

**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**

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Financial Statements for the Year Ended 30 April 2024

	Page
Report of the Trustees	1 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11 to 12

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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.

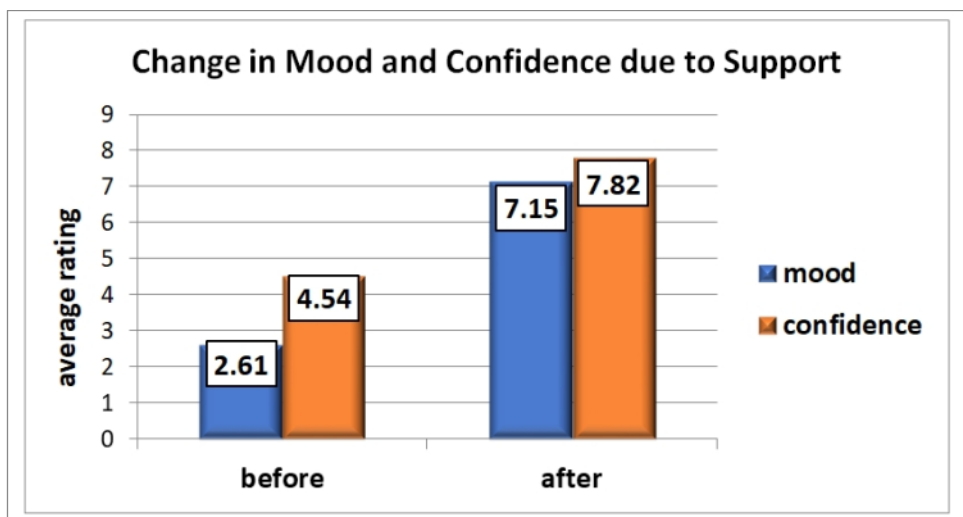
Service users supported and evidence of impact

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):

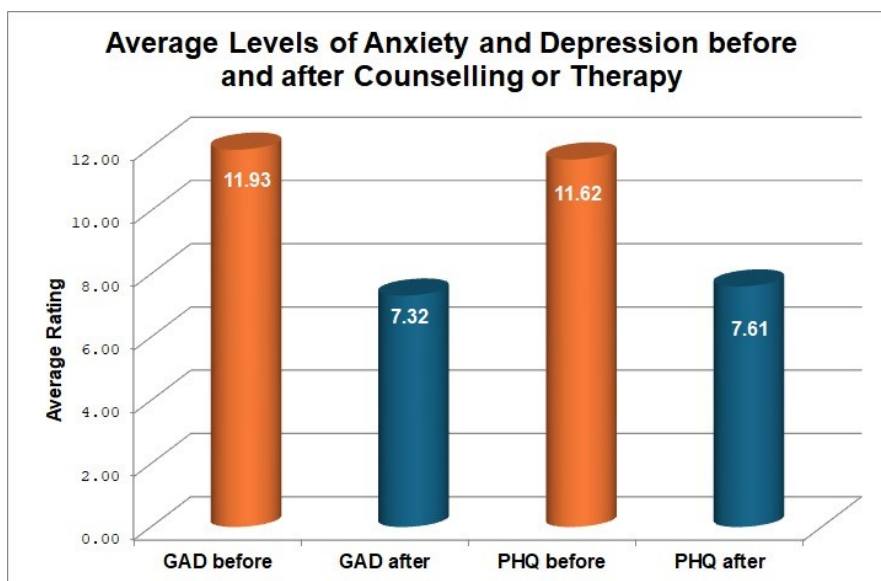
- **Mood:** 2.61 before, 7.15 after, a 4.54 point increase.
- **Confident of making positive choices about life:** 5.15 before, 7.82 after, a 2.67 point increase. (see graph below)



- **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.

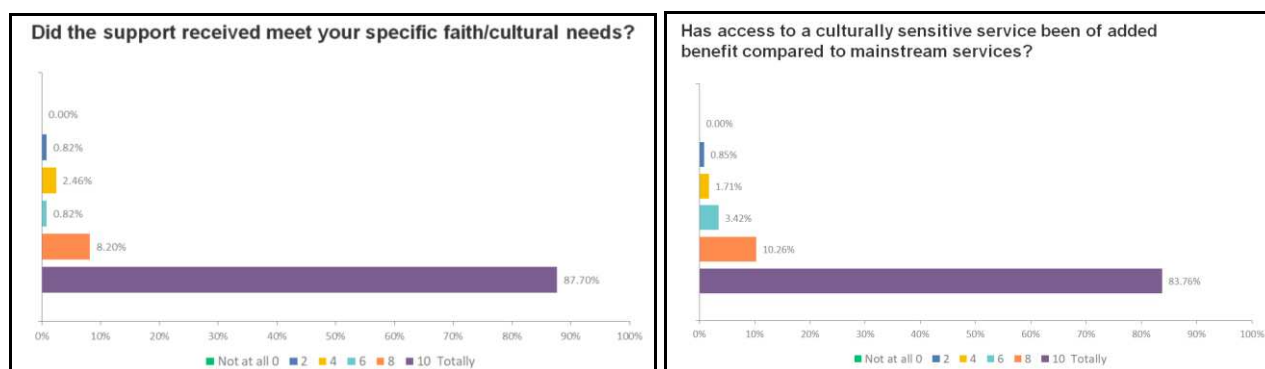
Where appropriate, our counsellors and therapists use GAD-7 and PHQ-9 measures with clients to record levels of anxiety and depression respectively. Below are aggregated results for the last year:



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 phoneline 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 phoneline 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.

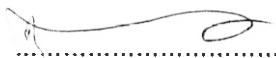
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examiner:

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

This report was approved by the board on 20th 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 £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	2	53,242	102,306	155,548	274,973
Total incoming resources		53,242	102,306	155,548	274,973
RESOURCES EXPENDED					
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		-	-	-	-
Total resources expended		119,597	89,324	208,921	229,172
NET INCOMING RESOURCES		- 66,355	12,982	- 53,373	45,801
Funds brought forward from previous period		144,909	8,841	153,750	107,949
TOTAL FUNDS CARRIED FORWARD		78,554	21,823	100,377	153,750

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 £
FIXED ASSETS					
Tangible assets					
CURRENT ASSETS					
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>
CREDITORS					
Amounts falling due within one year	6	711	-	711	784
NET CURRENT LIABILITIES		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
CREDITORS					
Amounts falling due after one year		-	-	-	-
NET ASSETS		<u>78,555</u>	<u>21,823</u>	<u>100,377</u>	<u>153,750</u>
FUNDS					
Unrestricted funds	8	78,555	21,823	100,377	153,750
TOTAL FUNDS		<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

**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 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	2953	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 £
4. SUPPORT COSTS				
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
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	155,548	208,921	- 53,373
TOTAL FUNDS	<u>155,548</u>	<u>208,921</u>	<u>- 53,373</u>

