

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
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COLCHESTER
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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
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CO6 1NS

REGISTERED CHARITY NUMBER

1194537

INDEPENDENT EXAMINER

Breese Accountancy
40 Tey Road
Coggeshall
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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.
- 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 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>28,840</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

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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>