

ENDING LIFE'S TABOO

England & Wales · Charity number 1194537

Details

Status Registered

Legal form CIO

Registered 2021-05-19

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

Contact

Address 68 West Street
Coggeshall
Colchester
CO6 1NS

Phone 07710628913

Email endinglifestaboo@outlook.com

Website www.endinglifestaboo.com

Activities

Objects: THE OBJECT OF THE CIO IS TO RELIEVE THE MENTAL HEALTH AND SUFFERING OF ADULTS AGED 18 TO 40 YEARS OLD IN NORTH EAST ESSEX WHO ARE DIAGNOSED AS HAVING AN INCURABLE, LIFE LIMITING CONDITION WITH SPECIALIST PALLIATIVE CARE NEEDS; AND THEIR CARERS BY PROVIDING PSYCHOLOGICAL SUPPORT TO HELP IMPROVE THEIR PSYCHOLOGICAL AND EMOTIONAL WELLBEING.

Activities: Ending Life's Taboo offers rapid access to counselling provision for young adults within the age range of 18 and 45 years old when they receive a terminal or end of life diagnosis. Ending Life's Taboo operates in North East Essex and Suffolk. Young adults with cancer or non cancer illnesses are able to access the provision.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** NORTH EAST ESSEX
- Essex
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£22,642	£39,901	-	-
2023-12-31	£32,298	£36,732	-	-
2022-12-31	£21,671	£19,938	-	-
2021-12-31	£32,511	£5,404	-	-

Trustees

Name	Role	Appointed
Dr Harriet Louise Roebuck MBBS MTCP	Chair	2020-11-24
Dr Daria Bonanno		2021-06-17
Lucy Vivienne Goodwyn		2023-06-23
Toni-Leanne Kerry Jolin		2020-11-24
Tracy Louise Davies		2020-11-24

Accounts

ENDING LIFE'S TABOO

REPORT OF THE TRUSTEES FOR PERIOD 1 JANUARY 2024 TO 31 DECEMBER 2024

The trustees present their report with the financial statements of the charity for the period 1 January 2024 to 31 December 2024. The trustees have adopted the provision 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).

Objectives and Activities

Objectives and aims

For the public benefit, to relieve the mental health and suffering of (i) adults aged 18 to 45 years old in the areas it serves who are diagnosed as having an incurable, life limiting condition with specialist palliative care needs; and (ii) their carers by providing psychological support to help improve their psychological and emotional wellbeing.

Significant Activities

Ending Life's Taboo continues to work in partnership with acute NHS settings, hospices and other charities to be able to offer adult patients up to 45 years old diagnosed with a life limiting illness, rapid access to a palliative care counsellor fulfilling an identified gap in mental wellbeing support in this area of health service within North East Essex and East Suffolk.

During the year of 2024 Ending Life's Taboo has continued to work collaboratively and has been a member of the following multi agency groups supporting our aim to improve the life and end of life for those living with life shortening illnesses:

- Compassionate City Colchester
- North East Essex Mental Health and End of Life Team
- North East Essex Bereavement Service Network
- Fundraiser's Network Group
- Macmillan Cancer Project
- Compassionate Communities Steering Group
- Macmillan Community Voices Partnership
- End of Life Working Group
- Social Finance - Ending Life's Taboo featured as a case study in the 'Rethinking the End' publication published November 2023.

Public Benefit

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Charitable Activities

Ending Life's Taboo has established the service and continues to meet a gap in mental health care in the acute setting by maintaining the rapid access to counselling for terminally ill young people in the area of North East Essex and East Suffolk.

Counselling continues to be delivered in a flexible way harnessing the use of technology when needed. The service remains patient led with no constraints on regularity of, or number of sessions and service users do not need a professional led re-referral to access counselling if they wish to re-engage. Ending Life's Taboo continues to meet its one week from referral to contact time frame.

Referrals are mainly received from Palliative Care Teams and Cancer Nurse Specialists at both hospitals however, self-referrals from the website have been received as well as referrals from local hospices, GP's and cancer charities. The number of people accessing the service has increased and is a mix of both patients and their family (carers).

Ending Life's Taboo works closely and has made strong links with other organisations, particularly hospices and cancer charities, throughout East Suffolk and North East Essex. Collaboration enables high quality, professionally trained staff to carry out the counselling and has also facilitated caseload triage between organisations to ensure individuals, meeting Ending Life's Taboo's remit, gain rapid access to counselling and do not join a waiting list.

This financial year, grants have been secured from:

Restricted

- | | | |
|----------------------|----------------------|--------|
| ● Tudwick Foundation | (Peer Support Group) | £ 3000 |
|----------------------|----------------------|--------|

Unrestricted

- | | | |
|--------------------------------|--|---------------|
| ● St James Place | | £ 2150 |
| ● Albert Hunt Trust | | £ 4000 |
| ● Fowler Smith and Jones Trust | | <u>£ 2000</u> |
| | | <u>£11150</u> |

The grants received have enabled the charity to continue its activities and to develop a Peer Support Group to give another support avenue for our beneficiaries.

Ending Life's Taboo has received an increase in referrals and supported 31% more beneficiaries than the previous year. Ending Life's Taboo has supported 93 beneficiaries in 2024 (71 in 2023).

In our future plans in the 2023 Annual Report we stated that we would

- Increase awareness and support in East Suffolk.
This has been achieved and is evidenced by a 63% increase in referrals in East Suffolk bringing the number of referrals in line with North East Essex.
- develop relationships with corporate partners/sponsors
Ending Life's Taboo engaged with two corporate partners during the year securing £2250 in sponsorship for media marketing promotions (film and radio)
- increase volunteers to support charity growth in specific areas of fundraising and marketing
A team of volunteers available for fundraising events was built during 2023 as well as the recruitment of a social media volunteer.

Financial Review

Financial Position

Grants and donations have been secured to support the stated aims and objectives going into the next financial year. As at 31 December 2024 the carry forward balance is £7146; the carry forward includes restricted funds for the provision of a Peer Support Group as follows:

- Tudwick Foundation grant to be spent by 30 June 2025 £2104

Reserves Policy

The reserves policy is to maintain sufficient funds to cover on-going commitments and at a level that considers external and inflationary pressures

Corporate Sponsorship

Ending Life's Taboo received sponsorship from the following Corporates:

- Attwells Solicitors Sponsorship of Fundraising Film
- Greene King Sponsorship of Christmas Radio Awareness Appeal

Future Plans

Over the coming year Ending Life's Taboo will:

- Increase awareness with the Primary Care Networks in the North East Essex and East Suffolk areas
- Offer services to West Suffolk
- Develop relationships with corporate partners/sponsors
- Develop a team of active fundraisers
- Offer anticipatory grief skills training to counsellors in the local and national communities
- Continue to work toward financial sustainability by increasing:
 - Public donations
 - Fundraising events
 - Corporate sponsorship

Structure, Governance and Management

Governing Document

Ending Life's Taboo is controlled by its governing document, Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.

Recruitment and Appointment of New Trustees

In accordance with the governing document:

Appointment of charity trustees

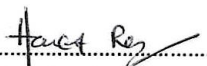
- 1 Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- 2 In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) a copy of the current version of this constitution; and
- b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

Approved by order of the board of trustees on 17 July 2025 and signed on its behalf by:


.....
H Roebuck - Chair of Trustees

REGISTERED NUMBER: 1194537 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
ENDING LIFE'S TABOO

Breese Accountancy
The Brambles
40 Tey Road
Coggeshall
Colchester
CO6 1SY

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

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ENDING LIFE'S TABOO
CHARITY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2024

TRUSTEES:

Dr H Roebuck
Dr D Bonanno
T L Davies
T L K Jolin
L Goodwyn

REGISTERED OFFICE:

68 West Street
Coggeshall
Colchester
Essex
CO6 1NS

REGISTERED NUMBER:

1194537 (England and Wales)

ACCOUNTANTS:

Breese Accountancy
The Brambles
40 Tey Road
Coggeshall
Colchester
CO6 1SY

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	Restricted £	Unrestricted £	Total £
INCOME			
Donations and Legacies	0	11,492	
Grants	3,000	8,150	
			22,642
General expenses			39,901
Net Income			(17,259)

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

STATEMENT OF FINANCIAL POSITION

	Notes	31/12/24 £	31/12/23 £
CURRENT ASSETS			
Cash at bank		7,146	24,405
Total Current Assets		<u>7,146</u>	<u>24,405</u>
CREDITORS			
Amounts falling due within one year		0	0
NET CURRENT LIABILITIES		<u>7,146</u>	<u>24,405</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>7,146</u>	<u>24,405</u>
FUNDS			
Restricted funds		2104	6258
Unrestricted fund		5042	18147
		<u>7,146</u>	<u>24,405</u>

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

NOTES TO THE STATEMENT OF FINANCIAL ACTIVITIES AND POSITION
FOR THE YEAR ENDED 31 DECEMBER 2024

1 Movement in Restricted Funds

	Expenditure		C'fwd
Grants received			
NEE Health and Wellbeing Alliance B'Fwd	6,258	(6,258)	0
Tudwick Foundation	3,000	(896)	2,104
	<u>9,258</u>	<u>(7,154)</u>	<u>2,104</u>

ENDING LIVES TABOO
REPORT OF THE ACCOUNTANT TO THE TRUSTEES OF
ENDING LIFE'S TABOO

In accordance with your instructions, I have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to me.

Breese Accountancy
The Brambles
40 Tey Road
Coggeshall
Colchester
CO6 1SY

Date: 6 AUGUST 2025

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	31/12/24	
	£	£
Income		
Donations and Legacies		1,455
Grants		11,150
Events		
Coggeshall Festival		155
Coggeshall Christmas		331
Quiz		388
Golf		4,563
Previous Yr Ball		300
Raffle		971
Lottery		62
Tesco		40
Co Op		491
London Marathon		273
HMRC Gift Aid		89
Misc		2,374
		22,642
Expenditure		
Accountant	360	
Bank Fees	61	
I.T.	147	
Insurance	734	
London Marathon	480	
Payroll	31,482	
Professional Fees	50	
Stationary	414	
Supervision	780	
Coggeshall Summer Festival	10	
Charity Golf Event	3,289	
Gambling Licence	40	
Coggeshall Xmas	15	
Marketing	1,750	
Ipswich Half Marathon	250	
Raffle	39	
		39,901
NET PROFIT/LOSS		<u>(17,259)</u>



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's
report on the accounts

Section A Independent Examiner's Report

Ending Life's Taboo

Charity no
(if any)

1194537

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Date: 08.07.25

DONNA BREESE

BREESE ACCOUNTANCY

THE BRAMBLES, 40 TEY ROAD, COGGESHALL, CO6 1SY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Accounts

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REGISTERED CHARITY NUMBER: 1194537

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR PERIOD 1 JANUARY 2023 TO 31 DECEMBER 2023

FOR

ENDING LIFE'S TABOO

68 WEST STREET
COGGESHALL
COLCHESTER
ESSEX
CO6 1NS

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ENDING LIFE'S TABOO
CONTENTS OF THE FINANCIAL STATEMENTS
PERIOD 1 JANUARY 2023 TO 31 DECEMBER 2023

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4 Statement of Financial Activities and Financial Position	8

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ENDING LIFE'S TABOO

REFERENCE AND ADMINISTRATIVE DETAILS
PERIOD ENDING 31 DECEMBER 2023

TRUSTEES

Dr H Roebuck
Dr D Bonanno
T L Davies
T-L K Jolin
L Goodwyn

PRINCIPAL ADDRESS

68 West Street
Coggeshall
Colchester
Essex
CO6 1NS

REGISTERED CHARITY NUMBER

1194537

INDEPENDENT EXAMINER

Breese Accountancy
40 Tey Road
Coggeshall
Colchester
Essex
CO6 1SY

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ENDING LIFE'S TABOO

REPORT OF THE TRUSTEES FOR PERIOD 1 JANUARY 2023 TO 31 DECEMBER 2023

The trustees present their report with the financial statements of the charity for the period 1 January 2023 to 31 December 2023. The trustees have adopted the provision 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).

Objectives and Activities

Objectives and aims

For the public benefit, to relieve the mental health and suffering of (i) adults aged 18 to 45 years old in the areas it serves who are diagnosed as having an incurable, life limiting condition with specialist palliative care needs; and (ii) their carers by providing psychological support to help improve their psychological and emotional wellbeing.

Significant Activities

Ending Life's Taboo works in partnership with acute NHS settings, hospices and other charities to be able to offer adult patients up to 45 years old diagnosed with a life limiting illness, rapid access to a palliative care counsellor fulfilling an identified gap in mental wellbeing support in this area of health service within North East Essex and East Suffolk.

Public Benefit

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Charitable Activities

Ending Life's Taboo has established the service and continues to meet a gap in mental health care in the acute setting by maintaining the rapid access to counselling for terminally ill young people in the area of North East Essex and East Suffolk.

Counselling continues to be delivered in a flexible way harnessing the use of technology when needed. The service remains patient led with no constraints on regularity of, or number of

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sessions and service users do not need a professional led re-referral to access counselling if they wish to re-engage. Ending Life's Taboo continues to meet its one week from referral to contact time frame.

Referrals are mainly received from Palliative Care Teams and Cancer Nurse Specialists at both hospitals however, self-referrals from the website have been received as well as referrals from local hospices, GP's and cancer charities. The number of people accessing the service has increased and is a mix of both patients and their family (carers). An increase of 81.5% in clients has been realised.

Ending Life's Taboo works closely and has made strong links with other organisations, particularly hospices and cancer charities, throughout East Suffolk and North East Essex. Collaboration enables high quality, professionally trained staff to carry out the counselling and has also facilitated caseload triage between organisations to ensure individuals, meeting Ending Life's Taboo's remit, gain rapid access to counselling and do not join a waiting list.

This financial year, grants have been secured from:

- North East Essex Health and Wellbeing Alliance: £14,796

Financial Review

Financial Position

Grants and donations have been secured to support the stated aims and objectives going into the next financial year. As at 31 December 2023 the carry forward balance is £24,405; the carry forward includes restricted funds of £6,258 as follows:

- North East Essex Health and Wellbeing Alliance due to be spent by 31 May 24.

Reserves Policy

The reserves policy is to maintain sufficient funds to cover on-going commitments and at a level that considers external and inflationary pressures.

Future Plans

Over the coming year Ending Life's Taboo will:

- continue to connect with Primary Care Networks in the North East Essex and East Suffolk areas
- increase awareness and support in East Suffolk
- develop relationships with corporate partners/sponsors
- increase volunteers to support charity growth in specific areas of fundraising and marketing

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Structure, Governance and Management

Governing Document

Ending Life's Taboo is controlled by its governing document, Constitution of a Charitable Incorporated Organisation whom only voting members are its charity trustees

Recruitment and Appointment of New Trustees

In accordance with the governing document:

Appointment of charity trustees

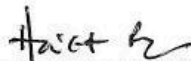
- 1 Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- 2 In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) a copy of the current version of this constitution; and
- b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

Approved by order of the board of trustees on 17 October 2024 and signed on its behalf by:



.....
H Roebuck - Trustee

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INDEPENDENT EXAMINER'S REPORT

Report to the trustees/members of
Ending Life's Taboo
194537

On accounts for the year ended
31st December 2023

Basis of my report

I have examined all the documents and relevant papers given to me by the
Trustee Tracy Davies

Independent examiner's statement

In connection with my examination, no matter has come to my attention to
which, in my opinion, attention should be drawn in order to enable a proper
understanding of the accounts to be reached.

Signed



Date 19th September 2024

Mrs Donna Breese
40 Tey Road
Coggeshall
Colchester
Essex
CO6 1QR

07711 903228
Donna.breese@sky.com

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ENDING LIFE'S TABOO

STATEMENT OF FINANCIAL ACTIVITIES PERIOD 1 JANUARY 2023 TO 31 DECEMBER 2023

	Restricted funds £	Unrestricted funds £	Total funds £
INCOME			
Donations and Legacies		17,502	
Grants	14,796		
Total			32,298
EXPENDITURE			
Charitable activities			
General expenditure (Note 1)	21,368	15,365	36,733
NET INCOME			(4,435)
RECONCILIATION OF FUNDS			
Total funds brought forward	9,219	19,621	28,840
TOTAL FUNDS CARRIED FORWARD			24,405

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ENDING LIFE'S TABOO

STATEMENT OF FINANCIAL POSITION AT 31 DECEMBER 2023

	Restricted funds	Unrestricted funds	2023 Total fund	2022 Total
	£	£	£	£
FIXED ASSETS (Note 2)				
Tangible assets			671	895
CURRENT ASSETS				
Debtors	0	0	0	0
Cash at bank	6,258	<u>18,147</u>	<u>24,405</u>	<u>28,840</u>
CREDITORS (Note 3)				
Amounts falling due within one year	(6,258)	<u>0</u>	<u>(6,258)</u>	<u>(12,814)</u>
NET CURRENT ASSETS	<u>0</u>	<u>18,147</u>	<u>18,147</u>	<u>16,026</u>
TOTAL ASSETS LESS CURRENT LIABILITIES				
NET ASSETS			<u>18,147</u>	<u>16,026</u>
FUNDS				
Restricted funds			0	0
Unrestricted funds			<u>18,147</u>	<u>16,026</u>
TOTAL FUNDS			<u>18,147</u>	<u>16,026</u>

The financial statements were approved by the Board of Trustees on 17 October 2024 and were signed on its behalf by



H Roebuck – Trustee

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Statement of Financial Activities and Position Notes

1 Movement in Restricted Funds 1 January 2023 to 31 December 2023

		Expenditure 2023	C/Fwd
Grants received 1.1.23 to 31.12.23	£	£	£
National Lottery Award –			
Ipswich Counsellor b/fwd	3,592	(3,592)	0
ECF – Saffron Building Society b/fwd	1,465	(1,465)	0
ECF – Provide b/fwd	7,757	(7,757)	0
NEE Health and Wellbeing Alliance	<u>14,796</u>	<u>(8,538)</u>	<u>6,258</u>
	<u>27,610</u>	<u>(21,352)</u>	<u>6,258</u>

2 Tangible Fixed Assets

	Computer Equipment £
Cost	
As at 31 December 2021	0
<u>Additions</u>	<u>895</u>
As at 31 December 2022	895
<u>Less Depreciation at 25%</u>	<u>224</u>
As at 31 December 2023	<u>671</u>

3 Creditors falling due within one year Restricted funds

NEE Health and Wellbeing Alliance	<u>6,258</u>
As at 31 December 2023	<u>6,258</u>

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ENDING LIFE'S TABOO

England & Wales - Charity number 1194537

Accounts

REGISTERED CHARITY NUMBER: 1194537

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR PERIOD 1 JANUARY 2022 TO 31 DECEMBER 2022

FOR

ENDING LIFE'S TABOO

68 WEST STREET
COGGESHALL
COLCHESTER
ESSEX
CO6 1NS

ENDING LIFE'S TABOO

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ENDING LIFE'S TABOO

REFERENCE AND ADMINISTRATIVE DETAILS
PERIOD ENDING 31 DECEMBER 2022

TRUSTEES

Dr H Roebuck
Dr D Bonanno
T L Davies
T-L K Jolin

PRINCIPAL ADDRESS

68 West Street
Coggeshall
Colchester
Essex
CO6 1NS

REGISTERED CHARITY NUMBER

1194537

INDEPENDENT EXAMINER

Breese Accountancy
40 Tey Road
Coggeshall
Colchester
Essex
CO6 1SY

ENDING LIFE'S TABOO

REPORT OF THE TRUSTEES FOR PERIOD 19 JANUARY 2022 TO 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the period 1 January 2022 to 31 December 2022. The trustees have adopted the provision 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).

Objectives and Activities

Objectives and aims

For the public benefit, to relieve the mental health and suffering of (i) adults aged 18 to 45 years old in North East Essex who are diagnosed as having an incurable, life limiting condition with specialist palliative care needs; and (ii) their carers by providing psychological support to help improve their psychological and emotional wellbeing.

Significant Activities

Ending Life's Taboo works in partnership with acute NHS settings, hospices and other charities to be able to offer adult patients up to 45 years old diagnosed with a life limiting illness, rapid access to a palliative care counsellor fulfilling an identified gap in mental wellbeing support in this area of health service within North East Essex and East Suffolk.

Public Benefit

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Charitable Activities

Ending Life's Taboo has established the service and continues to meet a gap in mental health care in the acute setting by maintaining the rapid access to counselling for terminally ill young people in the area of North East Essex and East Suffolk.

Counselling has been delivered in a flexible way harnessing the use of technology when needed. The service remains patient led with no constraints on regularity of, or number of sessions and service users do not need a professional led re-referral to access counselling if they wish to re-engage. Ending Life's Taboo continues to meet its one week from referral to contact time frame.

Referrals are mainly received from Palliative Care Teams and Cancer Nurse Specialists at both hospitals however, self-referrals from the website have been received as well as referrals from

local hospices and cancer charities. The number of people accessing the service has increased and is a mix of both patients and their family (carers).

Ending Life's Taboo works closely and has made strong links with other organisations, particularly hospices and cancer charities, throughout East Suffolk and North East Essex. Collaboration enables high quality, professionally trained staff to carry out the counselling and has also facilitated caseload triage between organisations to ensure individuals, meeting Ending Life's Taboo's remit, gain rapid access to counselling and do not join a waiting list.

This financial year, grants have been secured from:

- Essex Community Foundation from Saffron Building Society to support the development of digital technology.
- Essex Community Foundation from Provide to finance the Colchester based counsellor and commence reaching out to GP's in the North East Essex area, from June 22 to June 23.

Awareness of the charity has continued to be raised by representatives of the charity attending community events.

Financial Review

Financial Position

Grants and donations have been secured to support the stated aims and objectives going in to the next financial year. As at 1 January 2023 the brought forward balance is £28,840; the carry forward includes restricted funds of £12,814 as follows:

£ 1,465 (ECF Saffron Building Society) for digital technology

£ 7,757 restricted (ECF Provide) to finance the Colchester based counsellor and commence reaching out to GP's in the North East Essex area January 2023 to June 2023

£ 3,592 (National Lottery) to finance Ipswich based counsellor January 2023 to June 2023.

Reserves Policy

The reserves policy is to maintain sufficient funds to cover on-going commitments and at a level that considers external and inflationary pressures.

Future Plans

Ending Life's Taboo will continue to embed its service into the community it serves.

Ending Life's Taboo will be connecting with Primary Care Networks in the North East Essex and East Suffolk areas over the coming year. Some life limited adults under 45 receive their treatments further from the local area and may not be able to access counselling locally to support them. The aim is to offer the same rapid access counselling to adults in this position, local to their residents – face to face, home visits, on line or by telephone.

Structure, Governance and Management

Governing Document

Ending Life's Taboo is controlled by its governing document, Constitution of a Charitable Incorporated Organisation whom only voting members are its charity trustees

Recruitment and Appointment of New Trustees

In accordance with the governing document:

Appointment of charity trustees

- 1 Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
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Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) a copy of the current version of this constitution; and
- b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

Approved by order of the board of trustees on 3 October 2023 and signed on its behalf by:

.....

H Roebuck - Trustee

ENDING LIFE'S TABOO

STATEMENT OF FINANCIAL ACTIVITIES PERIOD 1 JANUARY 2022 TO 31 DECEMBER 2022

	Restricted funds £	Unrestricted funds £	Total funds £
INCOME			
Donations and Legacies		6,159	
Grants	15,512		
Total			<u>21,671</u>
EXPENDITURE			
Charitable activities			
General expenditure (Note 1)	12,921	7,017	<u>19,938</u>
NET INCOME			<u>1,733</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	10,223	16,884	<u>27,107</u>
TOTAL FUNDS CARRIED FORWARD			<u><u>28,840</u></u>

ENDING LIFE'S TABOO

STATEMENT OF FINANCIAL POSITION AT 31 DECEMBER 2022

	Restricted funds	Unrestricted funds	2022 Total fund	2021 Total
	£	£	£	£
FIXED ASSETS (Note 2)				
Tangible assets	895		895	0
CURRENT ASSETS				
Debtors	0	0	0	0
Cash at bank	12,814	<u>16,026</u>	<u>28,840</u>	<u>27,710</u>
CREDITORS (Note 3)				
Amounts falling due within one year	<u>(12,814)</u>	<u>0</u>	<u>(12,814)</u>	<u>(6,631)</u>
NET CURRENT ASSETS	<u>0</u>	<u>16,026</u>	<u>16,026</u>	<u>21,079</u>
TOTAL ASSETS LESS CURRENT LIABILITIES				
NET ASSETS			<u>16,026</u>	<u>21,079</u>
FUNDS				
Restricted funds			0	0
Unrestricted funds			<u>16,026</u>	<u>21,079</u>
TOTAL FUNDS			<u>16,026</u>	<u>21,079</u>

The financial statements were approved by the Board of Trustees on 3 October 2023 and were signed on its behalf by

.....
H Roebuck – Trustee

Statement of Financial Activities and Position Notes

1 Movement in Restricted Funds 1 January 2022 to 31 December 2022

		Expenditure 2022	C/Fwd
Grants received 1.1.22 to 31.12.22	£	£	£
National Lottery Award –			
Ipswich Counsellor	9,223	(5,631)	3,592
Colchester Borough Homes	1,000	(1,000)	0
ECF – Saffron Building Society	3,350	(1,885)	1,465
ECF – Provide	<u>12,162</u>	<u>(4,405)</u>	<u>7,757</u>
	<u>25,753</u>	<u>(12,921)</u>	<u>12,814</u>

2 Tangible Fixed Assets

	Computer Equipment £
Cost	
As at 31 December 2021	0
Additions	<u>895</u>
As at 31 December 2022	<u>895</u>

3 Creditors falling due within one year Restricted funds

National Lottery Award (by 31 May 2023)	3,592
ECF – Saffron Building Society (by 31 December 2023)	1,465
ECF – Provide (by 31 May 2023)	<u>7,757</u>
As at 31 December 2022	<u>12,814</u>

Accounts

REGISTERED CHARITY NUMBER: 1194537

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR PERIOD 19 MAY 2021 TO 31 DECEMBER 2021

FOR

ENDING LIFE'S TABOO

68 WEST STREET
COGGESHALL
COLCHESTER
ESSEX
CO6 1NS

ENDING LIFE'S TABOO

CONTENTS OF THE FINANCIAL STATEMENTS PERIOD 19 MAY 2021 TO 31 DECEMBER 2021

	Page
1 Reference and Administrative Details	3
2 Report of the Trustees	4
3 Independent Examiner's Report	6
4 Statement of Financial Activities and Financial Position	7

ENDING LIFE'S TABOO

REFERENCE AND ADMINISTRATIVE DETAILS PERIOD ENDING 31 DECEMBER 2021

TRUSTEES

Dr H Roebuck
Dr D Bonanno
T L Davies
T-L K Jolin

PRINCIPAL ADDRESS

68 West Street
Coggeshall
Colchester
Essex
CO6 1NS

REGISTERED CHARITY NUMBER

1194537

INDEPENDENT EXAMINER

Breese Accountancy
40 Tey Road
Coggeshall
Colchester
Essex
CO6 1SY

ENDING LIFE'S TABOO

REPORT OF THE TRUSTEES FOR PERIOD 19 MAY 2021 TO 31 DECEMBER 2021

The trustees present their report with the financial statements of the charity for the period 19 May 2021 to 31 December 2021. The trustees have adopted the provision 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).

Objectives and Activities

Objectives and aims

For the public benefit, to relieve the mental health and suffering of (i) adults aged 18 to 45 years old in North East Essex who are diagnosed as having an incurable, life limiting condition with specialist palliative care needs; and (ii) their carers by providing psychological support to help improve their psychological and emotional wellbeing.

Ending Life's Taboo works in partnership with acute hospitals and hospices to be able offer adult patients up to 45 years old diagnosed with a life limiting illness, rapid access to a palliative care counsellor.

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Charitable Activities

Since receiving charity registration, Ending Life's Taboo worked closely with Colchester Hospital and St Helena Hospice to introduce a counsellor to the acute setting.

During the reporting period, awareness has been raised with medical professionals at the hospital and consultants commenced referring patients to the counsellor for support.

Ending Life's Taboo has been received as an important need at the hospital.

Patients have been and are seen as soon as they feel ready to connect which fulfils the rapid accessibility aim.

Carers have also been able to access support when needed.

Accessibility has been enhanced by offering inpatient, outpatient, home visits and on-line sessions.

The success achieved at Colchester Hospital has led to Ipswich Hospital (part of the same trust) requesting an Ending Life's Taboo counsellor to commence working there during 2022.

Financial Review

Financial Position

Since charity status was granted on 19 May 2021, the financial position has been positive. Grants and donations have been secured to support the stated aims and objectives going in to the next financial year. A carry forward balance of £27,107 has been realised as at 31 December 2021 of which £9,223 restricted to fund a counsellor at Ipswich Hospital (National Lottery Funding), £1,000 restricted to provide information leaflets (Colchester Borough Council) and £16,884 unrestricted funds.

Reserves Policy

The reserves policy is to maintain sufficient funds to cover on-going commitments and at a level that considers external and inflationary pressures.

Structure, Governance and Management

Governing Document

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Recruitment and Appointment of New Trustees

In accordance with the governing document:

Appointment of charity trustees

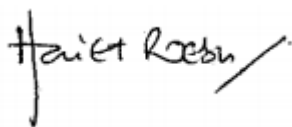
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- a) a copy of the current version of this constitution; and
- b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

Approved by order of the board of trustees on 21 October 2022 and signed on its behalf by:



.....

H Roebuck - Trustee

.....

Independent examiner's report on the accounts

Report to the trustees/members of

Ending Life's Taboo
194537

On accounts for the year ended

31st December 2021 (May to Dec)

Basis of my report

I have examined all the documents and relevant papers given to be by the
Trustee : Tracy Davies

Independent examiner's statement

In connection with my examination, no matter has come to my attention to
which, in my opinion, attention should be drawn in order to enable a
proper understanding of the accounts to be reached.

Signed

Date 14th October 2022



Mrs Donna Breese
Breese Accountancy
40 Tey Road
Coggeshall
Colchester
Essex
CO6 1QR

07711 903228

donna.breese@sky.com

ENDING LIFE'S TABOO

STATEMENT OF FINANCIAL ACTIVITIES PERIOD 19 MAY 2021 TO 31 DECEMBER 2021

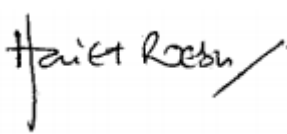
	Restricted funds £	Unrestricted funds £	£
INCOME			
Donations and Legacies		22,288	
Grants	10,223		
Total			<u>32,511</u>
EXPENDITURE			
Charitable activities			
General expenditure		5,404	5,404
NET INCOME			<u>27,107</u>
TOTAL FUNDS CARRIED FORWARD			<u>27,107</u>

ENDING LIFE'S TABOO

STATEMENT OF FINANCIAL POSITION AT 31 DECEMBER 2021

	Restricted funds £	Unrestricted funds £	£
CURRENT ASSETS			
Cash at bank	10,223	16,884	27,107
CREDITORS			
Amounts falling due within one year			0
NET CURRENT ASSETS			<u>27,107</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>27,107</u>
NET ASSETS			<u>27,107</u>
FUNDS			
Restricted funds			10,223
Unrestricted funds			16,884
TOTAL FUNDS			<u>27,107</u>

The financial statements were approved by the Board of Trustees on 21 October 2022 and were signed on its behalf by

..... 

H Roebuck – Trustee



CHARITY COMMISSION
FOR ENGLAND AND WALES

Ending Life's Taboo

1194537

Receipts and payments accounts

For the period
from

Period start date
19-May-21

To

Period end date
31-Dec-21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Colchester Catalyst	10,000		-	10,000
Donations	10,566	-	-	10,566
National Lottery		9,223	-	9,223
Colchester Borough Homes		1,000	-	1,000
Fundraising	1,722	-	-	1,722
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	22,288	10,223	-	32,511
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	22,288	10,223	-	32,511
A3 Payments				
Fundraising	456	-	-	456
Staff expenses	4314	-	-	4,314
Pension contributions	195	-	-	195
Other employee costs	180	-	-	180
Office expenses	86	-	-	86
Insurance	125	-	-	125
Bank charges	48	-	-	48
	-	-	-	-
	-	-	-	-
Sub total	5,404	-	-	5,404
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	5,404	-	-	5,404
Net of receipts/(payments)	16,884	10,223	-	27,107
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	16,884	10,223	-	27,107

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	National Lottery		9,223
	Colchester Borough Homes	-	1,000
	Donations, Colchester Catalyst, Melanoma UK	15,972	-
	Total cash funds	16,884	10,223
	(agree balances with receipts and payments account(s))	OK	OK

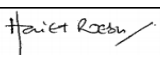
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Harriet Roebuck
	Tracy Davies

CC16a



Last year
to the nearest £

-
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-
-

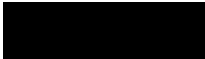
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Endowment funds

to nearest £

-
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-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

10/22/2022
10/22/2022

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