

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

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
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)

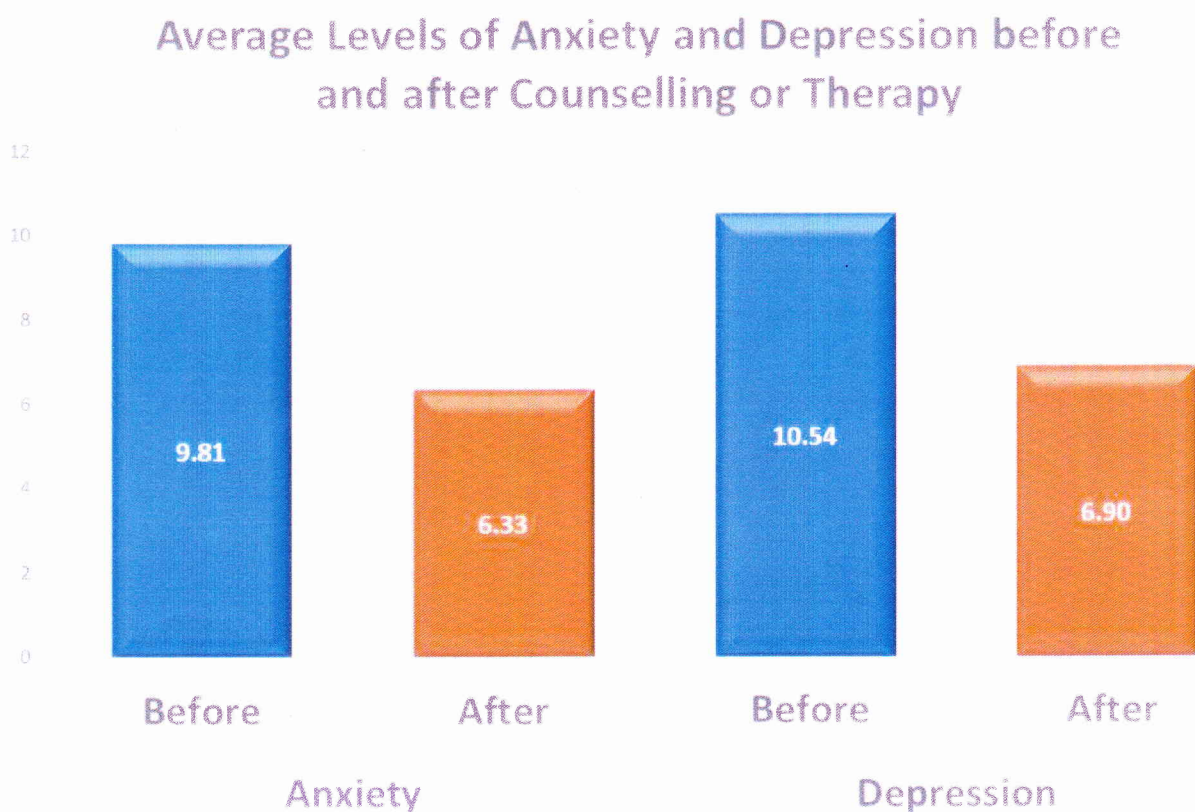
139 clients have been offered counselling and 28 therapy sessions. For twenty clients, this was extended to additional sessions. Measurables taken from evaluation survey results from clients:

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:



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!

Case study 1	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)**

Case study 2	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.

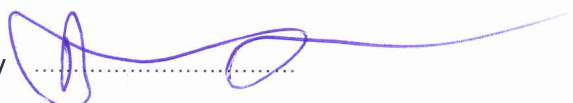
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examiner:

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

This report was approved by the board on 16th 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

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Chartered Accountants &
Registered Auditors
Brulimar House
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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 £
INCOMING RESOURCES				
Incoming resources from generated funds				
Voluntary income	2	52,101	79,663	131,764
Total incoming resources		<u>52,101</u>	<u>79,663</u>	<u>131,764</u>
RESOURCES EXPENDED				
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
Total resources expended		<u>23,558</u>	<u>79,663</u>	<u>103,221</u>
NET INCOMING RESOURCES		28,543	-	28,543
Funds brought forward from previous period		-	-	-
TOTAL FUNDS CARRIED FORWARD		<u>28,543</u>	<u>-</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 2021

	Notes	2021 Unrestricted funds £	2021 Restricted Funds £	2021 Total Funds £
FIXED ASSETS				
Tangible assets				
CURRENT ASSETS				
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>
CREDITORS				
Amounts falling due within one year		-	-	-
NET CURRENT LIABILITIES		<u>28,543</u>	<u>-</u>	<u>28,543</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>28,543</u>	<u>-</u>	<u>28,543</u>
CREDITORS				
Amounts falling due after one year		-	-	-
NET ASSETS		<u>28,543</u>	<u>-</u>	<u>28,543</u>
FUNDS				
Unrestricted funds	7	28,543	-	28,543
TOTAL FUNDS		<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

**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 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 £
4. SUPPORT COSTS			
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 £
Unrestricted funds			
General fund	-	28,543	28,543
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	131,764	103,221	28,543
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	-	28,543	28,543
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	52,101	23,558	28,543
TOTAL FUNDS	<u>52,101</u>	<u>23,558</u>	<u>28,543</u>