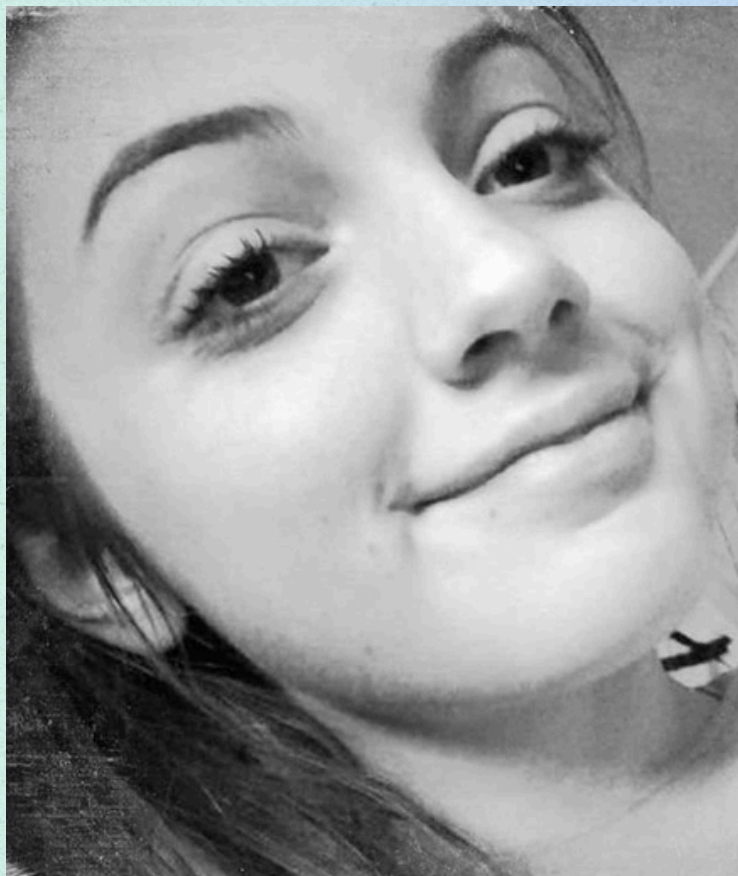


RAISING AWARENESS OF YOUTH MENTAL HEALTH & BULLYING

MEGAN'S TARR FOUNDATION



“Supporting the mental health of young people is a crucial aspect of ensuring their overall well-being. Mental health issues such as depression, anxiety, and stress can have a significant impact on a young person's life, affecting their school performance, relationships, and overall quality of life.

There are various ways in which young people can receive support for their mental health. One of the most important is through access to mental health professionals, such as therapists or counsellors. These professionals can provide young people with a safe and supportive space to discuss their feelings and develop coping strategies for managing their mental health issues.

Additionally, schools and community organisations can play a vital role in supporting young people's mental health. This can include providing mental health education, creating safe spaces for young people to express themselves, and offering resources and referrals to mental health professionals.

It is also important for parents and caregivers to be aware of their child's mental health and to seek support if needed. This can include talking with their child about their feelings, seeking out mental health resources, and modeling healthy coping strategies.

Overall, supporting the mental health of young people requires a collaborative effort from parents, caregivers, schools, and mental health professionals. By prioritising mental health support for young people, we can help ensure that they have the resources and tools they need to lead happy and healthy lives”.

Note from our Chair & Founder

Nicola Hartevelde

The Megan's Starr Foundation was set up after my 14-year-old daughter Megan took her own life after being cyberbullied, and subsequently suffering with her mental health. Like many young people, she obviously didn't feel like she could reach out and seek help, by speaking to a teacher, a police officer or even us her parents. She didn't want to be a burden to anyone, least of all us or her friends. She gut-wrenchingly suffered in silence. She was just a little girl. After Megan's death, my world literally fell apart. There was no support for any of us including my children. There were no services that were offered to us and we did not know where to turn to for help. We all suffered horrifically and had only each other for support. Our family has been desecrated forever. However, I put my grief and anger aside and decided that I could either let her death destroy me, or define me. I chose the latter. I vowed that I would not let any other young person feel like they had no choice other than to end their life. That I would ensure that there was always someone to speak to, without judgement or fear of being labelled attention-seeking or a burden. I also wanted to ensure that we would be there for parents who had concerns about their children and to raise awareness of teen suicide. Megan was a popular, vivacious, intelligent, beautiful and funny young girl, with her whole life in front of her. She was creative, talented and had a flair for art & poetry/writing.

But she's dead. Suicide & mental health has no face and does not discriminate. I wanted parents to know that. Megan hid her pain behind a huge smile and others can too. I felt it was imperative to try to break the taboo. To show that we need to speak up about our mental health in order to try to overcome these stigmas.

Megan was a normal, happy and healthy girl to everyone else, but looks can be deceiving. I couldn't let that happen to anyone else if I have a chance to prevent it.



Nicki 

Megan's Starr Foundation is a recently registered charity, based in Pembrokeshire, Wales, that provides help, support and advice to young people and parents/carers throughout Pembrokeshire. MSF was established following the death by suicide of Megan Evans, our Founder, Nicola's, 14-year-old daughter. Megan was a kind, beautiful, popular, healthy, and vivacious young lady with a life full of promise and adventure awaiting her, but due to relentless cyber bullying, leading to a severe mental health crisis, she felt unable to reach out, and consequently her life cut short, and her family's life destroyed forever. The ripple effect of Meg's death trickled into our community, and Nicola vowed that she would do everything in her capacity to ensure that no other child or young person would feel alone, scared, and unable to reach out for help. Megan's Starr Foundation's ethos, core values and mission statement are that suicide and mental health doesn't discriminate and it destroys families and communities. Unless we break the stigma and become proactive in our fight to raise awareness of teen suicide, support young people's mental health, and offer advice and advocacy services to families, more young lives will be taken too early, with broken families and communities inevitable.

As the MSF charity continues to grow, we are currently extremely active both in our community and online via social media, running workshops and projects, promoting positive mental health and well-being, and offering advice and guidance, both in person and online. We are entirely volunteer led and fund free professional counselling services and peer support to young people who are facing crisis and offer support and coping strategies to parents/guardians who feel that they are unable to cope alone with the trials and tribulations of parenthood. We have offered free Educational and Additional Learning Needs Surgeries at the Coffee Community House, to provide information regarding the new ALNET Act (2018) in Wales. This supports families and young people, ensuring they can access the correct provision and receive the education they are entitled to. We work in a unique and diverse way to break the mental health stigma often attached to accessing support, and to bridge the gap by advocacy, to statutory services. We have a Community Coffee House, where young people in the community can access mental health and wellbeing support, 7 days a week. Pembrokeshire has the highest level of child poverty in Wales, therefore offering disadvantaged young people, Looked After Young People (LAYP), young carers, and individuals not in education or employment (NEET), the chance to have work experience in a safe and supportive environment is paramount. This will enable them to gain confidence and experience, before venturing out into the working environment, where they will contribute to the economy and become valuable members of our society. We regularly hold evening events such as 'Board games and Milk Shake Making', 'Coffee and Chats', 'Pop-ins', 'Crochet Pumpkin Making', 'The Young and the Elderly Club', family games nights, pebble painting, art & crafts, textiles classes and many more. Our Foundation also provides workshops based on wellbeing, resilience, and anti-bullying in a fun and dynamic way. What has become increasingly evident is that our Coffee House is proving to be very popular by adults (including the elderly) alongside families and our young people.

Megan's Starr is a beacon of hope and support for young people in our community. Founded on the pillars of experience, compassion, empathy, and a deep commitment to youth mental health, our extraordinary charity has transformed lives through the community coffee house and the comprehensive mental health services we provide.

At the heart of Megan's Starr lies the bustling community coffee house, a warm and inviting space where individuals gather, connect, and find solace. Run entirely by dedicated volunteers, the coffee house has become a safe haven for people seeking respite from the challenges they face. These volunteers are more than just baristas, they are beacons of support, lending an empathetic ear and creating a welcoming environment.

What sets us apart is our holistic approach to mental health. Not only do we provide professional mental health support, but also invest in the development of our volunteers. Through barista training, these volunteers gain valuable skills that extend beyond the coffee counter. With a focus on health and safety, food safety, and crucially, mental health training, Megan's Starr equips our volunteers to provide not just a cup of coffee, but a sanctuary for those in need.

The impact of Megan's Starr on the community has not gone unnoticed. Our unwavering dedication and remarkable contributions have garnered us several prestigious awards, a mention in the Senedd by Mark Drakeford and an invite to parliament by MP Stephen Crabb, solidifying our reputation as a cornerstone of support for mental health. These accolades serve as a testament to the genuine care and commitment that defines Megan's Starr.

At its core, Megan's Starr is a youth-focused charity, recognising the unique challenges that young people encounter. Our approach is not prescriptive, but participatory. Youth are not just beneficiaries; they are active participants, their voices amplified, and their perspectives valued. This youth-centric ethos ensures that the services provided are not only effective but also relevant and responsive to the evolving needs of our community.

Through empowerment and education, Megan's Starr strives to break down the barriers surrounding mental health. By creating a space where conversations about mental well-being are encouraged, we challenge stigma and promote a culture of understanding and acceptance. The ripple effects of our work extend far beyond the walls of the coffee house, touching the lives of countless individuals and families.

Megan's Starr embodies the spirit of community and compassion. It is a testament to what can be achieved when a dedicated group of individuals comes together with a shared vision. By blending professional mental health support with a nurturing community space, this charity has created a haven of hope for young people navigating the complexities of mental health.

In the story of Megan's Starr, we find inspiration and a powerful reminder of the profound impact that a community can have when it rallies around a cause it believes in. We are not just serving coffee; we are serving hope, healing, and a brighter future for young people in our community.

Our year 2022-2023

In 2022-2023, Megan's Starr Foundation became a beacon of hope and resilience, transforming the lives of countless young people and families in our community. Through our Warm Nights initiative, we didn't just serve over 5,000 hot meals and drinks free to the community, we created a sanctuary, a place of warmth, belonging, and connection for those who needed it most. Our dedicated volunteers also contributed more than 10,000 hours, pouring their hearts into uplifting their community. Our outreach didn't stop there. With our Step into January and Easter Egg Appeal, we walked over 8 million steps raising awareness of youth mental health and delivered over 500 Easter eggs to young people, elderly residents, and vulnerable families in our community, bringing joy and smiles to so many faces.

Our impact went far beyond providing food and comfort. We empowered young people to achieve what once seemed impossible. Many earned barista and food hygiene certificates, opening doors to employment opportunities that changed their futures. Our intergenerational projects bridged the gap between generations, fostering mutual respect, understanding, and connection that benefited both young and older people alike.

The Speakeasy Mobile Coffee Van became a symbol of progress and hope, generating crucial funds and offering invaluable real-world experience. Our volunteers gained confidence, practical skills, and life lessons, allowing them to thrive in diverse settings and social environments.

This year also brought incredible recognition for Megan's Starr. Founder Nicola Hartevelde was honored as Volunteer of the Year at the Welsh Charity Awards and chosen as a judge for the prestigious Diana Awards. Megan's Starr itself won accolades at the West Wales Health and Care Awards, while our young volunteers were celebrated as Volunteering Charity of the Year at the PAVS Awards. Molly and Myles, two of our ambassadors, received Volunteer of the Year and Wales Shining Star at the Pembs Youth Awards, cementing our commitment to empowering young people.

We also celebrated another unforgettable milestone in our journey ~ the first-ever Megan's Starr Gala. This heartwarming event honored Megan's 21st birthday and the incredible achievements of the foundation and its young people, marking a day that will forever remain a highlight in our story.

Megan's Starr continues to inspire, empower, and uplift, making a lasting difference in the lives of those who need it most.

**This year
we have**



Provided 1500 FREE hours of professional counselling & peer support since we opened our doors



Provided over 5000 FREE hot meals and drink to the community



Given over 21,000 volunteering hours



Walked over 10 million steps raising awareness of teen suicide & mental health



Organised 10 beach cleans collecting over 100 bags of rubbish



Collected and Upcycled 75 kilos of denim & old clothes saving them from landfill



Trained over 100 young people in various skills such as Barista training, food hygiene and customer service



Delivered over 500 Easter eggs to the vulnerable and disadvantaged in our community.



Delivered 120 Christmas presents to less fortunate children and families in our community.

and so much more

Winners!

Mike Beckett Youth Award
Megan's Starr Foundation
Young Volunteers



Congratulations



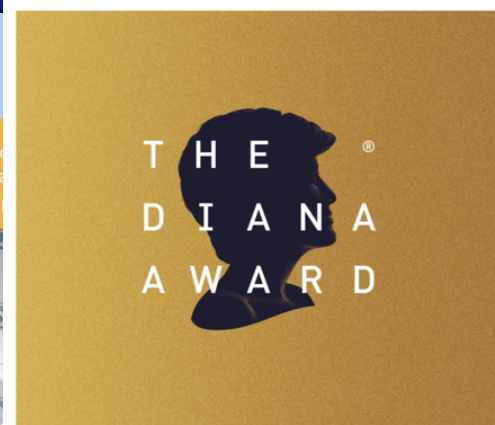
Nicola Hartevelde

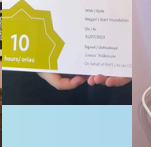


Commended! Volunteer of the Year Award
James Puttock and Nicola Hartevelde



Congratulations





Megan's Starr Foundation
Community Coffee House
Winter warmer
Board games event
4-7pm
Every Monday
FREE
Hot Food & Drink!!!
Get your game on!!



Our plans for 2024-2025

Securing funding to furnish and equip our new coffee house at Milford Waterfront is a pivotal step towards amplifying the positive impact we have on our community. This new space will not only serve as a sanctuary for the young but will also welcome the elderly, creating a truly intergenerational hub where all members of the community can connect, learn, and thrive together.

With state-of-the-art facilities, we can offer a wider array of activities and services. From barista training workshops that teach valuable job skills to music and art therapy sessions that cater to diverse interests and ages, our new coffee house will be a cornerstone of community development. These training opportunities are not just about learning a skill but about building confidence, fostering resilience, and creating pathways to employment or further education for people of all ages, especially young people from marginalised and under-represented communities.

Moreover, the enhanced space will allow us to host community events, mental-health and wellness workshops, and support groups, significantly increasing our outreach and support capabilities. It will be a place where conversations about mental health can flourish in a supportive environment, reducing stigma and promoting understanding across generations.

This funding will enable us to transform our vision into reality, providing a motivational and inspirational setting that champions the well-being of every community member. It's not just a coffee house, it's a community lifeline, enriching lives and empowering individuals through connection, education, and personal growth. Our vision is to transform this space into more than just a coffee house, it will be a community hub - a lifeline that enriches lives through connection, education, and personal growth. This initiative will not only strengthen community bonds but also empower individuals with the confidence and skills needed for personal and professional success.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 NOVEMBER 2023

The financial year ending 30th November 2023 saw Megan's Starr Foundation continue its important work supporting young people with mental health services. Our total income for the year was £93,045.43, primarily consisting of grants, and fundraising events.

Expenditure for the year totaled £48,962.57, with the majority allocated to delivering core services such as mental health workshops, volunteer coordination, and community engagement projects.

As of 30th November 2023, the charity holds total net assets of £120,083.83, including both cash reserves and tangible assets, ensuring long-term sustainability.

Independent Examiner

Andrew Albury LLB. (Hons) FCPA
The Business Advice Bureau Limited
Charles Street
Milford Haven
Pembrokeshire
SA732HL

Signed on behalf of the board of trustees;



Financial Charities Accounts

Megan Starr Foundation

For the period ended 30 November 2023

Prepared by

Andrew Albury LLB. (Hons) FCPA The Business Advice Bureau Limited

Prepared on

3 July 2024

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Profit and Loss

December 2022 - November 2023

	Total
INCOME	
Sales	93,045.43
Total Income	93,045.43
COST OF SALES	
Cost of sales	10,738.43
Total Cost of Sales	10,738.43
TOTAL	82,307.00
EXPENDITURES	
Advertising/Promotional	1,163.32
Cost of Premises	6,518.72
Entertainment	4,482.11
Legal and professional fees	7,229.96
Mobile Charges	273.20
Office/General Administrative Expenses	5,564.42
Repairs and Maintenance	6,524.10
Supplies	9,846.80
Travel	734.50
Vehicle Expenses - Auto	6,625.44
Total Expenditures	48,962.57
NET INCOME/(EXPENDITURE)	£33,344.43

Balance Sheet

As of November 30, 2023

	Total
FIXED ASSET	
Tangible assets	
Furniture and Fixtures	23,302.38
Office Equipment and IT	11,694.64
Plant and Machinery	31,995.70
Vehicles	46,240.60
Total Tangible assets	113,233.32
Total Fixed Asset	113,233.32
CASH AT BANK AND IN HAND	
Cash on hand	6,850.51
Total Cash at bank and in hand	6,850.51
NET CURRENT ASSETS	6,850.51
NET CURRENT ASSETS (LIABILITIES)	6,850.51
TOTAL ASSETS LESS CURRENT LIABILITIES	120,083.83
TOTAL NET ASSETS (LIABILITIES)	£120,083.83
CHARITY FUNDS	
Opening Balance Equity	86,739.40
Retained Earnings	
Surplus/(Deficit)	33,344.43
Total Charity funds	£120,083.83

Statement of Cash Flows

December 2022 - November 2023

	Total
OPERATING ACTIVITIES	
Net Income	33,344.43
Adjustments to reconcile Net Income to Net Cash provided by operations:	
Net cash provided by operating activities	33,344.43
INVESTING ACTIVITIES	
Furniture and Fixtures	-23,302.38
Office Equipment and IT	-11,694.64
Plant and Machinery	-31,995.70
Vehicles	-46,240.60
Net cash provided by investing activities	-113,233.32
FINANCING ACTIVITIES	
Opening Balance Equity	86,739.40
Net cash provided by financing activities	86,739.40
NET CASH INCREASE FOR PERIOD	6,850.51
CASH AT END OF PERIOD	£6,850.51