take off







Annual Report
April 2024 to March 2025

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+

"I'VE COME ON LEAPS AND BOUNDS SINCE STARTING AT TAKE OFF, SO IF YOU FEEL IT CAN WORK FOR YOU AS WELL, I'D REALLY SUGGEST COMING REGULARLY"

An Overview

- 367 groups
- 140 people supported each month
- 154 new attendees

Our mission

To promote a healthy lifestyle and support recovery from mental illness by providing an environment grounded in empathy, community and shared lived experience. We aim to support people to build resilience, enhance their confidence and contribute positively to an inclusive community, while challenging stigma and promoting an understanding of mental ill-health.

This year

This year has been one of growth, collaboration and meaningful impact for Take Off, as we continued to deliver peer-led mental health support across East Kent while strengthening our foundations as a values-driven charity. This year has been focused on strengthening our core, increasing reach and creating deeper connections, stronger partnerships and an enduring commitment to listening to the voices of those we support.

Throughout the year, our free online and in-person talking and activity groups have continued to provide safe, welcoming spaces for people experiencing mental health challenges. Operating across Canterbury, Ashford, Dover, Thanet, Folkestone and online, these groups remain at the heart of Take Off's work. They offer consistent, compassionate support that is rooted in lived experience and mutual understanding. From the person who learned to use a computer for the first time, opening up new ways to connect with the world, to the individual who found confidence and self-expression through our Managing Depression Group, the impact of our peer-led model is seen in everyday moments of progress, resilience and hope.

Flexibility and responsiveness have continued to define our approach. As community needs evolved, we introduced innovative new groups, including support for people wishing to reduce their alcohol consumption and a managing pain group, ensuring our services remain relevant and accessible. User voice has remained central, informing not only group development but also wider conversations about how local mental health services can better meet people's needs. By amplifying lived experience, we continue to contribute meaningfully to service design and improvement across the system.

Alongside our group work, we have actively engaged with the wider community, attending well-being events, fetes, carers' meetings, local mental health networks and the Mental Health Summit, as well as sharing our message through BBC local radio. These opportunities have helped raise awareness, reduce stigma and strengthen Take Off's role within the local mental health landscape.

Internally, 2024–2025 has been a year of positive cultural development. Feedback from staff meetings has highlighted a more open, collaborative and supportive atmosphere, with people feeling increasingly involved in shaping the charity's direction. We introduced well-being sessions for peer workers, recognising the importance of mutual support, and are investing more in training and development. New peer facilitators were trained and three peers achieved AET qualifications to support career progression while two new administrators joined the team. Our peer-led model and employment opportunities create a cycle of empowerment where peers support recovery, gain skills and confidence, and contribute positively to their local communities.

We are especially proud to have helped establish the Grassroots Network, to bring together other small charities, CICs and well-being businesses, creating a space to share resources, information, funding opportunities, and to support one another through collaboration rather than competition.

With great thanks to We Do Marketing, Dover Big Local & The Sunflower House Community, as well as to donors and collaborators including Wealden Business Group, Micky T and Charities Trust. Thank you to all of our amazing new Guardians this year too, we hope to continue working together in the future! We are also deeply grateful to the community spaces that host our groups. Together, we are not just running support groups, but building stronger, healthier and more connected lives across East Kent.

None of this work would be possible without our attendees, peer workers, volunteers and partners, so thank you all.

Ashford

Managing Depression

This group ran weekly on a Friday afternoon out of the One You building in the town centre. It was a small group but the attendees came regularly and it was a relaxed and supportive environment. It gave attendees the opportunity to talk about their week, any difficulties they were experiencing and also share their achievements. It was really nice to see the growth of the attendees over the year and to see all the progress they made. Attendees reported they looked forward to coming each week and being around other people and said it set them up for the week ahead.

"WITHOUT TAKE OFF'S SUPPORT, I DON'T THINK I WOULD HAVE MADE IT THROUGH THE YEAR. THE GROUP HAS HELPED ME COME TO TERMS WITH MY DIAGNOSIS, REBUILD MY CONFIDENCE, AND EVEN CONSIDER RETURNING TO PART-TIME WORK."







Canterbury

Managing Depression

Here's the thing, with the Canterbury Managing Depression Group, people always leave in a lighter frame of mind and mood, compared to when they first walked through the Take Off door.

Of all the Take of groups I've facilitated over 10 years, this one arguably delivers a huge positive impact on people. It generally takes new people only minutes to feel safe and comfortable. Most are so, so relieved to know that others ' know' and understand what they've been or are going through.

I'd say that overcoming that sense of isolation (at last) and feeling part of a small community, that cares but doesn't judge, is what this group consistently enables. It's been a real privilege to be part of this group!

"I HAVE FOUND THE SESSION EXTREMELY HELPFUL, IT HAS TAKEN THE WEIGHT OFF MY SHOULDERS"

Creative group

This group runs fortnightly on a Tuesday in the Canterbury office. The size of the group can vary from 2 or 3 people to 10 people. It is a very calming and relaxing group. Attendees can use any of the art supplies provided or bring their own materials and projects to work on. It is really nice to see attendees improve in confidence over time and be proud of their pieces they have created. We have relaxed conversations while making the art and attendees can join in as little or as much as they like. They are happy to have photos taken of their pieces which are then shared on our social media.

"THANK YOU, YOU HAVE PUT MY MIND AT REST."



Cooking on a budget

It never fails to amaze me how surprised people are to find out that wholesome, basic ingredients are such good value and how versatile ingredients can be.

The classic pizza is but one example.
For the cost of buying ingredients to make fresh pizza bases, and prep with a variety of delicious toppings, we can feed a group of 6 people for the same price as ordering just one home delivery pizza!

People forget about the fun and virtues of bulk prep food, batch cooking, where you portion up and freeze in containers, ' ready to ping'. Yes, you can make and freeze pizza dough too!
I think getting into a routine of batch cooking, say once a month, is a great way to prove to yourself what's easily possible, economic, and delicious!

The best part of this group is when we all sit round the table and eat together; it's a lovely sense of achievement and community.





"I AM VERY GRATEFUL FOR ALL THE SUPPORT AND UNDERSTANDING I RECEIVE AT THIS GROUP. EVERYONE IS SO KIND AND EMPATHETIC



The 2024–2025 year has marked another strong chapter for Take Off in Dover. Our peer-led groups have continued to support local people in their mental health recovery journeys, offering connection, consistency, and practical help. This year, we've been proud to operate from the Charlton Centre Hub, thanks to a valued partnership with Dover Big Local (DBL). In exchange for shared use of equipment, DBL offered us free access to space and resources, creating a warm, central hub for our work and increasing the visibility and accessibility of our services.

Managing Depression Group

The Managing Depression Group has remained one of the most valued and well-attended groups in Dover. Meeting weekly at the Charlton Centre, the group offers a consistent and confidential space where attendees can talk openly about their mental health, share coping strategies, and build genuine peer relationships.



Led by trained peer workers with lived experience of depression and anxiety, the sessions provide not just emotional support but structured, informal discussions on managing symptoms, understanding triggers, and developing self-care routines.

Participants describe the group as a "lifeline," with several highlighting that this is the only space where they feel truly understood. New members have shared how quickly they felt welcomed, with returning attendees providing mentorship and solidarity.

"IT'S BEEN WONDERFUL AND EXTREMELY HELPFUL AND INSIGHTFUL"

The impact of the group has been evident in attendees' increased self-esteem, willingness to access other services, and sustained improvements in mood and engagement with life.

Walking Group

Our Walking Group has continued to offer an important mix of gentle physical activity and social connection. Taking place along Dover's seafronts, parks, and green spaces, the group gives attendees the opportunity to get out of the house, move their bodies, and chat informally with others.

Each session ends in a café or local spot for a cuppa and conversation, creating a low-pressure setting for peer support and helping people build the confidence to attend other groups

"IT'S THE FRESH AIR, THE LAUGHTER, AND KNOWING YOU'VE GOT SOMEWHERE TO GO AND PEOPLE TO SEE. IT'S MY ANCHOR."



IT Support Group

The Dover IT Support Group has evolved from a basic skills session into a vital tool for reducing digital exclusion and empowering attendees. With the help of laptops donated by Town and Country, the group supports individuals with little or no digital confidence, often those who are most isolated or economically disadvantaged.

This year, we supported attendees in:
Setting up and using email, accessing online health services and benefits, using smartphones and tablets effectively, understanding internet safety and scam avoidance, accessing online mental health resources and forums, applying for jobs and training

Several attendees reported that, thanks to the group, they were able to independently complete benefit claims, stay in touch with family, and access critical services online for the first time.

"BEFORE THIS, I DIDN'T EVEN KNOW HOW TO TURN A LAPTOP ON. NOW I'VE GOT A CV, AN EMAIL ADDRESS, AND I'VE EVEN DONE AN ONLINE COURSE!"

The IT Group has also provided an unexpected emotional benefit, offering structure, social interaction, and achievement for those whose mental health has been affected by long-term unemployment, isolation, or anxiety around technology.

Health Inequalities Group

Our Health Inequalities Group in Dover was originally funded as an initiative by Social Enterprise Kent (SEK), the NHS, and the National Lottery, recognising the urgent need to address entrenched disparities in access to health and well-being services. Over the past year, this work has evolved and is now embedded within the Dover Health Alliance, chaired by Dover District Council, a partnership that has strengthened our ability to collaborate and influence local service delivery.

Facilitated by our peer workers, this group has provided a crucial platform for individuals to share their lived experiences of health inequality. Participants have raised concerns, shared barriers, and highlighted areas for improvement, especially around mental health, disability access, and digital exclusion. Insights gathered were fed back into strategic health conversations, helping shape how local services understand and respond to need.

"MY SON'S BEEN WAITING NEARLY TWO YEARS FOR A DIAGNOSIS_AND IN THAT TIME, WE'VE HAD ALMOST NO SUPPORT. THE SYSTEM LEAVES PEOPLE HANGING IN LIMBO"

A key finding from our sessions was the lack of adequate support for young adults awaiting ASD/ADHD diagnosis. Many individuals described long waiting times, minimal pre-diagnosis guidance, and a lack of accessible, ongoing support during this critical window. This issue was echoed consistently and highlighted how health inequalities are particularly acute for neurodiverse individuals navigating the diagnostic pathway.









In response, we have begun signposting to additional community resources where available and advocating for improved early intervention services.

The Health Inequalities group has been instrumental in giving voice to these lived experiences. Our ongoing involvement with the Dover Health Alliance ensures that these voices continue to be heard at the strategic level, influencing real change for some of Dover's most underserved residents.



"BEING WITH TAKE OFF, FIRSTLY AS A SERVICE USER, BUT NOW AS A PEER SUPPORT WORKER, HAS BEEN A POSITIVE EXPERIENCE, AND GIVEN ME A REASON TO GET OUT OF BED IN THE MORNING."



Our Partnership with Dover Big Local

Our collaboration with Dover Big Local has been a defining aspect of this year's success. Being based at the Charlton Centre has given us more consistent access to attendees, helped us form local partnerships, and created a shared community hub. DBL's generosity in sharing resources has enabled us to expand our reach and impact, while our shared equipment has been put to great use in their wider programming. This partnership is an example of how community-led, peer-supported approaches can work hand-in-hand with grassroots infrastructure to build lasting, meaningful change.



100% they would recommend Take Off to others

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

87% 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

97% 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

85% said they are becoming **more confident** in social situations

Helen- Peer Worker



I first started attending Take Off around 8 years ago when I was struggling with severe depression and anxiety. I was lucky enough to have a great support network of friends and family around me, a supportive employer and input from secondary services, however attending Take Off groups and meeting others that struggled with similar difficulties marked a turning point in my recovery. The peer support model really resonated with me and I wanted to utilise my lived experience to help others. I undertook training and began as a peer worker with the charity about 6 months after I first started attending groups.

I became involved with a number of different activity and talking groups, continuing to work remotely throughout Covid and after the birth of my first child. Shortly before the birth of my second child I recognised that I would not be able to juggle everything and sadly had to take a step back. But I truly feel passionate about the good that can be achieved by mental health peer support so before long I reached out to Take Off about coming back and luckily they said yes!

Following some refresher training and shadowing of groups I am now back helping facilitate the online Managing Depression group. I have got to see some familiar faces and met some new ones, but the same supportive environment and sense of belonging as before remains present in groups. It bouys me to see attendees encouraging and supporting each other, and it is a privilege to witness the progress people make in achieving better mental health and overall well-being. It's also great getting to work alongside other peer support workers and benefit from their wealth of experience.





Folkestone

This year in Folkestone, Take Off has continued to grow and strengthen its community impact, offering inclusive, peer-led mental health support in the heart of Shepway. We've been fortunate to run our groups from the Bayle Community Room, a welcoming and centrally located space managed by the Sunflower House Community. Their support has been vital to our work, and we are incredibly grateful for the hospitality, flexibility, and warmth they have extended to both our staff and attendees.

The Bayle venue has become a trusted and accessible hub for many of our group members, providing a consistent and safe space for people navigating their recovery journeys.

"THIS GROUP IS SO IMPORTANT TO ME, EVEN AT TIMES WHEN IT'S NOT THE TIME OF THE GROUP I MANAGE TO GET BY AS I KNOW I HAVE THE GROUP TO COME TO AND TALK THINGS THROUGH IT KEEPS ME GOING."



Managing Depression Group

Our weekly Managing Depression Group has remained a core element of our Folkestone offering. Delivered by experienced peer workers with lived experience of depression and anxiety, this group has served as a lifeline to many attendees.

The group offers a non-judgemental space to talk openly about challenges, reflect on coping strategies, and build mutual understanding. What makes this group so impactful is the culture of shared lived experience, participants don't need to explain themselves; they are simply understood.

"THIS GROUP HELPS ME FEEL SEEN EVEN ON THE DAYS I SAY NOTHING, I LEAVE FEELING BETTER THAN WHEN I ARRIVED."

This year we've seen participants grow in confidence, re-engage with social opportunities, and take steps towards work, volunteering, or other services. The group continues to attract new attendees while maintaining strong peer-to-peer continuity.

Wellbeing Group

The Wellbeing Group in Folkestone has become one of our most popular and well-attended groups this year, regularly drawing a large number of participants each week. Hosted in the supportive surroundings of the Bayle Community Room, the group offers an accessible and welcoming space where individuals can explore and strengthen their mental health through a variety of holistic practices.

The group has offered a flexible structure to meet the diverse needs of attendees, from those looking for preventative well-being strategies to others seeking post-crisis support. Sessions have included: Guided relaxation and breathing exercises, creative journaling, art, creating vision boards, peer-led discussions on self-care, boundary setting, and emotional resilience.

"I COME HERE FOR MY SANITY. IT'S THE ONLY TIME IN THE WEEK WHERE I FEEL LIKE I'M DOING SOMETHING POSITIVE JUST FOR ME"

This variety has ensured that every attendee, regardless of where they are in their recovery journey, can engage in a meaningful and manageable way. The strength of the group lies in the consistent peer-led facilitation and the mutual respect between attendees. The atmosphere is calm and reassuring, offering participants a regular pause in their week to reflect, reset, and connect. For many, the group has become a reliable anchor. A place to be seen, heard, and supported without judgement.

The group's growth in attendance is a testament to its relevance and impact. It has welcomed new members every month, many of whom have found it through word-of-mouth or referral from other services. The feedback continues to be overwhelmingly positive, with attendees reporting reduced stress, improved sleep, better emotional regulation, and increased social connection.

As we look ahead, we are committed to supporting the ongoing development of this group and exploring ways to accommodate the growing interest while maintaining the safe, calm atmosphere that makes it so effective.





"EVEN ON THE DAYS WHEN I DON'T TALK MUCH, JUST SHOWING UP TO THIS GROUP HELPS ME STAY ON TRACK"





Women's Group

The Women's Group has been one of our most empowering spaces this year, providing a safe, confidential environment for women to explore their mental health in a peer-led and inclusive way. The group covered topics such as identity, boundaries, grief, self-worth, and navigating services.
As a space specifically for women, it allowed deeper conversations to emerge and gave voice to experiences often left unspoken. New friendships, stronger self-advocacy, and an increased sense of belonging were key outcomes from this group.



"IT'S A SPACE I DIDN'T REALISE I NEEDED. THE HONESTY, HUMOUR, AND SUPPORT HAVE HELPED ME THROUGH SO MUCH THIS YEAR."

Walking Group

Our Folkestone Walking Group has brought people together in a relaxed and natural setting. Walking along the seafront, through parks, or local trails, the group offers low-pressure physical activity paired with gentle conversation and companionship.
The routine of walking and talking has helped attendees reduce social isolation, improve mood, and reconnect with the beauty of their local environment. We've even had spontaneous picnics and art-in-nature activities emerge from this group's creative energy.



"IT'S NOT JUST THE WALKING, IT'S KNOWING YOU'RE GOING SOMEWHERE, WITH SOMEONE, AND YOU'RE NOT ALONE."



Community Collaboration

This year's success in Folkestone wouldn't have been possible without the support of the Sunflower House Community, whose stewardship of the Bayle Community Room has provided us with a stable, welcoming space to host our sessions. Their belief in inclusive, grassroots mental health support aligns perfectly with our ethos, and we thank them sincerely for being part of this journey.



Thanet

Creative Group

Our weekly Creative Group in Margate has provided a calm, welcoming space where people could come together to relax, be creative and connect with others. The group was very much attendee-led, allowing everyone to choose activities that suited their interests on the day. Across the sessions, activities included colouring, diamond art, crochet, Sudoku and puzzles. The activities helped create a relaxed atmosphere, with many people commenting on how nice it was to have time to slow down and "just chill," especially after busy or stressful weeks. One attendee, a keen diamond art enthusiast, completed a vibrant and detailed garden scene, which she was extremely proud of and enjoyed sharing with the group.

The group is not just about art too, it's a space where people can talk openly about their experiences, to receive support and share information about what helps their mental health, help each other and discuss their struggles in a safe environment. So there was a lot of open conversation where topics varied week to week and included everyday interests such as food, TV shows, F1, computer games, training & education, as well as meaningful discussions around mental health, neurodivergence, therapy experiences, benefits and housing, physical health, and staying active. These conversations often offered reassurance and peer support, helping people feel less alone in their experiences.

People engaged at their own pace, and sessions were consistently described as calm, friendly and supportive. We received some lovely feedback from attendees:

"I LOVE THIS GROUP, IT IS SO RELAXING"







Managing Depression

The Managing Depression group in Thanet has been a welcoming and supportive space where people can come together, feel heard and share their experiences in a non judgemental environment. The group offered time to talk openly about how depression affects daily life, with sessions guided by what felt most relevant and helpful to attendees on the day.

A wide range of topics were explored, reflecting the realities of living with depression alongside other challenges. These included the impact of physical health on mental well-being, sleep difficulties, medication, therapy and hospital appointments, as well as navigating changes to benefits such as ESA and Universal Credit. Despite the heavy topics at times, sessions were balanced with everyday conversation, humour and connection.



"I ALWAYS FEEL SAFE AND SUPPORTED WITHIN THESE GROUPS. EVERYONE IS SO HELPFUL, AND THE MOST IMPORTANT THING FOR ME IS THAT EVERYONE REALLY UNDERSTANDS."

Cooking on a budget

The group has been a positive and enjoyable space this year, focusing on making simple, affordable meals while giving everyone the chance to build confidence, learn new skills and enjoy spending time together in a relaxed and supportive environment.

Each session, attendees were involved in every part of the cooking process. Together we prepared a range of meals including a pasta bake with vegetarian and chicken options, cottage pie with both meat and veggie versions, and a Mediterranean halloumi traybake. Having different options meant everyone could join in and feel included, and we were really pleased to see how engaged everyone was. The teamwork was lovely to see, with people encouraging each other, sharing responsibility, and taking pride in what they had made.

Although the group didn't run for long, we received some really great feedback. The sessions were clearly valued, and it was encouraging to see how much people enjoyed the group and what they achieved in such a short space of time.

"THANK YOU, I FEEL I COULD COOK THIS AT HOME AND MY COOKING IS NON EXISTENT"



Thanet outdoor group

The Thanet Outdoor Group ran throughout the spring and summer months and offered a valuable space for people to come together, get some fresh air and enjoy being outdoors in a relaxed and supportive way. Sessions took place in local green spaces including King George VI Memorial Park and Ellington Park in Ramsgate, making the group accessible and familiar for our Thanet attendees.

From the very first session, the group was warmly received. Attendees commented on how good it felt to be outside again, with several sharing that they would not have gone out or even considered leaving the house without the group. It was especially lovely to welcome back people who had not attended for some time and to see them reconnect with others in the group.



"IF IT WASN'T FOR THIS GROUP I WOULDN'T BE HERE, I COULDN'T GET OUTSIDE IN MY OWN BUT KNOWING I'M MEETING YOU GUYS HERE AND I'LL BE SAFE MAKES IT POSSIBLE."

Sessions provided space for gentle walking, sitting together and open conversation. Topics ranged from everyday matters such as gardening, growing fruit and vegetables and personal achievements, to more practical discussions around GP surgeries, physical health and what it feels like to be "out in the world" again. There were also discussions where attendees and facilitators helped each other understand what support services are available and where to reach out for different kinds of help. Even when the weather was less predictable, the group remained positive, with participants enjoying the time together regardless, and visiting local cafes. We received some really great comments from participants, reflecting how much the group was valued and enjoyed over the spring and summer period.

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.

"I WANTED PEOPLE TO HEAR WHAT WAS HELPFUL IN MY SUPPORT AND WHAT WASN'T. THAT ONE COMMENT FROM SOMEONE AT MENTAL HEALTH TOGETHER CAN MAKE THE DIFFERENCE IF MY WEEK WAS FILLED WITH SELF HARM AND LONELINESS OR NOT. I'M NOT SLATING WHAT THEY'RE DOING SO I SHARED WHAT WORKED WELL FOR ME, BUT I KNOW THINGS ALSO NEED TO IMPROVE SO I'M HAPPY TO BE INVOLVED IN THAT"

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 Preventing Crisis

Our Peer Support Preventing Crisis group (PSPC) 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.

"THANK YOU SO MUCH FOR THE INFORMATION AND ADVICE, IT HAS BEEN SO HELPFUL IN DEALING WITH THINGS."

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.

Online

Activity Group

The monthly activity group has become a terrific platform for generating thought provoking quizes which are, in equal parts, entertaining and educational. It has become synonymous with the picture-reveal quizzes which are as fun for to create as they are to host and the feedback has always been positive and encouraging. With many people regularly returning each month, it is a lovely chance to have some fun in great company and this is reflected in the lovely comments people offer to the facilitators at the end of the session.

"THESE SESSIONS ARE SO INTERESTING AND STIMULATING I CAN'T WAIT FOR THE NEXT ONE"



Awaiting Diagnosis

This group is primarily for those waiting for an ASD (Autism Spectrum Disorder) and/or ADHD assessment. The group welcomes all on the neurodiversity spectrum who either are waiting for diagnosis, or want to share their experiences and listen to others, to suss out if they may be neurodivergent, and find out how they could be tested and the reasons why it might be worth it.

Often people who are neuro-diverse suffer alone, and believe there is no help, often leading to depression and increased anxiety. This group helps to show people who are suffering that they are not alone, and that there are many who are in the same position (or were) and have now find ways to explore their condition in a safe environment, sharing their experiences.

No-one is required to contribute, but many do, but just being among people with similar conditions has led to many friendships developing, and a place to go where you won't be alone.

"THANK YOU, THIS GROUP REALLY HELPS ME AND I'D BE LOST WITHOUT IT."



Managing Pain

This is a bi-weekly group that is held online for people suffering from long-term pain and difficulty moving, and where visiting a physical group could prove prohibitive. It is a positive platform where visitors can talk with others with the same issues of pain affecting their lives, and where they can receive help, support, and suggestions based on experiences of others who have been there, or are still suffering, and who understand. Attendees have all said that being able to talk with people who understand their (often invisible) problems has really helped them deal with their pain, and offered suggestions for seeking help.

No-one is required to share, and some visitors just want to listen to others and find some comfort in that. Pain affects everything we do and not do, and the sessions can cover a wide range of issues including sleep issues, working issues and job-hunting, and home modifications etc. Everyone is treated with respect and listened to.



"I FOUND THIS SESSION REALLY HELPFUL TO HAVE A SPACE TO TALK IN DETAIL ABOUT MY PAIN. I ALSO LIKE TO SHARE THINGS I AM TRYING TO DO TO COPE WITH IT. E.G. MY NEW-FOUND DEVELOPING SKILL OF SEWING AND PATCHING MY OWN JEANS. DESPITE THE PAIN IN MY FINGERS. DOING THIS HELPS TO MAINTAIN SOME MANUAL DEXTERITY WHICH IS GOOD. SOMETHING I CAN CONTROL AND ACHIEVE WHICH MAKES ME FEEL A BIT BETTER. SOMEONE AT GROUP MIGHT TRY TOO AND IT MIGHT HELP THEM. IT'S ALL ABOUT SHARING AND LISENGING AND SUPPORTING"



Managing Depression

The Managing Depression group continues to be a busy, supportive, and mostly upbeat space where people feel comfortable sharing openly.

Sessions cover a wide range of topics, including medication, therapy, volunteering, benefits, physical health, relationships, and everyday interests such as TV, films, books, and video games. We frequently see attendees sharing what helps them stay well or what they're struggling with, which helps spark reflection and connection. We continued this group after the lockdowns due to high demand and we still see regular attendance, so we are very glad to have been able to continue these sessions.

"I LOVE OUR GROUP BECAUSE THE CONVERSATIONS ARE SO VARIED, I USUALLY LEAVE FEELING BETTER AND EMPOWERED."



Peer Support Preventing Crisis

The sessions have a warm, friendly atmosphere, with everyone actively engaging in the check-in and group discussions. Attendees share how they are and how their week has been, and a wide range of everyday topics are discussed, such as well-being, weekly routines, interests, and the support available to them. People suggest and signpost helpful groups and services to each other, which is welcomed and it is heartwarming to see peer support taking place throughout sessions.

Sessions include talking and activities, for some light heartedness before the group ends. These activities encouraged laughter, conversation, and positive interaction, helping to lift everyone's mood.

Several attendees speak about future plans and personal goals, including volunteering, training, and taking on new responsibilities, reflecting growing confidence and motivation, conversations working to make plans for the following week to help their well-being and/or recovery.

"THE SESSION WAS REALLY ENJOYABLE OPEN AND FRIENDLY AND PUTS YOU IN A MUCH BETTER MOOD."

Peer worker

I wasn't sure I was ready to be a peer support worker when the two facilitators at my regular group suggested it to me. But then I was assured that they wouldnt recommned it if they thought I wasnt capable and/or suitable.

I've always wanted to give back to the systems that have helped me, and attending Take Off meetings shortly after arriving in Kent was one of the very few mechanisms genuinely working in my favour. If I were to achieve my goal, Take Off was the logical place to attempt it.

I have found every group I've sat in, whether it be in person or online, engaging and rewarding. Knowing that I'm helping to provide people with a safe and comforting space to say what they need and to ask advice if they wish.

Despite I've had my own wobbles with mental health since becoming a peer support worker, I find myself able to find clarity and kinship in groups that helps to solidify my position and to keep my foothold... Proof that peer support works in all directions!

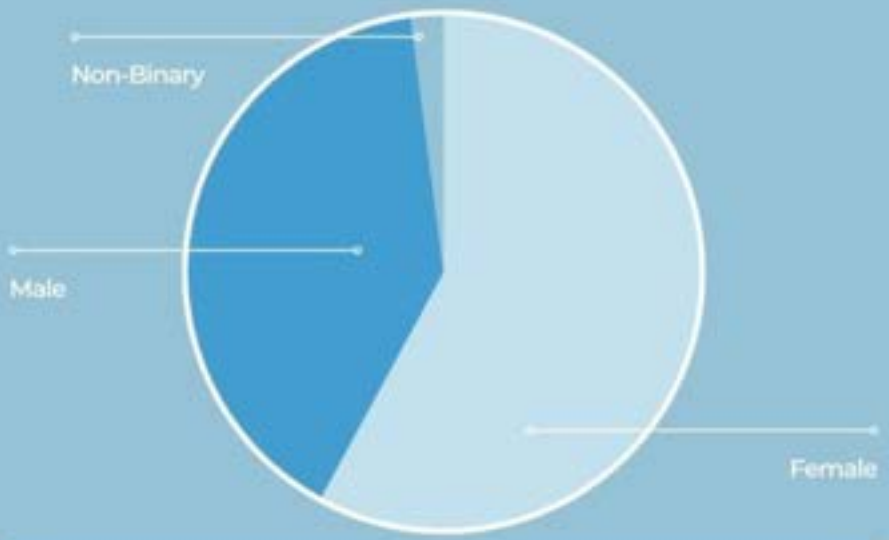
I hope to continue with Take Off for a long time to come, to continue to grow and strtengthen my own mental well-being whilst also providing an appropriate and safe space for those who join our meetings.

A special thanks to all at Take Off for being a great team and for making me feel so accepted, both as an attendee and in my role as peer support.

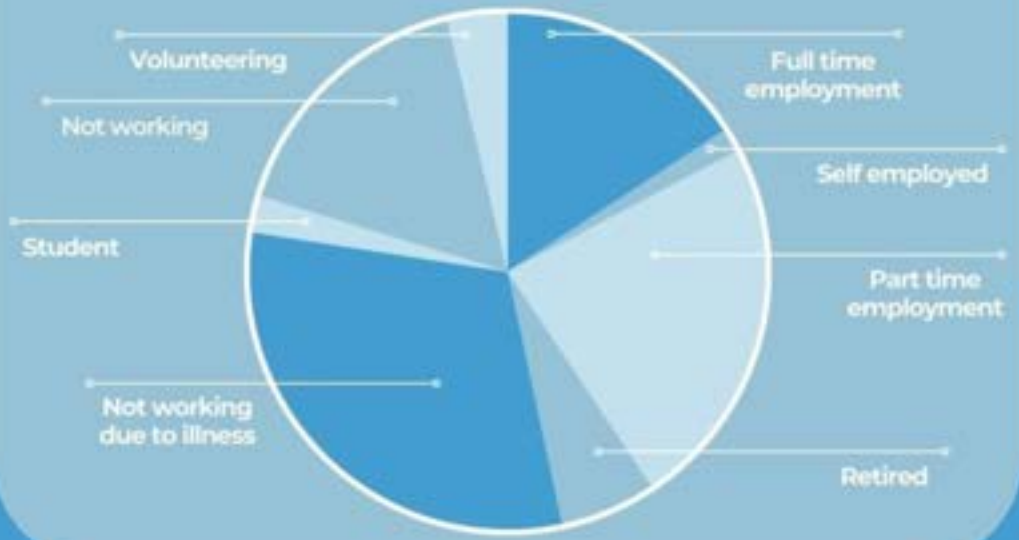


Our attendees

GENDER



EMPLOYMENT



AGES



WHERE THEY'RE FROM



Social media

"This year had been a lot of fun getting creative (with WE DO MARKETING support) to continue the growth of our social media.

We decided to leave X and focus more on other platforms. I've particularly focused on showing my face at Take Off events and getting to know more of the people who are involved in supporting this wonderful charity. We've created some fruitful relationships online. I have been blown away with everyone's efforts to support us on Facebook and Instagram.

I have developed the posts online to be more engaging- carousel posts and videos of myself talking about events going on at Take Off.

I look forward to growing this more next year.
I have thoroughly enjoyed the freedom from management to have creative flair on both platforms

I'm delighted that we have been reaching more followers on Facebook and Instagram. Thanks to some streamlining and guidance from WE DO MARKETING".

Thank you to 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.



Please follow us on socials if you don't already to get to know us and our groups!

LINKEDIN FACEBOOK INSTAGRAM

Take Off
Annual Report 1st April 2024 to 31st March 2025

With thanks to our funders and partners:
EK360
KMICB
Social Enterprise Kent
Awards for All
Canterbury City Council

Huge thank yous also to our anonymous donors, fundraisers and Guardians.

Thank you to everyone who contributed to this report, so beautifully describing everything that Take Off does:
Wayne, Ellie, Helen, Fay, Sara, Rob, Sarah, and Jan

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 2025

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 2025

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

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 2025. 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).

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 ..... and signed on its behalf by:

.....
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 2025.

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 2025

	Notes	Unrestricted fund £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		500	165,459	165,959	192,659
Other trading activities	2	2,760	19,993	22,753	30,963
Investment income	3	14,457	-	14,457	11,983
Total		17,717	185,452	203,169	235,605
EXPENDITURE ON					
Raising funds	4	4,173	1,165	5,338	(23,730)
Other		(4,174)	165,279	161,105	205,577
Total		(1)	166,444	166,443	181,847
NET INCOME		17,718	19,008	36,726	53,758
Other recognised gains/(losses)					
Gains on revaluation of fixed assets		-	32,735	32,735	-
Net movement in funds		17,718	51,743	69,461	53,758
RECONCILIATION OF FUNDS					
Total funds brought forward		32,735	47,745	80,480	26,722
TOTAL FUNDS CARRIED FORWARD		50,453	99,488	149,941	80,480

The notes form part of these financial statements

TAKE OFF

BALANCE SHEET
31 MARCH 2025

	Notes	Unrestricted fund £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
FIXED ASSETS					
Tangible assets	8	14,883	-	14,883	19,056
CURRENT ASSETS					
Cash at bank		5,918	108,139	114,057	80,075
CREDITORS					
Amounts falling due within one year	9	(3,083)	(8,651)	(11,734)	(10,318)
NET CURRENT ASSETS		2,835	99,488	102,323	69,757
TOTAL ASSETS LESS CURRENT LIABILITIES		17,718	99,488	117,206	88,813
CREDITORS					
Amounts falling due after more than one year	10	-	-	-	(8,333)
NET ASSETS		17,718	99,488	117,206	80,480
FUNDS	12				
Unrestricted funds				17,718	32,735
Restricted funds				99,488	47,745
TOTAL FUNDS				117,206	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 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 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 ..... and were signed on its behalf by:

.....
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

	31.3.25	31.3.24
	£	£
Misc income	2,761	30,963
Awards for all	19,992	-
	22,753	30,963

3. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Rents received	13,622	11,661
Deposit account interest	835	322
	14,457	11,983

4. RAISING FUNDS

Organisational expenditure

	31.3.25	31.3.24
	£	£
Support costs	5,338	-

5. NET INCOME/(EXPENDITURE)

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

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	4,173	4,764
Training	20,110	12,986
Other operating leases	7,305	11,096

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	-	192,659	192,659
Other trading activities	30,963	-	30,963
Investment income	11,983	-	11,983
Total	42,946	192,659	235,605
EXPENDITURE ON			
Raising funds	(181,630)	157,900	(23,730)
Other	205,577	-	205,577
Total	23,947	157,900	181,847
NET INCOME	18,999	34,759	53,758

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	13,736	12,986	26,722
TOTAL FUNDS CARRIED FORWARD	32,735	47,745	80,480

8. TANGIBLE FIXED ASSETS

	Improvements to property £
COST	
At 1 April 2024 and 31 March 2025	29,775
DEPRECIATION	
At 1 April 2024	10,719
Charge for year	4,173
At 31 March 2025	14,892
NET BOOK VALUE	
At 31 March 2025	14,883
At 31 March 2024	19,056

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Bank loans and overdrafts (see note 11)	11,417	10,001
Other creditors	317	317
	11,734	10,318

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

	31.3.25 £	31.3.24 £
Bank loans (see note 11)	-	8,333

11. LOANS

An analysis of the maturity of loans is given below:

	31.3.25 £	31.3.24 £
Amounts falling due within one year on demand:		
Bank overdrafts	3,083	-
Bank loans	8,334	10,001
	11,417	10,001
Amounts falling between one and two years:		
Bank loans - 1-2 years	-	8,333

12. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	32,735	17,718	50,453
Restricted funds			
Restricted	47,745	51,743	99,488
TOTAL FUNDS	80,480	69,461	149,941

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	17,717	1	-	17,718
Restricted funds				
Restricted	185,452	(166,444)	32,735	51,743
TOTAL FUNDS	203,169	(166,443)	32,735	69,461

Comparatives for 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

Comparative 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

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	13,736	36,717	50,453
Restricted funds			
Restricted	12,986	86,502	99,488
TOTAL FUNDS	26,722	123,219	149,941

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	60,663	(23,946)	-	36,717
Restricted funds				
Restricted	378,111	(324,344)	32,735	86,502
TOTAL FUNDS	438,774	(348,290)	32,735	123,219

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

TAKE OFF

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	31.3.25 £	31.3.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Live Well Kent	-	2,410
EK360	-	72,771
Grants	12,400	15,650
Kent Community Foundation	-	3,000
NHS Grants	97,056	98,828
Donated services and facilities	56,503	-
	165,959	192,659
Other trading activities		
Misc income	2,761	30,963
Awards for all	19,992	-
	22,753	30,963
Investment income		
Rents received	13,622	11,661
Deposit account interest	835	322
	14,457	11,983
Total incoming resources	203,169	235,605
EXPENDITURE		
Other trading activities		
Exceptional items	-	(23,730)
Support costs		
Management		
Wages	113,915	155,564
Office costs	20,110	12,986
Other operating leases	7,305	11,096
Insurance	2,389	2,941
Light and heat	3,386	4,704
Telephone	5,233	5,464
Advertising	1,075	2,728
Travel	3,058	3,449
Training	4,551	1,167
No description	1,158	652
	162,180	200,751
Finance		
Bank charges	90	62
Depreciation of tangible fixed assets	(1)	4,764
	89	4,826
Other 2		
Depreciation of tangible fixed assets	4,174	-
Total resources expended	166,443	181,847
Net income	36,726	53,758