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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
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PERIOD 1 JANUARY 2023 TO 31 DECEMBER 2023

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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

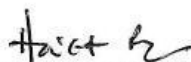
- 1 Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- 2 In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge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