

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

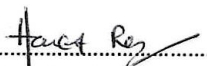
- 1 Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- 2 In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge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

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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			
	Grants received		Expenditure	C'fwd
	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).