

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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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.

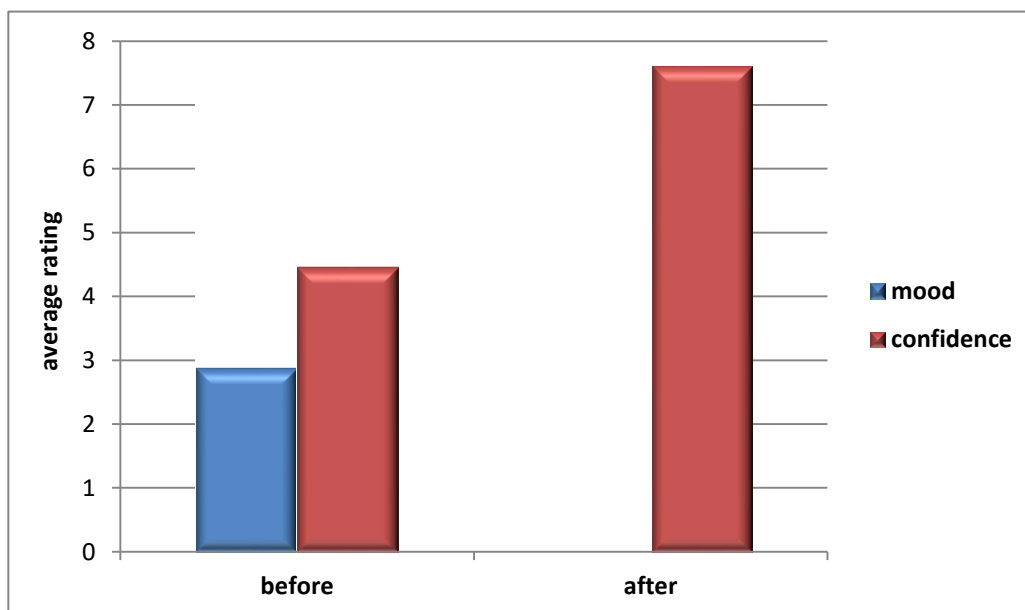
140 clients have been offered counselling, 12 clients had EMDR therapy and 31 clients had CBT therapy sessions. Most clients have extended sessions of therapy. Clients range from age 9 years to adult. Over 35% of our clients are age 18 and under.

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)



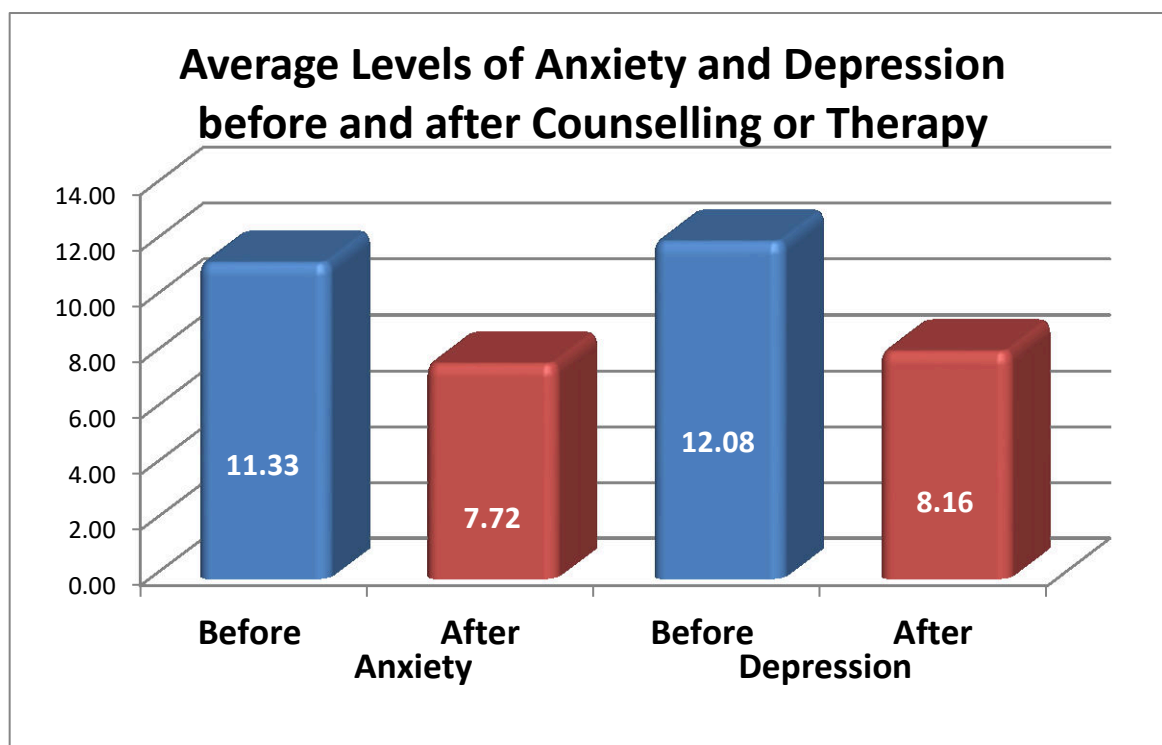
Supportiveness of approach of befriender, mentor, counsellor or therapist: 9.42 (97% positive)

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

| Case Study 1: Bury based, 65 year old male called phoneline in October 2022 |
|--|
| Situation before support: 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. |
| What interventions undertaken: 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. |
| Situation now: 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 phoneline 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 7th 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 journalling 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.

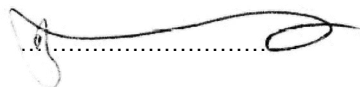
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examiner:

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

This report was approved by the board on 24th 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 £ |
|---|-------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| INCOMING RESOURCES | | | | | |
| Incoming resources from generated funds | | | | | |
| Voluntary income | 2 | 83,475 | 191,498 | 274,973 | 268,823 |
| Total incoming resources | | <u>83,475</u> | <u>191,498</u> | <u>274,973</u> | <u>268,823</u> |
| RESOURCES EXPENDED | | | | | |
| 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 | | - | - | - | - |
| Total resources expended | | <u>56,076</u> | <u>173,096</u> | <u>229,172</u> | <u>189,417</u> |
| NET INCOMING RESOURCES | | 27,399 | 18,402 | 45,801 | 79,406 |
| Funds brought forward from previous period | | 107,949 | - | 107,949 | 28,543 |
| TOTAL FUNDS CARRIED FORWARD | | <u>135,348</u> | <u>- 18,402</u> | <u>153,750</u> | <u>107,949</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 2023

| | Notes | 2023 Unrestricted funds £ | 2023 Restricted Funds £ | 2023 Total Funds £ | 2022 Total Funds £ |
|--|-------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | | | | | |
| CURRENT ASSETS | | | | | |
| 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> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 6 | 783 | - | 783 | 1,260 |
| NET CURRENT LIABILITIES | | <u>105,902</u> | <u>47,848</u> | <u>153,750</u> | <u>107,949</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>105,902</u> | <u>47,848</u> | <u>153,750</u> | <u>107,949</u> |
| CREDITORS | | | | | |
| Amounts falling due after one year | | - | - | - | - |
| NET ASSETS | | <u>105,902</u> | <u>47,848</u> | <u>153,750</u> | <u>107,949</u> |
| FUNDS | | | | | |
| Unrestricted funds | 8 | 105,902 | 47,848 | 153,750 | 107,949 |
| TOTAL FUNDS | | <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 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 | 11,563 | 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 £ |
|--------------------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| 4. SUPPORT COSTS | | | | |
| 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> |

5. GOVERNANCE COSTS

| | | | | |
|---------------------------|--------------|------------|--------------|--------------|
| 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> |

6. CREDITORS

| | | | | |
|----------------------------------|------------|----------|------------|-----------------|
| 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> |

7. TRUSTEES EXPENSES

There were no Trustees' expenses paid for the year 30th April 2023

8. MOVEMENT IN FUNDS

| | As at 01/05/2022 £ | Net movement in funds £ | As at 30/04/2023 £ |
|--------------------|--------------------------|-------------------------------|--------------------------|
| General fund | 107,949 | 45,801 | 153,750 |
| TOTAL FUNDS | <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 |
| TOTAL FUNDS | <u>274,973</u> | <u>229,172</u> | <u>45,801</u> |