take off







Annual Report
April 2023 to March 2024

An Introduction

Take Off provides ready-made social networks and other peer support services as needed. When a need is identified, we will endeavour to design, develop and deliver a service to fill that void. We have a large group of sessional workers spread across East Kent. We believe peer support is a significant part of our recovery process and therefore has an economic value.



Designed, Developed and Delivered for service users by service users.



100% Peer Led- we have experience living with mental health problems and believe peer support has been a significant part of our recovery process.



We pay everyone who wants to be paid and employ individuals with mental health problems.



100% recommend to family or friends



Welcoming ages 16+

"THIS IS THE MOST WELCOMING PLACE I COME TO, I KNOW EVERY WEEK NO MATTER HOW I AM FEELING I CAN TURN UP AND BE ACCEPTED AS I AM, I GET THE WARMEST WELCOME. WE ARE LOOKED AFTER SO WELL IN THIS GROUP AND THE FACILITATORS MAKE THE PERFECT TEAM, YOU KNOW THEY CARE, YOU KNOW THEY LISTEN TO YOU AND ARE TRULY INSPIRING. I OWE SO MUCH TO TAKE OFF"

An Overview

- 413 groups
- 183 people supported each month
- 1525 attendances

This year, we continued our commitment to engaging with the communities we serve, actively seeking their input on the types of support groups they want us to offer. By regularly distributing feedback forms, we ensure our programs are responsive and relevant, with innovative offerings like our online "Managing Pain" group that address unique community needs.

Our team has embraced creative wellness strategies, drawing inspiration from peer workers like Lauren, who finds relaxation and mental health benefits in activities like cross-stitching and crocheting.

We also increased our community outreach efforts, participating in various panels and presentations to promote mental health awareness and showcase our work. Mark and Wayne joined discussions at the Gulbenkian Theatre alongside Sarah Sweeney, while Mark further represented us on the Creative Health Podcast with Laura Bailey and the Innovative Network Meeting panel led by Lydia Mckeown.

Despite our successes, the year also brought challenges, particularly in terms of funding and resource allocation. We have faced budget constraints that required us to be more innovative with our resource management. Through strategic planning and the implementation of cost-effective measures, we have managed to maintain the quality of our services without significant disruptions.

One of our proudest accomplishments this year with the help of I Do Marketing has been the launch of our Guardians scheme, which aims to foster connections with local businesses. Additionally, we're thrilled to have established partnerships with organisations like Connected Roots, allowing us to offer bushcraft sessions that enhance outdoor engagement and wellbeing and are excited to develop more partnerships like this.

We extend our heartfelt gratitude to our funders for their ongoing support, as well as to the new funders and donors who joined us this year. Your generosity enables us to continue the impactful work we do, making a difference in the communities we serve. Thank you for your commitment to our mission.

Lesley - Group attendee

Lesley self-referred into Take Off in November 2022. She was living in Canterbury whilst attending university. She was looking to find a group with similar people where there is support as she had been suffering with chronic depression for several years, and wanted to find more positive and social ways to help herself. She decided to attend our Creative Group in Canterbury and become a regular attendee, rarely missing a session.

The Creative Group provides activities with various creative elements as a form of distraction and positive interactions. The sessions are not always so much about the activity but more something to look forward to, to get out of bed for and to leave with more confidence and self-worth than before. "They offer a relaxed atmosphere in a safe place where you can be yourself with the knowledge that you have something in common with others". The group particularly works well for those with social anxiety as the activity is something to base conversation on and allows them to be around people without eyes being directly on them.

Lesley was very creative and was often able to offer support and advice to others thus building her confidence. She engaged with all in the group and looked forward to attending each session. Lesley has now finished university and has moved out of Canterbury. Upon their last session they shared the following comments:

"THANK YOU SO MUCH FOR THE KINDNESS AND SUPPORT I HAVE FOUND AT THE CREATIVE GROUP OVER THE LAST FEW MONTHS! I AM SO GRATEFUL TO HAVE FOUND SUCH A WELCOMING, FRIENDLY AND COMFORTING GROUP AND I DON'T KNOW HOW I WOULD HAVE GOT THROUGH THE LAST FEW MONTHS WITHOUT THIS GROUP!

I'M GUTTED TO BE MOVING AWAY BUT I CAN'T THANK YOU ENOUGH FOR GIVING ME A 'SAFE' SPACE TO HELP ME HEAL (AND A MILLION CUPS OF TEA)! KEEP HELPING PEOPLE – YOU'RE ALL AMAZING!"







South Kent Coast



As we close another dynamic year in the South Kent Coastal region, I am delighted to reflect on our success and the impactful services we have been able to deliver. This year was marked by significant new opportunities that have enhanced our ability to serve our community more effectively.

This year, we intensified our efforts in community engagement, reaching an unprecedented number of individuals through our networking and outreach activities. Our outreach was particularly successful in towns such as Dover, Folkestone, and the surrounding areas, where we attended network meetings, seminars, and interactive sessions that helped us integrate with new organisations, this led to reaching a the greater communities of people we may not necessarily see, or people that were unaware of our profile.

Among others, the success this year was the expansion of our peer support network, which now includes some newly trained peer workers. These new individuals will be instrumental in providing support at a grassroots level, significantly impacting our community's mental health resilience. We have also taken a new contract in Dover to provide the service user voice for Dover, Deal and surrounding areas.

A key focus this year has been on building and nurturing partnerships. We have collaborated with local councils, health services, and other NGOs to pool resources and expertise. These collaborations have not only expanded our reach but also enhanced the quality of our services, making them more tailored and responsive to the specific needs of the South Kent Coastal community.

"COMING TO THESE GROUPS ALLOWS ME TO TALK TO PEOPLE WHO HAVE BEEN THROUGH THE SAME STRUGGLES AS I HAVE WHICH IN TURN MAKES ME FEEL UNDERSTOOD AND LESS ALONE."

Dover

We are thrilled to announce that we have moved to a new premises from April 2023 located on the High Street of Dover. This location positions us at the heart of the community, making our services more accessible to those in need. The new space not only expands our operational capacity but also enhances our visibility in the community, fostering greater engagement and outreach.

"ATTENDING THESE GROUPS HAS GIVEN ME A SENSE OF BELONGING AND COMFORT, KNOWING THERE ARE OTHERS WHO GENUINELY UNDERSTAND MY EXPERIENCES."

Groups that have been implemented in Dover this last year

- IT Group: This year, our IT group has seen significant enhancements, focusing on increasing digital inclusivity. Our sessions have empowered many individuals with the skills needed to navigate the digital world confidently.

- Managing Depression Group: The Managing Depression group continues to be a cornerstone of our support services, and is a well subscribed to group. Providing support for those individuals that find nowhere to turn. The group not only provides support and empathy for its member, as well as providing tools and support for managing their wellbeing.

- Peer Support Activity Group: We've expanded our range of activities, offering sessions that include creative arts, board games, quizzes, guided discussions tailored to the needs of our participants. These sessions have been instrumental in building stronger connections among members, providing a safe space for sharing experiences and coping strategies.









Shepway

Our Folkestone Wellbeing Group has successfully found a new home at The Bayle Community Centre. This move has been instrumental in providing a bigger space for our service users as the group has been growing. We thank the Folkestone Bookshop for being so welcoming and accommodating to this group when it started and we will forever be grateful. Currently the Shepway wellbeing group draws new members all the time and provides support for our members in a community where our service user led peer support model is unique.

I am incredibly proud of what we have achieved together this year. Our team's dedication and hard work has allowed us to make a tangible difference in the lives of many. As we look to the future, I am confident that with continued support from our partners and stakeholders, we will keep building on our successes to create a healthier, more resilient community. For 2024, we aim to strengthen our peer support worker numbers, increasing our capacity to deal with the growing demand for mental health support in the region. Our focus will remain on enhancing the effectiveness of our existing groups and exploring new opportunities to support mental health in the community.

"COMING TO THESE GROUPS ALLOWS ME TO TALK TO PEOPLE WHO HAVE BEEN THROUGH THE SAME STRUGGLES AS I HAVE WHICH IN TURN MAKES ME FEEL UNDERSTOOD AND LESS ALONE."

Canterbury and Coastal

The past year has been one of significant achievement for Take Off in the Canterbury and Coastal area. Despite uncertain times and challenges with funding, our amazing peer workers stepped up, showing their dedication to the organisation and ensuring we were able to continue providing our peer support groups in Canterbury by volunteering their time during a challenging period at the start of the year. Their efforts ensured our service users experienced no disruption. I would like to express enormous gratitude to John, Sara, Lauren, and Anthony for volunteering their time and support during this time, and to Ellie for working hard behind the scenes to secure funding to continue these groups. We were fortunate enough to continue with our weekly depression group and fortnightly creative group, thanks to the generous funding from Awards for All, which has allowed us to support more individuals in need of mental health assistance.



"THIS IS ONE OF THE SAFEST AND MOSTUNDERSTANDING PLACES I'VE BEEN TO. I'M SO GRATEFUL TO HAVE BEEN PUT IN CONTACT WITH TAKE OFF."



Managing Depression Group

Our weekly depression group has continued to be the foundation of our service offerings. The group meets every Monday and provides a safe, welcoming environment for individuals to share their experiences and receive peer support. Over the course of the year, we have seen consistent attendance and positive feedback from participants. Many have reported improvements in their mental health and an enhanced sense of community and belonging.

Creative Group

We have successfully run a fortnightly creative group, allowing participants to explore various forms of creative expression, such as painting, drawing, and writing, which have been shown to have therapeutic benefits. The creative group has been particularly popular, with many members expressing gratitude for the opportunity to engage in artistic activities and connect with others in a supportive setting. Our service users have such a wide range of talents, it has been amazing to witness many of these.

Cooking On a Budget Group

Understanding the intrinsic link between mental and physical wellbeing, we are delighted to have continued our cooking on a budget group this year. The group focused on teaching participants how to prepare nutritious and affordable meals. One of the highlights was Fay's Creamy Spinach Recipe, which quickly became a firm favourite among the group. The group not only provided practical cooking skills but also fostered a sense of accomplishment and self-sufficiency among attendees. This was an extremely popular group, always filled to capacity, and a firm favourite with our service users.

"THANK YOU SO MUCH FOR TODAY, ZOE, IT HAS BEEN REALLY NICE TO DO A SIMPLE RECIPE THAT IS EASY TO UNDERSTAND THAT WE COULD ADD TO IF WE WANTED TO BUT SOMETHING THAT WE CAN EASILY FEEL CONFIDENT IN MAKING AT HOME WITHOUT THE SUPPORT OF OTHERS IN THE GROUP. THIS WILL REALLY BOOST MY CONFIDENCE IN THE KITCHEN AND MAKE ME FEEL LIKE I CAN ACHIEVE SOMETHING! THANK YOU SO MUCH! I'VE NEVER THOUGHT I'D BE ABLE TO REPEAT A RECIPE AT HOME BEFORE."









Special Thanks

We would like to extend a special thank you to our service user, Luke, who made an incredible contribution by raising money for Take Off through shaving his head and beard. Luke's dedication and support are truly inspiring, and his efforts have been very beneficial to us. Thank you, Luke! We extend our deepest gratitude to Awards for All and the ICB for their financial support, which has been crucial in enabling us to run these programs. We also thank our dedicated volunteers and staff, whose hard work and commitment have been instrumental in making our activities successful.

As we move into the next year, we plan to continue these successful groups and explore additional opportunities to expand our reach and support even more individuals in the Canterbury area. We also look forward to building new and continuing existing relationships within the community to work together to improve and increase services within the area. We remain committed to our mission of providing peer support and improving mental health outcomes for our community and look forward to building upon this year's success in the coming year.

"DEALING WITH DEPRESSION, I OFTEN FELT STUCK IN MY THOUGHTS. ATTENDING TAKE OFF GROUPS OFFERED FRESH PERSPECTIVES AND PRACTICAL ADVICE THAT I HADN'T CONSIDERED. DURING GROUP SESSIONS, HEARING OTHERS' STORIES AND COPING STRATEGIES WAS ENLIGHTENING. ONE MEMBER SHARED THEIR ROUTINE OF DAILY WALKS, WHICH INSPIRED ME TO TRY IT. ANOTHER TALKED ABOUT MINDFULNESS PRACTICES, WHICH I INCORPORATED INTO MY LIFE. THESE NEW APPROACHES, SUGGESTED BY PEERS WHO TRULY UNDERSTOOD, WERE MORE RELATABLE AND ACTIONABLE THAN ANY ADVICE I'D RECEIVED FROM PROFESSIONALS. THE DIVERSE INSIGHTS AND PRACTICAL TIPS I GAINED FROM THE GROUPS HELPED ME BREAK OUT OF MY NEGATIVE THOUGHT PATTERNS. THIS LED TO A GRADUAL IMPROVEMENT IN MY MOOD AND MOTIVATION."







100% they would recommend Take Off to others

97% said "The sessions have had a **positive impact** on my life outside of Take Off"

95% said "I feel like the group is **keeping me well**"

97% said "This group helps me feel more **hopeful**"

95% said they have done or **learned something new** at the group

84% said they feel **less isolated** after attending groups

95% said "The groups help me feel **more optimistic** about the **future**

95% said they **feel valued** and **have a voice** at groups

84% said they are becoming **more confident** in social situations

Thanet

As another year comes to a close, I reflect back with pride on our achievements in Thanet. Recognizing the high levels of deprivation and significant health inequalities compared to other areas in Kent, we have been working diligently to provide more services in the area. Despite challenges, particularly in terms of funding amidst the cost-of-living crisis, we have made substantial progress this year. Our commitment to expanding and diversifying our offerings has resulted in significant growth and increased participation.

Depression Group

Our weekly depression group at St. John's Community Centre has been at the core of our support services. Meeting every week, the group has provided a safe and supportive environment for individuals experiencing depression. Feedback from attendees has been overwhelmingly positive, highlighting the importance of peer support in managing their mental health.



"I ALWAYS FEEL WELCOMED & A SENSE OF FAIRNESS TO ALL ATTENDEES. IT MAKES US ALL FEEL WE ARE HEARD AND THERE IS ALWAYS WISDOM OR SOMEONE TO RESEARCH A WAY TO HELP."

"The group benefits all of the attendees as we can touch base getting a reassuring listening ear and a group take on how to try move forwards with anything troubling. Without such a group the world becomes a lonely place in times such as these."

"It has been my saviour I have the support I need and everybody attending and facilitating gets it!"



"IT HAS BEEN MY SAVIOUR I HAVE THE SUPPORT I NEED AND EVERYBODY ATTENDING AND FACILITATING GETS IT!"





Creative Group

In January 2024, we launched a new weekly creative group to further enrich our offerings. This group has been particularly successful, with diamond art becoming a popular activity among participants. Many attendees have found joy and a sense of accomplishment through the craft. The popularity of this group underscores the therapeutic benefits of creative activities in mental health recovery.

> "I REALLY LOVE THE CREATIVE GROUP IT IS SO NICE TO HAVE A PLACE TO GO WITH TRANQUILLITY, IT FEELS LIKE MY SAVIOUR. THE BALANCE OF HAVING A GROUP TO TALK AND A GROUP THAT IS PEACEFUL AND GIVE SOLITUDE IS GREAT."

Our relationship with St. John's Community Centre has continued to flourish. We participated in their Christmas Tree Festival, where our service users created decorations for our tree. The event was a resounding success, showcasing the creativity and community spirit of our participants. All the trees at the festival were beautifully decorated, and we are already brainstorming ideas for next year's event.

> "FRIDAY WAS LOVELY, I FELT SOOTHED FOR THE REST OF THE DAY, THERE WAS SOMETHING SO MAGICAL ABOUT HAVING QUIET TIME WITH PEOPLE YOU CARE ABOUT, IT WAS LOVELY."

New Outdoor Group

We are excited to announce that we have secured funding for a new outdoor group, which will run weekly for six months. This group aims to leverage the therapeutic benefits of nature, providing another valuable resource for our community members.

Future Goals

Thanet continues to face a significant mental health crisis, with higher-than-average rates of depression, anxiety, and other mental health conditions. According to the latest data from the Kent Public Health Observatory, Thanet has one of the highest rates of hospital admissions for mental health conditions in the county. With this at the forefront of our minds, looking towards next year, we aim to build relationships with other organizations in the area and promote the work of Take Off more broadly within Thanet. Our goal is to increase awareness and accessibility of our services, ensuring that more individuals can benefit from the support we provide. Our services are crucial in addressing the current mental health crisis, offering support and community to those in need.

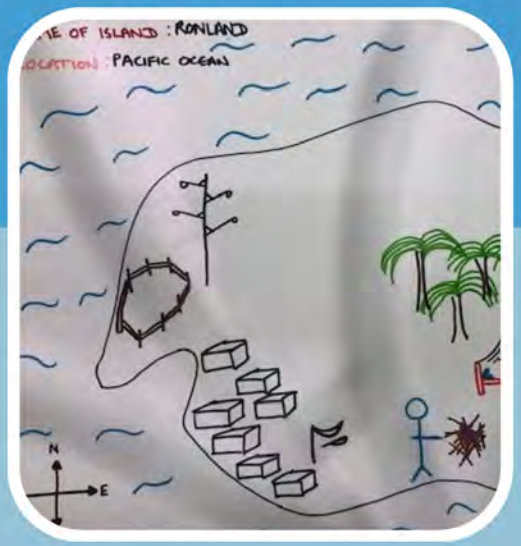
We thank our participants, partners, and funders for their continued support and look forward to another year of making a difference in the lives of those we support.

"THE GROUP BENEFITS ALL OF THE ATTENDEES AS WE CAN TOUCH BASE GETTING A REASSURING LISTENING EAR AND A GROUP TAKE ON HOW TO TRY MOVE FORWARDS WITH ANYTHING TROUBLING. WITHOUT SUCH A GROUP THE WORLD BECOMES A LONELY PLACE IN TIMES SUCH AS THESE."









Rob- Peer Worker

Having attended Take Off groups as a service user for roughly a year and a half, I had a good read on Take Off's vibe and had been pondering about asking to join the team as a peer support worker.

It was with some gentle encouragement from John and Zoe that I finally chose to go for it. Peer support had been something I had been interested in doing since being inspired by a chap who supported me through my time in the hospital a couple of years ago when I was at my most extreme lowest ebb.

The 'on-boarding' process was a little intense, but it was wholly worthwhile. Packed full of important, relevant and useful information, they made sure to get the new team members on the right page quickly and effectively.

It'd be a lie if I said my time on the facilitators side of the table had been totally smooth. Ultimately, my experiences with mental health, while providing me with great experience to understand and empathise with service users, also makes me a little fragile at times, and I have allowed myself to get a little overwhelmed on the odd occasion.

Luckily, I'm working amongst a team of individuals who all have their own lived experiences as well, and they continue to be supportive and encouraging and help to stop me sinking too low.

Of all the roles I've had at all the various companies over the last 20-something years, Take Off is the first place with whom I've joined that has left me feeling like a real person with an identity. With a voice. With a role that really makes a difference to other people.

I'm no longer a faceless, anonymous button pusher for some massive mega-corporation. I am a peer support worker for Take Off; and I'm ever so proud to say this to people I meet who ask what I do.

That's not only because Take Off does great work. It's because everyone doing the work, genuinely believe that what they're doing matters as well. That's a rare thing to find and it's a privilege to be part of it.

"TAKE OFF SAVED ME. YOU HAD TIME FOR ME, YOU ALL LISTENED AND THAT'S WHAT'S MADE THE DIFFERENCE. YOU ARE ALL AWESOME".

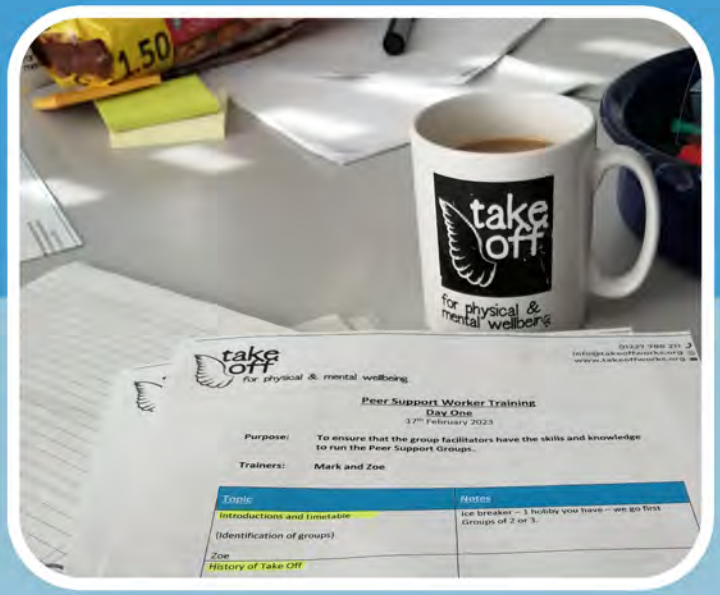
Training and Mentoring

Take Off is dedicated to empowering individuals through mental health support and peer-led initiatives. This year, we focused on enhancing our peer support worker program, recognising the invaluable role that those with lived experiences play in fostering understanding and support within our community.

In March 2024, Take Off conducted our bespoke peer training program designed to equip a new cohort of peer support workers with the skills and knowledge necessary to effectively support others on their mental health journeys. This cohort consisted of a diverse group of six individuals, each bringing unique perspectives and experiences. All participants were either current or former service users who expressed a strong desire to give back to the community. Their shared motivation to support others, driven by the help they themselves had received, underscored the program's ethos of peer-led support. The training covered essential topics such as active listening, effective communication, boundaries, confidentiality, and crisis management. Participants engaged in both theoretical learning and practical exercises, ensuring a well-rounded understanding of peer support dynamics. The training was a resounding success with all participants demonstrating fantastic understanding and skills. We know they are all going to make fantastic peer workers! We look forward to them continuing their journey with us while providing them with ongoing support through our mentoring program.

We are proud to have facilitated this program and looks forward to the positive impact our newly trained peer workers will make. We are grateful for the opportunity to help transform lived experiences into sources of strength and support for others.







Our Flagship Services

User Voice

At Take Off, as part of our **User Voice** work across East Kent, we are proud to be working with EK360 to influence change in the mental health services.

We talk 1 to 1 with people and they can stay anonymous to give feedback- this can be positive, negative or anything in between- about services they have used or tried to use.

"TAKE OFF HELPED ME MORE THAN ANYONE ELSE HAS TRYING TO GET AROUND THE SYSTEM FOR SUPPORT. THEY HELPED ME WITH A COMPLAINT AND NOW I'M IN THERAPY AND AM CONTACTED EVERY MONTH WITH AN UPDATE ABOUT WHAT IS NEXT FOR ME LIKE MED REVIEWS WHICH I NEVER HAD BEFORE.

EK360 then talk to the powers that be, sharing with them the data to illustrate the experiences people are having using different services to show where things are going well and where improvements are needed.

Peer Support Crisis Group

Our Peer Support Crisis Group (PSCG) has been a vital part of the community for several years, consistently evolving to meet the changing needs of those we serve. This year, we have continued to provide our support services through an online group via Zoom. This adaptation has been exceptionally well-received, highlighting the ongoing need for accessible and flexible support solutions.

"THE CRISIS GROUP IS MY MAIN GROUP FOR THE WEEK RECENTLY AS IT'S DIFFERENT FROM THE MAIN DEPRESSION GROUPS. IT CAN BE MORE RELAXED IN MANY WAYS BUT IT'S KIND OF ADAPTIVE AND IS WHAT IT NEEDS TO BE DEPENDING ON WHERE THE INDIVIDUAL PERSON SPEAKING IS"

This feedback underscores the essence of the PSCG – creating a space of unconditional acceptance and understanding, where individuals can freely express themselves without the fear of judgement. Sessions have a section to discuss the previous week then a section for activities to distract and enjoy the afternoon.

We extend our deepest thanks to The Integrated Care Board for their continued funding of this project. Their support has been crucial in enabling us to maintain and enhance this invaluable service. Because of their commitment, we can offer a supportive and nurturing environment for individuals to connect, share experiences, and find comfort.

Looking to the future, we remain committed to adapting our services to best support the wellbeing of our community members, ensuring that PSCG continues to be a reliable and welcoming space for all who need it.

Online

Take Off has had a productive and impactful year in our online provision of mental health support from April 2023 to March 2024. Our commitment to providing accessible and effective peer support has been unwavering, and we have successfully expanded and diversified our online offerings to better serve our community.



Depression Group

Throughout the year, our weekly Depression Group has continued to be a cornerstone of our online support services. This group has provided a safe and supportive environment for individuals experiencing depression to share their experiences, receive peer support, and develop coping strategies. Attendance has been consistently high, and feedback from participants underscores the positive impact this group has had on their mental health and well-being.



"THIS GROUP WOULDN'T BE THE GROUP THAT IT IS, WITHOUT THE FACILITATORS. THE ALLOW SUCH AN OPEN AND FREE DISCUSSION. THE BIGGEST CHALLENGE IN A ROLE LIKE THAT, IS YOU CAN'T REALLY TELL SOMEONE TO DO SOMETHING, AS FOR IT TO BE OF ANY BENEFIT, THE SERVICE USER NEEDS TO BE IN THE RIGHT PLACE TO ACCEPT HELP OR GUIDANCE. AND THE FACILITATORS DO A GREAT JOB PROVIDING THIS TYPE OF SUPPORT."

Mood Group

Our fortnightly Mood Group, which concluded at the end of March 2024, has also been a significant part of our online services. This group focused on helping participants manage their mood fluctuations and provided tools and techniques for emotional regulation. While the group has come to an end, the positive outcomes and participant testimonials highlight the value it brought to those who attended.



"I LOVE THAT THIS GROUP STILL RUNS ONLINE MEANING I CAN ATTEND. I FIND IT REALLY HARD TO FIND BPD SUPPORT THAT IS ONLINE SO THIS IS AMAZING."

Peer Support Crisis Group

We have maintained our weekly Peer Support Crisis Group online, aimed at crisis prevention. This group has been vital in offering support to individuals at risk of crisis, helping to de-escalate situations and providing essential peer guidance. The Peer Support Crisis Group is essential provision at a day and time of the week many people struggle with and when options for support are limited, therefore making it an essential provision. We have worked with our peer workers and service users to refresh the group and look forward to starting these changes in April, bringing more activities to the group.

"I'VE UNDERGONE A TRANSFORMATION. AT LAST, I'VE HAD ONE TO ONE THERAPY FOR MY TRAUMA WITH A THERAPIST WHO IS AWESOME. I'VE HAD AN EPIPHANY. IT'S BEEN TAKE OFF THAT HAS HELPED ME BLOOM LIKE A MUSHROOM. UNDERNEATH, FOR MONTHS AND MONTH IT'S BEEN TAKE OFF THAT HAS KEPT ME GOING. LIKE THE THREADS OF A FUNGUS THAT IS GROWING AND DEVELOPING AND THEN MATURES AND IS ABLE TO PRODUCE THE MUSHROOM. I FEEL I'VE JUST PRODUCED THAT MUSHROOM. AND IT'S MAINLY THANKS TO ALL AT TAKE OFF WHO'VE MADE THIS HAPPEN FOR ME"

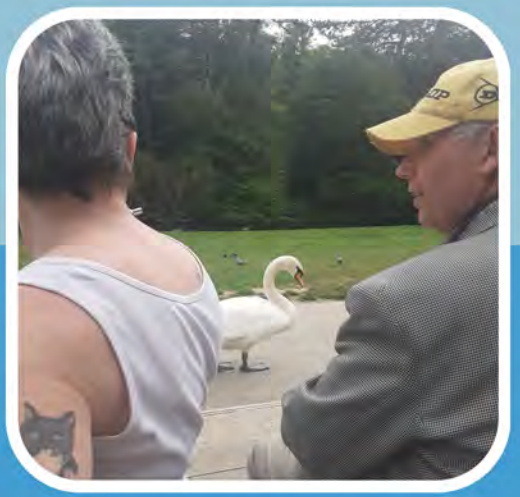
Activity Group

We are delighted to announce the restart of our Monthly Activity Group. This has always been an immensely popular group with our service users, and we are thrilled for its return. This group aims to promote mental well-being through engaging activities, and fostering social connections. The return of this group has been highly anticipated, and we are excited to see its positive effects on our community once again.









Managing Pain Group

In March 2024, we launched a new and exciting pilot project: the Managing Pain Group, funded by SEK. This six-month initiative was met with great enthusiasm from our community. Although we have only held two sessions so far, the initial feedback has been overwhelmingly positive. Participants have expressed appreciation for the focus on managing chronic pain and its impact on mental health. We are eager to continue this group and observe its development over the coming months, with high hopes for its potential benefits.



"THIS GROUP HAS BEEN SO HELPFUL, I'M SOMEONE WHO WILL TRY ANYTHING TO HELP EASE THE PAIN SO IT HAS BEEN GREAT TO GETS IDEAS FROM OTHER PEOPLE THAT I CAN TRY."



As we reflect on the year, we feel very proud to have successfully maintained and introduced various groups that address the diverse needs of our community. The positive feedback and outcomes we have received affirm the importance of peer support in mental health care. We extend our heartfelt thanks to our funders, SEK, and the CCG, whose support has been crucial in making these services possible. We look forward to continuing to expand and enhance our offerings in the coming year.

"IT'S GOOD TO HEAR EVERYBODY TALK AND LISTEN TO HOW THEY MANAGE THEIR PAIN TO GET IDEAS FROM THEM."

"IT'S INSPIRING HOW MUCH EFFORT PEOPLE PUT INTO LOOKING AFTER THEMSELVES, IT IS ENCOURAGING ME TO DO IT MYSELF"



Donations

We've had some wonderful donations this year from a range of people and organisations. Thank you to those who got in contact with us to fundraise and donate!





As Stilwell & Singleton's charity of the year they did some great, fun fundraising activities, thank you for your donations!

Parkers
Design and Print
Bronze Guardian

PARKERS
Design and Print

Thanking Parkers Design and Print for printing 500 leaflets for us for free!



Luke head shaving and raising money for us, what a kind act!

Elite blinds
Gold Guardian



For a wonderful year the wonderful Elite Blinds funded our Canterbury Cooking group!



Thank you to The Folkestone Bookshop for having us use the space for free for a year!

I DO MARKETING

We are proud to support Take Off Mental Health Charity in 2024



I Do Marketing have supported us for over a year now and their help and support has been invaluable.





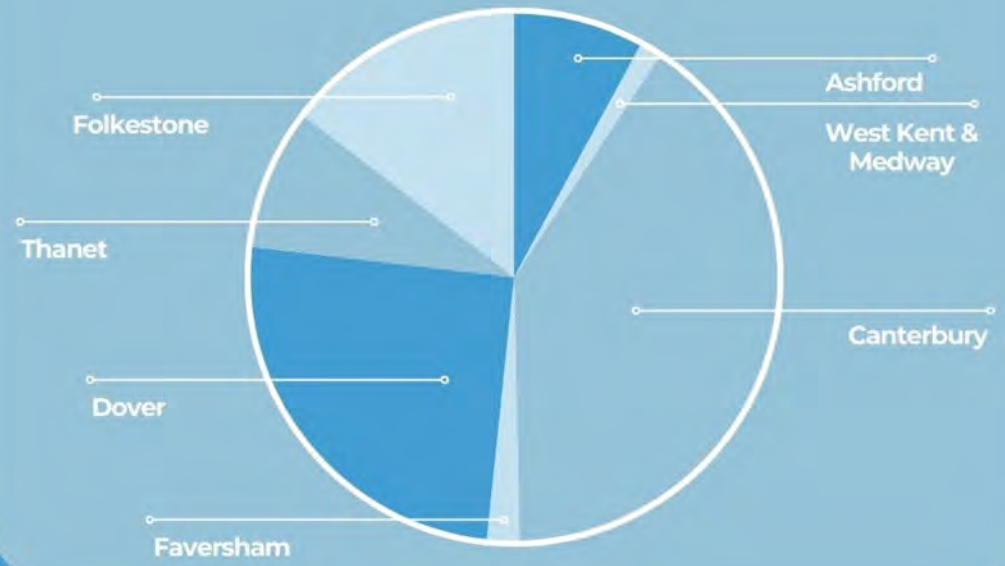
The wonderful B&Q joined us for the day helping at the allotment thanks to their scheme with neighbourly.

Our attendees

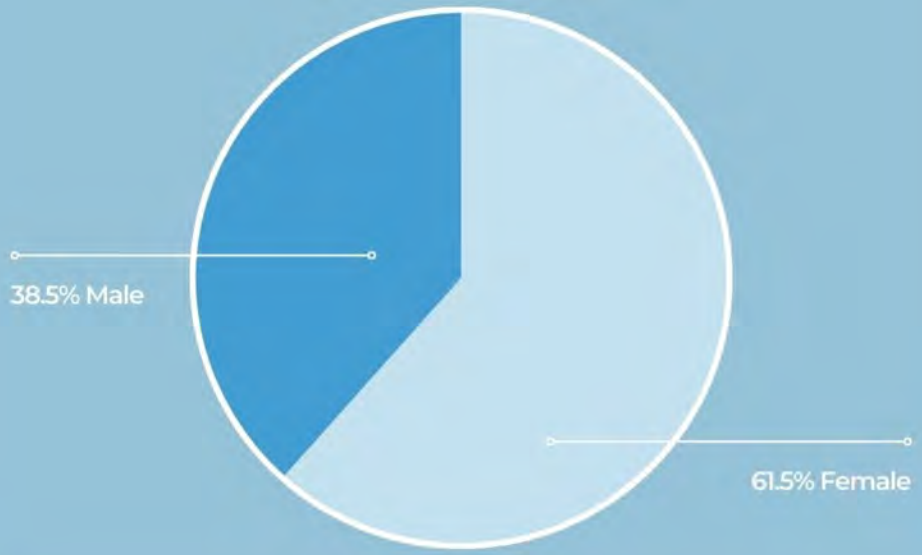
AGES



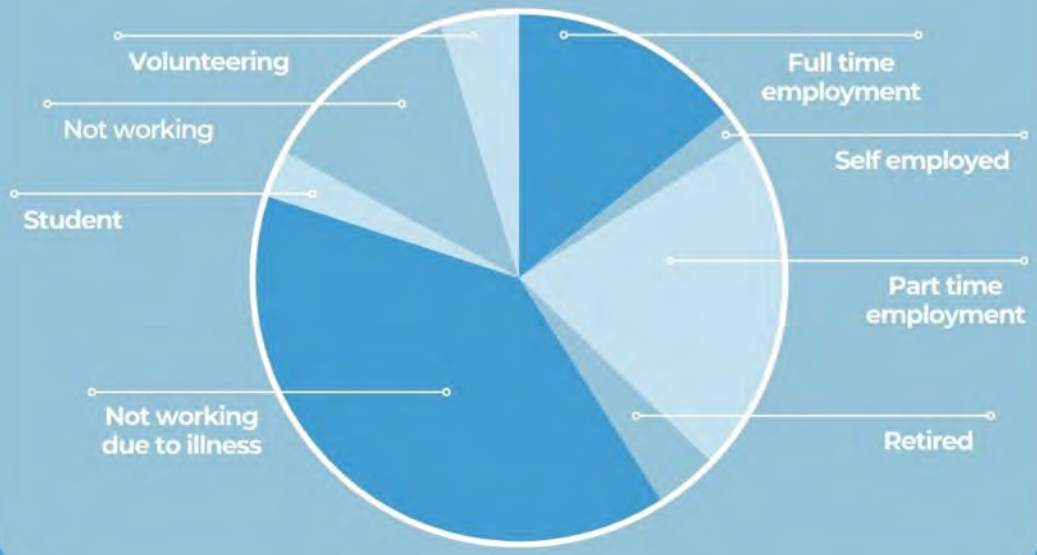
WHERE THEY'RE FROM



GENDER



EMPLOYMENT



Social media

Thank you Sarah for another year of fun and engaging social media posts, information sharing and bringing some laughs to our days! This year we joined Instagram and are proud to be reaching more people to spread awareness about mental health and the successes we want to share with the world.

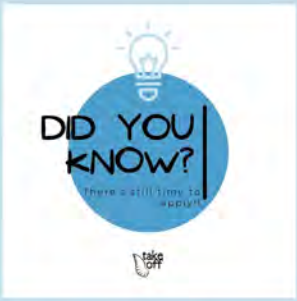




































Take Off
Annual Report 2023-2024

With thanks to our funders and partners:

EK360
Kent and Medway ICB
Awards for All
Garfield Weston
Kent Community Foundation
Stilwell & Singleton
Bensted
Cole Charitable Trust
Philip and Connie Phillips
Social Enterprise Kent
Town and Country
Elite Blinds
Dover Lotto

Office
Take Off, 34 Military Road, Canterbury, CT1 1LT

www.takeoffworks.org
info@takeoffworks.org
01227 788211

E & OE

REGISTERED COMPANY NUMBER: 1191902 (England and Wales)
REGISTERED CHARITY NUMBER: CE023042

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

FOR

TAKE OFF

Ackland Webb Ltd
Chartered Certified Accountants
Suite 1, First Floor
3 Jubilee Way
Faversham
Kent
ME13 8GD

TAKE OFF

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 7
Detailed Statement of Financial Activities	8

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

INCORPORATION

The charitable company was incorporated on 20 October 2020.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
1191902 (England and Wales)

Registered Charity number
CE023042

Registered office
34 Military road
Canterbury
Kent
CT1 1LT

Trustees

Company Secretary

Independent Examiner
David Muggridge
Ackland Webb Ltd
Chartered Certified Accountants
Suite 1, First Floor
3 Jubilee Way
Faversham
Kent
ME13 8GD

Approved by order of the board of trustees on 31st May 2024 and signed on its behalf by:

Christopher Plume
.....
Trustee

Independent examiner's report to the trustees of Take Off ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

David Muggridge

Ackland Webb Ltd
Chartered Certified Accountants
Suite 1, First Floor
3 Jubilee Way
Faversham
Kent
ME13 8GD

Date: .....

TAKE OFF

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		-	192,659	192,659
Other trading activities	2	30,963	-	30,963
Investment income	3	11,983	-	11,983
Total		42,946	192,659	235,605
EXPENDITURE ON				
Service provision		16,393	157,900	174,293
Other		7,554	-	7,554
Total		23,947	157,900	181,847
NET INCOME		18,999	34,759	53,758
RECONCILIATION OF FUNDS				
Total funds brought forward		13,736	12,986	26,722
TOTAL FUNDS CARRIED FORWARD		32,735	47,745	80,480

The notes form part of these financial statements

TAKE OFF

BALANCE SHEET
31 MARCH 2024

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
FIXED ASSETS				
Tangible assets	6	19,056	-	19,056
CURRENT ASSETS				
Cash at bank		32,330	47,745	80,075
CREDITORS				
Amounts falling due within one year	7	(10,318)	-	(10,318)
NET CURRENT ASSETS		22,012	47,745	69,757
TOTAL ASSETS LESS CURRENT LIABILITIES		41,068	47,745	88,813
CREDITORS				
Amounts falling due after more than one year	8	(8,333)	-	(8,333)
NET ASSETS		32,735	47,745	80,480
FUNDS	10			
Unrestricted funds				32,735
Restricted funds				47,745
TOTAL FUNDS				80,480

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 31st May 2024 and were signed on its behalf by:

Christopher Plume
Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost 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.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property - 20% on cost

Taxation
The charity is exempt from corporation 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. Restrictions arise 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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. OTHER TRADING ACTIVITIES

	£
Misc income	30,963

3. INVESTMENT INCOME

	£
Rents received	11,661
Deposit account interest	322
	11,983

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	£
Depreciation - owned assets	4,764
Training	1,167
Other operating leases	11,096

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024.

6. TANGIBLE FIXED ASSETS

	Improvements to property £
COST	
At 1 April 2023 and 31 March 2024	29,775
DEPRECIATION	
At 1 April 2023	5,955
Charge for year	4,764
At 31 March 2024	10,719
NET BOOK VALUE	
At 31 March 2024	19,056

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Bank loans and overdrafts (see note 9)	10,001
Other creditors	317
	10,318

8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	£
Bank loans (see note 9)	8,333

9. LOANS

An analysis of the maturity of loans is given below:

	£
Amounts falling due within one year on demand:	
Bank loans	10,001
Amounts falling between one and two years:	
Bank loans - 1-2 years	8,333

10. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	13,736	18,999	32,735
Restricted funds			
Restricted	12,986	34,759	47,745
TOTAL FUNDS	26,722	53,758	80,480

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	42,946	(23,947)	18,999
Restricted funds			
Restricted	192,659	(157,900)	34,759
TOTAL FUNDS	235,605	(181,847)	53,758

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

TAKE OFF

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	£
INCOME AND ENDOWMENTS	
Donations and legacies	
Live Well Kent	2,410
EK360	72,771
Grants	15,650
Kent Community Foundation	3,000
NHS Grants	98,828
	192,659
Other trading activities	
Misc income	30,963
Investment income	
Rents received	11,661
Deposit account interest	322
	11,983
Total incoming resources	235,605
EXPENDITURE	
Raising donations and legacies	
Wages	155,564
Training	1,167
Other operating leases	11,096
Insurance	2,941
Light and heat	4,704
Telephone	5,464
Expenses	652
Travel	3,449
Office costs	12,986
	198,023
Other trading activities	
Exceptional items	(23,730)
Support costs	
Management	
Advertising	2,728
Finance	
Bank charges	62
Depreciation of tangible fixed assets	4,764
	4,826
Total resources expended	181,847
Net income	53,758