

BRIDGING THE GAP

MIND MATTERS - CIO



Trustee report 2020-2021



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We delivered support to 90 beneficiaries during period 16/11/2020- 31/12/21
Either signposting to other organisations and resources or taking part in a respite program.

30 people received full funding

27 received partial funding

18 self funded.

15 directed to alternative services.

Cost to the charity to fund a program:

Counselling

6 sessions at £32.50 per session. Total: £195

12 Physical therapy sessions at £33 per session.

Plus £4 admin fee for gym software.

Total: £400

Program cost: £595

Other expenditure:

Monthly Rent for counselling rooms: £200 per month Increased to £600 with the addition of PT studio.

Fierce Spirit CrossFit sponsors the PT studio donating £400 per month

Electricity: £135 monthly.

Website hosting and maintenance: £22

Timothy A brown, donate £200 monthly to help fund someone's program and support running costs.

Roughly 6 people per month are being supported.

80% of people who were out of work returned or found work after completing a program.

Full funding is for people on SSP or not receiving income or with exceptional circumstances decided by the trustees.

Partial funding for others depending on affordability.

Working with gyms across Staffordshire and Cheshire aiming to be nationwide by 2024.

Fundraising and sustainability:

Still running public fundraisers and applying for grants.

Starting to get businesses to fund employees through the respite program.

Cost to employers is a £100 monthly retainer and reduced rate of £450 if someone wishes to complete a program.

CrossFit Fierce spirit in Congleton still provides the majority of physical therapy. They provided sessions free of charge prior to the charity having funds to pay for physical therapy.

JWC Sandbach and Holmes chapel are taking an ever increasing amount of referrals. Heather from JWC is supporting the charity with fundraising efforts and diversifying the charity to secure more funds from businesses.

We're looking to have at least 3 physical therapy providers in Stoke soon and expand to gain more providers in Nantwich leaning towards Cheshire west and Chester.

We do not have any full time employed staff although this could be set to change as the charity grows and develops new roles.

Trustees are unchanged.

Vicky Willis Chair

Karen Halton Trustee

Victoria Brewster Trustee

