 2 Woodlands Park Grove, Leeds LS28 8LY (our registered address)

Trustees of Peer Support Plus as of 26th July 2021: Lisa Bamford (Chair), David Donaldson, Camilla Freeman, Jane Robertson (Treasurer), Georgina Rushworth (Secretary). All the Trustees were appointed on 12th August 2020.

Peer Support Plus has a bank account with Virgin Money.

Structure, Governance and Management

Peer Support Plus CIO is a Charitable Incorporated Organisation (CIO). It is governed according to its Constitution which was accepted and registered with the Charity Commission on the 12th August 2020.

Peer Support Plus is entirely run and lead by volunteers, currently all the Trustees have lived experience of mental distress. All five current Trustees were involved in setting up Peer Support Plus as a CIO and undertook training as the need arose.

The Trustees have recently changed from weekly to monthly board meetings with working meetings in between as necessary. Working Parties for specific tasks are formed by trustees on a flexible basis depending on skill set and time available, for example the Finance and Risk Assessment working parties and various parties working on policies and procedures and other documents. Members and Peers are welcome to attend and give their views at Trustee Board meetings but cannot vote on decisions.

Decisions about interpreting objects, policies and procedures are reserved to the Board of Trustees.

New Trustees are being recruited by advertisements on the Doing Good Leeds and Peer Support Plus websites, on the Peer Support Plus Facebook page and by word of mouth. The recruitment process is through informal discussion with the current Trustees. New Trustees will be provided with a copy of the Governing Document (Constitution) and the most recent Trustee Meeting Minutes, Action Points List, Trustees' Annual Report & Financial Statements. As volunteers they are covered by Peer Support Plus's Volunteer Policy and induction process.

We hope the new Trustees will have the knowledge and expertise to take on some of the work/tasks currently shared by the existing Trustees to share/reduce their

workload as all Trustees are volunteer facilitators too. We hope that they may also have their own new suggestions for improving the way Peer Support Plus is managed.

Objectives and Activities

The purpose of the charity as set out in the Constitution is “to relieve sickness and preserve health of persons suffering from mental illness of any description or in need of rehabilitation and support as a result of such illness, in the Leeds Metropolitan District by the provision of:

- Peer to Peer support.
- Educational workshops and courses on managing mental health illness and rehabilitation.
- Advice and guidance on living with mental health illness.”

The main activity undertaken by Peer Support Plus to further these charitable purposes for public benefit is the provision of Peer Support groups.

The Trustees have complied with the duty to have due regard to guidance on public benefit published by The Charity Commission (PB1, PB2, PB3).

Executive Summary

- Kept the open-ended support group running on Zoom throughout the pandemic when the previous hosts had closed it on 31st March 2020.
- We established the charity Peer Support Plus CIO on the 12th August 2020, registering it with the Charity Commission; and HMRC for gift aid.
- We secured funding to enable us to double our capacity to serve beneficiaries and to reach out to people who were not previously served.
- We established a public presence as a reputable provider of mental health support in Leeds.
- We have opened a second support group and have attracted sufficient new Peers to make it viable.
- We are financially viable until at least March 2023.

Activities, Achievements & Performance

Peer to Peer support.

The Trustees set up Peer Support Plus with the aim of providing on-going Peer Support groups for adults in Leeds who are experiencing difficulties with their mental health; to promote their well-being and quality of life by providing the opportunity for Peers to learn from each other by sharing their lived experience of living with and managing their mental health.

Educational workshops and courses on managing mental health illness and rehabilitation.

Peer Support Plus's 5-year vision (see Appendix 2) includes providing free workshops and courses without replicating what is available elsewhere. We hope by doing this we will be able to widen the range of tools and strategies to help Peers with specific mental health issues and increase the number of Peers able to access peer support.

Advice and guidance on living with mental health illness.

Although giving advice is actively discouraged in our Peer Support Groups, Peers who take time to talk about an issue are able to take inspiration from the other Peers sharing their lived experience on ways they have dealt with similar feelings and experiences in the past. Other advice and guidance are provided through signposting to groups, workshops, training, resources and events that may be beneficial for our Peers.

Why Open-ended Peer Support?

The Trustees believe strongly that the ongoing nature of open-ended peer support provides continuity and stability to help Peers tackle deep seated issues, embark on major life or behavioural changes, or maintain their present level of 'recovery'.

Following the closure of open-ended peer support groups by Leeds Mind at the end of March 2020 the first goal of Peer Support Plus was to continue meet as an open-ended peer support group. This was because no other organisation in Leeds was providing this model of peer support in an open-ended group that was not restricted in terms of age, race, gender or sexuality and we believe our diversity of experiences is a strength. Our website, www.peersupportplus.org gives further information about our history, values and model of peer support. Our 12-month plan for this year can be see in Appendix 1 and a table showing our progress towards those goal can be seen in Appendix 3.

What we have achieved.

The Trustees kept the Peer Support Group going by setting up as a Community Association, obtaining a Side-by-Side grant from Mind and finding a venue, Lovell Park Hub, where the group could meet weekly. However, the pandemic lockdown coincided with the start of the group, so the Trustees switched to providing a weekly afternoon Zoom based Peer Support group in April 2020. Nine members of the group from Mind attended, two decided after trying Zoom that it was not right for them so are waiting to join us when we can meet in-person again along with another member who preferred not to try Zoom at all.

The Zoom group continued after the CIO was set up, providing support to Peers throughout the pandemic. Peers have given us the following feedback:

“I am not alone”.

“I can't share with the people closest to me without upsetting them, but I can talk to people who aren't involved in my life.”

“Some times I don't know what I think and feel about things until I talk about them.”

“I use the group to catch issues before they become too big and to avoid worrying my friends. The support group is able to contain my feelings and not over react, and I get validation by checking out things with the group.”

“I can sound out what I'm feeling about things because I sometimes don't know. This helps me understand myself better.”

The Trustees next goal was to ensure that Peer Support Plus would be sustainable and viewed as a legitimate organisation with plenty of opportunities to apply for funding and resources that would allow Peer Support Plus to expand and support more adults in Leeds. To that end the Trustees then worked towards becoming a Registered Charity which we achieved on the 12th of August 2020.

As part of establishing an online presence in Leeds, Trustee David Donaldson, with assistance from Andrew Jones of GoWeb Wakefield, created a website for Peer Support Plus which went live in January 2021 when a Facebook page was also established. Peer Support Plus was also registered on [MindWell](#), the mental health website that adults in Leeds are signposted to in order to find support.

All Peers were invited to submit ideas and designs for Peer Support Plus's logo and the idea of having three owls was the most popular idea because of the owls on Leeds City Council's coat of arms. The Trustees advertised for help creating the design and the submission by Scarlett Shearwood of Arts and Minds Network was unanimously chosen.

For Peer Support Plus's official launch date, 21st April 2021, the Trustees emailed out publicity to organisations in the mental health sector in Leeds. Together with the online publicity this led to 12 enquiries about joining a support group. By 26th July

2021, 6 had attended an Introduction to Group Work workshop and had joined one of our Peer Support Groups.

To increase their competency the Trustees undertook various training offered by WYCAS, Voluntary Action Leeds, 100% Digital Leeds, Tech Ladder and the Small Charity Coalition. Examples of courses attended include learning how to use a work book for the accounts, Safe-guarding, risk management, how to manage volunteers, asset-based community development and digital champion training. One Trustee, Jane Richardson, also under took a course on facilitation to increase the number of facilitators to five.

The Trustees made a successful grant application to the Harrogate and West Yorkshire Health Care Partnership Targeted prevention grant funding for £5,000 to expand Peer Support Plus. This enabled us open a second Zoom based support group for 12 months, train a new facilitator and purchase 4 tablets with 4G internet connections for loan to digitally disadvantaged Peers.

It was decided to run this second group permanently on Zoom in the evening to reach out to those who, for reasons such as mobility, travel, employment, conflicting caring commitments and so on, would otherwise be unable to attend a Peer Support Group.

Once we had new members waiting to join the evening group we asked, and received permission, from existing Wednesday group members to merge the groups on Tuesday evenings until the Wednesday group could meet face to face again. The first joint Zoom session meeting was on the 15th June 2021.

Potential Peers wishing to join a support group first need to attend an Introduction to Group Work (IGW) workshop to familiarise themselves with how Support Groups function and help them decide if they wish to join. The Trustees wrote a workshop plan for the IGW. The first IGW was run on 8th June 2021 and a second was run on 14th July 2021.

Preparations have been made for the Wednesday Support Group resume meeting face-to-face with the planned start date of Wednesday 28th of July 2021. Lovell Park Hub has agreed to donate a meeting space for the group on Wednesday afternoons.

Peer Support Plus has no paid staff. It is entirely run by volunteers, primarily the five Trustees who are also the facilitators for the Peer Support groups and have over thirty years' experience as facilitators between them. Some other Peers have provided expertise and assistance when able. Private individuals and organisations have also donated assistance, for example, access to a Zoom Pro account suitable for our needs was donated by one of our volunteers.

Our Five-Year Vision is to be predominantly Peer led and delivered. We hope to recruit and train more volunteers from our Peers and the wider community to keep Peer Support Plus viable and to support expansion.

Financial Review

This report covers the period from 12 August 2020 when Peer Support Plus was Registered with the Charity Commission as a CIO until 31 March 2021.

Review of the charity's financial position at the end of the period	At 31 March 2021 Peer Support Plus's only tangible asset was £161.38 Cash at Bank. [A £5,000 Grant to double our capacity was awarded by the NHS in December 2020 but was not received until April 2021.]
Statement explaining the policy for holding reserves stating why they are held	By 31 March 2023 we intend to build sufficient reserves to fund unavoidable expenditure for six months, in case of a short run funding gap.
Amount of reserves held	None at 31 March 2021.
Reasons for holding zero reserves	Peer Support Plus was Registered as a CIO on 12 August 2020 at the height of the Global Pandemic when there was scant opportunity for fundraising.
Details of fund materially in deficit	None.
Explanation of any uncertainties about the charity continuing as a going concern	None. Peer Support Plus made a strong beginning with a start-up Grant and very low outgoings. In April 2021 it received sufficient Grant funding to operate two Support Groups until March 2023.
The charity's principal sources of funds (including any fundraising)	Peer Support Plus presently relies on small Grants and Donations. The Trustees will supplement these sources with small scale Fundraising activity as and when needed.
Investment policy and objectives including any social investment policy adopted	None necessary. At the present scale of operations, cash and reserves are held in Peer Support Plus's Bank Current Account.
A description of the principal risks facing the charity	<ol style="list-style-type: none"> 1. Potential for failure to raise sufficient funds to continue offering services after 31 March 2023. 2. Potential for failure to attract sufficient Volunteers to continue operating services.
Other	Peer Support Plus is currently operated entirely by unpaid Volunteers. It has no Capital assets and is administered almost entirely online.

Declarations

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

Signed on behalf of the charity's trustees:

Signature	Lisa M Bamford
Full name	Lisa Michelle Bamford
Position	Chair of Trustees
Date	10/08/2021

Appendix 1

12 Month Plan for Peer Support Plus: Vision at 31 March 2021

- Continued to simplify and add lightness
- Smooth day to day operation – not requiring panic intervention of requiring major development to run smoothly
- IGW (Introduction to Group Work) Workshop in place
- Find and train more accredited Volunteer Facilitators
- Well established open-ended Peer Support Group meeting in person at Lovell Park Mental health hub – with membership increased so that typically 10 Peers are present in the room and four sharings are achieved. (Satisfying an emotional need to feel a sense of being 'rooted' in and having a 'home' at Leeds.)
- A second open-ended Peer Support Group with typically 10 Peers in the room and four sharings has been, or is ready to be, launched
- Registered CIO status achieved
- Programme of Trustees Meetings established
- Delivery Team and Programme of activities established
- HM Revenue registration achieved (for Gift Aid)
- Just Giving (or similar) fund raising activity and donations collection system live
- All necessary Policies and Processes established and published on website (Transparency)
- Charity Membership administration system established
- Online Peer records and Delivery Team activity administration system established
- Bank account and financial accounting and reporting system established
- Performance measurement system with automatic reporting established

- A 'presence' in Leeds established e.g.
 - Peer Support Plus website live (including Gift Aided Donations button)
 - Listed on MindWell <https://www.mindwell-leeds.org.uk/>
 - Networking with other organisations supporting mental health in Leeds
 - Other organisations starting to signpost potential Peers to us
- Break even 2020/21.
- Grants or expected flow of Donations / Fund Raising Events in place sufficient to fund our 12 Month Plan for 2021/22
- First CIO AGM arranged for early May 2021
- Able to graduate to monthly Trustees' meetings by 1 April 2021

Appendix 2

Vision for Peer Support Plus in 5 Years (at 31 March 2025)

- Nurture our Peer Support model and satisfy our Constitution
- Accredited Facilitator Training established In-house (to put our slant on it and save external costs)
- More free face to face open-ended Peer Support Groups in Leeds
- Some free on-line Peer Support Groups, to aid accessibility (overcoming timing / location / mobility constraints) in Leeds
- Some free Peer Support Groups facilitated in Partnership with other organisations
- Some free Workshops and Courses (but not replicating what is available elsewhere)
- Facilitating free Peer Support Groups at all three Mental health hubs – Lovell Park, Stocks Hill and Vale Circles (or similar venues) with the aim of achieving accessible coverage across Leeds Metropolitan Area
- Low cost – where possible avoiding venue costs, asset purchases, employing people and entering long-term financial commitments, so we are not 'caught out' by financial crises
- Light on our feet – e.g., ready to respond to changes in levels of demand with 'Plan B' in place ready to change venues or funding sources if necessary
- Financial capacity to afford 'good quality coffee' at mid-session refreshments
- Predominantly Volunteer led and delivered, but not ruling out the possibility of obtaining funding for a paid Administrator and some paid Facilitators
- Peer Support Groups tailored to those who for cultural reasons, or because they share a particular Peer experience, would find it hard to discuss particular issues in a general mixed Peer Support Group
- Selling Online Peer Support Groups, Workshops and Courses to adults outside Leeds Metropolitan Area to help fund free activities here
- Selling to organisations anywhere, at commercial market rates, to fund our free activities in the Leeds Metropolitan Area:
 - Accredited Facilitator training

- Online Peer Support Groups, Workshops and Courses – to other organisations on a commercial basis
- Our 'franchise' – sharing our knowledge and expertise, and licencing for a modest fee use of our methods, including our intellectual property such as internal policies, processes and administrative systems
- Copies of the copyright and public domain Course and Workshop materials we create, develop consolidate or maintain – to be sold through a shop on our website. (We will offer public domain materials using the same 'well presented, convenient, accessible source' business model as those who sell public domain and out-of-copyright sheet-music or books.)

Appendix 3,**Table showing progress towards 12 Month Plan for Peer Support Plus**

Goal/Target/Aim	Progress
Continued to simplify and add lightness	Ongoing
Smooth day to day operation – not requiring panic intervention or requiring major development to run smoothly.	Achieved
IGW (Introduction to Group Work) Workshop in place	Achieved
Well established open-ended Peer Support Group meeting in person at Lovell Park Mental Health Hub - with membership increased so that typically 10 Peers are present in the room and four sharings are achieved. (Satisfying an emotional need to feel a sense of being 'rooted' and having a home at Leeds)	Group established on Zoom instead due to Covid-19
A second open-ended Peer Support Group with typically 10 Peers in the room and four sharings has been, or is ready to be, launched	Second group launched in July 2021
Find and train more accredited Volunteer Facilitators	1 Trained and ongoing
Registered CIO status achieved	Achieved
Programme of Trustees Meetings established	Achieved
Delivery Team and Programme of activities established	Achieved
HM Revenue registration achieved (for Gift Aid)	Achieved
Just Giving (or similar) fund raising activity and donations collection system live	Achieved
All necessary Policies and Processes established and published on website (Transparency)	Largely Achieved
Charity Membership administration system established	Ongoing
Online Peer records and Delivery Team activity administration system established	Ongoing
Bank account and financial accounting and reporting system established	Achieved
Performance measurement system with automatic reporting established	Data collection ongoing

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A 'presence' in Leeds established e.g. Peer Support Plus website live (including Gift Aided Donations button) Listed on MindWell https://www.mindwell-leeds.org.uk/ Networking with other organisations supporting Mental Health in Leeds Other organisations starting to signpost potential Peers to us	Achieved Achieved Achieved and ongoing Achieved and ongoing
Break even 2020/21.	Achieved
Grants or expected flow of Donations / Fund Raising Events in place sufficient to fund 2021/22 Plan	Achieved
First CIO AGM arranged for early May	Postponed until August 2021 due to Covid-19
Able to graduate to monthly Trustees' meetings by 1 st April 2021	Achieved July 2021

END

Receipts and Payments Account 12/08/2020 to 31/03/2021 *

	<u>£ Total</u>	Notes
Receipts		
Donations		
Fundraising		
Grant		
	<u>0.00</u>	
Payments		
Bank Charges	-80.00	Virgin Money - Redress for undue delay in opening Current Account
Applications for Grants		
Membership of other organisations		
Insurance	201.11	Zurich - Annual Premium 2021/22
Brand & Publicity		
Postage		
Data & Telephone		
Stationery & Consumables		
Brand & Publicity		
Recruitment		
Training		
Volunteer Expenses		
Group Work Refreshments		
Tablets for Peers		
Administration Hardware & Software		
Webhosting & Cloud Services	27.53	LCN - Annual Domain Registration Fee
	<u>148.64</u>	
Net Receipts / Payments	-148.64	
Transfer		
Balance brought Forward	310.00	MIND - Side by Side start-up Grant
Balance carried Forward	<u>161.36</u>	

* **Note** Peer Support Plus was Constituted as a Community Association from 19/03/20 until 11/08/22.
 On 12/08/2021 it was Registered by the Charity Commission, Constituted as a CIO with voting Members.
 2021/22 and future Financial Years will each be accounted for 12 months, from 01/04 to 31/03.