

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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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.

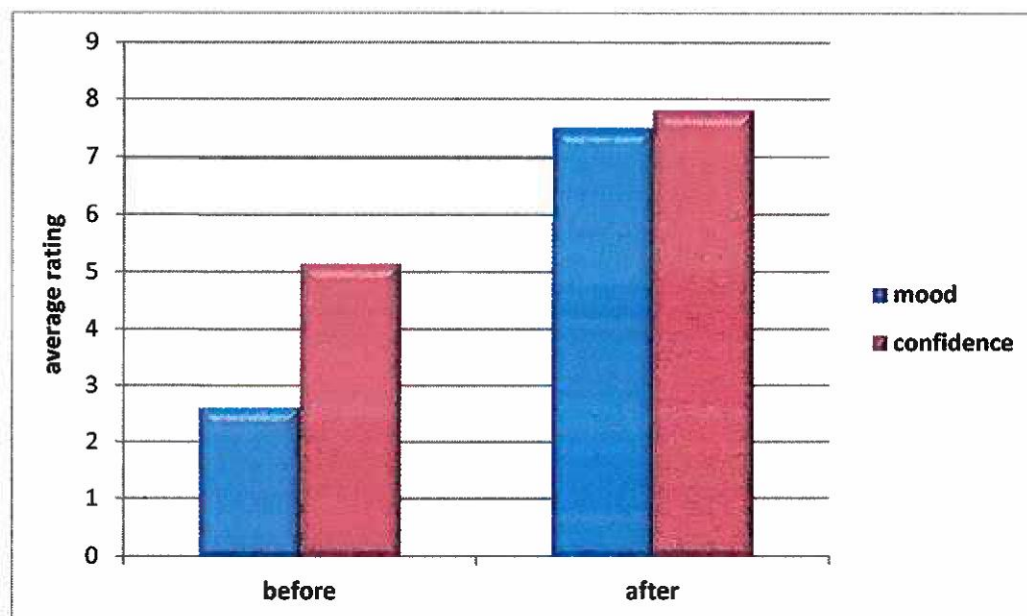
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Trustees' Annual report (continued)**

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)



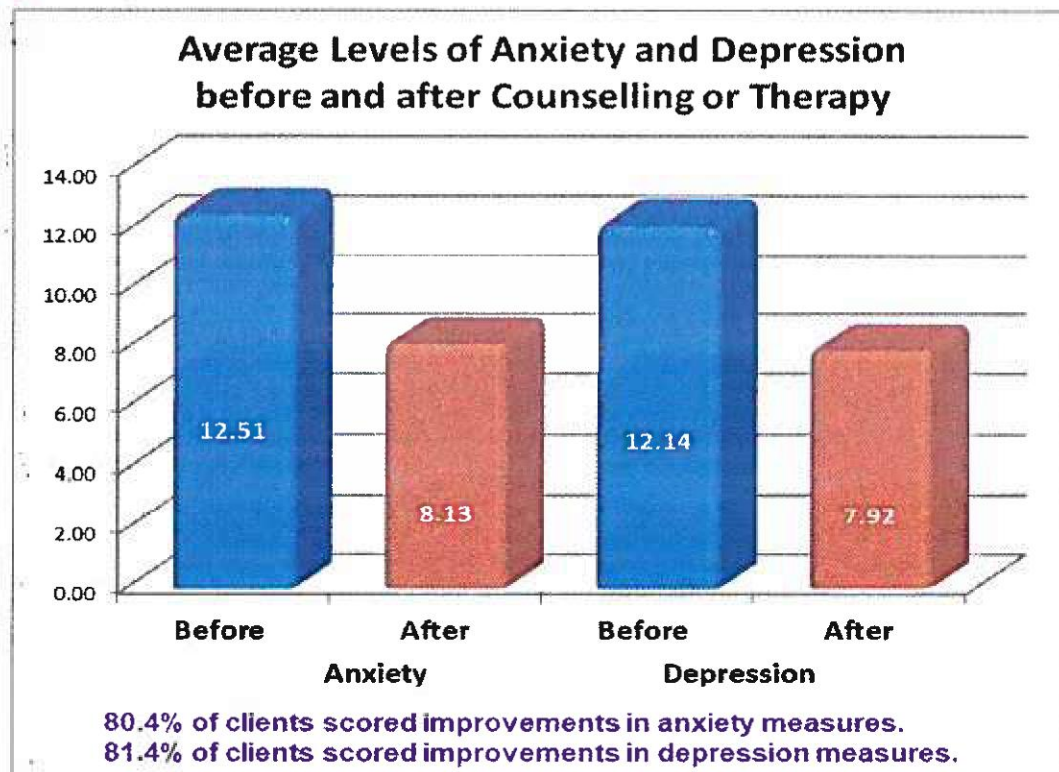
Supportiveness of approach of befriender, mentor, counsellor or therapist: 9.52 (100% positive)

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.

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.

Case study 1	Salford based, 43 year old female called helpline in August 2022
Presenting issues	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.
What interventions undertaken	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
Current situation	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.

Case study 2	Bury based, 37 year old female called helpline in October 2022
Presenting issues	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.
What interventions undertaken	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.
Current situation	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.

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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.

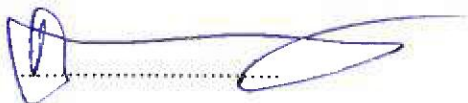
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examiner:

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

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

Bernard Yardley
Treasurer
30/01/2023



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
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Manchester
M24 2LX

Date:

30/11/23.

Jewish Action for Mental Health

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

	<i>Notes</i>	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	2	29,316	239,507	268,823	131,764
Total incoming resources		<u>29,316</u>	<u>239,507</u>	<u>268,823</u>	<u>131,764</u>
RESOURCES EXPENDED					
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
Total resources expended		<u>13,497</u>	<u>175,919</u>	<u>189,416</u>	<u>103,221</u>
NET INCOMING RESOURCES		15,819	63,588	79,407	28,543
Funds brought forward from previous period		28,543	-	28,543	-
TOTAL FUNDS CARRIED FORWARD		<u>44,362</u>	<u>-</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 £
FIXED ASSETS					
Tangible assets					
CURRENT ASSETS					
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>
CREDITORS					
Amounts falling due within one year	6	1,260	-	1,260	-
NET CURRENT LIABILITIES		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>
CREDITORS					
Amounts falling due after one year		-	-	-	-
NET ASSETS		<u>44,362</u>	<u>63,588</u>	<u>107,950</u>	<u>28,543</u>
FUNDS					
Unrestricted funds	8	44,362	63,588	107,950	28,543
TOTAL FUNDS		<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 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 £
4. SUPPORT COSTS				
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 £
Unrestricted funds			
General fund	28,543	15,819	44,362
Restricted funds			
Grants	-	63,588	63,588
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	29,316	13,497	15,819
Restricted funds			
Grants	239,507	175,919	63,588
TOTAL FUNDS	<u>268,823</u>	<u>189,416</u>	<u>79,407</u>