



Jewish Action for Mental Health

REGISTERED CHARITY NUMBER: 1190973

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

Trustees' Annual report

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

Charity Objects

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

Governance and Management:

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

Trustees:

The following individuals served as trustees during the year:

Dr Sandi Mann (Chair)

Belinda Rich

Jonny Wineberg

Bernard Yardley (Treasurer)

Rabbi Benjamin Rickman

Sophie Bloom

Lucy Feingold

Gabriella Witkin (Appointed 2 February 2025)

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

Risk Review:

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

Achievements and Performance:

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

Delivery during the year included:

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

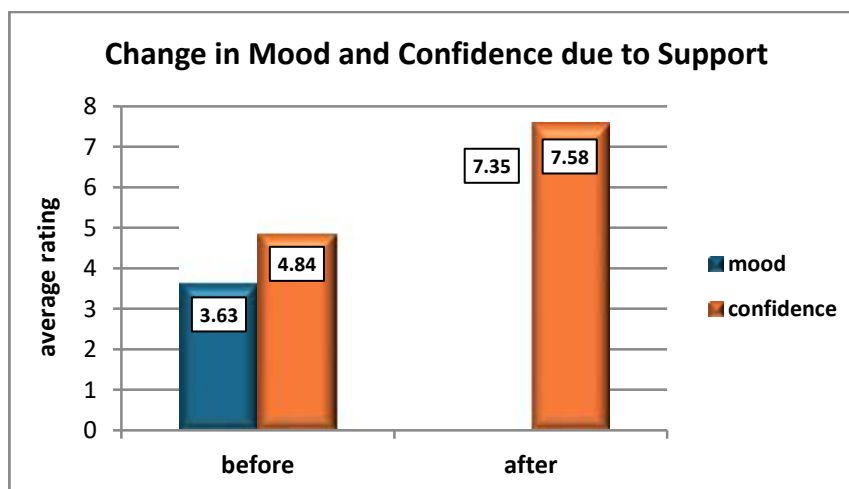
Service users supported and evidence of impact

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

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

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

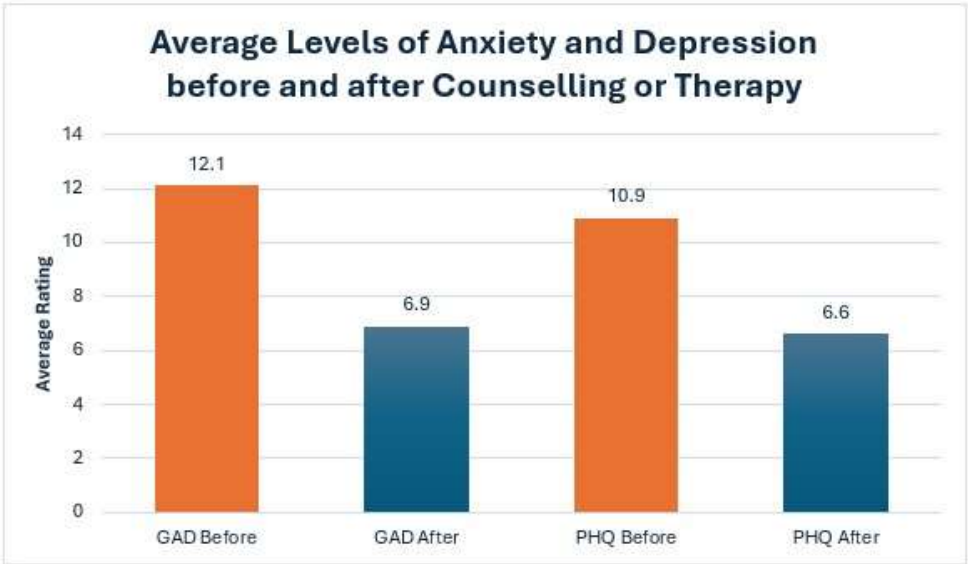
- **Mood:** 3.63 before, 7.35 after, a 3.72 point increase.
- **Confident of making positive choices about life:** 4.84 before, 7.58 after, a 2.74 point increase. (see graph below)



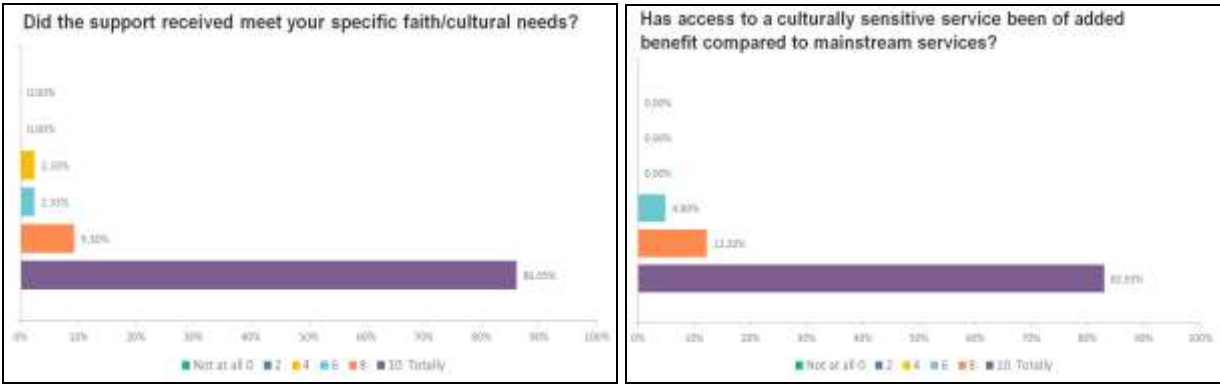
- **Supportiveness of approach of counsellor or therapist:** 9.35 (100% positive)
- **Satisfaction with support services:** 9.30 (97.7% positive)
- **Involvement improved mental health:** 8.14 (93.0% positive)
- **Enabled to function better in activities in daily life:** 7.95 (88.4% positive)
- **Feel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

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

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



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



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

Promotional work undertaken

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

Samples of Qualitative Feedback

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

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

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

Thank you for this much needed service to our community.

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

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

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

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

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

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

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

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

Future Plans

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

This will include:

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

Case Studies

Case Study 1: Bury based, 20 year old female called phoneline in June 2024

Situation before support:

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

What was done to help:

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

Situation now:

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

Case Study 2: Salford based, 24 year old male called phoneline in December 2024

Situation before support:

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

What was done to help:

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

Situation now:

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

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

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

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

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

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

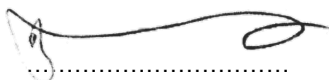
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity Commission website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examiner:

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

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

Bernard Yardley
Treasurer
29/01/2026



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

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

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of the independent examiner's report

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

Independent examiner's statement

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

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

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

Have not been met; or

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



Gary A Harris

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

Date: 29.1.2026

Jewish Action for Mental Health

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

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

CONTINUING OPERATIONS

All incoming resources and resources expended arise from continuing activities.

The notes form part of these financial statements

Jewish Action for Mental Health

Balance sheet
For the year ended 30th April 2025

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

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

ON BEHALF OF THE BOARD:

.....
Trustee

The notes form part of these financial statements

Jewish Action for Mental Health

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

1. ACCOUNTING POLICIES

Accounting convention

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

Financial reporting standard number 1

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

Incoming resources

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

Resources expended

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

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

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

2. VOLUNTARY INCOME

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

3. CHARITABLE ACTIVITIES

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

Jewish Action for Mental Health

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

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

5. GOVERNANCE COSTS

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

6. CREDITORS

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

7. TRUSTEES EXPENSES

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

8. MOVEMENT IN FUNDS

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

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

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