

# JEWISH ACTION FOR MENTAL HEALTH CIO

England & Wales · Charity number 1190973

## Details

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**Other names** JAMH

**Status** Registered

**Legal form** CIO

**Registered** 2020-08-21

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

## Contact

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**Address** C/o 37a Bury New Road  
Prestwich  
Manchester  
M25 9JY

**Phone** 07510204844

**Email** [charity@jamh.org.uk](mailto:charity@jamh.org.uk)

**Website** [www.jamh.org.uk](http://www.jamh.org.uk)

## Activities

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**Objects:** TO PROMOTE THE PRESERVATION OF MENTAL HEALTH IN THE JEWISH COMMUNITY AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS THROUGH THE PROVISION OF SUPPORT, EDUCATION, ADVOCACY AND PRACTICAL ADVICE.

**Activities:** Information and resource provision providing a one-stop for mental health resources the communityneeds.Provision of a trainee therapist placement scheme to deliver therapy and provide placements for students.Educating the public and community leaders about the need for Mental Health support and what it meansto have qualified mental health professionals and what 'qualified' means.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£180,018	£115,235	-	-
2024-04-30	£155,548	£208,921	-	-
2023-04-30	£274,973	£229,172	-	-
2022-04-30	£268,823	£189,416	-	-
2021-04-30	£131,764	£103,221	-	-

## Trustees

Name	Role	Appointed
<b>Dr Sandi Mann</b>	Chair	2021-02-21
Belinda Leanne Rich		2021-02-21
Bernard Nigel Yardley MA FIA		2020-07-27
Gabriella Ashira Witkin		2025-02-02
Jonny Wineberg		2020-07-17
Lucy Rebecca Feingold		2022-06-21
Rabbi Benjamin Dov Rickman		2021-09-25
Sophie Claire Bloom		2022-01-10

**JEWISH ACTION FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1190973

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# Accounts

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**Jewish Action for Mental Health**  
**REGISTERED CHARITY NUMBER: 1190973**

**Report of the Trustees and Financial  
Statements for the Year Ended 30 April 2025**

## **Trustees' Annual report**

The Trustees have pleasure in presenting the annual report and financial statements for the year ended 30/04/2025. The Trustees would also like to express their gratitude to all the volunteers for their support and donations that are sustaining the Charity.

## **Charity Objects**

To promote the preservation of mental health in the Jewish community and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress through the provision of support, education, advocacy and practical advice.

## **Governance and Management:**

Jewish Action for Mental Health (working name JAMH) is a Charitable Incorporated Organisation with a constitution adopted on 21/08/2020.

## **Trustees:**

The following individuals served as trustees during the year:

Dr Sandi Mann (Chair)

Belinda Rich

Jonny Wineberg

Bernard Yardley (Treasurer)

Rabbi Benjamin Rickman

Sophie Bloom

Lucy Feingold

Gabriella Witkin (Appointed 2 February 2025)

The trustees serve as volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts. Recruitment and appointment of new trustees is executed in line with the trust deed taking into consideration the needs and demands of the organisation.

## **Risk Review:**

The trustees have assessed the risks to which the charity is exposed, in particular those related to the operations and finances of the trust, and are satisfied that systems are in place to manage this.

## Achievements and Performance:

The charity received £180,018 income during the year net of grants received on behalf of, and distributed to, partner charities.

## Delivery during the year included:

- Provision of a helpline, website and email to enable clients to contact JAMH to request support.
- A team providing triage services through phone appointments and a clinical lead to match clients with appropriate support or referral to other agencies.
- Free therapy and counselling to **134** clients and with a database of **38** counsellors and therapists who are all registered with a professional body.
- Menucha v'Simcha – suicide support group for families who have lost a family member to suicide – is a project of JAMH.
- Art sessions to address loneliness and social isolation.
- Continued professional development and training for therapists and counsellors serving the Manchester Jewish community.
- Student placement programme matching student counsellors with clients and providing an induction programme and group supervision.
- Local tennis sessions for young people to improve physical and mental health.
- Horticultural therapy group at local allotment with increased access to the outdoor space for people with mobility issues.

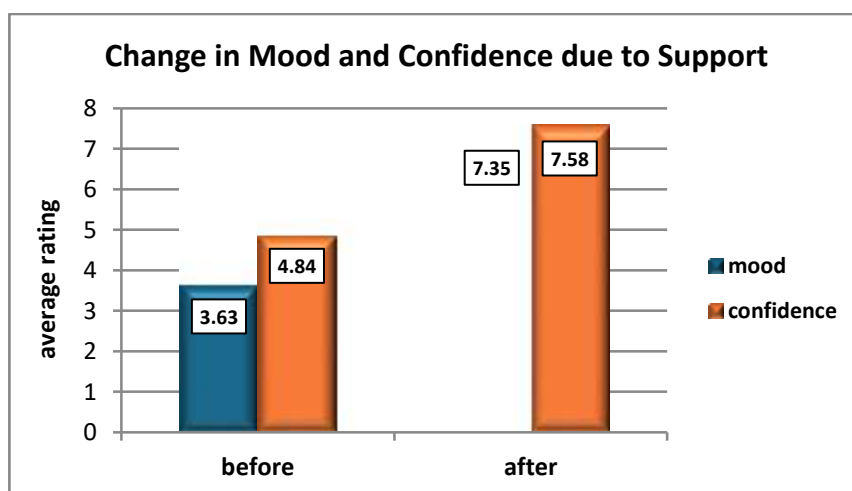
## Service users supported and evidence of impact

We had 370 calls to our helplines in the year. We respond to all calls within 72 hours, with most clients being matched with a therapist within 5 working days. Clients in crisis can be matched with a therapist within 48 hrs.

Out of these calls, 92 clients have been offered counselling, 9 clients had EMDR therapy and 33 clients had CBT therapy sessions. Most clients have extended sessions of therapy. Clients range from age 9 years to adult. Over 35% of our clients are age 18 and under.

Our evaluation analysis over the last year showed the following results: (Average out of 10.0):

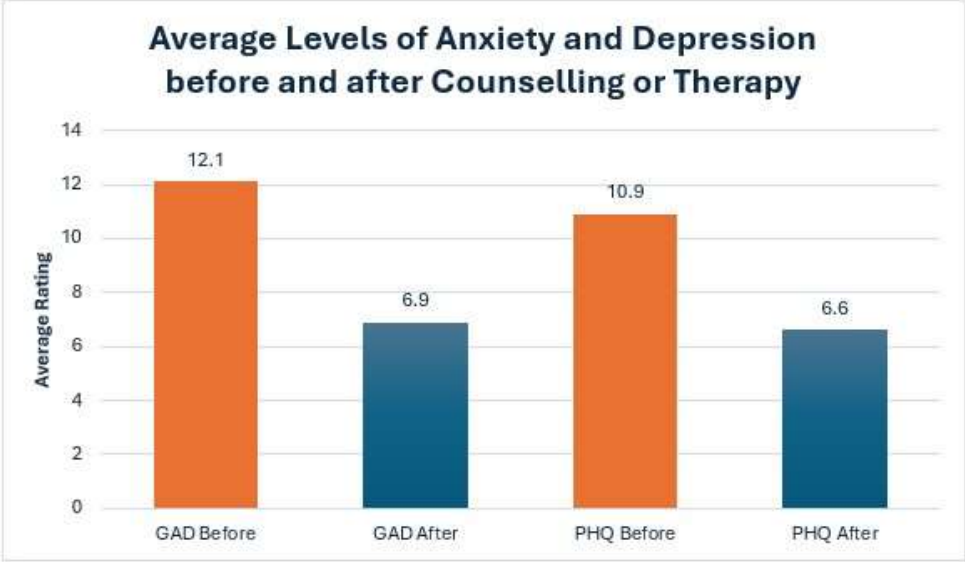
- **Mood:** 3.63 before, 7.35 after, a 3.72 point increase.
- **Confident of making positive choices about life:** 4.84 before, 7.58 after, a 2.74 point increase. (see graph below)



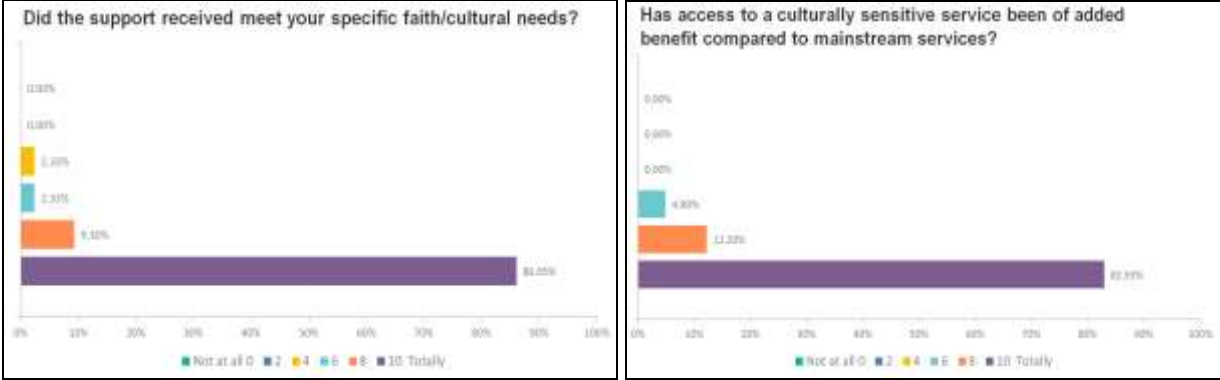
- **Supportiveness of approach of counsellor or therapist:** 9.35 (100% positive)
- **Satisfaction with support services:** 9.30 (97.7% positive)
- **Involvement improved mental health:** 8.14 (93.0% positive)
- **Enabled to function better in activities in daily life:** 7.95 (88.4% positive)
- **Feel more able to decide own future:** 8.00 (93.0% positive)

Nearly all measures show improvements from 2024 with average ratings extremely high. Both the ratings and percentage positive for improvement in mental health are significantly higher, evidencing strong outcomes for clients. This shows delivery remains very robust and we can be confident in our processes leading to excellent achievements.

Where appropriate, our counsellors and therapists use GAD-7 and PHQ-9 measures with clients to record levels of anxiety and depression respectively. Below are aggregated results for the last year:



The importance of a culturally appropriate service is emphasised by the following responses from clients:



The evidence that our provision, being culturally appropriate and of high quality, produces phenomenal results is unequivocal.

## Promotional work undertaken

- We have advertised our services in the local Jewish printed media and have over 1,323 followers on our social media channels.
- We advertise our group workshops via Facebook, Instagram, Twitter and WhatsApp groups including targeted information for parents' groups.
- Our group workshops are also advertised through school newsletters, as is our counselling and therapy provision, which is particularly targeted for both young people and parents.
- We advertise through other Jewish communal organisations who have similar target groups, such as the local Jewish Family Centre, Manchester Jewish Federation and youth groups that target both young women and young men.
- We hold community events designed to engage and spread awareness of life issues that may lead to poorer mental health. For example, we facilitate local litter picks, promotional stands at wellbeing seminars and festival parades.
- We have reached up to 2,000 people when boosting Facebook posts with most reaching 600 to 750. Our Facebook engagement rates vary but continue to improve, especially where we have video content.
- We have seen an uptick in self-referral following every advert in the local weekly Jewish newspaper and weekly Advertiser. These often coincide with Jewish festivals, which has an effect of increasing calls to our helpline.
- Referrals from partner agencies have continued to increase following promotion at the community professionals' monthly meeting, as well as from the NHS.

## Samples of Qualitative Feedback

*I had previously sought support from mainstream services before I got in touch with JAMH and the difference has been astronomical in creating a safe space for me to address the issues that have been impacting my mental health.*

***I really appreciate that I was able to access the service. I was off ill from work and very alone and it has enabled me to return to my job and cope better the stress of that and my personal life and be able to start to enjoy some social events.***

*Thank you so much for the support, JAMH is such a wonderful organisation and incentive. It is so crucial for our community to have access to the amazing services that you provide.*

*Thank you for this much needed service to our community.*

***I have been seeing my therapist and she has been a fantastic support, and offered inciteful wisdom which has helped me to move forward and improve in the way I handle my challenges in many respects.***

*Thank you so, so much. I wouldn't have got to where I am today without your help and support.*

***This service has definitely changed my life for the better. I've been recommending it to so many people because it has impacted me so positively.***

*I'm able to express and discuss my issues especially feeling comfortable with being Jewish.*

***Knowing that there is someone there for me to talk to who understands me and can find my worries relatable has reduced my anxiety a lot. I have a place to offload all the things that weigh heavy on my mind.***

*This service has definitely changed my life for the better. I've been recommending it to so many people because it has impacted me so positively.*

***I found the service I used perfect for me and am very grateful that JAMH exists.***

*I was so happy with my therapist. The only thing that would make it better is more funding!*

## Future Plans

We intend to continue delivering holistic provision, in partnership with other local charities where appropriate, offering befriending, mentoring, counselling, therapy, community support and group activities to those whose mental health needs support.

This will include:

- A helpline, responding quickly to people, taking calls from those anxious, stressed, depressed or with other mental health issues followed by triage, then offering appropriate level of support;
- Increasing awareness of, and widening, the support we make available with advertising in local, and social, media, plus flyers and a billboard;
- Delivery of counselling and therapy sessions in person/phone/Zoom. If a client wishes, we will undertake an assessment and help them put together a personal action plan;
- Preventative youth work through group activities, 1-to-1 support plus support for youth leaders in youth groups in the community.
- Group arts/craft activities with art therapists supporting group delivery;
- Develop a peer support group for men.
- Continued professional development training for therapists
- Continued facilitation of our community professionals' monthly meeting, supporting agencies with specific cases.
- Sourcing an office space for our full-time project manager as well as occasional venues for future training sessions and community events.
- To continue our work with the Menucha V'Simcha project.
- Develop a bullying support charity as part of JAMH.
- Mental health support and helpline for people to seek support if they have experienced antisemitism.
- Build up relationship for referrals to JAMH from BOD, CST, and the Manchester Jewish Housing Association.
- Provide culturally appropriate online mental health resources for those who may not access in-person services.
- Establish specialised Support Groups to create safe spaces for individuals with shared experiences, facilitated by trained professionals. Offer both in-person and virtual options to widen accessibility.
- Develop Mental Health Training for rabbis, educators, and community leaders with skills to recognise and support mental health issues, so they can be proactive in providing support.
- Offering adult group workshops, teaching skills on how to how to manage anxiety and depression.
- Continue to develop our Trauma Response Protocol and provide continual training for our therapists in this specialism.

## **Case Studies**

### **Case Study 1: Bury based, 20 year old female called phonenumber in June 2024**

#### **Situation before support:**

A young adult female contacted the service struggling with severe health anxiety. Minor illnesses or injuries, like a cold or small cut, triggered intense worry, and past concerns about pet allergies added to his stress. He also experienced social anxiety, believing friends disliked him. She didn't tell any of her friends about her problems. Also had anxiety about travelling on public transport, feels people are going to attack her.

#### **What was done to help:**

The client received anxiety-focused CBT. Sessions explored current stressors and worries, including family changes and financial concerns. Therapeutic work focused on understanding anxiety, labelling and defining emotions, challenging unhelpful thoughts, and problem-solving. Practical anxiety-management techniques such as deep breathing, mindfulness, and graded exposure were introduced, alongside discussion of wellbeing factors including sleep and routine.

#### **Situation now:**

The client developed skills in emotion labelling, cognitive challenging, distress tolerance, and exposure to anxiety. He reported feeling confident using these techniques independently and was managing a new job well. Therapy concluded by mutual agreement, with the option to return for further support if needed.

### **Case Study 2: Salford based, 24 year old male called phonenumber in December 2024**

#### **Situation before support:**

The client was struggling emotionally following the breakdown of an intense relationship. The separation ended badly, leaving him with unresolved anger, feelings of betrayal, and a sense of injustice due to a lack of accountability or apology. Conflicting narratives and limited social support added to his distress. He remained emotionally invested in his former partner, making encounters triggering and prolonging the grieving process marked by loss, hurt, and anger.  
GAD – 12 and PHQ - 6

#### **What was done to help:**

The client was matched with a male therapist trained in EMDR. Therapy focused on processing unresolved anger and emotional distress linked to the relationship breakdown. EMDR techniques were used alongside cognitive interweaves to help reframe distressing memories and explore alternative perspectives, including how situations might have played out differently. Grounding and breathing exercises were introduced to support emotional regulation, and sessions also explored healthy boundary-setting to increase a sense of control and safety.

#### **Situation now:**

Following EMDR therapy, the client reported a significant reduction in emotional distress and anger related to the relationship breakdown. He felt better able to regulate his emotions using grounding and breathing techniques and gained increased clarity around boundaries, allowing him to manage contact and triggers more effectively. The client described feeling less emotionally invested and more able to move forward. Outcome measures showed improvement, with GAD reducing to 5 and PHQ to 4.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2025  
Trustees' Annual report (continued)**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in England and Wales, the Charities Act 2011, and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

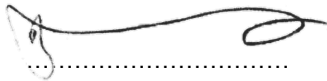
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Independent Examiner:**

Mr G A Harris has been appointed as independent examiner for the ensuing year.

This report was approved by the board on 29<sup>th</sup> January 2026 and signed on behalf of the trustees.

Bernard Yardley  
Treasurer  
29/01/2026



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Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2025  
Independent Examiner's Report

I report on the accounts for the year ended 30 April 2025 set out on pages 7 to 10.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with Section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

Have not been met; or

- (2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Gary A Harris

G A Harris & Co Ltd  
Chartered Accountants &  
Registered Auditors  
Brulimar House  
Jubilee Road  
Middleton  
Manchester  
M242LX

Date: 29.1.2026

**Jewish Action for Mental Health**

**Statement Of Financial Activities  
For the year ended 30th April 2025**

<i>Notes</i>	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £	
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income	2	105,102	74,916	180,018	155,548
<b>Total incoming resources</b>		<u>105,102</u>	<u>74,916</u>	<u>180,018</u>	<u>155,548</u>
<b>RESOURCES EXPENDED</b>					
<b>Charitable activities</b>	3	1,467	53,473	54,940	145,240
Support cost	4	33,998	21,828	55,826	58,976
Governance costs	5	4,470	-	4,470	4,705
Bank charges		-	-	-	-
<b>Total resources expensed</b>		<u>39,934</u>	<u>75,301</u>	<u>115,235</u>	<u>208,921</u>
<b>NET INCOMING RESOURCES</b>		65,168	- 385	64,783	- 53,373
<b>Funds brought forward from previous period</b>		78,554	21,823	100,377	153,750
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>143,722</u>	<u>21,438</u>	<u>165,160</u>	<u>100,377</u>

**CONTINUING OPERATIONS**

All incoming resources and resources expended arise from continuing activities.

The notes form part of these financial statements

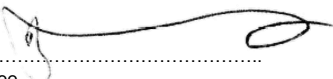
Jewish Action for Mental Health

**Balance sheet**  
For the year ended 30th April 2025

	Notes	2025 Unrestricted funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets					
<b>CURRENT ASSETS</b>					
Cash at bank		143,927	21,823	165,750	101,088
Paypal		10	-	10	-
Debtors		-	-	-	-
		<u>143,937</u>	<u>21,823</u>	<u>165,760</u>	<u>101,088</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	186	-	186	711
		<u>186</u>	<u>-</u>	<u>186</u>	<u>711</u>
<b>NET CURRENT LIABILITIES</b>					
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>143,751</u>	<u>21,823</u>	<u>165,574</u>	<u>100,377</u>
<b>CREDITORS</b>					
Amounts falling due after one year		-	-	-	-
<b>NET ASSETS</b>					
		<u>143,751</u>	<u>21,823</u>	<u>165,574</u>	<u>100,377</u>
<b>FUNDS</b>					
	8	143,751	21,823	165,574	100,377
<b>TOTAL FUNDS</b>					
		<u>143,751</u>	<u>21,823</u>	<u>165,574</u>	<u>100,377</u>

The financial statements were approved by the Board of Trustees on 22/01/2026 and were signed on its behalf by:

ON BEHALF OF THE BOARD:

  
.....  
Trustee

The notes form part of these financial statements

**Jewish Action for Mental Health**

**Notes to the Financial Statements  
For the year ended 30th April 2025**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the statement of recommended practice: Accounting and Reporting by charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011

**Financial reporting standard number 1**

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each each fund is included in the notes to the financial statements.

**2. VOLUNTARY INCOME**

	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Donations	96,647	-	96,647	46,715
Grants	-	74,916	74,916	102,306
Event donations	-	-	-	-
Miscellaneous income	-	-	-	107
Gift Aid	8,455	-	8,455	6,420
	<u>105,102</u>	<u>74,916</u>	<u>180,018</u>	<u>155,548</u>

**3. CHARITABLE ACTIVITIES**

	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Grants Payable		11,229	11,229	22,459
Counselling & Therapy	1,060	19,361	20,421	104,244
Event costs	311	8,360	8,671	7,707
Youth Work		14,523	14,523	10,625
Menucha V'Simcha	96	0	96	205
	<u>1,467</u>	<u>53,473</u>	<u>54,940</u>	<u>145,240</u>

**Jewish Action for Mental Health**

**Notes to the Financial Statements - continued  
For the year ended 30th April 2024**

4. SUPPORT COSTS	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Telephone	313		313	157
Publicity	1,850	3,696	5,546	1,469
Staff & Management costs	27,858	14,877	42,735	53,698
Training	259	3,255	3,514	1,127
Insurance	1,063		1,063	1,024
Repair & Renewals	407		407	190
Rent	2,247		2,247	1,311
	<u>33,998</u>	<u>21,828</u>	<u>55,826</u>	<u>58,976</u>

**5. GOVERNANCE COSTS**

Accountancy	1,752	-	1,752	1,208
Consultancy	1,539	-	1,539	3,000
Statutory spending		-	-	-
Software	764	-	764	132
Legal & Professional Fees	415		415	365
	<u>4,470</u>	<u>-</u>	<u>4,470</u>	<u>4,705</u>

**6. CREDITORS**

PAYE		-	0	499
National Insurance		-	0	116
Pension	186	-	186	96
	<u>186</u>	<u>-</u>	<u>186</u>	<u>711</u>

**7. TRUSTEES EXPENSES**

There were no Trustees' expenses paid for the year 30th April 2025

**8. MOVEMENT IN FUNDS**

	As at 01/05/2024 £	Net movement in funds £	As at 30/04/2025 £
General fund	100,377	64,783	165,160
<b>TOTAL FUNDS</b>	<u>100,377</u>	<u>64,783</u>	<u>165,160</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	180,018	115,235	64,783
<b>TOTAL FUNDS</b>	<u>180,018</u>	<u>115,235</u>	<u>64,783</u>

**JEWISH ACTION FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1190973

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# Accounts

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**Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2024**

**REGISTERED CHARITY NUMBER: 1190973**

**Report of the Trustees and Financial Statements  
for the Year Ended 30 April 2024  
For  
Jewish Action for Mental Health**

**Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2024**

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REGISTERED CHARITY NUMBER: 1190973

**Report of the Trustees and Financial Statements  
for the Year Ended 30 April 2024  
For  
Jewish Action for Mental Health**

**Trustees' Annual report**

The Trustees have pleasure in presenting the annual report and financial statements for the year ended 30/04/2024. The Trustees would also like to express their gratitude to all the volunteers for their support and donations that are sustaining the Charity.

**Objective**

To promote the preservation of mental health in the Jewish community and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress through the provision of support, education, advocacy and practical advice.

**Governance and Management:**

Jewish Action for Mental Health (working name JAMH) is constituted by a Trust Deed adopted on 21/08/2020.

**Trustees:**

The following individuals served as trustees during the year:

Dr Sandi Mann (Chair)  
Belinda Rich  
Jonny Wineberg  
Bernard Yardley (Treasurer)  
Rabbi Benjamin Rickman  
Sophie Bloom  
Lucy Feingold

The trustees serve as volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts. Recruitment and appointment of new trustees is executed in line with the trust deed taking into consideration the needs and demands of the organisation.

**Risk Review:**

The trustees have assessed the risks to which the charity is exposed, in particular those related to the operations and finances of the trust, and are satisfied that systems are in place to manage this.

**Achievements and Performance:**

The charity received £133,089 income during the year net of grants received on behalf of, and distributed to, partner charities.

**Delivery during the year included:**

- Provision of a helpline, website and email to enable clients to contact JAMH to request support.
- A team providing triage services through phone appointments and a clinical lead to match clients with appropriate support or referral to other agencies.
- Free therapy and counselling to 251 clients and with a database of 25 counsellors and

therapists who are all registered with a professional body.

- Menucha v'Simcha – suicide support group for families who have lost a family member to suicide – is a project of JAMH. They put on a Living with Grief programme for their members.
- The Happiness Project was delivered with Broughton Jewish Primary School. This was a journal-based programme enabling children to take actions to improve their wellbeing.
- Art sessions to address loneliness and social isolation.
- Peer-led Mental Health Support group for women.
- Peer Mental Health Support training giving a cohort skills in one-to-one support and group facilitation.
- Continued professional development and training for therapists and counsellors serving the Manchester Jewish community.
- Student placement programme matching student counsellors with clients and providing an induction programme and group supervision.
- Continued facilitation of our community professionals' monthly meeting on Zoom, supporting agencies with specific cases.
- Mental health workshops given to local high schools.
- Continuation of the JAMHbassadors youth project, which included four training sessions and them organising an interactive event with the Chief Rabbi, including an Escape Room programme followed by 'Chips & Chat with the Chief'. Over 50 young people were engaged and the conversation with the Chief Rabbi for adults that immediately followed involved a similar number. The outcomes included the Chief Rabbi's call for mental health to be treated on a par with physical health.
- Developed National Mass Trauma Response Unit with a group of over 25 therapists ready to provide their services pro bono available for UK wide work.
- Local tennis sessions for young people to improve physical and mental health.

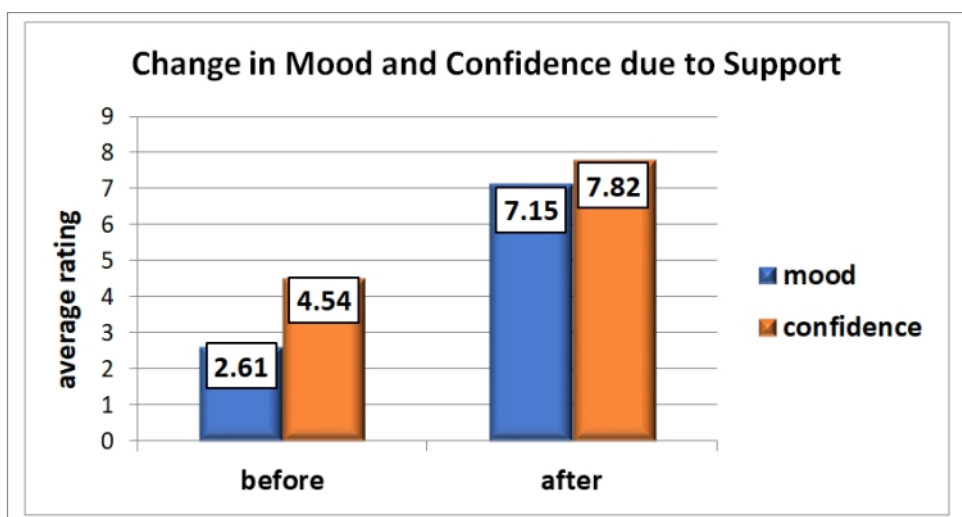
### **Service users supported and evidence of impact**

We had 510 calls to our helplines in the year. We respond to all calls within 72 hours, with most clients being matched with a therapist within 5 working days. Clients in crisis can be matched with a therapist within 48 hrs.

206 clients have been offered counselling, 17 clients had EMDR therapy and 28 clients had CBT therapy sessions. Most clients have extended sessions of therapy. Clients range from age 9 years to adult. Over 35% of our clients are age 18 and under.

Our evaluation analysis over the last year showed the following results: (Average out of 10.0):

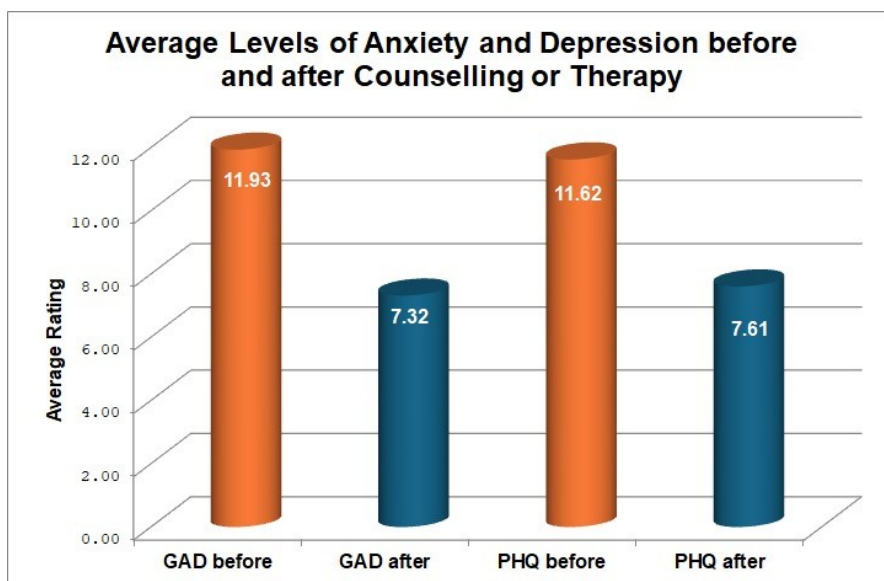
- **Mood:** 2.61 before, 7.15 after, a 4.54 point increase.
- **Confident of making positive choices about life:** 5.15 before, 7.82 after, a 2.67 point increase. (see graph below)



- **Supportiveness of approach of counsellor or therapist:** 9.42 (95.4% positive)
- **Satisfaction with support services:** 9.20 (93.9% positive)
- **Involvement improved mental health:** 8.18 (89.2% positive)

Whilst the percentage of those in the positive domain for supportiveness and satisfaction were slightly down on the previous year, the average ratings are still extremely high. Both the ratings and percentage positive for improvement in mental health are significantly higher, evidencing strong outcomes for clients. This shows delivery remains very robust and we can be confident in our processes leading to excellent achievements.

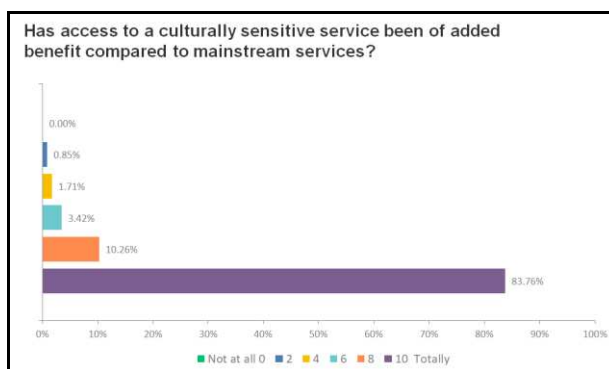
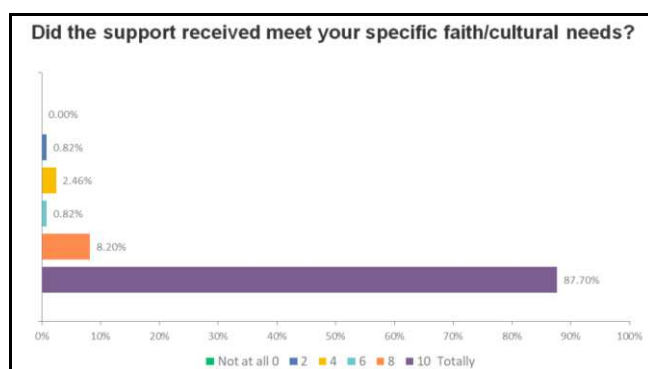
Where appropriate, our counsellors and therapists use GAD-7 and PHQ-9 measures with clients to record levels of anxiety and depression respectively. Below are aggregated results for the last year:



It is worth noting that:

- The before average for GAD (anxiety) is higher than last year but the after is lower, showing more effectiveness in addressing the issue;
- Whilst the before average for PHQ (depression) is lower, the average change of over 4 points is larger than last year, also showing more effectiveness in addressing this issue.

The importance of a culturally appropriate service is emphasised by the following responses from clients:



The evidence that our provision, being culturally appropriate and of high quality, produces phenomenal results is unequivocal.

## **Promotional work undertaken**

- We have advertised our services in the local Jewish printed media and have over 1,058 followers on our social media channels.
- We advertise our group workshops via Facebook, Instagram, Twitter and WhatsApp groups including targeted information for parents' groups.
- Our group workshops are also advertised through school newsletters, as is our counselling and therapy provision, which is particularly targeted for both young people and parents.
- We advertise through other Jewish communal organisations who have similar target groups, such as the local Jewish Family Centre, Manchester Jewish Federation and youth groups that target both young women and young men.
- We hold community events designed to engage and spread awareness of life issues that may lead to poorer mental health. For example, we facilitate local litter picks, promotional stands at wellbeing seminars and festival parades.
- We have reached up to 2,000 people when boosting Facebook posts with most reaching 600 to 750. Our Facebook engagement rates vary but continue to improve, especially where we have video content.
- We have seen an uptick in self-referral following every advert in the local weekly Jewish newspaper and weekly Advertiser. These often coincide with Jewish festivals, which has an effect of increasing calls to our helpline.
- Referrals from partner agencies have continued to increase following promotion at the community professionals' monthly meeting, as well as from the NHS.

## **Samples of Qualitative Feedback**

- *I am so grateful to have received the support from JAMH when I needed it so badly*
- *Thank you so much for such an incredible wonderful service. It literally saved my life. I am so thankful, thank you!*
- *I will be eternally grateful for JAMH.*
- *Thank you so much JAMH for all the help and support, had such a huge positive impact for me!*
- *Thank you so much JAMH for enabling us to access sorely needed therapy which we can't afford - a real life-saver - literally!*
- *Thank you so much. My therapist was fantastic for me and my needs, and I have made great progress.*
- *My therapist was amazing in so many ways. I will be permanently indebted to her.*
- *Keep up the great work - it saves life's and is so needed in our community. Absolutely recommend and so glad I was able to find out about this. Thanks to everyone involved.*
- *thank you so much for enabling me to access therapy which i wouldn't have been able to afford on my own*
- *JAMH is an amazing organisation please, please keep it going it's so needed.*
- *I would like to thank JAMH for the tremendous help they have given to me by providing me with free therapy. it has been really helpful and made a big difference to my life.*

## **Future Plans**

We intend to continue delivering holistic provision, in partnership with other local charities where appropriate, offering befriending, mentoring, counselling, therapy, community support and group activities to those whose mental health has been affected by the COVID-19 pandemic and/or other problems. This will include:

- A helpline, responding quickly to people, taking calls from those anxious, stressed, depressed or with other mental health issues followed by triage, then offering appropriate level of support;
- Increasing awareness of, and widening, the support we make available with advertising in local, and social, media, plus flyers and a billboard;

- Delivery of counselling and therapy sessions in person/phone/Zoom. If a client wishes, we will undertake an assessment and help them put together a personal action plan;
- Preventative youth work through group activities, 1-to-1 support plus support for youth leaders in youth groups in the community.
- Group arts/craft activities with art therapists supporting group delivery;
- Develop a peer support group for men.
- Continued professional development training for therapists
- Continued facilitation of our community professionals' monthly meeting, supporting agencies with specific cases.
- Sourcing an office space for our full-time project manager as well as occasional venues for future training sessions and community events.
- To continue our work with the Menucha V'Simcha project.
- Develop a bullying support charity as part of JAMH.
- Mental health support and helpline for people to seek support if they have experienced antisemitism.
- Build up relationship for referrals to JAMH from BOD, CST, and the Manchester Jewish Housing Association.
- Provide culturally appropriate online mental health resources for those who may not access in-person services.
- Establish specialised Support Groups to create safe spaces for individuals with shared experiences, facilitated by trained professionals. Offer both in-person and virtual options to widen accessibility.
- Develop Mental Health Training for rabbis, educators, and community leaders with skills to recognise and support mental health issues, so they can be proactive in providing support.
- Offering adult group workshops, teaching skills on how to manage anxiety and depression.
- Horticultural therapy group at local allotment with increased access to the outdoor space for people with mobility issues.
- Free legal clinic in collaboration with local Jewish firm of solicitors to help support people's mental health when dealing with complex legal issues.

## **Case Studies**

### **Case Study 1**

#### **Salford based, 27 year old female called phonenumber in November 2023**

##### **Situation before support:**

The individual underwent 5 years of fertility treatment, including a number of miscarriages, before successfully having a baby. She also has a history of childhood trauma. She has a difficult relationship with her sibling who lives nearby. She has low self-esteem and struggles in her marriage due to her husband's controlling behaviour. As it took her so long to have a baby, so is very anxious about her baby's health.

**What was done to help:** We matched her with a Charedi female therapist who specialises in CBT. Her scores were PHQ 16 and GAD 17 at start. She had an assessment session, followed by 6 sessions. After a review she had a further 6 sessions.

Her goal of therapy was to lead a normal life and be a good wife and mother. She had core belief of not good enough and not normal.

**Situation now:** As the sessions progressed the client learned to change her rules and assumptions and did some cognitive challenging and restructuring. She was taught how to put down boundaries and in turn feel more safe, such as saying no and agreeing to things when it is her choice to do so. Towards the end of the sessions she discovered self-care routines and the importance of self. A review and relapse plan was put in place at the ending session. Her ending scores were PHQ 10 and GAD 12.

## Case Study 2

### Bury based, 30 year old female called phonenumber in July 2023

**Situation before support:** Client had severe postnatal psychosis after her first baby and also had childhood trauma. She felt medication was helping her but didn't want to be on it long-term. She was suffering from ongoing high levels of anxiety all the time and sometimes manages to function but on some days is completely catatonic. She grew up with very controlling and narcissistic parents.

**What was done to help:** We matched her with a female therapist who specialises in EMDR. Her scores were PHQ 10 and GAD 14 at start. She had an assessment session, followed by 6 sessions. After a review she had a further 6 sessions. Her goal of therapy was to manage to heal from her past traumas, and not have so many triggers in her daily presence.

**Situation now:** The client found the therapy sessions very beneficial as they helped to give her a space and an identity. She learnt to live without her mother's voice in her head, that she didn't need to please her mother or her husband and that she has choices. Therapist taught client breathing and grounding techniques. A review and relapse plan was put in place at the ending session. Her ending scores were PHQ 3 and GAD 2.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2024  
Trustees' Annual report (continued)**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in England and Wales, the Charities Act 2011, and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.


The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Independent Examiner:**

Mr G A Harris has been appointed as independent examiner for the ensuing year.

This report was approved by the board on 20<sup>th</sup> January 2025 and signed on behalf of the trustees.

Bernard Yardley  
Treasurer

  
.....

Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2024  
Independent Examiner's Report

I report on the accounts for the year ended 30 April 2024 set out on pages 9 to 12.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

**Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that, in any material respect, the requirements

- to keep accounting records in accordance with Section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

Have not been met; or

(2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Gary A Harris

G A Harris & Co Ltd  
Chartered Accountants &  
Registered Auditors  
Brulimar House  
Jubilee Road  
Middleton  
Manchester  
M24 2LX

Date: 20/1/25

**Jewish Action for Mental Health**

**Statement Of Financial Activities  
For the year ended 30th April 2024**

	Notes	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income	2	53,242	102,306	155,548	274,973
<b>Total incoming resources</b>		<u>53,242</u>	<u>102,306</u>	<u>155,548</u>	<u>274,973</u>
<b>RESOURCES EXPENDED</b>					
Charitable activities	3	58,082	87,158	145,240	169,114
Support cost	4	56,810	2,166	58,976	52,602
Governance costs	5	4,705	-	4,705	7,456
Bank charges		-	-	-	-
<b>Total resources expended</b>		<u>119,597</u>	<u>89,324</u>	<u>208,921</u>	<u>229,172</u>
<b>NET INCOMING RESOURCES</b>		- 66,355	12,982	- 53,373	45,801
<b>Funds brought forward from previous period</b>		144,909	8,841	153,750	107,949
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>78,554</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>

**CONTINUING OPERATIONS**

All incoming resources and resources expended arise from continuing activities.

The notes form part of these financial statements


**Jewish Action for Mental Health**

**Balance sheet  
For the year ended 30th April 2024**

	Notes	2024 Unrestricted funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets					
<b>CURRENT ASSETS</b>					
Cash at bank		79,265	21,823	101,088	153,518
Paypal		-	-	-	16
Debtors		-	-	-	1,000
		<u>79,265</u>	<u>21,823</u>	<u>101,088</u>	<u>154,534</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	711	-	711	784
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
<b>NET CURRENT LIABILITIES</b>					
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
<b>CREDITORS</b>					
Amounts falling due after one year		-	-	-	-
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
<b>NET ASSETS</b>					
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
<b>FUNDS</b>					
Unrestricted funds	8	78,555	21,823	100,377	153,750
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
<b>TOTAL FUNDS</b>					
		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>

The financial statements were approved by the Board of Trustees on 24/12/2024 and were signed on its behalf by:

ON BEHALF OF THE BOARD:

  
.....  
Trustee

The notes form part of these financial statements

**Jewish Action for Mental Health**

**Notes to the Financial Statements  
For the year ended 30th April 2024**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the statement of recommended practice: Accounting and Reporting by charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011

**Financial reporting standard number 1**

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each each fund is included in the notes to the financial statements.

**2. VOLUNTARY INCOME**

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Donations	46,715	-	46,715	80,120
Grants	-	102,306	102,306	191,498
Event donations	-	-	-	168
Miscellaneous income	107	-	107	950
Gift Aid	6,420	-	6,420	2,237
	<u>53,242</u>	<u>102,306</u>	<u>155,548</u>	<u>274,973</u>

**3. CHARITABLE ACTIVITIES**

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Grants Payable	-	22,459	22,459	80,849
Counselling & Therapy	53,123	51,121	104,244	69,795
Event costs	4,754	2,953	7,707	-
Youth Work	-	10,625	10,625	6,204
Menucha V'Simcha	205	0	205	12,266
	<u>58,082</u>	<u>87,158</u>	<u>145,240</u>	<u>169,114</u>

Jewish Action for Mental Health

Notes to the Financial Statements - continued  
For the year ended 30th April 2024

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
<b>4. SUPPORT COSTS</b>				
Telephone	157	-	157	252
Publicity	620	849	1,469	3,905
Staff & Management costs	53,698	-	53,698	44,584
Training	-	1,127	1,127	1,560
Insurance	1,024	-	1,024	963
Repairs & Renewals	-	190	190	-
Rent	1,311	-	1,311	1,338
	<u>56,810</u>	<u>2,166</u>	<u>58,976</u>	<u>52,602</u>

**5. GOVERNANCE COSTS**

Accountancy	1,208	-	1,208	-
Consultancy	3,000	-	3,000	7,312
Statutory spending	-	-	-	-
Software	132	-	132	144
Legal & Professional Fees	365	-	365	-
	<u>4,705</u>	<u>-</u>	<u>4,705</u>	<u>7,456</u>

**6. CREDITORS**

PAYE	499	-	499	466
National Insurance	116	-	116	154
Pension	96	-	96	164
	<u>711</u>	<u>-</u>	<u>711</u>	<u>784</u>

**7. TRUSTEES EXPENSES**

There were no Trustees' expenses paid for the year 30th April 2024

**8. MOVEMENT IN FUNDS**

	As at 01/05/2023 £	Net movement in funds £	As at 30/04/2024 £
General fund	153,750	- 53,373	100,377
<b>TOTAL FUNDS</b>	<u>153,750</u>	<u>- 53,373</u>	<u>100,377</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	155,548	208,921	- 53,373
<b>TOTAL FUNDS</b>	<u>155,548</u>	<u>208,921</u>	<u>- 53,373</u>





**JEWISH ACTION FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1190973

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# Accounts

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**Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2023**

**REGISTERED CHARITY NUMBER: 1190973**

Report of the Trustees and Financial Statements  
for the Year Ended 30 April 2023

For

Jewish Action for Mental Health

Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2023

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Balance Sheet	8
Notes to the Financial Statements	9 to 10

# **Jewish Action for Mental Health Report and Accounts 30/04/2023 Trustees' Annual report**

## **Trustees' Annual report**

The Trustees have pleasure in presenting the annual report and financial statements for the year ended 30/04/2023. The Trustees would also like to express their gratitude to all the volunteers for their support and donations that are sustaining the Charity.

## **Objective**

To promote the preservation of mental health in the Jewish community and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress through the provision of support, education, advocacy and practical advice.

## **Governance and Management:**

Jewish Action for Mental Health (working name JAMH) is constituted by a Trust Deed adopted on 21/08/2020.

## **Trustees:**

The following individuals served as trustees during the year:

Dr Sandi Mann (Chair)

Belinda Rich

Jonny Wineberg

Bernard Yardley (Treasurer)

Rabbi Benjamin Rickman

Sophie Bloom

Lucy Feingold (Appointed 21 June 2022)

The trustees serve as volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts. Recruitment and appointment of new trustees is executed in line with the trust deed taking into consideration the needs and demands of the organisation.

## **Risk Review:**

The trustees have assessed the risks to which the charity is exposed, in particular those related to the operations and finances of the trust, and are satisfied that systems are in place to manage this.

## **Achievements and Performance:**

The charity received £194,124 income during the year net of grants received on behalf of, and distributed to, partner charities.

## **Delivery during the year included:**

- A helpline, a website and appointment of a clinical lead and a team providing triage services.
- Free therapy and counselling to 183 clients and with a database of 39 counsellors and therapists who are all registered with a professional body. 32 have been allocated clients.
- JAMHbassadors training programme.
- Exam stress workshops at high schools
- The charity called Menucha v'Simcha – suicide support group for families who have lost a family member to suicide – is a project of JAMH.
- The Happiness Project was done with Broughton Jewish Primary School. This was a journal-based programme.
- Food Resilience workshops and Money Management workshops were in response to the Cost-of-Living crisis.
- Art sessions to stop loneliness and social isolation.
- Peer Mental Health Support training.
- Peer-led Mental Health Support group for women.
- Continued professional development and training for therapists and counsellors serving the Manchester Jewish community.
- Student placement programme matching student counsellors with clients and providing an induction programme and group supervision.
- Continued facilitation of our community professionals' monthly meeting on Zoom, supporting agencies with specific cases.

## **Service users supported and evidence of impact**

We had 327 calls to our helplines in the year. We respond to all calls within 72 hours, with most clients being matched with a therapist within 5 working days. Clients in crisis can be matched with a therapist within 48 hrs.

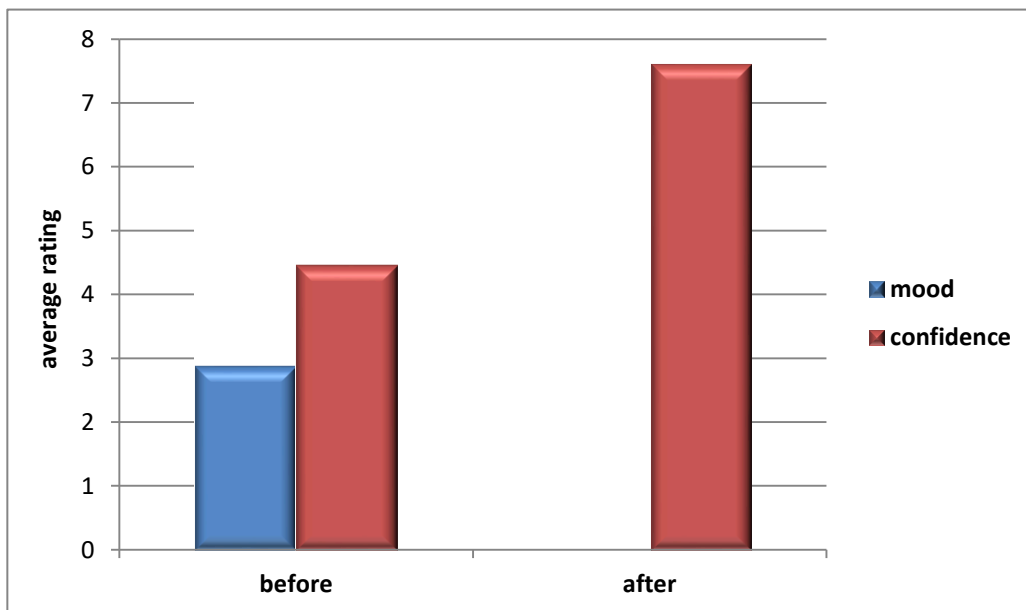
140 clients have been offered counselling, 12 clients had EMDR therapy and 31 clients had CBT therapy sessions. Most clients have extended sessions of therapy. Clients range from age 9 years to adult. Over 35% of our clients are age 18 and under.

Measurables taken from evaluation survey results from clients (Average out of 10.0):

**Mood:** 2.88 before, 7.05 after, a 4.17 point increase.

**Confident of making positive choices about life:** 4.47 before, 7.61 after, a 3.14 point increase.

(see graph below)



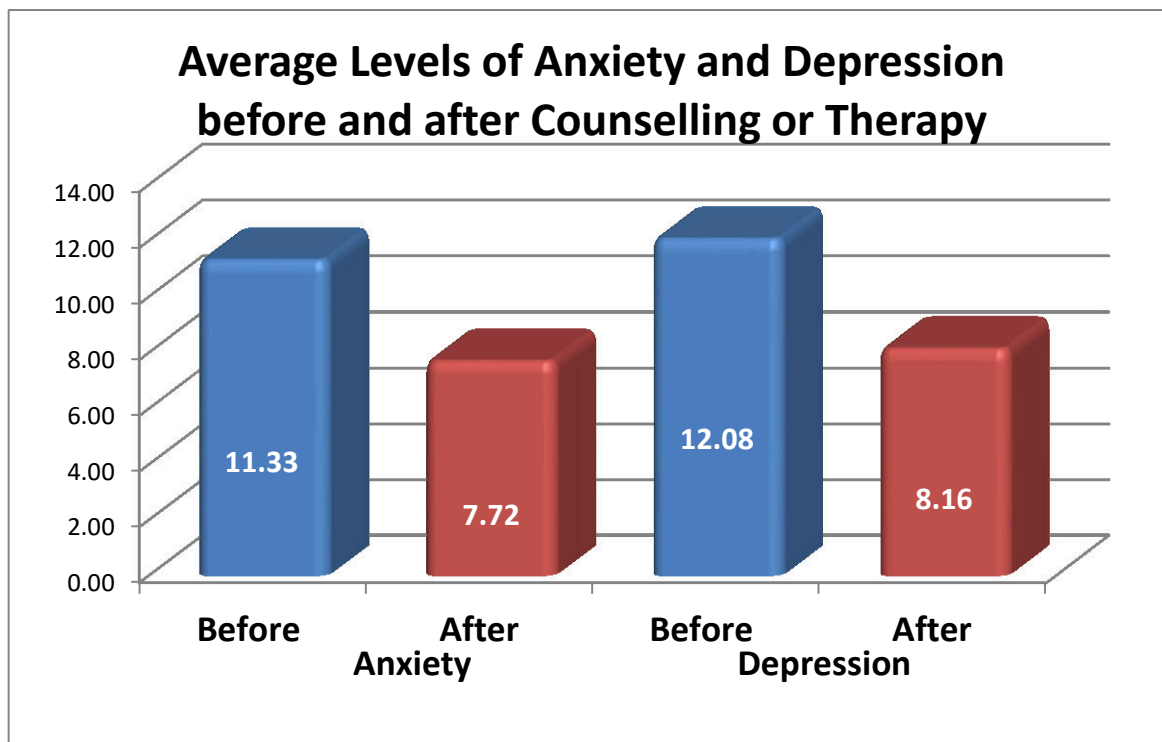
**Supportiveness of approach of befriender, mentor, counsellor or therapist:** 9.42 (97% positive)

**Satisfaction with support services:** 9.29 (96% positive)

**Involvement improved overall mental wellbeing:** 8.17 (90% positive)

These outcomes continue to show significant impact across our range of indicators. Behind the statistics are many incredibly positive stories for clients who have received support.

Where appropriate, our counsellors and therapists use GAD-7 and PHQ-9 measures with clients to record levels of anxiety and depression respectively. Below are aggregated results for the year:



These results evidence the impact of our counselling and therapy for many people with serious mental illness. Anxiety and depression are the two most prevalent presenting issues for clients and our expertise in addressing them are clear.

## Promotional work undertaken

- We have advertised our services in the local Jewish printed media and have over 1058 followers on our social media channels.
- We advertise our group workshops via Facebook, Instagram, Twitter and WhatsApp groups including targeted information for parents' groups.
- Our group workshops are also advertised through school newsletters, as is our counselling and therapy provision, which is particularly targeted for both young people and parents.
- We advertise through other Jewish communal organisations who have similar target groups, such as the local Jewish Family Centre, Manchester Jewish Federation and youth groups that target both young women and young men.
- We hold community events designed to engage and spread awareness of life issues that may lead to poorer mental health. For example, we facilitate food resilience evenings, money management talks, local litter picks, promotional stands at wellbeing seminars and festival parades.
- We have promoted pre- and post-natal support to women in hospital including through midwives and other health professionals. This includes both one-to-one support available as well as the weekly mums and babies walk and other workshops.
- We have reached up to 2,000 people when boosting Facebook posts with most reaching 600 to 750. Our Facebook engagement rates vary but continue to improve, especially where we have video content.
- We have seen an uptick in self-referral following every advert in the local weekly Jewish newspaper and weekly Advertiser. These often coincided with Jewish festivals, which has also had an effect on increasing calls to our helpline.
- Referrals from partner agencies have continued to increase following promotion at the community professionals' monthly meeting, as well as from the NHS.

## Sample qualitative feedback from client evaluations

- *Thank you so much JAMH for all the help and support, had such a huge positive impact for me!*
- *Thank you so much JAMH for enabling us to access sorely needed therapy which we can't afford - a real life-saver - literally!*
- *Keep up the great work - it saves lives and is so needed in our community. Absolutely recommend and so glad I was able to find out about this. Thanks to everyone involved.*
- *JAMH is an amazing organisation please, please keep it going it's so needed.*
- *I would like to thank JAMH for the tremendous help they have given to me by providing me with free therapy. it has been really helpful and made a big difference to my life.*
- *I am sad that the sessions have come to an end. I feel I have made a significant improvement.*
- *The therapy sessions are a life changer and I can't thank the therapist enough for being there for me when I do desperately needed help!*
- *I will be eternally grateful for JAMH.*
- *Thank you for all the help you provided. Just to input that the therapist I saw is fantastic. I have seen therapists before, but none measured up to her professionalism and understanding. She has a very deep and clear knowledge and I am very grateful to have seen her.*
- *I have filled this survey on behalf of my daughter who will really miss her weekly Sunday sessions. Such a lifesaving service especially because its financially funded. Thank you from the bottom of my heart.*
- *This has been invaluable. I could not have afforded this specialised support otherwise. I had counselling and also EMDR. I would have waited a very long time with the NHS.*
- *AMAZING organisation, they really helping me out like no other place could in my situation*
- *This service has changed my life and I am immensely grateful for it. I truly feel it brought me back from a supremely low point in my life. This service and support is invaluable in so many ways.*

## Case Studies

<b>Case Study 1: Bury based, 65 year old male called phonenumber in October 2022</b>
<b>Situation before support:</b> Feeling depressed and suicidal due to multiple family bereavements in a very short period of time due to Covid. During triage admitting to having a lot of prescription medication and was happy for triager to write to his GP due to suicidal ideation.
<b>What interventions undertaken:</b> We matched the client with a person-centred female therapist. His scores were PHQ 15 and GAD 13 at start. He had an assessment session, followed by 6 sessions. He wasn't sleeping. He was very tearful and he was experiencing much pain from an auto immune disease. He didn't believe in therapy but a family member said it helped.  His goal of therapy was to get back to his normal self.
<b>Situation now:</b> As the weeks went by, the client made some pivotal decisions and had noticed a change in his thinking. After a gap of three weeks through illness, the client said he'd made some 'valuable observations' within his relationship and has 'benefitted enormously from our sessions'  PHQ 4 and GAD 3 at the end.

## Case Study 2: Salford based, 36 year old female called phonenumber in January 2023

**Situation before support:** Client had a difficult childhood with a mother with severe mental health issues. Now that she is a mother, she was getting triggered by her past. Feels very angry about her childhood, especially regarding her own mother and how she was treated by her. Sometimes her anger and frustrations are directed towards her own children. Her low mood works in a cycle of feeling like being a good mum and then feeling angry at her own mum for not being there for her and then feels really depressed. The client came to therapy with the goal of stopping thinking of the past all the time and letting it go.

**What interventions undertaken:** At the start of EMDR therapy the scores were GAD – 20 and PHQ- 19. She had 12 sessions of EMDR. CBT cognitive restructuring, breathing, grounding and awareness techniques were also undertaken.

**Situation now:** Client became able to recognise each other family members' space and truth and to be able to bring up conversations about these in more respectful ways. Client was doing so well because she learnt to boundaries in place. She managed to make space for her past trauma and also being able to make a choice and gave herself permission to enjoy her life.

At the last session the therapist and client reviewed techniques, coping strategies and put in place a relapse prevention plan. Feedback from the client was that she found sessions really helpful and beneficial.

At the end of therapy these her scores had reduced dramatically to GAD - 1 and PHQ – 2.

## Future Plans

We intend to continue delivering holistic provision, in partnership with other local charities where appropriate, offering befriending, mentoring, counselling, therapy, community support and group activities to those whose mental health has been affected by the over 500% increase in antisemitism since the terrorist atrocities on 7<sup>th</sup> October 2023; the ongoing cost of living crisis and many other issues: This will include:

- A helpline, responding quickly to people, taking calls from those anxious, stressed, depressed or with other mental health issues followed by triage, then offering appropriate level of support;
- Increasing awareness of, and widening, the support we make available with advertising in local, and social, media, plus flyers and a billboard;
- Delivery of counselling and therapy sessions in person/phone/Zoom. If a client wishes, we will undertake an assessment and help them put together a personal action plan;
- Preventative youth work through group activities, 1-to-1 support plus support for youth leaders in youth groups in the community.
- Group arts/craft activities with art therapists supporting group delivery;
- Training in peer group facilitation and running our peer support group for clients.
- Continued professional development training for therapists
- Continued facilitation of our community professionals' monthly meeting, supporting agencies with specific cases.
- Sourcing an office space for our full-time project manager and youth worker as well as occasional venues for future training sessions and community events.
- Expanding the primary school project, called The Happiness Project, which will train teachers to teach journaling to children and increase their levels of positive mental health.
- To continue our work with Menucha V'Simcha
- Develop a bullying support charity as part of JAMH.
- Mental health support and helpline for people to seek support if they have experienced antisemitism.
- Build up relationship for referrals to JAMH from BOD, CST and The Jewish Housing Association.
- Development of a national JAMH Trauma Response Team with promotion of the unit to other communities within the UK.

Beneficiaries will be those in the Greater Manchester Jewish community, with existing mental health diagnosis or not, most vulnerable to the effects of lockdown and COVID-19 and less likely to access help through other means due to religious and cultural factors. Particular groups will be:

- people with long-term, more severe mental health conditions either returning, or continuing, to live in the community;
- young people or adults who have felt isolated, traumatised or have increased anxiety or depression.

We expect around 600 total direct beneficiaries annually with at least double this in indirect beneficiaries through families. Our work will:

- Improve the mental health and wellbeing of those in the Jewish community most vulnerable to the mental health effects of COVID-19 and the cost of living crisis, who have suffered bereavement, family or financial difficulties and are less likely to access help through other means due to religious and cultural factors;
- Enable people to give support to their peers and feel able and confident to do so through high quality training including the use of our bespoke assessment and review process;
- Reduce fear, anxiety, stress and isolation and improve a sense of peer linkage, cohesion and hope for people;
- Increase people's confidence in working towards enhanced wellbeing;
- Improve positive outcomes for people through professional support on specific cases, utilising shared expertise;
- Prevent relapse of those with more severe mental health conditions;
- Improve the self-esteem and self-efficacy of young people.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2023  
Trustees' Annual report (continued)**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in England and Wales, the Charities Act 2011, and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

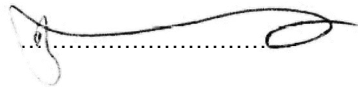
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Independent Examiner:**

Mr G A Harris has been appointed as independent examiner for the ensuing year.

This report was approved by the board on 24<sup>th</sup> January 2024 and signed on behalf of the trustees.

Bernard Yardley  
Treasurer  
24/01/2024



**Jewish Action for Mental Health**  
**Financial Statements for the Year Ended 30 April 2023**  
**Independent Examiner's Report**

I report on the accounts for the year ended 30 April 2023 set out on pages 7 to 10.

Respective responsibilities of trustees and examiner.

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

**Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with Section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

Have not been met; or

- (2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Gary A Harris

G A Harris & Co Ltd  
Chartered Accountants  
& Registered Auditors  
Brulimar House  
Jubilee Road  
Middleton  
Manchester  
M24 2LX

Date: 24/01/24.

Jewish Action for Mental Health

Statement Of Financial Activities  
For the year ended 30th April 2023

	Notes	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
<b>INCOMING RESOURCES</b>					
Incoming resources from generated funds					
Voluntary income	2	83,475	191,498	274,973	268,823
<b>Total incoming resources</b>		<u>83,475</u>	<u>191,498</u>	<u>274,973</u>	<u>268,823</u>
<b>RESOURCES EXPENDED</b>					
Charitable activities	3	743	168,371	169,114	139,252
Support cost	4	48,477	4,125	52,602	40,862
Governance costs	5	6,856	600	7,456	9,303
Bank charges		-	-	-	-
<b>Total resources expensed</b>		<u>56,076</u>	<u>173,096</u>	<u>229,172</u>	<u>189,417</u>
<b>NET INCOMING RESOURCES</b>		<b>27,399</b>	<b>18,402</b>	<b>45,801</b>	<b>79,406</b>
Funds brought forward from previous period		107,949	-	107,949	28,543
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>135,348</u>	<u>- 18,402</u>	<u>153,750</u>	<u>107,949</u>

**CONTINUING OPERATIONS**

All incoming resources and resources expensed arise from continuing activities.

The notes form part of these financial statements


Jewish Action for Mental Health

Balance sheet  
For the year ended 30th April 2023

	Notes	2023 Unrestricted funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets					
<b>CURRENT ASSETS</b>					
Cash at bank		106,670	46,848	153,518	64,901
Paypal		16	-	16	54
Debtors		-	1,000	1,000	44,254
		<u>106,685</u>	<u>47,848</u>	<u>154,533</u>	<u>109,209</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	783	-	783	1,260
<b>NET CURRENT LIABILITIES</b>					
		<u>105,902</u>	<u>47,848</u>	<u>153,750</u>	<u>107,949</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>105,902</u>	<u>47,848</u>	<u>153,750</u>	<u>107,949</u>
<b>CREDITORS</b>					
Amounts falling due after one year		-	-	-	-
<b>NET ASSETS</b>					
		<u>105,902</u>	<u>47,848</u>	<u>153,750</u>	<u>107,949</u>
<b>FUNDS</b>					
Unrestricted funds	8	105,902	47,848	153,750	107,949
<b>TOTAL FUNDS</b>					
		<u>105,902</u>	<u>47,848</u>	<u>153,750</u>	<u>107,949</u>

The financial statements were approved by the Board of Trustees on 30/09/2023 and were signed on its behalf by:

ON BEHALF OF THE BOARD:



Bernard Yardley  
Trustee and Treasurer

The notes form part of these financial statements

Notes to the Financial Statements  
For the year ended 30th April 2023

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the statement of recommended practice: Accounting and Reporting by charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011

Financial reporting standard number 1

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each each fund is included in the notes to the financial statements.

2. VOLUNTARY INCOME

	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Donations	80,120	-	80,120	16,598
Grants	-	191,498	191,498	239,507
Event donations	168	-	168	2,438
Miscellaneous income	950	-	950	35
Gift Aid	2,237	-	2,237	10,245
	<u>83,475</u>	<u>191,498</u>	<u>274,973</u>	<u>268,823</u>

3. CHARITABLE ACTIVITIES

	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Grants Payable	-	80,849	80,849	56,727
Counselling & Therapy	40	69,755	69,795	79,049
Art Therapy	-	0	-	1,414
Youth Work	-	6,204	6,204	-
Resources & Materials	703	11563	12,265	2,062
	<u>743</u>	<u>168,371</u>	<u>169,114</u>	<u>139,252</u>

Jewish Action for Mental Health

Notes to the Financial Statements - continued  
For the year ended 30th April 2023

	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
<b>4. SUPPORT COSTS</b>				
Telephone	252	-	252	81
Publicity	1,340	2,565	3,905	766
Staff & Management costs	44,584		44,584	38,836
Training	-	1,560	1,560	170
Insurance	963	-	963	932
Repairs & Renewals	-	-	-	76
Rent	1,339	-	1,339	-
	<u>48,477</u>	<u>4,125</u>	<u>52,602</u>	<u>40,862</u>
<b>5. GOVERNANCE COSTS</b>				
Accountancy	-	-	-	249
Consultancy	6,713	600	7,313	8,170
Statutory spending	-	-	-	85
Software	144	-	144	618
Legal & Professional Fees	-	-	-	181
	<u>6,856</u>	<u>600</u>	<u>7,456</u>	<u>9,303</u>
<b>6. CREDITORS</b>				
PAYE	466	-	466	433.60
National Insurance	154	-	154	208.12
Pension	164	-	164	152.37
Sundry creditors - grant unspent	0	-	0	465.95
	<u>783</u>	<u>-</u>	<u>783</u>	<u>1,260.04</u>
<b>7. TRUSTEES EXPENSES</b>				
There were no Trustees' expenses paid for the year 30th April 2023				
<b>8. MOVEMENT IN FUNDS</b>				
	As at 01/05/2022 £	Net movement in funds £	As at 30/04/2023 £	
General fund	107,949	45,801	153,750	
<b>TOTAL FUNDS</b>	<u>107,949</u>	<u>45,801</u>	<u>153,750</u>	
Net movement in funds, included in the above are as follows:				
	Incoming resources £	Resources expended £	Movement in funds £	
Unrestricted funds				
General fund	274,973	229,172	45,801	
<b>TOTAL FUNDS</b>	<u>274,973</u>	<u>229,172</u>	<u>45,801</u>	

**JEWISH ACTION FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1190973

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# Accounts

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**REGISTERED CHARITY NUMBER: 1190973**

**Report of the Trustees and  
Financial Statements for the Year Ended 30 April 2022**

**For  
Jewish Action for Mental  
Health**

**G A Harris & Co Ltd  
Chartered Accountants &  
Registered Auditors  
Brulimar  
House Jubilee  
Road  
Middleton  
Manchester  
M24 2LX**

**Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2022**

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Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 11

# **Jewish Action for Mental Health Report and Accounts 30/04/2022 Trustees' Annual report**

## **Trustees' Annual report**

The Trustees have pleasure in presenting the annual report and financial statements for the year ended 30/04/2022. The Trustees would also like to express their gratitude to all the volunteers for their support and donations that are sustaining the Charity.

## **Objective**

To promote the preservation of mental health in the Jewish community and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress through the provision of support, education, advocacy and practical advice.

## **Governance and Management:**

Jewish Action for Mental Health (working name JAMH) is constituted by a Trust Deed adopted on 21/08/2020.

## **Trustees:**

The following individuals served as trustees during the year:

Dr Sandi Mann

Belinda Rich

Ivan Lewis (Resigned 2 August 2021)

Jonny Wineberg

Rabbi Daniel Walker (Resigned 1 August 2021)

Bernard Yardley (Treasurer)

Rabbi Benjamin Rickman (From 25 September 2021)

Sophie Bloom (From 10 January 2022)

The trustees serve as volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts. Recruitment and appointment of new trustees is executed in line with the trust deed taking into consideration the needs and demands of the organisation.

## **Risk Review:**

The trustees have assessed the risks to which the charity is exposed, in particular those related to the operations and finances of the trust, and are satisfied that systems are in place to manage this.

## **Achievements and Performance:**

The charity received £212,096 income during the year net of grants received on behalf of, and distributed to, partner charities.

## **Delivery during the year included:**

- Provision of a helpline, website and the appointment of a clinical lead and a team providing triage services.
- Free therapy and counselling has been provided to 197 clients from our database of 35 counsellors and therapists who are all registered with a professional body.
- Provision of Suicide Awareness workshops for therapists/counsellors and community leaders such as teachers, rabbis and youth workers.
- Provision of Autism Awareness training for therapists and counsellors.
- From November 2021, our student Youth Engagement Worker worked with secondary school pupils to establish a 'Winter Feelgood Programme' aiming to provide stress relief and reinforcement of positive attitude amid the challenging winter months.
- Provision of fortnightly mums and babies walk in the park sessions.
- Delivery of various social prescribing art workshops in person bringing people out of isolation after the pandemic.
- Delivery of exam stress workshops for local high school pupils with an accompanying booklet to take home.
- Our ongoing and successful student placement programme has continued to match student counsellors with clients. All students are provided with an induction programme and group supervision.
- Delivery of Data Protection training for therapists/counsellors.
- Continued facilitation of our community professionals' monthly meeting on Zoom, supporting agencies with specific cases.

## **Service users supported and evidence of impact**

We had 350 calls to our helplines in the year. We respond to all calls within 72 hours, with most clients being matched with a therapist within 5 working days. Clients in crisis can be matched with a therapist within 48 hrs.

169 clients have been offered counselling, 6 clients had EMDR therapy and 22 clients had CBT therapy sessions. Most clients have extended sessions of therapy. Clients range from age 9 years to adult. Over 35% of our clients are age 18 and under.

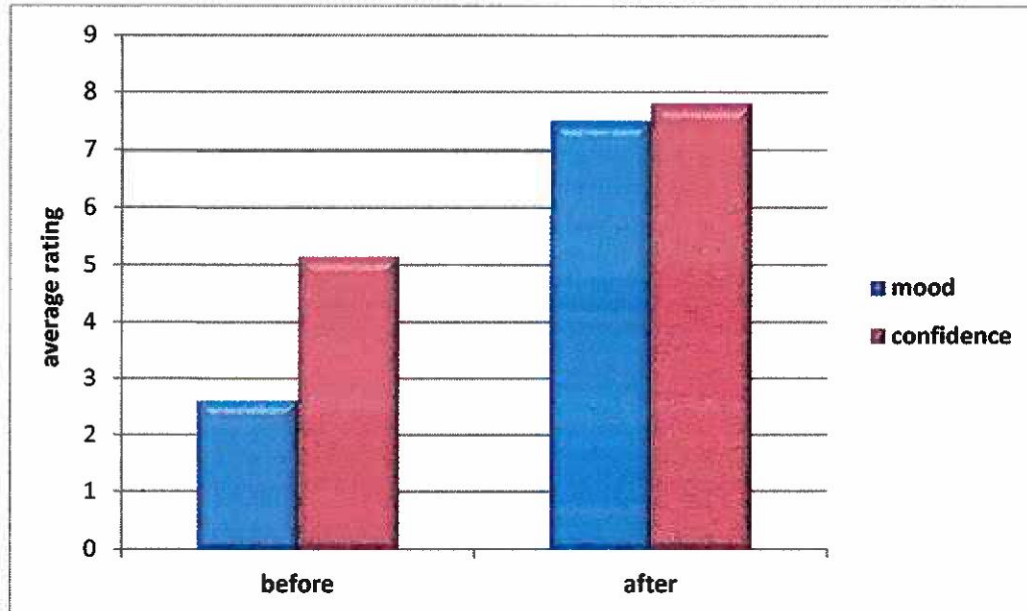
**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

Measurables taken from evaluation survey results from clients (Average out of 10.0):

**Mood:** 2.61 before, 7.15 after, a 4.54 point increase.

**Confident of making positive choices about life:** 5.15 before, 7.82 after, a 2.67 point increase.

(see graph below)



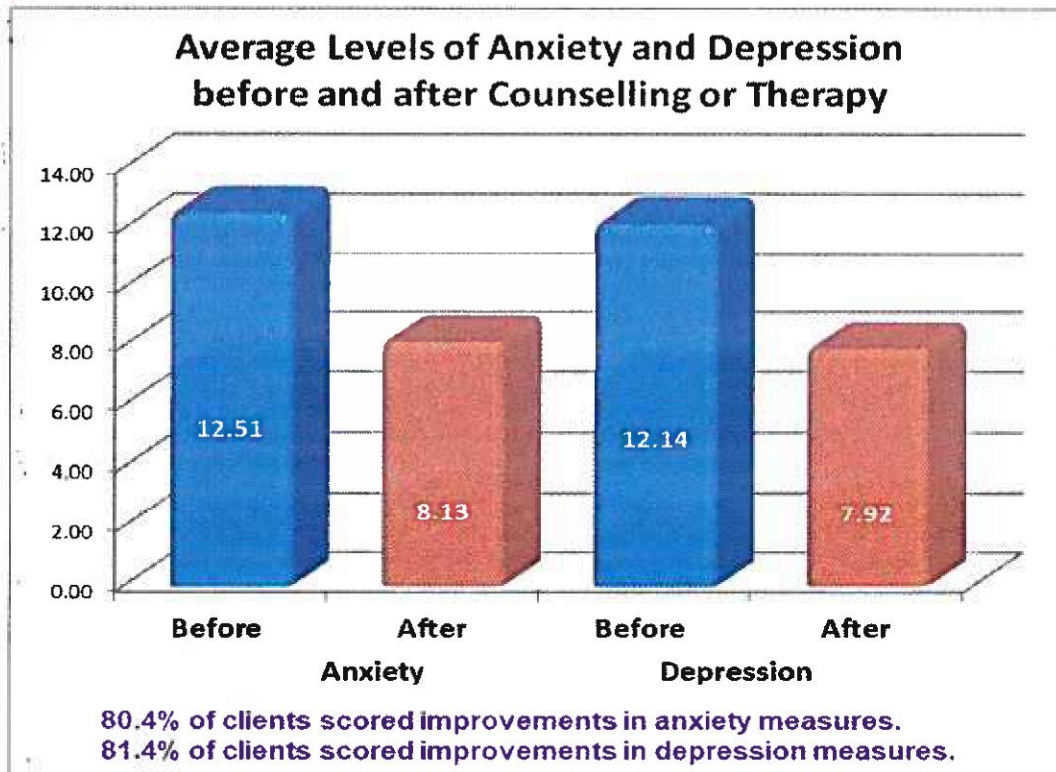
**Supportiveness of approach of befriender, mentor, counsellor or therapist:** 9.52 (100% positive)

**Satisfaction with support services:** 9.21 (100% positive)

**Involvement improved mental health:** 7.52 (84.8% positive)

It is worth noting that all these outcomes significantly improved since our previous review as we have improved our delivery and addressed any difficulties that were identified. These achievements are incredibly positive with many clients included still receiving support.

Where appropriate, our counsellors and therapists use GAD-7 and PHQ-9 measures with clients to record levels of anxiety and depression respectively. Below are aggregated results for the year:



There are three things to note:

- That both the start and end averages for both measures are higher than last year;
- That the decrease for both measures is greater than last year;
- That more clients scored improvements for both measures than last year.

**Promotional work undertaken**

- We have advertised our services in the local Jewish printed media and have over 500 followers on our social media channels.
- We advertise our group workshops via Facebook, Instagram, Twitter and WhatsApp groups including targeted information for parents' groups.
- Our group workshops are also advertised through school newsletters, as is our counselling and therapy provision, which is particularly targeted for both young people and parents.
- We advertise through other Jewish communal organisations who have similar target groups, such as the local Jewish Family Centre, Manchester Jewish Federation and youth groups that target both young women and young men.
- We hold community events designed to engage and spread awareness of life issues that may lead to poorer mental health. For example, we facilitate food resilience evenings, money management talks, local litter picks, promotional stands at wellbeing seminars and festival parades.
- We have promoted pre- and post-natal support to women in hospital including through midwives and other health professionals. This includes both one-to-one support available as well as the weekly mums and babies walk and other workshops.
- We have reached up to 2,000 people when boosting Facebook posts with most reaching 200 to 400. Our Facebook engagement rates vary but continue to improve, especially where we have video content.
- We have seen an uptick in self-referral following every advert in the local weekly Jewish newspaper and weekly Advertiser. These often coincided with Jewish festivals, which has also had an effect on increasing calls to our helpline.
- Referrals from partner agencies have continued to increase following promotion at the community professionals' monthly meeting, as well as from the NHS.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

**Sample qualitative feedback from client evaluations**

- *JAMH has given us our daughter back, I can't thank you enough for the work you do. I know people can't be 'fixed' forever but she has tools to help her cope with the ever pressured modern world we live in. I also feel confident that if problems were to arise in the future I could make contact with the organisation and they'd do what they can to help. Thank you, thank you, thank you.*
- *The support I received was fantastic due to the excellence of the practitioner. Thank you.*
- *Just a big thank you for all you do especially to my therapist from JAMH who is just the most amazing person.*
- *Thank you so much. The service was excellent. My problem is very deep rooted and very hard to take away However this gave me some relief and support to carry on and cope better.*
- *The counselling has really helped me have more confidence in myself.*
- *It is a tremendous organisation that is so needed in our time. I am full of respect for the workers and volunteers.*
- *THANK YOU. I would not have had help if not for the funded therapy sessions I was able to receive you should all be blessed!*
- *I cannot rate my JAMH therapist highly enough, she has totally changed my outlook on life & my future I'm very grateful to her Without her talks I feel I would still be low & depressed & feel no one was interested in my past because I've never spoke about it.*
- *Don't change the magic you're working. Thank you.*
- *I don't see how you can improve what's amazing.*
- *Taking an hour a week to look after myself has helped me feel calmer, not only during the sessions, but throughout the time in between sessions.*
- *It has helped ground me. I could share my concerns in a safe and secure environment.*

<p><b>Case study 1</b></p> <p>Presenting issues</p> <p>What interventions undertaken</p> <p>Current situation</p>	<p>Salford based, 43 year old female called helpline in August 2022</p> <p>Client was separated from husband in Jan 2020. She has taken anti-depressants most of her adult life. Her sleep is very poor and she is often overwhelmed and anxious. She had PTSD in 2018-19. In 2017, her father died by suicide. Her PTSD has come back recently with memories of that dreadful time.</p> <p>At the start of EMDR therapy the scores were GAD – 19 and PHQ- 24. She had 12 sessions of EMDR. At the end of therapy these scores had reduced dramatically to GAD - 7 and PHQ - 8</p> <p>Used CBT techniques allowing her to accept mistakes she makes and that she is good enough. She feels that she has had a healing process and ability to make space for loss of her father and feels less despair. She is also in a better place of being a mother, a daughter and allowing self-care. Her problem solving and decision making, which has been bad due to her ADHD is much better. At the last session the therapist and client reviewed techniques, coping strategies and put in place a relapse prevention plan.</p>
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<p><b>Case study 2</b></p> <p>Presenting issues</p> <p>What interventions undertaken</p> <p>Current situation</p>	<p>Bury based, 37 year old female called helpline in October 2022</p> <p>Client has a diagnosis of PTSD in 2019 from a prior same-sex relationship that was abusive. She has received therapy for this in the past, however felt she would benefit from short-term therapy to explore ways to ensure this experience no longer holds her back from being comfortable with both her LGBT+ and Jewish identity. She also has pressure to get married and have a baby from family and friends.</p> <p>At the start of person-centred counselling her scores were GAD – 10 and PHQ- 13. She had 6 sessions of therapy. At the end of therapy these scores had reduced dramatically to GAD – 1 and PHQ – 2.</p> <p>She managed to reach her goal of becoming calm and confident in herself. To learn to assert herself and to be confident in her own decisions. She overcame her fear of failure and started to prioritise herself. Upon discharge the client felt more positive about herself, calmer and able to trust her own instincts.</p>
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**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

**Future Plans**

We intend to continue delivering holistic provision, in partnership with other local charities where appropriate, offering befriending, mentoring, counselling, therapy, community support and group activities to those whose mental health has been affected by the COVID-19 pandemic and/or other problems. This will include:

- A helpline, responding quickly to people, taking calls from those anxious, stressed, depressed or with other mental health issues followed by triage, then offering appropriate level of support;
- Increasing awareness of, and widening, the support we make available with advertising in local, and social, media, plus flyers and a billboard;
- Delivery of counselling and therapy sessions in person/phone/Zoom. If a client wishes, we will undertake an assessment and help them put together a personal action plan;
- Preventative youth work through group activities, 1-to-1 support plus support for youth leaders in youth groups in the community.
- Link work with hospitals and ongoing support for those with long-term, more severe conditions; •Group arts/craft/music activities with art therapists supporting group delivery;
- Bi-weekly group mindfulness sessions bringing together clients and volunteers to improve peer linkage, relaxation and enhance stress management;
- Training in peer group facilitation and running a peer support group for clients.
- Continued facilitation of our community professionals' monthly meeting, supporting agencies with specific cases.
- Sourcing an office space for our full-time project manager as well as occasional venues for future training sessions and community events.
- Launching a primary school project, called The Happiness Project, which will train teachers to teach journalling to children and increase their levels of positive mental health. We hope to expand this into more primary schools as the year progresses.
- To potentially collaborate with another local charity who provide support for those affected by suicide, with a view to forming a partnership of mutual benefit.
- To collaborate together with a Jewish special needs school, providing mental health support to students whilst trustees receive SEN training from school staff.

Beneficiaries will be those in the Greater Manchester Jewish community, with existing mental health diagnosis or not, most vulnerable to the effects of lockdown and COVID-19 and less likely to access help through other means due to religious and cultural factors. Particular groups will be:

- people with long-term, more severe mental health conditions either returning, or continuing, to live in the community;
- young people or adults who have felt isolated, traumatised or have increased anxiety or depression.

We expect around 600 total direct beneficiaries annually with at least double this in indirect beneficiaries through families. Our work will:

- Improve the mental health and wellbeing of those in the Jewish community most vulnerable to the mental health effects of COVID-19 and the cost of living crisis, who have suffered bereavement, family or financial difficulties and are less likely to access help through other means due to religious and cultural factors;
- Enable people to give support to their peers and feel able and confident to do so through high quality training including the use of our bespoke assessment and review process;
- Reduce fear, anxiety, stress and isolation and improve a sense of peer linkage, cohesion and hope for people affected by the COVID-19 pandemic and other problems;
- Increase people's confidence in working towards enhanced wellbeing;
- Improve positive outcomes for people through professional support on specific cases, utilising shared expertise;
- Prevent relapse of those with more severe mental health conditions;
- Improve the self-esteem and self-efficacy of young people.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in England and Wales, the Charities Act 2011, and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Independent Examiner:**

Mr G A Harris has been appointed as independent examiner for the ensuing year.

This report was approved by the board on 30<sup>th</sup> January 2023 and signed on behalf of the trustees.

Bernard Yardley  
Treasurer  
30/01/2023

A handwritten signature in blue ink, appearing to read 'Bernard Yardley', is written over a horizontal dotted line. The signature is stylized and extends to the right of the line.

Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2022  
Independent Examiner's Report

I report on the accounts for the year ended 30 April 2022 set out on pages 8 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with Section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

Have not been met; or

- (2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Gary A Harris

G A Harris & Co Ltd  
Chartered Accountants &  
Registered Auditors  
Brulimar House  
Jubilee Road  
Middleton  
Manchester  
M24 2LX

Date: 30/1/23.

Jewish Action for Mental Health

Statement Of Financial Activities  
For the year ended 30th April 2022

	Notes	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income	2	29,316	239,507	268,823	131,764
<b>Total incoming resources</b>		<u>29,316</u>	<u>239,507</u>	<u>268,823</u>	<u>131,764</u>
<b>RESOURCES EXPENDED</b>					
Charitable activities	3	600	138,652	139,252	67,199
Support cost	4	3,594	37,267	40,861	32,172
Governance costs	5	9,303	-	9,303	3,849
Bank charges		-	-	-	1
<b>Total resources expended</b>		<u>13,497</u>	<u>175,919</u>	<u>189,416</u>	<u>103,221</u>
<b>NET INCOMING RESOURCES</b>		15,819	63,588	79,407	28,543
Funds brought forward from previous period		28,543	-	28,543	-
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>44,362</u>	<u>- 63,588</u>	<u>107,950</u>	<u>28,543</u>

**CONTINUING OPERATIONS**

All incoming resources and resources expended arise from continuing activities.

The notes form part of these financial statements

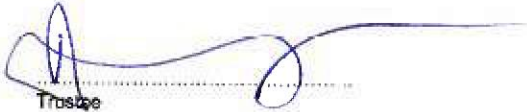
Jewish Action for Mental Health

Balance sheet  
For the year ended 30th April 2022

	Notes	2022 Unrestricted funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets					
<b>CURRENT ASSETS</b>					
Cash at bank		45,568	19,333	64,901	28,462
Paypal		54		54	11
Debtors		-	44,255	44,255	70
		<u>45,622</u>	<u>63,588</u>	<u>109,210</u>	<u>28,543</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	1,260	-	1,260	-
<b>NET CURRENT LIABILITIES</b>					
		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>
<b>CREDITORS</b>					
Amounts falling due after one year		-	-	-	-
<b>NET ASSETS</b>					
		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>
<b>FUNDS</b>					
Unrestricted funds	8	44,362	63,588	107,950	28,543
<b>TOTAL FUNDS</b>					
		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>

The financial statements were approved by the Board of Trustees on 30/01/2023 and were signed on its behalf by:

ON BEHALF OF THE BOARD:



Trustee

The notes form part of these financial statements

Notes to the Financial Statements  
For the year ended 30th April 2022

1. ACCOUNTING POLICIES

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the statement of recommended practice: Accounting and Reporting by charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011

**Financial reporting standard number 1**

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each each fund is included in the notes to the financial statements.

2. VOLUNTARY INCOME

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Donations	16,598	-	16,598	47,861
Grants	-	239,507	239,507	80,113
Event donations	2,438	-	2,438	3,710
Miscellaneous income	35	-	35	80
Gift Aid	10,245	-	10,245	-
	<u>29,316</u>	<u>239,507</u>	<u>268,823</u>	<u>131,764</u>

3. CHARITABLE ACTIVITIES

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Grants Payable	-	56,727	56,727	-
Counselling & Therapy	600	78,449	79,049	59,812
Art Therapy	-	1,414	1,414	2,010
IT Equipment	-	-	-	487
Resources & Materials	-	2062	2,062	4,890
	<u>600</u>	<u>138,652</u>	<u>139,252</u>	<u>67,199</u>

**Jewish Action for Mental Health**

**Notes to the Financial Statements - continued  
For the year ended 30th April 2022**

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
<b>4. SUPPORT COSTS</b>				
Telephone	81	-	81	-
Publicity	-	766	766	5,628
Staff & Management costs	2,505	36,331	38,836	25,438
Training	-	170	170	390
Insurance	932	-	932	716
Repairs & Renewals	76	-	76	-
	<u>3,594</u>	<u>37,267</u>	<u>40,861</u>	<u>32,172</u>

**5. GOVERNANCE COSTS**

Accountancy	249	-	249	-
Consultancy	8,170	-	8,170	3,814
Statutory spending	85	-	85	35
Software	618	-	618	-
Legal & Professional Fees	181	-	181	-
	<u>9,303</u>	<u>-</u>	<u>9,303</u>	<u>3,849</u>

**6. CREDITORS**

PAYE	434	-	434	-
National Insurance	208	-	208	-
Pension	152	-	152	-
Sundry creditors - grant unspent	466	-	466	-
	<u>1260</u>	<u>-</u>	<u>1260</u>	<u>-</u>

**7. TRUSTEES EXPENSES**

There were no Trustees' expenses paid for the year 30th April 2022

**8. MOVEMENT IN FUNDS**

	As at 01/05/2021 £	Net movement in funds £	As at 30/04/2022 £
<b>Unrestricted funds</b>			
General fund	28,543	15,819	44,362
<b>Restricted funds</b>			
Grants	-	63,588	63,588
<b>TOTAL FUNDS</b>	<u>28,543</u>	<u>79,407</u>	<u>107,950</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	29,316	13,497	15,819
<b>Restricted funds</b>			
Grants	239,507	175,919	63,588
<b>TOTAL FUNDS</b>	<u>268,823</u>	<u>189,416</u>	<u>79,407</u>

**JEWISH ACTION FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1190973

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# Accounts

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REGISTERED CHARITY NUMBER: 1190973

Report of the Trustees and  
Financial Statements for the Year Ended 30 April 2021

For  
Jewish Action for Mental  
Health

G A Harris & Co Ltd  
Chartered Accountants &  
Registered Auditors  
Brulimar  
House Jubilee  
Road  
Middleton  
Manchester  
M24 2LX

Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2021

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Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 10

# Jewish Action for Mental Health Report and Accounts 30/04/2021 Trustees' Annual report

## Trustees' Annual report

The Trustees have pleasure in presenting the annual report and financial statements for the year ended 30/04/2021. The Trustees would also like to express their gratitude to all the volunteers for their support and donations that are sustaining the Charity.

## Objective

To promote the preservation of mental health in the Jewish community and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress through the provision of support, education, advocacy and practical advice.

## Governance and Management:

Jewish Action for Mental Health (working name JAMH) is constituted by a Trust Deed adopted on 21/08/2020.

## Trustees:

The following individuals served as trustees during the year:

Dr Sandi Mann (From 21 February 2021)  
Rabbi Nir Nadav (Resigned 27 April 2021)  
Belinda Rich (From 21 February 2021)

Ivan Lewis

Jonny Wineberg

Rabbi Daniel Walker

Bernard Yardley (Treasurer)

The trustees serve as volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts. Recruitment and appointment of new trustees is executed in line with the trust deed taking into consideration the needs and demands of the organisation.

## Risk Review:

The trustees have assessed the risks to which the charity is exposed, in particular those related to the operations and finances of the trust, and are satisfied that systems are in place to manage this.

## Achievements and Performance:

The charity received £131,764 income during the year.

## Delivery during the year included:

- A helpline, a website and appointment of a clinical lead and a team providing triage services.
- Free therapy and counselling to 167 clients and with a database of 37 counsellors and therapists who are all registered with a professional body. 26 have been allocated clients.
- Support groups for parents who are home schooling for a range of ages of children.
- A mental health support group every other week from 16th August 2020 for women who are pregnant or have given birth during lockdown, with between 10 and 14 women joining. Sessions included art, relaxation and cooking Zooms for mums.
- Afternoon current affairs discussions, music and yoga Zoom sessions most weeks for people who are isolating or shielding and art sessions for the same time slot.
- A napkin-folding workshop attended by 20 people and five cooking workshops on Zoom attended by up to 51 people.
- Weekly mums and babies walk in the park, socially-distanced and monitored by Track and Trace.
- Twenty social prescribing art workshops over Zoom, some of which were attended by over 40 people.
- Weekly group mindfulness sessions with an average attendance of 10 people per session bringing together clients and volunteers. Resource packs were provided at the end of the course and are now available on our website as a resource for the community.
- A range of art and cookery workshops for children and young people, a total of 8 with between 20 and 36 attending.
- Zoom supervision for our therapists and counsellors and have provided them with a self-care art workshop and chocolate making over Zoom to recognise and celebrate their contributions.
- Continued facilitation of our community professionals' monthly meeting on Zoom, supporting agencies with specific cases.

## Service users supported and evidence of impact:

We had 350 calls to our helplines in the year. We respond to all calls within 24 hours, with most clients being matched with a therapist within 48 hrs. Matching with a befriender or mentor usually occurs within two weeks, following initial assessment with an Outreach Worker.

# Jewish Action for Mental Health Report and Accounts 30/04/2021 Trustees' Annual report (continued)

139 clients have been offered counselling and 28 therapy sessions. For twenty clients, this was extended to additional sessions. Measurables taken from evaluation survey results from clients:

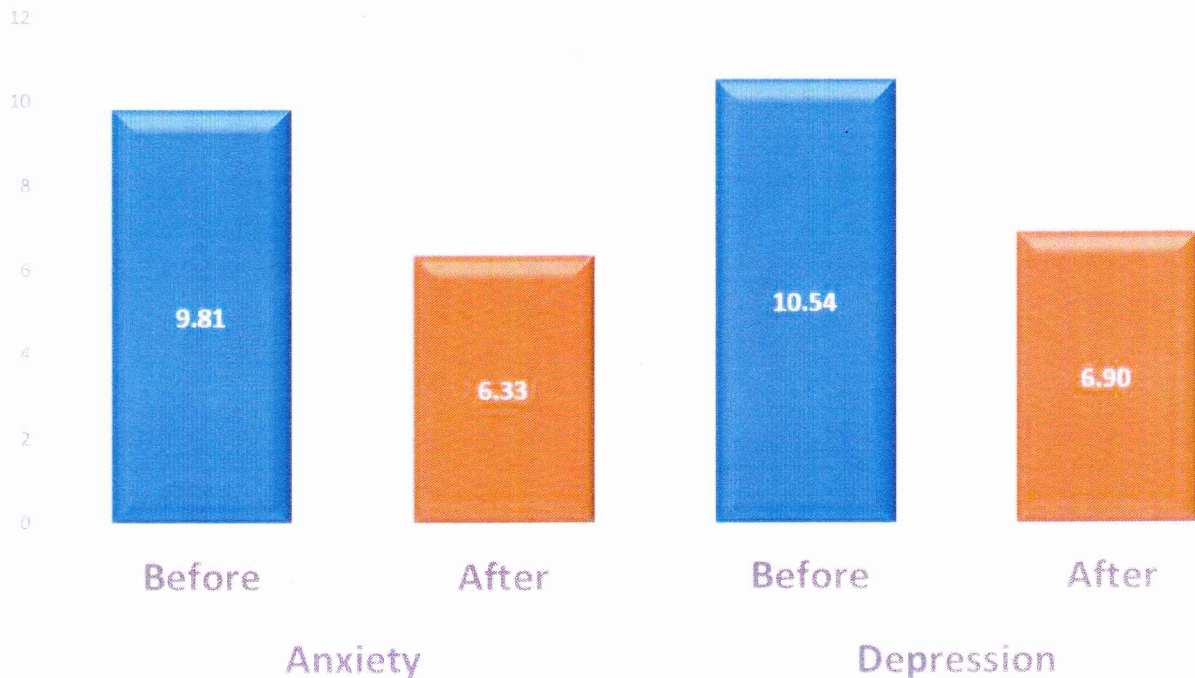
Average out of 10.0:

- **Mood:** 2.67 before, 6.41 after, a 3.74 point increase.
- **Confident of making positive choices about life:** 4.02 before, 6.80 after, a 2.78 point increase.
- **Support helped reduced social isolation:** 6.54 (75.3% positive)
- **Supportiveness of approach of befriender, mentor, counsellor or therapist:** 9.20 (97.8% positive)
- **Satisfaction with support services:** 9.08 (95.7% positive)
- **Involvement improved mental health:** 7.29 (82.8% positive)

It is worth noting that all these outcomes significantly improved since our November 2020 review as we have improved our delivery and addressed any difficulties that were identified. These achievements are incredibly positive with many clients included still receiving support.

Where appropriate, our counsellors and therapists use GAD-7 and PHQ-9 measures with clients to record levels of anxiety and depression respectively. Below are aggregated results for the year:

## Average Levels of Anxiety and Depression before and after Counselling or Therapy



Underlying these results is the fact that:

- 78% of clients scored improvements in anxiety measures.
- 71% of clients scored improvements in depression measures.

### Promotional work undertaken:

- We have advertised our services in the local Jewish printed media and have over 500 followers on our social media channel.
- We advertise our group workshops via WhatsApp groups including targeted information for parents' groups.
- Our group workshops are also advertised through school newsletters, as is our counselling and therapy provision, which is particularly targeted for both young people and parents.
- We advertise through other Jewish communal organisations who have similar target groups, such as the local Jewish Family Centre, Manchester Jewish Federation and youth groups that target both young women and young men.
- We have promoted pre- and post-natal support to women in hospital including through midwives and other health professionals. This includes both one-to-one support available as well as the weekly mums and babies walk and other workshops.
- We have reached up to 2,000 people when boosting Facebook posts with most reaching 200 to 400. Our Facebook engagement rates vary but continue to improve, especially where we have video content.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

- We have seen an uptick in self-referral following every advert in the local weekly Jewish newspaper and weekly Advertiser. These often coincided with Jewish festivals, which has also had an effect on increasing calls to our helpline.
- Referrals from partner agencies have continued to increase following promotion at the community professionals' monthly meeting.

**Sample qualitative feedback from client evaluations:**

- The services provided were excellent. My Counsellor was knowledgeable, patient, caring & enabling. She was so 'tuned in' to where I was at in each & every session, I never felt awkward or rushed & I valued greatly her help & support. A huge thank you goes to her. She enabled me to lift myself out of feelings of (almost) despair & certainly of great fear.
- I had felt overwhelmed by my problems and extremely distraught but the support has given me a safe supportive platform with which to work through my problems and identify some of the underlying causes which had largely baffled me.
- Being able to share issues and concerns and felt understood and validated and given tools for coping.
- I found the cognitive work particularly helpful to get a clearer picture of what is going on in my mind.
- I really enjoy the art sessions. It felt as if we were out for an afternoon instead of stuck at home doing very little.
- I am shielding due to my asthma and I cannot thank you enough. I always feel so much better after doing the art class. I am not used to be staying at home every day and the classes give my week structure and something to look forward to. You don't know how much this helps being stuck at home.
- I have been shielding since March, have significant health issues, live alone with none of my family living nearby. The support has contributed significantly, as it had helped me put things more in perspective, to have much more self-belief (which I felt I'd lost), has helped me to prioritise what is important for me & encouraged me to take positive & real steps/channel my energies into doing some things for me e.g. returning to yoga (albeit online for now), restarting my walks outside the home (walking is very important to me re health & wellbeing) etc. I am so thankful.
- During and as a direct result of Covid 19, I have suffered significantly from bouts of depression which have been exacerbated by personal circumstances, primarily as a result of a total loss of income since April 20. The support I have received in therapy, thus far, has been superb and I would say a lifesaver. JAMH have been a massive help, albeit only in respect of coping as opposed to dealing with one primary reason which they are unable to remedy.
- I was helped to feel in charge of myself and helped to control my anxiety and work on myself in a positive way.
- I still have anxieties but I feel they are more in perspective; plus I now have strategies in place to lift myself out of/away when I feel low/particularly anxious.
- Our daughter would not fall asleep, and would have crying episodes regularly, which has all settled down now.
- I have learnt to break my worries down in a more manageable way.
- It really helped when I couldn't leave the house at all during lockdown.
- I feel like a new woman! I was sectioned in the past. Making progress.
- It has helped me to feel stronger about everything and understand I am not the only one isolated or upset about the lockdown. Everyone is missing everyone.
- Very happy with the JAMH therapy and I love the art sessions. Please tell me when there is more. Thank you.
- Endless appreciation for your wonderful organisation!

<b>Case study 1</b>	Salford based, female, 40 year old called helpline in June 2020.
Presenting issues	Having very hard time at work. Lost all confidence and now very low self-esteem. This situation has been exacerbated by lockdown and working at home. Suicidal thoughts.
What interventions undertaken	Five session of therapy, extended to ten session. After five sessions the client is now starting to understand the purpose and roots of her negative thoughts, anxiety and depression. With this new understanding the client and therapist have been able to focus on her feelings of being stuck and her depression.
Current situation	The client is feeling less suicidal and in the latest session, spent time on the positive and negative consequences of not being able to move on. The therapy has allowed client to come to terms with current situation. A further two sessions will identify ways to shift the client's anxious state, focus on the challenge of getting back to work and feeling more energised.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

<b>Case study 2</b>	Bury based, 25 year old male called helpline in January 2021.
Presenting issues	Originally applied for Healthy Young Minds, but he waited 9 months just to be assessed. Was admitted to hospital for asthma as first lockdown began and shielding since feeling very isolated, almost trapped. He also has ASD. He developed severe depression. The situation was taking its toll on his wife too. JAMH has been able to provide them both with therapy.
What interventions undertaken	Six session of therapy, extended to 12 sessions. Started off feeling very depressed, hopeless and lost. Throughout the sessions he was able to explore ways where he could feel better and could manage with the lockdown.
Current situation	Through counselling he learnt how to do things by rearranging and re-routing his life in a way which would work for him. When it was permitted by the government, he took trips to the beach with his wife, young son and dog and was able to enjoy life more. Counselling has helped him to grow during the lockdown and after 6 sessions he was reporting feeling much happier, positive, enjoying his life. Now, during the next 6 sessions, he is working on developing his recovery even more.

**Future Plans**

We intend to continue delivering holistic provision, in partnership with other local charities where appropriate, offering befriending, mentoring, counselling, therapy, community support and group activities to those whose mental health has been affected by the COVID-19 pandemic and/or other problems. This will include:

- A helpline, responding quickly to people, taking calls from those anxious, stressed, depressed or with other mental health issues followed by triage, then offering appropriate level of support;
- Increasing awareness of, and widening, the support we make available with advertising in local, and social, media, plus flyers and a billboard;
- Delivery of counselling and therapy sessions in person/phone/Zoom. If a client wishes, we will undertake an assessment and help them put together a personal action plan;
- Preventative youth work through group activities, 1-to-1 support plus support for youth leaders in youth groups in the community.
- Link work with hospitals and ongoing support for those with long-term, more severe conditions; •Group arts/craft/music activities with art therapists supporting group delivery;
- Bi-weekly group mindfulness sessions bringing together clients and volunteers to improve peer linkage, relaxation and enhance stress management;
- Training in peer group facilitation and running a peer support group for clients.
- Continued facilitation of our community professionals' monthly meeting, supporting agencies with specific cases.

Beneficiaries will be those in the Greater Manchester Jewish community, with existing mental health diagnosis or not, most vulnerable to the effects of lockdown and COVID-19 and less likely to access help through other means due to religious and cultural factors. Particular groups will be:

- people with long-term, more severe mental health conditions either returning, or continuing, to live in the community;
- young people or adults who have felt isolated, traumatised or have increased anxiety or depression.

We expect around 600 total direct beneficiaries annually with at least double this in indirect beneficiaries through families. The project will:

- Improve the mental health and wellbeing of those in the Jewish community most vulnerable to the mental health effects of COVID-19, who have suffered bereavement, family or financial difficulties and are less likely to access help through other means due to religious and cultural factors;
- Enable people to give support to their peers and feel able and confident to do so through high quality training including the use of our bespoke assessment and review process;
- Reduce fear, anxiety, stress and isolation and improve a sense of peer linkage, cohesion and hope for people affected by the COVID-19 pandemic and other problems;
- Increase people's confidence in working towards enhanced wellbeing;
- Improve positive outcomes for people through professional support on specific cases, utilising shared expertise;
- Prevent relapse of those with more severe mental health conditions;
- Improve the self-esteem and self-efficacy of young people.

This continues what has worked well with our previous Community Fund project albeit with additional development.

**Jewish Action for Mental Health  
Report and Accounts 30/04/2021  
Trustees' Annual report (continued)**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in England and Wales, the Charities Act 2011, and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

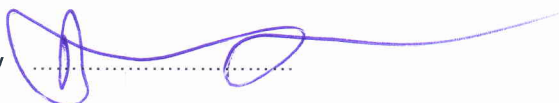
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Independent Examiner:**

Mr G A Harris has been appointed as independent examiner for the ensuing year.

This report was approved by the board on 16<sup>th</sup> July 2021 and signed on behalf of the trustees.

Bernard Yardley  
Treasurer  
16/07/2021



Jewish Action for Mental Health  
Financial Statements for the Year Ended 30 April 2021  
Independent Examiner's Report

I report on the accounts for the year ended 30 April 2021 set out on pages 7 to 10.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with Section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

Have not been met; or

- (2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Gary A Harris

G A Harris & Co Ltd  
Chartered Accountants &  
Registered Auditors  
Brulimar House  
Jubilee Road  
Middleton  
Manchester  
M24 2LX

Date: 16/7/21.

Jewish Action for Mental Health

Statement Of Financial Activities  
For the year ended 30th April 2021

	Notes	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £
<b>INCOMING RESOURCES</b>				
<b>Incoming resources from generated funds</b>				
Voluntary income	2	52,101	79,663	131,764
<b>Total incoming resources</b>		<u>52,101</u>	<u>79,663</u>	<u>131,764</u>
<b>RESOURCES EXPENDED</b>				
Charitable activities	3	3,734	63,465	67,199
Support cost	4	15,974	16,198	32,172
Governance costs	5	3,849	-	3,849
Bank charges		1	-	1
<b>Total resources expended</b>		<u>23,558</u>	<u>79,663</u>	<u>103,221</u>
<b>NET INCOMING RESOURCES</b>		28,543	-	28,543
Funds brought forward from previous period		-	-	-
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>28,543</u>	<u>-</u>	<u>28,543</u>

**CONTINUING OPERATIONS**

All incoming resources and resources expended arise from continuing activities.

Jewish Action for Mental Health

Balance sheet  
For the year ended 30th April 2021

Notes	2021 Unrestricted funds £	2021 Restricted Funds £	2021 Total Funds £
<b>FIXED ASSETS</b>			
Tangible assets			
<b>CURRENT ASSETS</b>			
Cash at bank	28,462	-	28,462
Paypal	11	-	11
Owed by Neshomo	70	-	70
	<u>28,543</u>	<u>-</u>	<u>28,543</u>
<b>CREDITORS</b>			
Amounts falling due within one year	-	-	-
<b>NET CURRENT LIABILITIES</b>	<u>28,543</u>	<u>-</u>	<u>28,543</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>28,543</u>	<u>-</u>	<u>28,543</u>
<b>CREDITORS</b>			
Amounts falling due after one year	-	-	-
<b>NET ASSETS</b>	<u>28,543</u>	<u>-</u>	<u>28,543</u>
<b>FUNDS</b>			
Unrestricted funds	7 28,543	-	28,543
<b>TOTAL FUNDS</b>	<u>28,543</u>	<u>-</u>	<u>28,543</u>

The financial statements were approved by the Board of Trustees on 16/07/2021 and were signed on its behalf by:

ON BEHALF OF THE BOARD:

  
.....  
Trustee

The notes form part of these financial statements

**Jewish Action for Mental Health**

**Notes to the Financial Statements  
For the year ended 30th April 2021**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the statement of recommended practice: Accounting and Reporting by charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011

**Financial reporting standard number 1**

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction arises when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each each fund is included in the notes to the financial statements.

**2. VOLUNTARY INCOME**

	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £
Donations	47,861	-	47,861
Grants	450	79,663	80,113
Event donations	3,710	-	3,710
Miscellaneous income	80	-	80
	<u>52,101</u>	<u>79,663</u>	<u>131,764</u>

**3. CHARITABLE ACTIVITIES**

	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £
Counselling & Therapy	35	59,777	59,812
Art Therapy	-	2,010	2,010
IT Equipment	-	487	487
Resources & Materials	3,699	1,191	4,890
	<u>3,734</u>	<u>63,465</u>	<u>67,199</u>

**Jewish Action for Mental Health**

**Notes to the Financial Statements - continued  
For the year ended 30th April 2021**

	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £
<b>4. SUPPORT COSTS</b>			
Publicity	96	5,532	5,628
Staff & Management costs	15,753	9,685	25,438
Training	125	265	390
Insurance	-	716	716
	<u>15,974</u>	<u>16,198</u>	<u>32,172</u>

**5. GOVERNANCE COSTS**

Consultancy	3,814	-	3,814
Statutory spending	35	-	35
	<u>3,849</u>	<u>-</u>	<u>3,849</u>

**6. TRUSTEES EXPENSES**

There were no Trustees' expenses paid for the year 30th April 2021

**7. MOVEMENT IN FUNDS**

	As at 01/05/2020 £	Net movement in funds £	As at 30/04/2021 £
<b>Unrestricted funds</b>			
General fund	-	28,543	28,543
<b>TOTAL FUNDS</b>	<u>-</u>	<u>28,543</u>	<u>28,543</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	131,764	103,221	28,543
<b>TOTAL FUNDS</b>	<u>131,764</u>	<u>103,221</u>	<u>28,543</u>

**Jewish Action for Mental Health**

**Notes to the Financial Statements - continued  
For the year ended 30th April 2021**

**7. MOVEMENT IN FUNDS**

	As at 01/05/2020 £	Net movement in funds £	As at 30/04/2021 £
<b>Unrestricted funds</b>			
General fund	-	28,543	28,543
<b>TOTAL FUNDS</b>	<u>-</u>	<u>28,543</u>	<u>28,543</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	52,101	23,558	28,543
<b>TOTAL FUNDS</b>	<u>52,101</u>	<u>23,558</u>	<u>28,543</u>