



Trustees' Annual Report for the period

From

To

Period start date

Period end date

30
April
2021

30
Nov
2021

Section A

Reference and administration details

Charity name

Megan's Starr Foundation

Other names charity is known by

Registered charity number (if any)

1194282

Charity's principal address

91B Charles Street, Milford Haven

Postcode
SA732HL

Names of the charity trustees who manage the charity

Trustee name
Office (if any)
Dates acted if not for whole year
Name of person (or body) entitled to appoint trustee (if any)

Nicola Hartevelt

1

Lily Trueman

2

Dominique Williams

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Laura Murphy

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name

Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

	Type of governing document (eg. trust deed, constitution)
Constitution	
	How the charity is constituted (eg. trust, association, company)
	Trustee selection methods (eg. appointed by, elected by)
Appointed	

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

We want to promote a shared conversation and response to Mental Health and Bullying in which everyone works together to create safe environments for young people.

By creating a kinder, more accepting, and more inclusive community, fewer young people will experience mental health issues, become less isolated, be willing to speak out and ask for help.

No one ever has to feel alone.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our Foundation concentrates on providing help, advice and support to young people and parents, from a range of social backgrounds who are struggling with their mental health and well-being.

There is no judgement within our foundation, only empathy and compassion. Additionally, we recognise that every single individual that walks through our doors is unique, and as such their issues will be too. We do not use generic booklets or expect anybody to follow a particular theory or formulation. We are all different and believe that the support we give reflects this, and as a result of these beliefs, we tailor support to meet the individual's needs.

The shoe that fits one, pinches another (Carl Jung).

We provide professional counselling & peer support as well as hand on therapy. We facilitate groups that help with social anxiety and isolation issues, as well as providing a safe space for young people to come. We also offer advice and support with educational needs by providing professional education consultancy for parents and carers.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Our foundation is run by volunteers who have a passion for change.

We run a community coffee house where young people and the general public can come for a friendly chat and a listening ear. We are a safe space in the community with no pressure.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

We have provided over 300 hours of professional and peer support to young people and parents within our community. We have consulted with over 60 young people and their families to see what support is needed within our community & as a result we have taken on a premises where we will be an outreach for young people to come and seek support as well as being a safe space.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity holds reserves for any unforeseen reductions in funding opportunities.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

N Harteveld

Nicola
Harteveld

Trustee

Position (eg Secretary, Chair, etc)

29/09/2022

Date

From: 29/04/2021

To: 30/11/2021

Megans Starr Foundation
Cash Flow Statement Report

04 Oct 2022

21:26

Bank Account(s): Bank Account (1200), Cash (1210)

Opening Balance £14,220.88	Cash Flow In £2,167.53	Cash Flow Out £9,546.62	Closing Balance £6,841.79	Owed to others £0.00	Net Balance £6,841.79
	Money ins £2,167.53	Money outs £9,546.62	Cash Flow for period -£7,379.09		