

THE ASHDOWN HUB

England & Wales · Charity number 1192088

Details

Status Registered

Legal form CIO

Registered 2020-10-30

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: FOR THE PUBLIC BENEFIT IN THE ASHDOWN FOREST AND SURROUNDING AREA, TO RELIEVE THE NEEDS OF PEOPLE WHO ARE EXPERIENCING POOR MENTAL HEALTH OR SIGNIFICANT PSYCHOLOGICAL DISTRESS DUE TO SOCIAL ISOLATION OR THE IMPACT OF PHYSICAL ILL HEALTH BY ORGANISING AND DELIVERING WEEKLY ACTIVITY-BASED SUPPORT GROUPS FACILITATED BY CLINICIANS AND/OR SUBJECT EXPERTS AND VOLUNTEERS AND WHICH PROMOTE THE INPUT OF BENEFICIARIES, THEREBY PROMOTING THEIR CONFIDENCE, AGENCY AND COMMUNITY PARTICIPATION.

Activities: We organise activity-based support groups for mental health and wellbeing for adults in The Ashdown Forest area. The groups are run by trained volunteers and open to any adult who would like to support their mental health and wellbeing. Groups are suitable for adults with mental illness, addiction or stress (including stress caused by physical illness, injury or bereavement)

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£13,242	£15,421	-	-
2024-10-31	£14,595	£22,621	-	-
2023-10-31	£18,557	£19,260	-	-
2022-10-31	£20,467	£9,591	-	-
2021-10-31	£10,665	£8,297	-	-

Trustees

Name	Role	Appointed
Jaquelynn Alejandra Alvarado Taipe	Chair	2024-10-30
Anthony Richard Cox		2023-05-25
Lisa Joice		2023-11-03
Louise Vernon Handley		2022-06-09